

Mantle Cell Lymphoma (MCL)

A rare and aggressive B-cell malignancy

How to live with Mantle Cell Lymphoma

Nutrition



For a patient with Mantle Cell Lymphoma there are no special diets to follow or dietary substances to use.

Even if you already have a healthy lifestyle, you may choose to make some positive lifestyle changes after treatment. Making small changes such as eating well and keeping active can improve your health and wellbeing and help your body recover.¹

Most nutrition guidelines stress eating lots of vegetables, fruits, and whole-grain products; limiting the amount of red meat you eat, especially meats that are processed or high in fat; cutting back on fat, sugar, alcohol, and salt; and staying at a healthy weight.²

If you are under treatment, you have to consider that nutrition needs of people with haematological disease vary from person to person.²

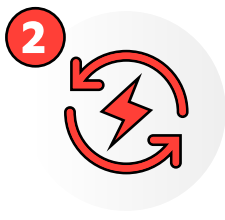
Your care team can help you identify your nutrition goals and plan ways to help you meet them.²



Eating well while you're being treated might help you:²



Feel better



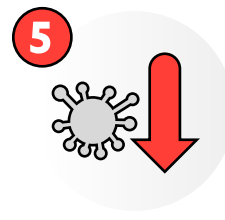
Keep up your strength and energy



Maintain your weight and your body's store of nutrients



Better tolerate possible treatment-related side effects



Lower your risk of infection



Heal and recover faster

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Exercise

Physical activity can improve both physical and emotional health, and can be performed by patients before, during and after treatment for lymphoma.³

It can help not just to improve patient overall physical health, but also to reduce some side effects and some risk factors. In particular it can lessen fatigue, increase muscle strength and be useful in managing stress and improving general emotional wellbeing.³

The medical team can advise each on the types of exercise that are suitable for each patient, according to current treatment, age and general health conditions.³



The main thing is to find a kind of exercise that you enjoy: not an obligation imposed by the doctor, but only a way to get better.³



Seek advice for type and intensity of physical activity that is suitable to your conditions, and avoid some activities during or soon after treatment for lymphoma, particularly in case of side effects.³



Emotional health and counselling

The fact of being diagnosed can have a great impact on your life and can affect your mood and relationships with people around you.

Distress is very common in patients with Mantle Cell Lymphoma, therefore its identification and treatment are a clinical priority because distress is a risk factor for non-adherence to medical treatment and a deterioration in the quality of life.⁴

An effective approach to the management of emotions in patients with your condition is to match your needs and the provision of care, so that you can have an effective emotional support.

It's important that you trust your treating team and that you have a continuous and open dialogue on the emotional aspects of the disease.⁴

Your treating team, consisting of doctors, nurses, and allied health staff, can help you with your emotional needs, and, in case, suggest a referral to appropriate specialists.

Experts advise seeking support, both in the medical team with which you are carrying out the treatment and with professionals or groups that can help from a psychological or emotional point of view.⁴



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References

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4. Dekker J et al. Clinical management of emotions in patients with cancer: introducing the approach “emotional support and case finding”. *Transl Behav Med* 2020; 10 (6): 1399-1405.

