



Living with Lymphoma: A Patient's Guide

Elizabeth M. Adler

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When neurobiologist Elizabeth M. Adler was diagnosed with non-Hodgkin lymphoma, she learned everything she could about the disease, both to cope with the emotional stress of being diagnosed and to make sure she made the best possible decisions for her treatment. In *Living with Lymphoma*, she combines her knowledge of lymphoma—both scientific and personal—with the desire to help other patients come to grips with this complex, and often baffling, disease.

Adler thoroughly explains the disease, describing the many different kinds of Hodgkin and non-Hodgkin lymphoma, the wide range of symptoms, and the various treatment options available. Convinced that understanding lymphoma's biological basis will help patients make better treatment decisions, Adler explains basic cell biology and how the immune system functions. Readers will gain sufficient background to understand and evaluate medical literature, and to ask their physicians questions specific to their own needs.

In the introduction, Dr. Michael R. Bishop of the National Institutes of Health provides a physician's perspective on the delicate nature of doctor-patient relationships in the context of a life-threatening disease—especially the importance of patient education and open communication in making decisions about treatment options and quality of life.

Drawing on her scientific expertise and personal journey—as well as her empathy, passion, and humor—Adler has created a valuable guide for people with lymphoma and the people caring for them.

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