



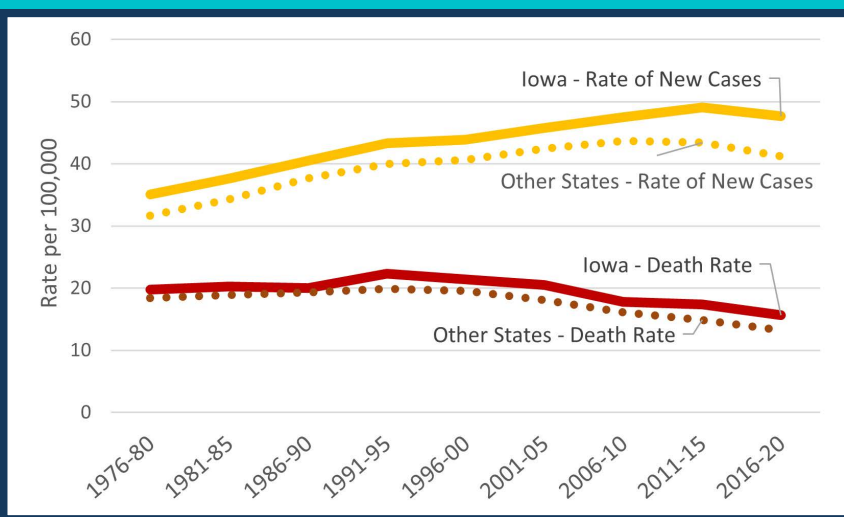
ABOUT BLOOD CANCERS

- There are three main types of blood cancers: **leukemia**, **lymphoma**, and **myeloma**.
- Currently there are no effective screening tests for the early detection of blood cancers; people are not usually diagnosed with a blood cancer until symptoms appear.
- Blood cancers are the most common cancers diagnosed among children; **approximately 40% of the cancers among those aged under 20 years are blood cancers**.
- Blood cancers happen when blood cell DNA changes or mutates. It is unclear why this happens, which makes it hard to determine ways to reduce risk. Some factors that appear to play a role in these DNA changes are: radiation exposure, certain chemicals, lowered immunity due to infections, family history of blood cancer, and inherited conditions that increase risk of developing blood cancer.

GENERAL SYMPTOMS

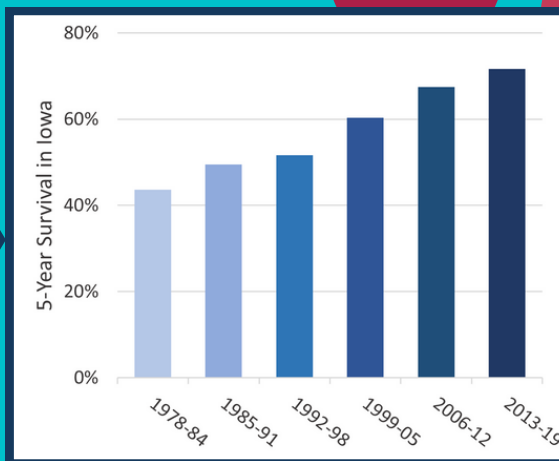
Many symptoms of blood cancers are non-specific and can be seen with other illnesses such as colds, flus, or other viral infections.

If you have unintended weight loss >10% over 6 months or less, fairly extensive bruising, prolonged and spontaneous nose bleeding or bleeding gums, or lymph node swelling or flu-like symptoms that do not improve after receiving primary medical care, talk to your doctor.



The rate of new cases of blood cancers is **higher in Iowa compared to other states**, and while the death rate of blood cancers is declining, it is slightly higher in Iowa.

The proportion of people surviving 5 years beyond their cancer diagnosis has significantly improved for blood cancers over the last 40 years, due to remarkable diagnostic and treatment innovations, the results of clinical trials.



In 2023 there will be an estimated 1,950 new cases of, and 660 deaths from blood cancers in Iowa. Currently, there are 16,925 survivors of blood cancers in Iowa.



BLOOD CANCERS IN IOWA



Chronic lymphocytic leukemia (CLL) and acute myelogenous leukemia (AML) are the most common types of adult leukemia among Iowans.

- CLL is a slow-growing cancer and makes up 40% of leukemia in Iowa.
- AML is a fast-growing cancer and makes up 29% of leukemia in Iowa.

Iowa ranks:

#3 in the nation for rate of new cases of leukemia [16.6/100,000]

LEUKEMIA

Leukemia is a blood cancer found in blood and bone marrow.



Leukemia can be either fast-growing (aggressive) or slow-growing (indolent) and affect the lymphocytes (lymphocytic leukemia) or other immune cells (myeloid leukemia).

LYMPHOMA

Lymphoma is a blood cancer that affects the lymphatic system, which removes excess fluids from the body and helps the body fight infections and disease.

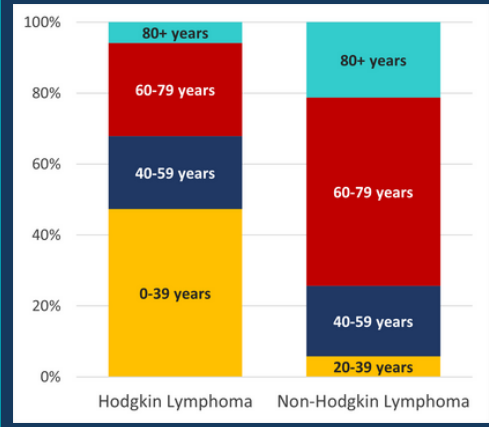
Non-Hodgkin lymphoma (NHL) makes up 90% of all lymphoma in Iowa and is classified as either slow-growing, or fast-growing; **Hodgkin lymphoma** is identified by the presence of Reed-Sternberg cells, a type of cell that comes from abnormal lymphocytes, and makes up the other 10% of lymphoma in Iowa. While there are life-threatening forms of lymphoma, some forms are chronic diseases, and **many lymphomas are cured.**

Iowa ranks:

#4 in the nation for rate of new cases of non-Hodgkin lymphoma [21.2/100,000]

#14 for rate of new cases of Hodgkin lymphoma [2.7/100,000]

HODGKIN LYMPHOMA IS MORE COMMON IN YOUNG ADULTS WHILE NON-HODGKIN LYMPHOMA IS MORE COMMON IN THOSE AGE 60+



WHILE THE RATE OF NEW CASES OF MYELOMA IS MORE THAN DOUBLE AMONG THE BLACK/AFRICAN AMERICAN POPULATION IN IOWA, 5-YEAR SURVIVAL IS HIGHER

Iowa ranks:

#11 in the nation for rate of new cases of myeloma [7.3/100,000]

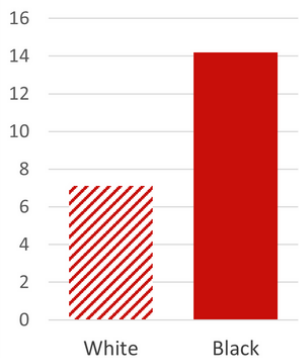
MYELOMA

Myeloma, also called multiple myeloma, is cancer of plasma cells, which are a type of lymphocyte that makes antibodies to protect against disease and infections.

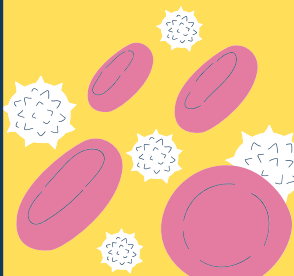
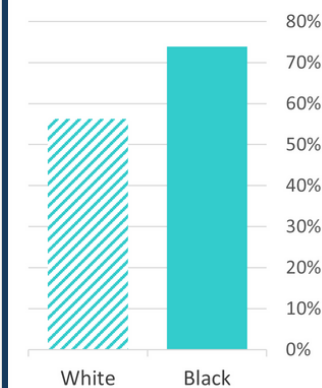
Smoldering multiple myeloma (sMM) can develop into active myeloma, so healthcare providers monitor individuals with this condition, as well as those with monoclonal gammopathy of undetermined significance, or MGUS.

MGUS is more prevalent and diagnosed at earlier ages in Black people than people of any other racial/ethnic group.

Rate of New Cases per 100,000



5-year Survival (%)



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3. **"Blood Cancer".** <https://www.cancercenter.com/blood-cancers>
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5. **"Blood Cancers".** <https://www.hematology.org/education/patients/blood-cancers>
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