

Understanding Mantle Cell Lymphoma (MCL)

What is MCL?



MCL is a rare form of non-Hodgkin lymphoma (NHL) that starts in your B lymphocytes, a type of white blood cell found in your immune system.¹



In MCL, B lymphocytes in a lymph node's "mantle zone"—a ring of cells that surrounds certain structures inside lymph nodes—become cancerous and grow uncontrollably.¹

What happens in MCL?

As MCL progresses, cancerous lymphocytes build up and cause the lymph nodes to swell. The disease may also spread to other areas of your lymphatic system, including the spleen, bone marrow, bloodstream, digestive system or other organs.¹

While MCL may grow slowly in some cases, it is generally aggressive and requires immediate medical attention.¹

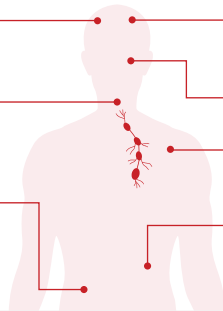
How could MCL affect me?

MCL symptoms vary depending on where the lymphoma develops. Common signs and symptoms may include^{1,2}:

Persistent or recurring fever

Swollen lymph nodes (usually in the neck, armpit or groin)

Pressure or pain in the lower back



Headaches, dizziness or confusion

Night sweats

Loss of appetite and weight loss

Abdominal swelling, bloating or pain

MCL Fast Facts

About **5% of lymphomas in the US** are MCLs.⁶

MCL most often **appears in people older than 60**.⁶

Men are more likely to be diagnosed with MCL than women.⁶

How is MCL treated?

MCL is diagnosed through blood tests, imaging scans, lymph node biopsy and bone marrow biopsy.³

Treatment depends on factors like disease stage, age and overall health.⁴

For people with slow-growing disease and no symptoms, "active surveillance" (also known as "watch and wait" and "watchful waiting") may be appropriate.⁴

Treatment options aim to help manage the disease and slow the growth of cancer cells. These include^{1,3,5}:

- chemotherapy
- immunotherapy
- radiation therapy
- stem cell transplantation
- CAR-T therapy
- targeted drug therapy

References

1. MD Anderson Cancer Center. Mantle Cell Lymphoma. Accessed July 2025. <https://www.mdanderson.org/cancer-types/non-hodgkin-lymphoma/mantle-cell-lymphoma.html>. 2. National Organization of Rare Disorders. Mantle Cell Lymphoma. Accessed July 2025. <https://rarediseases.org/rare-diseases/mantle-cell-lymphoma/#symptoms>. 3. Cleveland Clinic. Mantle Cell Lymphoma. Accessed July 2025. <https://my.clevelandclinic.org/health/diseases/24030-mantle-cell-lymphoma>. 4. Lymphoma Research Foundation. Mantle Cell Lymphoma Treatment Options. Accessed July 2025. <https://lymphoma.org/understanding-lymphoma/aboutlymphoma/nhl/mantle-cell-lymphoma/mcltreatment/>. 5. Lymphoma Research Foundation. Understanding Lymphoma and Chronic Lymphocytic Leukemia (CLL) Mantle Cell Lymphoma. Accessed July 2025. https://lymphoma.org/wp-content/uploads/2024/10/Mantle_Cell_Lymphoma_Fact_Sheet_2024.pdf. 6. American Cancer Society. Types of B-cell Lymphoma. Accessed July 2025. <https://www.cancer.org/cancer/types/non-hodgkin-lymphoma/about/b-cell-lymphoma.html>.



Find More Information

Scan the QR code to visit our Hematology Ambition website for valuable educational resources and support designed specifically for patients and caregivers navigating a MCL diagnosis.

