

Lymphadenopathy

What is it?



- **Lymphadenopathy**– usually a result of benign infectious causes; lymph nodes greater than 1 cm in diameter are considered to be abnormal; enlarged lymph nodes, refers to nodes that are abnormal in either consistency, size, or number; distinguish between localized or generalized; ¼ are generalized and 75% are localized
- **Localized**- node enlargement is limited to one area- head and neck- 55%, supraclavicular- 1%, axillary- 5%, Inguinal-14%- localized= 75%
- **Generalized**- if lymph nodes are enlarged in two or more noncontiguous areas (abnormal lymph nodes)= 25%

Signs and Symptoms:

- **Symptoms**- glands in the neck are swollen usually due to a virus, cold, or infection which is part of the immune response to any foreign invader

Facts:

- **Related Terms**- lymph nodes, lymph node disease, lymph node enlargement, adenopathy
- **Cause**- include viral, bacterial and fungal infections, if long-term might be caused by lymphomas or other malignancies
 - **Infectious Causes**- infectious mononucleosis. Toxoplasmosis, cat scratch disease, cytomegalovirus, scabies, varicella zoster virus, scarlet fever, tuberculosis, pharyngitis
- **Cancer Risk**- 40 or older-4% cancer risk, under 40 0.5% cancer risk
- **Lymph Nodes**- bean shaped organ found in the groin, underarm, neck, chest and abdomen that act as filters for the lymph fluid as it circulates through the body; most common site is the cervical lymph nodes found in the neck

What can I do?

- **See your Health Care Provider**- for a careful history and physical examination
 - **Tests**- ultrasound, MRI, CT and PET, small needle biopsy, complete blood workup, x-rays, hepatic function, renal function, urine analysis
 - **Lymph Node Biopsy**- insist that a scan and small needle biopsy is performed first

