3.28 Hodgkin lymphoma

Epidemiology

Hodgkin’s disease (Hodgkin lymphoma), formerly known as lymphogranulomatosis, has microscopically recognisable so-called Sternberg-Reed giant cells in the bone marrow and thus differs from non-Hodgkin lymphomas.

Hodgkin lymphoma is a rare disease that affected about 990 women and 1,460 men in Germany in 2020, relatively many of them in young and middle adulthood. Between the ages of 15 and 35, this disease is therefore one of the five most common cancer diagnoses. The risk of ever developing Hodgkin’s disease is 0.2% for women and 0.3% for men.

The incidence rates or absolute number of new cases of Hodgkin’s disease have risen slightly since the mid-2000s, while recently, with just over 300 deaths per year, significantly fewer people are dying from Hodgkin’s disease than at the end of the 1990s. The prognosis is correspondingly favourable, with a relative survival of around 87% five years after diagnosis and 83% after ten years. Due to the often chronic recurrence of the disease, the long-term prognosis is also influenced by the side effects of the therapy (including secondary tumours).

Risk factors

The risk factors for Hodgkin lymphoma have only been partially clarified to date. Congenital diseases of the immune system or acquired immunodeficiencies, for example due to HIV infection, can increase the risk of Hodgkin lymphoma.

Epstein-Barr viruses (EBV), the pathogens that cause Pfeiffer’s glandular fever (infectious mononucleosis), can play a causal role in the development of individual Hodgkin lymphomas – although the overall risk is low. Lifestyle-related risk factors or environmental risks are probably also involved, but the associations here are complex and therefore not clearly understood. Long-term cigarette consumption may increase the risk.

Children and siblings of those affected have a slightly increased risk of developing Hodgkin’s disease themselves. However, the exact correlations are not yet fully understood.

Overall, for many patients, no clear cause can be found for the development of Hodgkin lymphoma. It is likely that several factors must interact before Hodgkin lymphoma develops.
Figure 3.28.1a
Age-standardised incidence and mortality rates by sex, ICD-10 C81, Germany 1999 – 2020/2021
per 100,000 (old European Standard)

Figure 3.28.1b
Absolute numbers of incident cases and deaths by sex, ICD-10 C81, Germany 1999 – 2020/2021

Figure 3.28.2
Age-specific incidence rates by sex, ICD-10 C81, Germany 2019 – 2020
per 100,000
### Table 3.28.2
Cancer incidence and mortality risks in Germany by age and sex, ICD-10 C81, database 2019

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Women</th>
<th></th>
<th></th>
<th>Men</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Risk of developing cancer</td>
<td>Mortality risk</td>
<td></td>
<td>Risk of developing cancer</td>
<td>Mortality risk</td>
<td></td>
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<tr>
<td></td>
<td>in the next 10 years ever</td>
<td></td>
<td>in the next 10 years ever</td>
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<tr>
<td>15 years</td>
<td>&lt; 0.1 % (1 in 2,400)</td>
<td>0.2 % (1 in 480)</td>
<td>&lt; 0.1 % (1 in 434,200)</td>
<td>&lt; 0.1 % (1 in 4,200)</td>
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<tr>
<td>25 years</td>
<td>&lt; 0.1 % (1 in 2,400)</td>
<td>0.2 % (1 in 600)</td>
<td>&lt; 0.1 % (1 in 435,400)</td>
<td>&lt; 0.1 % (1 in 4,300)</td>
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<tr>
<td>35 years</td>
<td>&lt; 0.1 % (1 in 3,400)</td>
<td>0.1 % (1 in 800)</td>
<td>&lt; 0.1 % (1 in 466,500)</td>
<td>&lt; 0.1 % (1 in 4,300)</td>
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<tr>
<td>45 years</td>
<td>&lt; 0.1 % (1 in 4,900)</td>
<td>0.1 % (1 in 1,000)</td>
<td>&lt; 0.1 % (1 in 98,000)</td>
<td>&lt; 0.1 % (1 in 4,300)</td>
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<tr>
<td>55 years</td>
<td>&lt; 0.1 % (1 in 5,000)</td>
<td>0.1 % (1 in 1,300)</td>
<td>&lt; 0.1 % (1 in 56,600)</td>
<td>&lt; 0.1 % (1 in 4,400)</td>
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</tr>
<tr>
<td>Lifetime risk</td>
<td>0.2 % (1 in 440)</td>
<td></td>
<td></td>
<td>0.1 % (1 in 2,400)</td>
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</tbody>
</table>

### Figure 3.28.3
Distribution of UICC stages at diagnosis by sex
*Not included because UICC stages are not defined for Hodgkin lymphoma.*

### Figure 3.28.4
Absolute and relative survival rates up to 10 years after diagnosis, by sex, ICD-10 C81, Germany 2019 – 2020

### Figure 3.28.5
Relative 5-year survival by age at diagnosis and sex, ICD-10 C81, Germany 2019 – 2020
Figure 3.28.6
Age-standardised incidence and mortality rates in German federal states by sex, ICD-10 C81, 2019 – 2020
per 100,000 (old European Standard)

Figure 3.28.7
International comparison of age-standardised incidence and mortality rates by sex, ICD-10 C81, 2019 – 2020 or latest available year (details and sources, see appendix)
per 100,000 (old European Standard)

1 Switzerland: incidence data for 2015 – 2019