

# Non Hodgkin's Lymphoma Cyberfamily



<http://health.groups.yahoo.com/group/nhl>

## Who are we?

We are a group of thousands of Non-Hodgkin's Lymphoma patients, family members, and caregivers from around the world. Although the primary language of our group is English we have members from many countries where English is a second language.

## What are we?

We are a support group that works using mail services provided by Yahoo. It works like this. Every time a member sends an e-mail to the group, that message is automatically sent to all the members of the group by the Yahoo mail system. You only need to know one e-mail address. Each member receives every message sent, including his or her own. Or they can just read from the website and receive no individual mail, it is entirely flexible.

You can also learn everything you need to know about non-Hodgkin's lymphoma by visiting our public website regularly. There you will find everything you need to know about NHL, the many treatment options available, and the latest research and medical breakthroughs

[www.nhlcyberfamily.org](http://www.nhlcyberfamily.org)

## What do we do?

Our purpose is to share research information, emotional support, treatment options, side effect management, and much more. Using the power of the internet allows us to share more up to date information than you can ever find in a 10 year old book in a library.

But Information and research aren't the only things we share. By joining our group you will be surrounded by people who really do understand what you are going through, and how you feel. You'll have a shoulder to lean on when you need it, and answers to your most pressing questions when you need that. Whether you're looking for the latest treatment options, clinical trials, good internet links or just someone to talk to we're there. Though most of our discussions are lymphoma related, sometimes we even just share a good joke or two, or chat a bit about something interesting.

## Are you guys medical professionals?

NO! We are just regular people who happen to want to share our experiences and our own knowledge with others just like us. Between us we do have a vast amount of excellent information, and many combined years of experience. Nevertheless we take a great deal of care to caution all new members that our knowledge and our opinions are our own, and not to be construed as medical advice. All patients are reminded they must consult with their own medical team before making any health care decisions.

## How much mail will I get?

The number of messages per day varies widely because we have such a diverse group of people. You can expect on average 20-40 messages per day, but it can go as high as 50 on busy days. However, you have a choice of how to receive your messages. You can choose to receive them as individual messages, a digest that combines 25 messages into a single e-mail message, or receive no mail at all, and read it from the web site when you feel like it.

## Do you guys ever meet in person?

YES! The times we get to meet face to face are some of the most cherished memories our members have. Every year the Lymphoma Research Foundation and Lymphoma Foundation Canada jointly host a National Convention around the late October. Many of our list members attend and make a social get together of it. It is held in a different city in the USA or Canada each year.

We also organize our own social gatherings from time to time. List members will organize a weekend gathering in a city near where they live and members from all over will gather for a weekend of fun and relaxation.

## How do I join?

That's easy. Just sent a blank e-mail to:  
[nhl-subscribe@yahoogroups.com](mailto:nhl-subscribe@yahoogroups.com) For more advanced subscription options just visit our Yahoo group at the web address in the title or go to [www.nhlcyberfamily.org](http://www.nhlcyberfamily.org)