



# Cutaneous T-Cell Lymphoma

## What is CTCL in Dermatology?

CTCL stands for **Cutaneous T-Cell Lymphoma**.

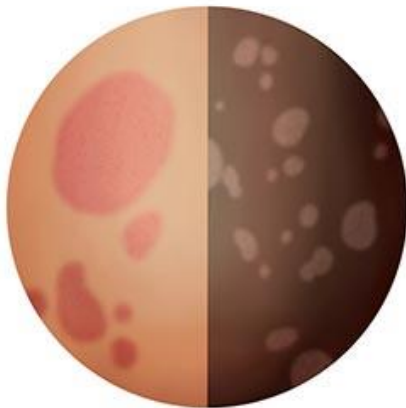
It is a **type of non-Hodgkin lymphoma** (a cancer of white blood cells) that **primarily affects the skin**. In CTCL, certain immune cells called **T-cells** become abnormal and collect in the skin, causing persistent rashes or patches.

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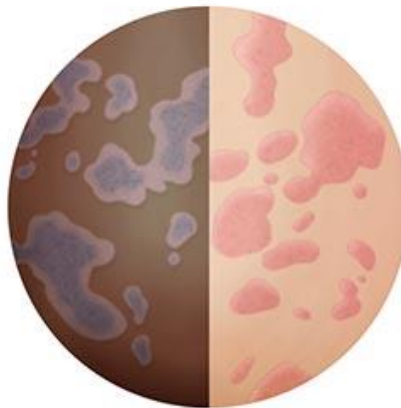
## What Does CTCL Look Like?

### Mycosis Fungoides

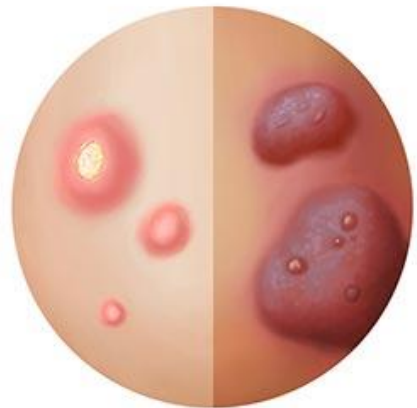
*(A type of cutaneous T-cell lymphoma)*



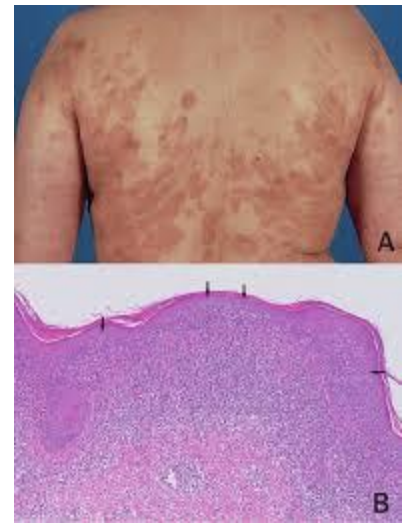
Patch phase



Plaque phase



Tumor phase



CTCL can appear as:

- Persistent **red or scaly patches**
- Thickened **plaques**
- Itchy skin
- Darker or lighter areas
- Widespread redness (in advanced cases)
- Enlarged lymph nodes (sometimes)

The most common form of CTCL is:

### **1 Mycosis Fungoides**

- Often begins as flat, eczema-like patches
- Can be mistaken for psoriasis or dermatitis early on

### **2 Sézary syndrome**

- A more advanced, systemic form
- May cause widespread redness (erythroderma), itching, and abnormal blood findings

## **Is CTCL Cancer?**

Yes. CTCL is a **type of skin lymphoma** (cancer of immune cells).

However:

- Many cases progress **slowly**

- Early-stage CTCL is often **managed effectively for years**
  - It is different from melanoma or typical skin cancers
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## How Is CTCL Diagnosed?

Diagnosis may require:

- **Skin biopsy** (often more than one over time)
- Special pathology review
- Sometimes blood tests or imaging
- Clinical pattern over time

Early CTCL can look like eczema or psoriasis, so accurate diagnosis is important.

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## How Is CTCL Treated?

Treatment depends on stage.

### Early-stage CTCL

Often treated with:

- Topical medications
- **Phototherapy (narrowband UVB)**
- Local treatments

### More advanced disease

May require:

- Systemic medications
- Targeted therapies
- Oncology collaboration

Dermatologists often manage early stages, sometimes in partnership with oncology.