

## A Look at Health Problems after Langerhans Cell Histiocytosis during Childhood

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### What did we want to find out with our study?

We wanted to find out how many people who had Langerhans cell histiocytosis (LCH) as children have health problems later in life and compared health issues of survivors with those of their siblings. LCH is a rare disease in which abnormal immune cells accumulate in organs and can cause damage.

### Why is this important?

LCH is treated similarly to cancer. Fortunately, most children with LCH can be cured. But LCH and its treatment can cause health issues that occur later in life. Knowing about common health issues of LCH survivors is important to prevent them and start treatment early.

### What did we do exactly?

As part of the Swiss Childhood Cancer Survivor Study (SCCSS), we sent questionnaires to all LCH survivors and their siblings. LCH participants were diagnosed before the age of 21 years and had survived at least five years after diagnosis. In the questionnaires, we asked about various health issues, such as those affecting their heart or hormones. We had 123 former LCH patients and almost 1000 siblings participating in this study.

### What did we find out and what does this mean?

More than half (59%) of LCH survivors had at least one health issue, which was more than their siblings (48%). Health issues related to the heart, hormones (e.g., growth problems), bones and joints (e.g., joint pain), and digestion were more common among LCH-survivors than their siblings. Survivors who had LCH in multiple body parts (e.g., bones and skin) had a particularly high number of health issues. Doctors should be aware that LCH survivors have an increased risk of certain chronic illnesses, should recognize these at an early stage, and treat them if necessary.

**Further information:** [www.swiss-ccss.ch](http://www.swiss-ccss.ch)

**Reference:** Sláma T, Mader L, Žarković M, Malär R, Schifferli A, von der Weid NX, Kuehni CE, Schindera C. Chronic health conditions after childhood Langerhans cell histiocytosis: Results from the Swiss Childhood Cancer Survivor Study. *J Cancer Surviv.* 2024 Feb 14. DOI: 10.1007/s11764-024-01544-z. PMID: 38353855.

**You can find the full article in English [here](#).**

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