FEATURE ARTICLE

Introduction to B-Cell Disorders

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Healthcare professionals have a good understanding of B cells in normal immunity. Although the role of lymphocytes and the lymphoid system in lymphoma is understood, the role of B cells is less clear in several autoimmune diseases, such as rheumatoid arthritis, idiopathic thrombocytopenic purpura, and autoimmune hemolytic anemia. This article will present an overview of malignant and nonmalignant B-cell disorders. Experts hypothesize that some monoclonal antibodies can deplete the B-cell population and prevent B- and T-cell responses in autoimmune diseases. Nurses should understand the data surrounding monoclonal therapy, which are not always presented clearly. Nurses’ ability to interpret data is important to their patients and colleagues.

At a Glance
- Understanding of the pathophysiology of immunity and the importance of T and B cells in autoimmune diseases has grown.
- Nurses should be familiar with nonmalignant B-cell disorders and standard treatment options as well as new approaches for patients with nonmalignant B-cell disorders.
- Malignant B-cell disorders include chronic lymphocytic leukemia, Waldenstrom macroglobulinemia, and non-Hodgkin lymphoma, and this article discusses treatment options for each disease.

B-Cell Development

Lymphocytes are the main cells involved in the immune system. The two types of lymphocytes are B cells and T cells. T lymphocytes are needed for cell-mediated immunity. T lymphocytes activate other T and B cells and often are associated with delayed hypersensitivity and graft rejection. B lymphocytes are responsible for humoral immunity. Humoral immunity is an essential function of immunity; it eliminates bacteria, prevents viral infections, neutralizes bacterial toxins, and plays an important role in certain allergic reactions (Sommers, 2005). An important role of B lymphocytes in the immune system is to produce antibodies. Figure 1 demonstrates the development of a B cell. B lymphocytes begin as stem cells found in the bone marrow. The stem cells develop into immature pro B cells, followed by pre B cells, immature B cells, and finally mature B cells.

Lymphocytes recognize and respond to foreign antigens. A subset of cell surface molecules or antigens is found on the surfaces of leukocytes and can be recognized by a specific set of antibodies.

The role of B lymphocytes in B-cell disorders is complex. B cells are essential to regulate the immune system. They are antibody producing and are responsible for autoantibodies that are directly or indirectly destructive (Robak, 2004). B cells

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