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Lymphocytes are a type of white blood cell (leukocytes) that is tasked with fighting foreign substances such as bacteria, viruses, and even cancer cells. Too low or too high levels of lymphocytes can make the body susceptible to disease. Let's learn more about lymphocytes, including understanding, causes, traits, functions, and normal levels below. What are lymphocytes? Lymphocytes are one of several types of white blood cells that are small in size and have a function associated with immune reactions. This number is between 20 and 25 percent of the total number of white blood cells. These cells are formed in the bone marrow. These cells play a role in the immune system. In addition, these cells also work together with the cells of phagocytes inside against microorganisms or other substances (antigens) that enter the body. Lymphocyte Features There are five parts of white blood cells, namely basophils, eosinophils, neutrophils, monocytes and lymphocytes. All five have certain characteristics that are different. Here are some of its features: The small size of the Oval or round shape has limited movement of a single cell with a small cytoplasmic purple color and light blue does not have pellets causing low or high lymphocytes can be caused by certain conditions or diseases, The following explanation: 1. Low lymphocytes will experience lymphocytocia if the amount is less than 1000 per microlite in adults and less than 3,000 per blood microlite in children. Causes include: Corticosteroid Radiation Therapy Radiation Therapy Stress Malnutrition (Malnourishment) Some drugs, including chemotherapy drugs HIV/AIDS influenza autoimmune diseases such as lupus Some cancers, including lymphoma and Hodgkin's disease Some congenital abnormalities such as Wiscott-Aldrich syndrome and DiJorge syndrome 2. High lymphocyte lymphocytosis is a condition in which high levels of lymphocytes are more than 4,000 per blood microlite in adults and more than 8,000 per microlite in infants and children. The cause is related to a number of the following conditions or diseases: Tuberculosis (Tuberculosis) Chicken smallpox Mumps pertussis adenovirus hepatitis Toxoplasmosis Sitomegalovirus Brucellosis Vasculitis Mononucleosis Infectious Hiv/AIDS Normal value of lymphocytes Healthy body requires lymphocytes that remain normal. The normal value is 20-40 percent of the total number of white blood cells. If the level is less than 20 percent of the total white blood cells, the body will experience low lymphocytes. There are also cases where the body has levels that are more than 40 percent of the total number of white blood cells. The condition is called high lymphocytes. Both are equally not good and can be harmful to health. These changes in levels are influenced by several such as illness, infection, medical action, and physical activity. Activity, may affect the rise or decrease in the level. Read more: Types of white blood cells and their respective lymphocyte function Every part of white blood cells has a certain function. In general, the function is to protect the body from antigenic attacks in the form of microbes, bacteria, viruses or chemicals. Here are some of the functions of lymphocytes: Protecting the body from pain Keep the body's immune system Recognizes the presence of antigens, which enter the body Looking for body cells infected with antigens Destroy antigens with toxic chemicals Products antibodies Forms memory cells as a secondary immune response against infection, inflammation, and cancer-type lymphocyte lymphocytes lymphocytes contain, here's the explanation: 1. lymphocytes T Most lymphocytes lymphocytes T (T) that is, with a percentage of more than 70 percent. T cells are formed in the bone marrow, but undergo a process of maturation in the thymus gland, which is located around the breast. Mature T cells will also enter the bloodstream in some systemic protective areas such as lymph nodes. Only mature cells can fight antigenic infections. 2. Lymphocyte B Unlike T cells, B-cells are formed and matured inside the bone marrow. B-cells also circulate in the bloodstream. The percentage of B-cells from whole lymphocytes is 10 percent. Lymphocytes function in the immune system You wonder how lymphocytes work so that it can protect the body from attacks by bacteria, viruses or other antigens? Unlike phagocytes, which work when eating, lymphocytes play a role in the immune system in other ways. When an antigen enters the body, T cells recognize a real different molecule in the body. After that, the T-cell part that is the killer of T cells will look for the body's cells infected with antigens. The cells of the body, which have been successfully detected by infected antigens, will be destroyed. Killer T cells will be attached to the body's cells and secrete toxic chemicals, namely cytokines. Cytokines produced by killer T cells will destroy antigens in the body's cells and body cells that have been infected with the antigen. In addition, the T-cell assistant will also produce chemicals. These chemicals stimulate immune responses in B-cells. Antibodies of plasma cells from B-cells will produce antibodies. Such antibodies will work against microorganisms or other substances that enter the body. Antibodies will fight antigens for a few days to several weeks. The body will continue to produce antibodies to defeat pathogenic antigens through plasma cells. However, plasma cells can last up to one week. If the antibodies produced by plasma cells are unable to defeat the antigen, the body will become ill, so it requires Memory cells If antibodies successfully defeat antigens, then the body's health will recover immediately. Memory cells, formed through B-cells, will stay in the body longer. The function of memory cells such as a secondary immune response that can return against the same type of antigen. For example, if you get infectious disease A, then your body will produce memory cells for antigen A. Once, when the same antigen enters the body, then memory cells will produce plasma cells and plasma cells will produce antibodies that can fight these A-gens. It is memory cells that make the body react faster to the immune system. This is the reason why a person who has been exposed to the disease with the same cause tends to be more resistant and not infected. This is because of memory cells that already exist in the body. How to overcome low and high lymphocyte treatment depends on what causes it. Treatment of the main factors tends to overcome lymphocytopenia. You may also need therapy to prevent infection or other complications due to a weakened immune system. If drug therapy causes a small amount of lymphocytes, the doctor may stop or replace the drug. Drug-related lymphocytopeny usually disappears after discontinuation of the drug. Based on other reasons, the doctor may prescribe the following medications: Combined antiretroviral therapy for HIV Other antiviral drugs, antibiotics, antifungal drugs, or anti-parasitic drugs to treat gamma-globulin specific infections help prevent infections that may occur due to B-cell lymphocytization of bone marrow transplantation treatment of high levels. For most people, the high level will disappear when the underlying condition improves. Anita Damaanti. 2018. CALCULATE THE TYPE OF LEUKOCYTES (HEMATOLOGY) - PAPER. BanjarBaru: Borneo Lestasi Health Analytical Academy. . (Received 2019-03-19) Dhea Tiara, Murniati Ticho, Yanti M. Mevo. 2016. Review of lymphocyte levels in construction workers (journal). Manado: Sam Ratutangi University Manado. . (Received 2019-03-19) Morris, Susan I. 2017. Everything you need to know about lymphocytes. . (Received 2020-04-01) Itikhar, Noreen. 2018. What is lymphocytopeny?. . (Received 2020-04-01) Lymphocytes are a type of white blood cell that plays an important role in the immune system. These white blood cells can help your body fight bacteria, viruses and other toxins that you're sick. If lymphocytes levels are high, this may indicate that Your body's immune system is weak, and it is likely that you are getting the disease. What are lymphocytes? Lymphocytes are a type of white blood cell made in the bone marrow. This type of white blood cell can be found in the blood and lymphatic tissue. These white blood cells work to maintain immunity to foreign substances such as bacteria, viruses and even cancer cells. The normal level of white blood cells indicates that your health is in order. However, if the level of white blood cells, especially high lymphocytes, indicate that you are infected with the virus or even exposed to a particular disease. Types and function of lymphocytes There are two types of lymphocytes of blood cells, commonly referred to as B-cells and T cells. From there, some cells go to the thymos. Cells that run to thymus are called T cells, while those that remain in the bone marrow are called Group B cells. Meanwhile, the task of T cells is to help the body kill cancer cells and control the immune response to other substances. T cells kill cancer cells and control the immune response to foreign matter, destroying the body's cells that have been taken over by viruses or the body's cells that have become cancerous. In addition to these two types of lymphocyte cells, there is another type. These third cellular lymphocytes are known as natural killer or NK cells. These cells come from the same place as B and T cells. NK cells react quickly to certain other substances and specialize in killing cancer cells and other cells already infected with the virus. What happens when lymphocyte levels are high? Cited from the Mayo Clinic, lymphocytosis is a condition in which the levels of lymphocytes in the blood become high. Typically, normal adult lymphocytes are 3000 in a blood microlite. Meanwhile, in children, the number varies depending on their age. Typically, the normal number of lymphocytes in children is up to 9,000 lymphocytes per microlite. This normal measure of white blood cells usually also has different criteria in each laboratory. High levels of lymphocytes usually indicate that there is a problem with the immune system. Usually the condition is found in people affected by blood cancer or chronic infections. Your doctor may need to do another test to determine and know what is happening to the immune system, some causes of lymphocytes become high among others: Infections caused by bacteria or blood cancer viruses Lymphatic System Autoimmune Disorders That Cause Advanced Inflammation (Chronic) Other Causes: Acute Lymphocytic Leukemia Chronic Lymphocytic Leukemia Cytomegalovirus Infection (CMV) HIV/AIDS Mononucleosis Other Viral Infections Tuberculosis Vasculitis (Inflammation of Blood Vessels) whether the number of lymphocytes is normal, high or low. If many abnormal cells are found, it may indicate symptoms of the disease. In this case, the doctor will likely ask for another test to diagnose diseases related to blood and immune immunity. If the number of T cells exceeds the normal range, it may indicate one of the following conditions: sexually transmitted diseases such as syphilis Viral infections, such as mononucleosis infections caused by parasites, such as toxoplasmosis tuberculosis, diseases affecting the lungs and other organs Cancer of white blood cells Blood cancer from in the bone marrow If the number of B-cells above the normal range, most likely can indicate one of the following conditions: Chronic lymphocytic leukemia Multiple myeloma Genetic disease known as DiJorge Cancer Type called Waldenstrom The treatment of high lymphocytes depends on the underlying cause. If the cause does not require any treatment, high lymphocytes also should not be solved. Lymphocyte levels will return to normal if the cause is properly addressed. Here are treatment options for treating the causes of high lymphocytes: analgesics and/or non-steroidal anti-inflammatory drugs (NSAIDs). If high lymphocytes are caused by mononucleosis, the doctor may recommend analgesics and/or non-steroidal anti-inflammatory drugs (NSAIDs). Antibiotics such as azithromycin or claritromycin are recommended to overcome high lymphocytes due to whooping cough in adults. Cancer treatment. If lymphocytes are high in cancer, usually the doctor will give you medication and chemotherapy. A diet of antioxidants such as avocados, green vegetables, carrots, raspberries, citrus fruits, grapes, cabbage, mushrooms and tomatoes can prevent and inhibit the growth of cancer cells. Anti-inflammatory diets such as omega-3 fatty acids found in oily fish oil can help reduce inflammation, which can lead to high levels of lymphocytes. Hello Health Group and Hello Sehat do not provide medical advice, diagnosis or treatment. Please check our editorial policy page for more information. 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