**WHICH MYELOMA TREATMENT IS RIGHT FOR YOU?**

**WHAT YOU NEED TO KNOW**

**Program Resource Guide**

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**INSIST ON BETTER CARE**

- Always speak up and ask questions. You have a voice in YOUR myeloma care.
- Consider a second opinion and/or a consult with a myeloma specialist.
- Include a friend or family member in your appointments.
- Inquire about test results and how they may impact your care and treatment plan.

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### MYELOMA ESSENTIAL TESTING

- Blood test
- Urine test
- Bone marrow biopsy
  - Cytogenetics
- Imaging

### QUESTIONS TO ASK ABOUT ESSENTIAL MYELOMA TESTING

- What type of myeloma do I have?
- What is the stage of my myeloma?
- Is there bone involvement?
- Do I have any chromosomal abnormalities?
- Will you measure minimal residual disease (MRD)?
- Should I have additional testing?

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### MYELOMA TESTS: DEFINED

**Blood Tests:** Laboratory analysis of blood to detect M-proteins produced by myeloma cells. Another abnormal protein, beta-2-microglobulin, may be identified provide information about the aggressiveness of the myeloma. The blood tests also examine kidney function, blood cell counts, calcium levels, and uric acid levels.

**Bone Marrow Biopsy:** Procedure that involves collecting a small sample of bone marrow, usually from the hip bone, in order to be examined by a laboratory. This procedure is used to confirm a diagnosis and may be used to monitor the disease over time.

**Cytogenetic Analysis:** Testing of blood, bone marrow, or tissue in order to identify changes in chromosomes.

**Imaging:** X-ray, MRI, CT, or PET scan to detect bone damage or bone problems due to myeloma.

**Fluorescence in Situ Hybridization (FISH):** A chromosome test used to identify specific genes or chromosome changes. A FISH test is essential at diagnosis.

**Flow Cytometry:** Analysis of blood and bone marrow cells to classify the cell types.

**MRD (minimal residual disease):** Measurement of the number of myeloma cells found in the bone marrow of patients in remission after a clinical response to treatment. MRD is relevant as the residual myeloma cells may indicate progression or relapse.

**Next-generation sequencing (NGS):** Technology to sequence DNA or RNA to identify genetic variations associated with diseases or other biological phenomena.

**Urine Test:** Analysis of urine to detect M-proteins. M-proteins are called Bence Jones proteins when detected in urine.

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### Factors Considered When Staging Myeloma

- Amount of albumin in blood
- Amount of beta-2-microglobulin in blood
- Amount of lactate dehydrogenase (LDH) in blood
- Cytogenetics of the myeloma
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VISIT THESE RELATED PROGRAMS

- What Standard Testing Follows a Myeloma Diagnosis?
- How Does Myeloma Testing Affect Care and Treatment?
- How Is Minimal Residual Disease (MRD) Testing Used in Myeloma Care?
- How Are Cytogenetics Used in Myeloma Care?

GLOSSARY OF TERMS

CAR (Chimeric Antigen Receptor) T-Cell Therapy: Treatment in which the T cells (a type of immune system cell) of a patient are laboratory-altered to attack cancer cells in the body.

Induction Therapy: First phase of treatment with the goal of reducing the number of plasma cells (myeloma cells) in the bone marrow and the proteins that the plasma cells produce.

Maintenance Therapy: Refers to treatment given to myeloma patients after initial therapy that is meant to maintain a remission or to prevent return of the disease.

Immunotherapy: Type of therapy that harnesses one’s own immune system to help the body fight cancer, infection, and other diseases.

M-Protein (M-Spike): Abnormal protein secreted by plasma cells that usually indicate disease when found in the blood or urine.

Monoclonal Gammapathy of Undetermined Significance (MGUS): Indicates an abnormal protein (M-protein) in the blood. While there are no signs or symptoms, occasionally MGUS may progress to a serious condition or blood cancer, such as multiple myeloma.

Risk Stratification: Quantifying a patient as low-risk or high-risk based on a range of factors, including test results, age, and other comorbidities.

Stem Cell Transplant (bone marrow transplant): A procedure in which healthy blood stem cells are used to replace damaged or diseased bone marrow. This procedure can be used to treat certain types of blood cancers.

MYELOMA RESOURCES

- Cancer Support Community
- The Leukemia & Lymphoma Society (LLS)
- Myeloma Crowd
- International Myeloma Foundation
- Multiple Myeloma Research Foundation

MORE TOOLS FOR EMPOWERMENT

- Digitally Empowered™
- PEN-Powered Activity Guide
- Empowered Blog
- Empowered! Podcast

MORE TOOLS FOR EMPOWERMENT

- question@powerfulpatients.org
- @power4patients
- PowerfulPatients.org

Insist! Myeloma is brought to you by the Patient Empowerment Network. It is made possible through support from AbbVie, Inc., Bristol Myers Squibb, Foundation Medicine, Illumina, Janssen Biotech, Inc., and generous donations from people like you.

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