

WHICH MYELOMA TREATMENT IS RIGHT FOR YOU?

WHAT YOU NEED TO KNOW

Program Resource Guide

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.

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?

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.

Factors Considered When Staging Myeloma

- Amount of albumin in blood
- Amount of lactate dehydrogenase (LDH) in blood
- Amount of beta-2-microglobulin 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 Gammopathy 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](#) 



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