# Understanding Waldenström Macroglobulinemia (WM) Care

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<th>WM Treatment Goals</th>
<th>The Role of the Patient in WM Care</th>
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<td>▪ Manage patient symptoms</td>
<td>▪ Bring a friend or family member to appointments</td>
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<td>▪ Improve IgM levels</td>
<td>▪ Educate yourself about your condition</td>
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<tr>
<td>▪ Improve hemoglobin levels</td>
<td>▪ Advocate for yourself</td>
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## Watch and Wait (W&W)

Frequent monitoring of indolent or incurable cancers closely without active treatment by the healthcare team. During this time, the patient undergoes regular testing to monitor disease progression and symptoms. Watch and wait is also referred to as watchful waiting or active surveillance.

## WM Treatment Options

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<th>Active surveillance (Watch and Wait)</th>
<th>Immunotherapy</th>
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<td>Chemotherapy</td>
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## WM Treatment Considerations

- Age
- Comorbidities
- Existing medications
- Genomic profile
- Insurance coverage
- Patient preference
- Risk
- Side effects
- Tolerance for intravenous therapy

## Monitoring Treatment Effectiveness

- Measuring IgM levels
- Improvement in hemoglobin levels
- Quality of life response

## Waldenström Macroglobulinemia (WM) Resources

- International Waldenstrom’s Foundation: iwmf.com
- Lymphoma Research Foundation: Lymphoma.org
- The Leukemia & Lymphoma Society: LLS.org
Glossary Terms

**Anemia**: A condition that develops when the body lacks sufficient red blood cells. Symptoms of anemia may include fatigue, weakness, and shortness of breath, among others.

**Hyperviscosity**: Buildup of IgM in the blood, thickening the blood, and impairing blood flow.

**Hyperviscosity Syndrome**: A group of symptoms caused by hyperviscosity that may include spontaneous bleeding from mucous membranes, visual disturbances, headache, dizziness, and vertigo, among others.

**Genomic Profile (molecular profiling or biomarker testing)**: Laboratory testing that identifies certain gene mutations, proteins, chromosomal abnormalities, and/or other molecular changes that are unique to an individual’s disease. In cancer, it may be used to evaluate treatment or to make a prognosis.

**Peripheral Neuropathy**: A condition that can affect many different types of nerves and is usually a gradual onset of numbness, pain, burning, or tingling in the feet or hands, but can spread upward to the arms and legs.

**Immunoglobulin M (IgM)**: Antibody produced as a body's first response to a new infection. IgM is produced by B cells and is the largest antibody in the human circulatory system.

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

**Venetoclax (Venclexta)**: BLCL-2 inhibitor currently approved for the treatment of adult patients with chronic lymphocytic leukemia (CLL) or small lymphocytic lymphoma (SLL).