

# THRIVING WITH MYELOMA: WHAT YOU SHOULD KNOW ABOUT CARE AND TREATMENT



## Program Resource Guide

### Understanding Myeloma

**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.

**Smoldering Myeloma:** A very slow-growing type of myeloma where abnormal plasma cells make too much of a single type of monoclonal antibody, and it builds up in the blood or is passed in the urine. Patients with smoldering myeloma usually have no symptoms, but they should be monitored closely for signs of progression to multiple myeloma.

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| <ul style="list-style-type: none"><li>▪ <b>Non-Secretory Myeloma:</b> A rare myeloma subtype in which diagnosis is characterized by the absence of detectable M-protein in the serum and urine.</li><li>▪ <b>Secretory myeloma:</b> The myeloma cells release (or secrete) a protein into the blood or urine, which affect immunoglobulin levels.</li></ul> | <ul style="list-style-type: none"><li>▪ <b>Relapsed</b> is the return of a disease or the signs and symptoms of a disease after a period of improvement.</li><li>▪ <b>Refractory</b> describes a disease or condition that does not respond to treatment.</li></ul> |
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### What Is Shared Decision-Making (SDM)?

Process of communication by which patients and clinicians collaborate to make healthcare decisions.

The process encourages patients to take a more active role in their care and treatment.

### What Can Impact a Myeloma Treatment Decision?

- Patient-related factors, including a patient's age, fitness level, and comorbidities.
- Disease-related factors, including the aggressiveness of the patient's disease and its location.
- Treatment-related factors, including if a patient is refractory to medicines or other treatments administered.

Questions to Ask About Your Myeloma Treatment Plan	Measuring Myeloma Treatment Response
<ul style="list-style-type: none"><li>▪ What is the medication being used?</li><li>▪ What side effects might I expect?</li><li>▪ How should I take the medication?</li><li>▪ How do I obtain a refill?</li><li>▪ What type of myeloma do I have?</li><li>▪ Are there specific treatment options for my subtype of myeloma?</li></ul>	<p><b>MR:</b> Minor Response or Minor Remission <b>PR:</b> Partial Response or Partial Remission <b>VGPR:</b> Very Good Partial Remission <b>CR:</b> Complete Response or Complete Remission</p>

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### 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.

**Amyloidosis:** The buildup of abnormal protein (amyloid) in body tissues and organs, which may affect organ function.

**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.

**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.

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

**Progression-Free Survival (PFS):** The length of time during and after the treatment of a disease, such as cancer, that a patient lives with the disease, but it does not get worse.

**Stem Cell Transplant:** Also called a bone marrow transplant, is 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.

### Thank You to Our Collaborators

- Association of Community Cancer Centers (ACCC): [accc-cancer.org](http://accc-cancer.org)
- AceCancer: [acecancer.com](http://acecancer.com)
- CancerGRACE: [cancergrace.org](http://cancergrace.org)
- The Leukemia & Lymphoma Society: [LLS.org](http://LLS.org)
- National Organization for Rare Disorders (NORD): [rarediseases.org](http://rarediseases.org)

### MORE TOOLS FOR EMPOWERMENT

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



Thrive Myeloma is brought to you by the Patient Empowerment Network. It is made possible through support from AceCancer, Bristol Myers Squibb, Janssen Oncology, Inc. and Legend Biotech, Inc., Karyopharm, and generous donations from people like you.



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