

MAKING MYELOMA TREATMENT DECISIONS AT EVERY STAGE OF CARE

Program Resource Guide



Myeloma Treatment Decision Factors

- Overall health and fitness
- Genetic changes (high risk or standard risk)
- Comorbidities
- Previous treatments

Myeloma Treatment Phases

- Induction Therapy:** First phase of treatment that is meant to induce remission. The goal of induction therapy is to reduce the number of plasma cells (myeloma cells) in the bone marrow and the proteins that the plasma cells produce.
- Consolidation Therapy:** Treatment given for a short time following induction therapy. The goal of consolidation therapy in myeloma is to further deepen the response to initial treatment.
- Maintenance Therapy:** Refers to treatment given to patients after initial therapy that is meant to maintain a remission or prevent return of the disease.

Proteasome Inhibitors

Proteasome inhibitors target cancer cells by blocking the breakdown of proteins by the proteasome. Without functioning proteasomes, proteins build up and kill the myeloma cells. Approved proteasome inhibitors to treat myeloma include:

- Bortezomib (Velcade)
- Carfilzomib (Kyprolis)
- Ixazomib (Ninlaro)

Immunomodulatory Therapy

Immunomodulatory therapies (iMiDs) are a group of drugs that treat myeloma by modifying the response of the immune system by increasing or decreasing the production of serum antibodies. Approved iMiDs to treat myeloma include:

- Lenalidomide (Revlimid)
- Pomalidomide (Pomalyst)
- Thalidomide (Contergan)

CAR (Chimeric Antigen Receptor) T-Cell Therapy

CAR (Chimeric Antigen Receptor) T-Cell Therapy is a 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. Approved CAR T-cell therapies to treat myeloma include:

- Idecabtagene Vicleucel (Abecma) or Ide-cel
- Ciltacabtagene Autoleucel (Carvykti) or Cilta-cel

Monoclonal Antibody (mAb) Therapy

Monoclonal antibodies (mAb) are proteins made in a laboratory meant to stimulate your immune system to fight a particular disease or infection. Approved monoclonal antibodies (mAb) to treat myeloma include:

- Daratumumab (Darzalex)
- Daratumumab and hyaluronidase-fihj (Darzalex Faspro)
- Elotuzumab (Empliciti)
- Isatuximab-ifrc (Sarclisa)

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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.

Glossary Terms

Bispecific Antibodies: Antibodies that bind to two different antigens at the same time. These antibodies are being studied in the treatment of cancer.

Ciltacabtagene Autoleucel (Carvykti): Also referred to as Cilta-cel, FDA-approved CAR T-cell therapy for adults with relapsed or refractory multiple myeloma who have already received four or more lines of therapy.

Daratumumab (Darzalex): Monoclonal antibody treatment that targets the CD38 protein on the surface of myeloma.

Idecabtagene Vicleucel (Abecma): Also referred to as ide-cel, FDA-approved CAR T-cell therapy for people with relapsed or refractory multiple myeloma who have already received four or more lines of therapy.

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

Refractory: Describes a disease or condition that does not respond to treatment.

Relapse: Return of a disease or the signs and symptoms of a disease after a period of improvement.

Myeloma Support & Resources

CancerGRACE | cancergrace.org

Cancer Support Community (CSC) | cancersupportcommunity.org

Multiple Myeloma Research Foundation | themmrf.org

National Organization for Rare Disorders (NORD) | rarediseases.org

Myeloma Crowd | myelomacrowd.org

ClinicalTrials.gov

MORE TOOLS FOR EMPOWERMENT

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



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