

EXPERT ADVICE FOR NAVIGATING MYELOMA TREATMENT AND CARE DECISIONS



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.

Multiple Myeloma: Also called myeloma, is a cancer of the plasma cells (a type of white blood cell). These cells build up in the bone marrow and crowd out normal cells that make red blood cells, platelets, and other white blood cells.

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

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

Myeloma Essential Testing

- Serum protein electrophoresis (SPEP)
- Bone marrow biopsy
- Genetic testing
- FISH test
- Advanced imaging: PET scan or MRI

Factors That May Impact Myeloma Prognosis

- Stage of disease
- Bone marrow biopsy results
- Cytogenetic analysis

Common Myeloma Treatments

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:

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

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.

Proteasome inhibitors approved to treat myeloma include:

- Velcade (bortezomib)
- Kyprolis (carfilzomib)
- Ninlaro (ixazomib)

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 to treat myeloma include:

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

EXPERT ADVICE FOR NAVIGATING MYELOMA TREATMENT AND CARE DECISIONS



Program Resource Guide

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.

Bispecific Antibodies: Antibodies that bind to two different antigens at the same time.

Bone Marrow Biopsy: A procedure that involves collecting a small sample of bone marrow, usually from the hip bone, in order to be examined by a laboratory.

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.

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

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

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

Induction Therapy: The first phase of treatment given for a disease. The goal of induction therapy for multiple myeloma is to reduce the number of plasma cells (myeloma cells) in the bone marrow and the proteins that the plasma cells produce.

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

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

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.

Standard of Care: An established guideline that is consensus among experts as the most appropriate and/or effective treatment for a specific type and stage of cancer.

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

Targeted Therapy: A type of personalized medicine that works by blocking specific mutations and by preventing cancer cells from growing and dividing, without affecting normal cells.

MORE TOOLS FOR EMPOWERMENT

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



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



question@powerfulpatients.org



@power4patients



PowerfulPatients.org