

# ACCESSING PERSONALIZED MYELOMA TREATMENT: WHAT PATIENTS SHOULD KNOW

Program Resource Guide



## Myeloma Testing

### Common Testing After Myeloma Diagnosis

- Blood test
- Bone marrow biopsy
  - FISH test
  - Cytogenetics
- Imaging
- Urine test

### Bone Imaging Tests

- **Skeletal survey:** Series of X-rays to check the health and status of a person's bones.
- **PET (Positron Emission Tomography) scan:** Imaging test that uses a special dye with radioactive tracers to allow your doctor to check for diseases in your body.

## In-Depth Myeloma Testing

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

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

### Myeloma Treatment Decision Factors

- Disease biology
- Patient characteristics
  - Overall health
  - Co-existing conditions
- Overall health
- Patient preference

**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.

## Myeloma Treatment Options

**Immunomodulatory therapies (iMiDs):** Group of drugs that treat myeloma by modifying the response of the immune system by increasing or decreasing the production of serum antibodies.

**Monoclonal antibody (mAb) therapy:** Proteins made in a laboratory meant to stimulate your immune system to fight a particular disease or infection.

**Proteasome inhibitor:** Target cancer cells by blocking the breakdown of proteins by the proteasome. Without functioning proteasomes, proteins build up and kill the myeloma cells.

**Stem Cell Transplant:** A procedure, also called a bone marrow transplant, 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.

## Newer Myeloma Therapies

**Bispecific antibodies:** Monoclonal antibodies that target B-cell maturation antigen (BCMA). These can attach to both a T cell and a myeloma cell concurrently, activating an immune attack on cancer cells.

**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.

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## FDA-Approved Myeloma Treatments

<p><b>Immunomodulatory Therapies (IMiDs)</b></p> <ul style="list-style-type: none"> <li>Lenalidomide (Revlimid)</li> <li>Pomalidomide (Pomalyst)</li> <li>Thalidomide (Thalomid)</li> </ul>	<p><b>Proteasome Inhibitors</b></p> <ul style="list-style-type: none"> <li>Bortezomib (Velcade)</li> <li>Carfilzomib (Kyprolis)</li> <li>Ixazomib (Ninlaro)</li> </ul>
<p><b>Monoclonal Antibodies</b></p> <ul style="list-style-type: none"> <li>Daratumumab (Darzalex) - targets CD38</li> <li>Isatuximab-ifrc (Sarclisa) - targets CD38</li> <li>Elotuzumab (Empliciti) - targets SLAMF7</li> </ul>	<p><b>CAR T-Cell Therapies</b></p> <ul style="list-style-type: none"> <li>Idecabtagene vicleucel (Abecma) or Ide-cel</li> <li>Ciltacabtagene autoleucel (Carvykti) or Cilta-cel</li> </ul>
<p><b>Bispecific Antibody Therapy</b></p> <ul style="list-style-type: none"> <li>Teclistamab (Tecvayli)</li> </ul>	

## Glossary

**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.

**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.

**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.

**Induction therapy:** The first phase of treatment for myeloma. The goal of induction therapy is to reduce the number of myeloma cells in the bone marrow and the proteins that these 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.

**Teclistamab (Tecvayli):** Bispecific T-cell engager approved for the treatment of relapsed or refractory myeloma after at least four previous lines of treatment.

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## Insist! Myeloma



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