

MYELOMA TREATMENT DECISIONS: WHAT'S RIGHT FOR YOU?

The Pro-Active Myeloma Patient Toolkit



KEY TESTS FOLLOWING A MYELOMA DIAGNOSIS

Blood and Urine Tests:

- Complete Blood Count (CBC)
- Blood Chemistry Tests
- Urine Tests
- Serum Protein Electrophoresis
- Serum Free Light Chain Assays

Imaging:

- CT (Computerized Tomography) Scan
- MRI (Magnetic Resonance Imaging) Scan
- PET (Positron Emission Tomography) Scan
- X-Ray

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. Tissue included may be used for additional testing such as:

- Cytogenetics
 - Flow Cytometry
 - Fluorescence in Situ Hybridization (FISH) Test
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CONSIDERATIONS WHEN CHOOSING TREATMENT

- Overall health: Age, overall fitness, and co-morbidities.
 - Test results: Results help your team to better understand your myeloma. These results help determine your prognosis and which treatment options may be right for you.
 - Treatment goals: Depending on the myeloma type and your overall health, goals vary by patient.
 - Stem cell transplant: Discuss with your doctor whether this may be an option for you.
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GLOSSARY OF TERMS

Blood Chemistry Tests: Testing to measure levels of albumin, calcium, creatinine, lactic dehydrogenase (LDH), and other electrolytes, found in the blood.

Complete Blood Count (CBC): Blood test used to evaluate one's overall health and to detect a wide range of disorders. CBC measures several features of the blood, including red blood cells, white blood cells, hematocrit, hemoglobin, and platelets.

Cytogenetics: The testing of blood, bone marrow, or tissue in order to identify changes in chromosomes, which can aid in the diagnosis of diseases and some types of cancer. Cytogenetics can also be used to determine treatment plans and the effectiveness of disease therapy.

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

Urine Tests (Urine protein electrophoresis (UPEP) and urine immunofixation): 24-hour urine collection to determine the amount of myeloma protein present in the urine.