Myeloma treatment goals often include:

- Reducing your symptoms
- Slowing the progression of your disease
- Inducing remission
- Helping you live longer while maintaining quality of life

Prior to treatment, ask your doctor if you have had relevant myeloma testing, including cytogenetics. Test results help establish the stage and risk category of your myeloma which may inform prognosis and treatment decisions.

Learn about your treatment options, which may include a combination of the following:
- Chemotherapy and/or drug therapy
- Immunotherapy
- Radiation therapy
- Stem cell transplant
- Steroids
- Targeted therapy
- Clinical trials, which may provide access to treatments that are not yet approved.

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Factors that may affect your treatment options, include age, overall health and existing conditions. It’s important to understand a treatment’s course and potential side effects.

Talk to your doctor about the risks and benefits of each option as well as the potential outcome. If you don’t feel supported or an active member of your team, then consider a second opinion.

HOW CAN YOU TAKE ACTION?

- Learn more about factors that affect myeloma treatment decisions.
- Ask about essential myeloma testing and whether you need to be retested over time.
- Discuss clinical trials with your physician.
- Visit powerfulpatients.org/myeloma.