

# DIVERSE PARTNERS IN YOUR MYELOMA CARE



HOW CAN I GET THE BEST MULTIPLE MYELOMA CARE NO MATTER WHERE I LIVE?

Program Resource Guide

## IMPORTANT QUESTIONS TO ASK YOUR HEALTHCARE TEAM

- Am I getting the latest myeloma treatment?
- Are there financial resources to help me with myeloma treatment costs?

## KEY TAKEAWAYS

- African Americans are diagnosed with myeloma at a younger age than other myeloma patients.
- The presence of the precursor to myeloma, called MGUS, is seen more frequently in African Americans and Hispanic Americans.
- African Americans and Hispanic Americans receive transplants less often than other myeloma patients.
- The rates of use for new myeloma drugs are lower for African American patients.
- African Americans have less aggressive myeloma, which means that they should have slightly better disease outcomes.
- Stereotypes about African Americans can prevent access to adequate myeloma care.
- Those with myeloma knowledge need to go to underserved minority communities to provide them with education and resources to improve patient outcomes.
- Be confident and advocate for yourself or your loved one with the myeloma care team.

## GLOSSARY OF TERMS

**Anemia:** A condition that results in a lack of red blood cells with symptoms that can include fatigue, dizziness, lightheadedness, shortness of breath, pale skin, and fast heartbeat.

**Healthcare Racial Disparities:** Different health results experienced by different races due to community access to care, ability to pay for care, feeling empowered to ask questions about care, understanding treatment plans, and other factors.

**Hemamalignancies:** Also called hematologic malignancies, cancers that affect the blood, bone marrow, and lymph nodes.

**Kidney Dysfunction:** Damage to the kidneys, caused by M proteins blocking the kidney tubules, high calcium levels, dehydration, and other factors in myeloma patients.

**MGUS:** Monoclonal gammopathy of undetermined significance, a blood condition in which an abnormal protein—called a monoclonal protein or M protein—is in the blood.