

## NEWLY DIAGNOSED CHECKLIST

- Get information about choosing a myeloma specialist or treatment center
- Talk with family and friends about how you feel and how they can help you
- Find out what your insurance covers
- Learn about the most current tests and treatments for myeloma
- Talk openly with your doctor about your fears or concerns
- Find out if financial assistance is available

## HOW IS MYELOMA DIAGNOSED?

- Lab tests
- Urine tests
- Biopsy
- PET scan
- MRI
- CAT scan
- Bone X-rays
- Cytogenetics
- Gene array analysis
- Flow cytometry
- FISH analysis
- Immunohistochemistry

## GLOSSARY TERMS

**CAR T-cell therapies:** CAR stands for chimeric antigen receptor. It is a biologic immune therapy where doctors take a patient's own T cells (lymphocytes in the blood) or use a donor's T cells, modify them with a new receptor, and then reintroduce to the patient.

**BCMA-targeted therapies:** BCMA stands for B-cell maturation antigen. This type of therapy targets cancer cells to slow or stop growth. They attack a specific antigen that is heavily present in myeloma cells.

**Bispecific antibodies (BisAbs):** Can be called T-cell engagers or T-cell redirective therapy. These are antibodies that have two arms. One of the arms is drawn to a target antigen, such as BCMA or which is located on the myeloma cell. The other arm is drawn to CD3 found on the T cell.

**Relapse:** Reappearance of signs and symptoms of myeloma after a period of improvement. Includes patients whose first progression occurs in the absence of any therapy following successful initial therapy.

### Myeloma Educational & Support Resources

- [The Multiple Myeloma Research Foundation](#)
- [International Myeloma Foundation](#)
- [Cancer Support Community](#)
- [Leukemia & Lymphoma Society](#)
- [Myeloma Patients Europe](#)
- [Triage Cancer](#)
- [ACCC](#)
- [Cancer Care](#)
- [Cancer Grace](#)
- [Family Reach](#)

### START HERE Expert Tip

*"I start off by asking my patients, is there someone you would like to call during the visit?"*

*It is always better to have a caregiver or an extra set of ears listening in."*

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