

### Have You Seen a Myeloma Specialist?

Seeking a [second opinion](#) or consultation [with a specialist](#) can confirm your diagnosis and your treatment approach.

### Have You Undergone Essential Myeloma Testing?

Before you start any treatment, [ask your doctor](#) if you have had [essential testing](#). Test results can determine your risk and help in [guiding your prognosis and treatment options](#).

### Do You Understand Your Treatment Options?

Understanding a treatment's course, including potential side effects and the impact on your other health conditions and lifestyle, is crucial. One should also ask their doctor about [emerging therapies](#) or [clinical trials](#).

### Does Your Doctor Know and Understand Your [Treatment Goals](#)?

Goals of myeloma treatment could include symptom management, slowing disease progression, remission, and living longer while maintaining quality of life.

### What Is the Plan If a [Myeloma Relapse](#) Occurs or Treatment Stops Working?

Talk with your healthcare team about next steps if your disease [relapses or becomes refractory](#) to treatment. Discuss whether [CAR T-cell therapy](#) or a clinical trial may be right for you.