

Tips for Myeloma Patients Deciphering Between In-Person or a Telemedicine Visit



Patient Status	Telemedicine	In-Person Visit
Routine Visit	X	
Maintenance therapy	X	
Starting new treatment regimen		X
Starting new agent in trial		X
Smoldering myeloma	X	
MGUS	X	
Seeking second opinion	X	
Long term survivorship	X	

Routine visit: a visit in which your myeloma care provider asks follow-up questions about symptoms and treatment side effects and may give information about lab test results.

Maintenance therapy: typically single agent therapy following completion of initial therapy or after stem cell transplant. This is meant to maintain the response achieved by the initial therapy/transplant and delay relapse.

Starting new treatment regimen: a time when your myeloma care provider prescribes a new or additional treatment for better care of your myeloma symptoms.

Starting new agent in trial: a time when you will start a new treatment agent in a myeloma clinical trial.

Smoldering myeloma: a middle stage of myeloma between MGUS and active myeloma. Patients in this stage are asymptomatic, have M protein in the blood, and have some abnormal plasma cells in their bone marrow.

MGUS: monoclonal gammopathy of undetermined significance, also known as the earliest stage of multiple myeloma when there are no active signs of disease. M protein or monoclonal protein is found in the blood and a small percentage of abnormal plasma cells in the bone marrow, but there is no evidence of damage caused by the protein or the cells. In a small percentage of individuals, MGUS will eventually progress to active myeloma.

Seeking second opinion: a time when a patient is searching for an expert to provide a second opinion for the treatment of their myeloma.

Long-term survivorship: living with myeloma for periods exceeding 10 years and 20 years. Advances in myeloma treatments have increased the percentage of myeloma patients living with myeloma for many years.