

Steps to Collaborating in Your Myeloma Care

1. Consider seeking a second opinion with a myeloma specialist. A specialist can confirm your diagnosis, help you define treatment goals, and provide peace of mind about care decisions.
2. Educate yourself about myeloma. Find myeloma resources on the [Patient Empowerment Network website](#). You can also ask your healthcare team for recommendations for learning about myeloma.
3. Ensure you have access to your online patient portal. You can use the portal to view medical records and test results and to communicate with your healthcare team
4. Participate in your care. Never hesitate to speak up and ask questions.

Preparing for Appointments

- Write down a list of questions in advance to help you organize your thoughts.
- Bring a friend or loved one to appointments to help you remember information and to take notes.
- Communicate with your healthcare team. If you have a question or something is bothering you, let someone on your team know. You can even send a message through your patient portal after your visit.

Common Goals of Myeloma Therapy

- Reducing and managing myeloma symptoms.
- Slowing the progression of the disease.
- Inducing remission.
- Helping patients live longer while maintaining quality of life.

Myeloma Treatment Options

- Proteasome inhibitors
- Immunomodulatory therapies (IMiDs)
- Monoclonal antibodies
- Stem cell transplants
- Bispecific antibodies
- CAR T-cell therapy
- Clinical trials

Considerations When Choosing a Myeloma Treatment Plan

- Your age, overall health, and any pre-existing conditions
- Potential side effects of the treatment
- Previous therapies that have been used to treat your myeloma
- The financial impact of a treatment plan
- Lifestyle and personal preferences

Guidance When Making Treatment Decisions

- Work with your healthcare team to set and understand treatment goals.
- Talk with your doctor about all available treatment options.
- Inquire about clinical trials that may be appropriate for your myeloma.
- Discuss the pros and cons of each option with your healthcare team.
- Review the proposed care plan and treatment options with a care partner before you make a decision.

Advice for Inquiring About Clinical Trials

- Ask your healthcare team if there are trials available for your specific type of myeloma.
- Review the pros and cons with your doctor and care partner.
- Ask about logistics including time commitment, travel, and costs.
- Ensure that you and your care partner feel comfortable with the decision before moving forward.

Glossary Terms

Bispecific Antibodies (Bispecific T-cell engagers or BiTEs): Class of bispecific monoclonal antibodies that harness the power of the immune system to treat myeloma by binding to two different antigens at the same time.

Bone Marrow Biopsy: Procedure that involves collecting a small sample of bone marrow, usually from the hip bone, in order to be examined by a laboratory. This procedure is used to confirm a diagnosis and may be used to monitor the disease over time.

CAR (Chimeric Antigen Receptor) T-Cell Therapy: Treatment in which the T cells (a type of immune system cell) of a patient are laboratory-altered to attack cancer cells in the body.

Cytogenetic Analysis: Testing of blood, bone marrow, or tissue in order to identify changes in chromosomes.

Fluorescence in Situ Hybridization (FISH): A chromosome test used to identify specific genes or chromosome changes. A FISH test is essential at diagnosis.

Immunomodulatory Therapies (iMiDs): Group of drugs that treat myeloma by modifying the response of the immune system by increasing or decreasing the production of serum antibodies.

Immunotherapy: Type of therapy that harnesses one's own immune system to help the body fight cancer, infection, and other diseases.

Monoclonal Antibodies (mAb): Proteins made in a laboratory meant to stimulate your immune system to fight a particular disease or infection.

MRD (minimal residual disease): Measurement of the number of myeloma cells found in the bone marrow of patients in remission after a clinical response to treatment. MRD is relevant as the residual myeloma cells may indicate progression or relapse.

Proteasome Inhibitor: Target cancer cells by blocking the breakdown of proteins by the proteasome. Without functioning proteasomes, proteins build up and kill the myeloma cells.

Shared Decision-Making (SDM): Process of communication by which patients and clinicians collaborate to make healthcare decisions. The process encourages patients to take a more active role in their care and treatment.

Standard of Care: An established guideline that is consensus among experts as the most appropriate and/or effective treatment for a specific type and stage of cancer.

Stem Cell Transplant: A procedure, also called a bone marrow transplant, in which healthy blood stem cells are used to replace damaged or diseased bone marrow. This procedure can be used to treat certain types of blood cancers.

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