Patient Empowerment Network

5 Things to know about

Shared decision-making in multiple myeloma

Shared decision-making means working together with your care team to make choices that are right for you. These five tips can help you be an informed, confident, and empowered partner in your myeloma care.

1 Understand your diagnosis

Understand your diagnosis, including the type and stage of your multiple myeloma. Asking for a second opinion is also recommended - and normal!



2 Understand your treatment options

Learn about the benefits, risks, and possible side effects of each treatment option so you can discuss what may be right for you with your care team.



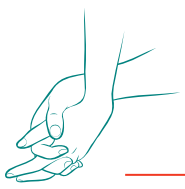
3 Bring your questions

Bring a list of questions for your care team to each appointment. Writing them down ahead of time can help make sure your concerns and priorities are discussed.



4 Care for your emotional well-being

Care for your emotional well-being in addition to your physical well-being. Practice stress-reduction tools, such as meditation and breathing, and/or seek out support groups.



5 Track how treatment is working

Track how well each treatment is working by journaling your side effects so that you can report them early to your care team.

