

Terms to Know For Empowered Care

Health Literacy: Understanding your disease and treatment options helps you make informed decisions.

Shared Decision-Making (SDM): A collaborative process where you and your care team make treatment decisions together, based on your goals and values.

Patient Empowerment: not a one-time event, but a continuous practice of learning, asking, and engaging in your care.

All About CAR T-Cell Therapy in Multiple Myeloma

What It Is: A personalized immunotherapy that uses your own T-cells to target and destroy myeloma cells.

Who It's For: Typically used in relapsed/refractory myeloma after multiple prior treatments.

What to Expect: T-cell collection where they are modified in a lab. You will then receive an infusion of those CAR T-Cells and be monitored closely for side effects like Cytokine Release Syndrome (CRS) and neurotoxicity.

[Source](#)

Key Questions to Ask Your Doctor About CAR T-Cell Therapy

- > Am I eligible for CAR T-cell therapy?
- > What are the risks and benefits?
- > What are the side effects and how are they managed?
- > How long will I need to be away from home?

"Our job is to guide. Our job is not to dictate. Sometimes the best decision is the one that aligns with the patient's beliefs, even if it's not the most evidence-based."- Dr. Sikander Ailawadhi

[Source](#)

Questions to Ask Yourself Before Deciding on CAR T-Cell Therapy

- What matters most to me right now?
- What do I want from this treatment? How will this treatment affect my quality of life?
- What am I willing to tolerate?
- What support do I need?
- What does success look like for me?
- What are my other options if I choose not to pursue CAR T?

Reducing Treatment Burden

- Ask about outpatient options and remote monitoring
- Discuss ways to reduce visit frequency
- Explore caregiver and community support resources.
- Consider palliative care as part of your care team—not just for end-of-life, but for quality of life
- If travel is difficult, ask about shared care models with nearby oncologists or infusion centers.
- Make a side effect management plan with your healthcare team.

[Source](#)