

# FACT OR FICTION? MULTIPLE MYELOMA TREATMENT & SIDE EFFECTS

Program Resource Guide



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## COMMON MISCONCEPTIONS IN MULTIPLE MYELOMA

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**There are a number treatment options for myeloma. FACT.** We are in a swiftly moving era of research with many treatments available and many more in development.

**MGUS and smoldering myeloma are the same. FICTION.** MGUS is an asymptomatic condition indicated by an abnormal protein in the blood. Only 20% of people with MGUS will ever develop myeloma or another malignant condition. While smoldering myeloma describes an asymptomatic stage between MGUS and active myeloma, many patients remain free of progression for many years.

**Myeloma patients should visit the dentist regularly. FACT.** Some bisphosphonate treatments can make patients more susceptible to oral complications.

Watch the [Fact or Fiction? Myeloma Treatment & Side Effects](#) program [here](#).

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## PHASES OF CLINICAL TRIALS

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**Phase I:** The goal is to test the safety of the drug, finding the appropriate dose that produces the fewest side effects.

**Phase II:** Further assesses the safety of the drug. The drug is tested on more humans with a specific disease.

**Phase III:** Compares the efficacy of a new drug to the standard-of-care treatment. Usually a randomized clinical trial with enrollment of 100 or more patients.

Credible information about clinical trials can be found at [www.clinicaltrials.gov](http://www.clinicaltrials.gov).

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## GLOSSARY OF TERMS

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

**Complete Remission (CR):** The disappearance of all signs of cancer in response to treatment. This does not always mean cure.

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

**M-Protein (M-Spike):** Abnormal protein secreted by plasma cells that usually indicate disease when found in the blood or urine.

**MGUS (monoclonal gammopathy of undetermined significance):** Indicates an abnormal protein (M-Protein) in the blood. While there are no signs or symptoms, occasionally MGUS may progress to a serious condition or blood cancer, such as multiple myeloma.

**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.

**Neuropathy:** Usually a gradual onset of numbness, pain, burning or tingling in the feet or hands, but can spread upward to the arms and legs. The condition is often caused by multiple myeloma or its treatment.

**Osteonecrosis:** The death of bone tissue caused by treatment with a bisphosphonate (a therapy for osteoporosis, bone pain caused by some types of cancer and high blood calcium). This commonly occurs in the jaw bones.

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