

INSIST! MYELOMA

INSIST! on Better Care Resource Guide



HOW CAN YOU INSIST ON BETTER CARE?

- Consider seeing a myeloma specialist and/or getting a second opinion.
- Discuss with your doctor whether you have had all [relevant myeloma testing](#), including testing.
- Review the test results with your doctor.
- Do your own research on the findings.
- Partner with your doctor to determine a [personalized treatment](#) plan for your myeloma.
- Ask your doctor if a clinical trial may be right for you.

HAVE YOU HAD THESE ESSENTIAL MYELOMA TESTS?

<input type="checkbox"/> Blood Test (CBC, Chemistry Panel)	<input type="checkbox"/> Genetic Tests
<input type="checkbox"/> Urine Test	○ FISH testing
<input type="checkbox"/> Imaging (CT Scan, PET Scan, X-Ray)	○ IGHV mutational status
<input type="checkbox"/> Bone Marrow Biopsy	○ TP53 sequencing

CONTINUE YOUR MYELOMA EDUCATION. VISIT THESE CREDIBLE WEBSITES:

- The Leukemia & Lymphoma Society (LLS): [LLS.org](https://www.lls.org)
- Leukemia Research Foundation: [allbloodcancers.org](https://www.allbloodcancers.org)
- Myeloma Crowd: [myelomacrowd.org](https://www.myelomacrowd.org)

Access the Patient Empowerment Network's entire [Myeloma library](#).

GLOSSARY OF TERMS

Bone Marrow Biopsy: A 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.

Blood Chemistry Tests: Testing to measure levels of albumin, calcium, creatinine, lactic dehydrogenase (LDH), and other electrolytes, found in the blood.

Cytogenetics: The testing of blood, bone marrow, or tissue in order to identify changes in chromosomes, which can aid in the diagnosis of diseases and some types of cancer. Cytogenetics can also be used to determine treatment plans and the effectiveness of disease therapy.

CT (Computerized Tomography) Scan: Provides detailed images of the body (including bones, blood vessels, and soft tissue) from a series of X-ray images from different angles around the body and uses computer processing to create cross-sectional images.

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

Lytic lesion (bone lesion or osteolytic lesions): Areas of bone damage that result from cancerous plasma cells building up in your bone marrow.

PET (Positron Emission Tomography) Scan: Imaging test that uses a special dye with radioactive tracers to allow your doctor to check for diseases in your body.