

# HOW CAN YOU ENGAGE IN YOUR MYELOMA TREATMENT DECISIONS?

Program Resource Guide



## Considerations When Choosing Myeloma Therapy

- How often can you visit the medical center for treatment?
- What are the side effects of the treatment?
- How will long-term immune suppression affect your life?
- Is a clinical trial an option that may be right for you?

## Myeloma Treatment Options

- Chemotherapy
- Immunomodulatory Therapies (iMiDs)
- Monoclonal Antibodies (mAb)
- Proteasome Inhibitors
- Radiation Therapy
- Steroids

### BCMA-Targeting Therapies

- Antibody Drug Conjugates (ADCs)
- Bispecific Antibodies
- CAR T-Cell Therapy

*B-cell maturation antigen (BCMA) is a cell surface protein found exclusively on myeloma cells.*

**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.

## New & Emerging Myeloma Therapies

**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.

### Approved CAR T-Cell Therapies for Myeloma

- Idecabtagene Vicleucel (Abecma) or Ide-cel
- Ciltacabtagene Autoleucel (Carvykti) or Cilta-cel

**Bispecific T-cell Engagers:** Bispecific antibodies are monoclonal antibodies that target B-cell maturation antigen (BCMA). These can attach to both a T cell and a myeloma cell concurrently, activating an immune attack on cancer cells.

### Approved Bispecific Antibodies for Myeloma

- **Teclistamab (Tecvayli):** Bispecific T-cell engager approved for the treatment of relapsed or refractory myeloma after at least four previous lines of treatment.

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## Glossary

**Amyloidosis:** The buildup of abnormal protein (amyloid) in body tissues and organs, which may affect organ function.

**Ciltacabtagene Autoleucel (Carvykti):** Also referred to as Cilta-cel, FDA-approved CAR T-cell therapy for adults with relapsed or refractory multiple myeloma who have already received four or more lines of therapy.

**Idecabtagene Vicleucel (Abecma):** Also referred to as Ide-cel, FDA-approved CAR T-cell therapy for people with relapsed or refractory multiple myeloma who have already received four or more lines of therapy.

**Immunoglobulin (IgG):** A protein that is made by B cells and plasma cells (types of white blood cells) and helps the body fight infection. Some immunoglobulins may be found in higher than normal amounts in patients with certain conditions or certain types of cancer, including multiple myeloma.

**M-Protein (M-Spike):** Abnormal protein secreted by plasma cells that usually indicate disease when found in the blood or urine. This M-protein is commonly associated with 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. MRD is relevant as the residual myeloma cells may indicate progression or relapse.

**Neuropathy:** A condition that can affect many different types of nerves and is usually a gradual onset of numbness, pain, burning, or tingling in the feet or hands, but can spread upward to the arms and legs.

**Relapse:** The return of a disease or the signs and symptoms of a disease after a period of improvement.

**Refractory:** Describes a disease or condition that does not respond to treatment.

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