

Shared Decision-Making (SDM)

Process of communication by which patients and clinicians collaborate to make healthcare decisions. The process encourages patients to take a more active role in their care and treatment.

What Can Impact a Myeloma Treatment Decision?

- Patient-related factors, including a patient's preference, treatment goals, location, age, finances, fitness level, and comorbidities.
- Disease-related factors, including the aggressiveness of the patient's disease and its location.
- Treatment-related factors, including if a patient is refractory to medicines or other treatments administered.

Classes of Myeloma Therapy

Monoclonal antibodies (mAb) are proteins made in a laboratory meant to stimulate your immune system to fight a particular disease or infection.

Immunomodulatory therapies (iMiDs) are a group of drugs that treat myeloma by modifying the response of the immune system by increasing or decreasing the production of serum antibodies.

Proteasome inhibitors target cancer cells by blocking the breakdown of proteins by the proteasome. Without functioning proteasomes, proteins build up and kill the myeloma cells.

Bispecific antibodies (Bispecific T-cell engagers or BiTEs): Class of bispecific monoclonal antibodies that harness the power of the immune system to treat myeloma by binding to two different antigens at the same time.

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.

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. This procedure can be used to treat certain types of blood cancers.

Questions to Ask About Myeloma Testing

- What is the marker of my disease that you will be following?
- What did results of bone marrow biopsy show?
- What are the FISH results?
- How frequently are labs going to be done and why?
- Why was this treatment selected?
- What is the expected outcome?
- What are the chances that I can go into remission?
- How long does the intense treatment last?
- When will I be on maintenance therapy?

ELEVATE | WHAT ROLE CAN YOU PLAY IN YOUR MYELOMA TREATMENT AND CARE?



Program Resource Guide

Support & Resources

LLS Resource | [Financial Support](#)

LLS Resource | [Myeloma Information](#)

Patient Empowerment Network | [Evolve Myeloma](#)

Patient Empowerment Network | [Office Visit Planners](#)

Glossary

Bone Marrow Biopsy: 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.

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

Induction Therapy: The first phase of treatment for myeloma. The goal of induction therapy is to reduce the number of myeloma cells in the bone marrow and the proteins that these cells produce.

Maintenance Therapy: Refers to treatment given to myeloma patients after initial therapy that is meant to maintain a remission or to prevent return of the disease.

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.

Palliative Care: Specialized medical care focused on relieving pain and symptoms of patients living with a serious illness. Palliative care aims to improve the quality of life for both the patient and the family.

Smoldering Myeloma: A very slow-growing type of myeloma where abnormal plasma cells make too much of a single type of monoclonal antibody, and it builds up in the blood or is passed in the urine.

THANK YOU

CancerGRACE: cancergrace.org

Cure: curetoday.com

Cancer Support Community:
cancersupportcommunity.org

The Leukemia and Lymphoma Society: lls.org

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