

Have you been diagnosed with multiple myeloma (MM)?

NO

It's important you receive an accurate diagnosis and [understand myeloma](#).

YES

Have you had [essential myeloma testing](#) and discussed the results with your doctor?

NO

Prior to treatment, ask your doctor if you have had relevant [myeloma testing](#), including cytogenetics. Test results help establish the stage and risk category of your myeloma which may inform prognosis and treatment decisions.

YES

Do you understand your myeloma [treatment options](#)?

NO

Learn about your treatment options, which may include a combination of the following:

- Chemotherapy and/or drug therapy
- Immunotherapy
- Radiation therapy
- Stem cell transplant
- Steroids
- [Targeted therapy](#)
- Clinical trials, which may provide access to treatments that are not yet approved.

YES

Have you discussed your treatment goals with your doctor?

NO

Myeloma treatment goals often include:

- Reducing your symptoms
- Slowing the progression of your disease
- Inducing remission
- Helping you live longer while maintaining quality of life

YES

Have you discussed your treatment options with your doctor?

NO

[Factors](#) that may affect your treatment options, include age, overall health and existing conditions. It's [important to understand](#) a treatment's course and potential side effects.

[Talk to your doctor](#) about the risks and benefits of each option as well as the potential outcome. If you don't feel supported or an active member of your team, then consider a second opinion.

HOW CAN YOU TAKE ACTION?

- Learn more about factors that affect myeloma [treatment decisions](#).
- Ask about essential myeloma testing and whether you need to be retested over time.
- Discuss [clinical trials](#) with your physician.
- Visit powerfulpatients.org/myeloma.