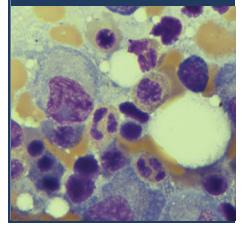


# START HERE MYELOMA

## RESOURCE GUIDE

- ✓ Get information about choosing a myeloma specialist or treatment center
- ✓ Talk with family and friends about how you feel and how they can help you
- ✓ Find out what your insurance covers
- ✓ Talk openly with your doctor about your fears or concerns
- ✓ Determine if financial assistance is available
- ✓ Learn about the most current tests and treatments for myeloma

### MYELOMA CELLS



## HOW IS MULTIPLE MYELOMA DIAGNOSED?

- Lab tests
- PET scan
- Bone X-rays
- Flow cytometry
- Urine tests
- MRI
- Cytogenetics
- FISH analysis
- Biopsy
- CAT scan
- Gene array analysis
- Immunohistochemistry

## GLOSSARY OF TERMS

**CAR T-cell therapies:** CAR stands for chimeric antigen receptor. It is a biologic immune therapy where doctors take a patient's own T cells (lymphocytes in the blood) or use a donor's T cells, modify them with a new receptor, and then reintroduce them to the patient.

**BCMA-targeted therapies:** BCMA stands for B-cell maturation antigen. This type of therapy targets cancer cells to slow or to stop growth. They attack a specific antigen that is heavily present in myeloma cells.

**Bispecific antibodies (BisAbs):** Can be called T-cell engagers or T-cell redirective therapy. These are antibodies that have two arms. One of the arms is drawn to a target antigen, such as BCMA, or which is located on the myeloma cell. The other arm is drawn to CD3 found on the T cell.

**Relapse:** Reappearance of signs and symptoms of myeloma after a period of improvement. Includes patients whose first progression occurs in the absence of any therapy following successful initial therapy.

## MYELOMA EXPERT TIPS

**START HERE TIP:** "I start off by asking my patients, 'Is there someone you would like to call during the visit?' It is always better to have a caregiver or an extra set of ears listening in." - Dr. Sikander Ailawadhi

**START HERE TIP:** "There are a lot of novel treatments that may not be applicable to newly diagnosed patients or a recently diagnosed patient, but this is important enough and exciting enough that I would want every single patient to pick up this information. Learn it hopefully, and maybe park it for now somewhere, so that hopefully down the road it becomes important and handy." - Dr. Sikander Ailawadhi

**START HERE TIP:** "As far as drug development goes, we first want to make sure it is safe, effective, and typically the starting point is patients who have exhausted other options. But very soon we will be seeing some new strategies combined with others coming in as early lines of therapy and hopefully providing a cure, but we are not there yet. I don't know how long it'll take us to get there, but there is certainly much more hope today for getting to that cure than it was before." - Dr. Sikander Ailawadhi

**START HERE TIP:** "We know that the average survival of patients is close to about 8-10 years when they look at general U.S data, but all the large centers who focus on myeloma, we have several patients who are living quite a bit in excess of 10 years. It's important to put that prognosis in perspective with high risk or standard risk disease that can be determined based on mutation testing." - Dr. Sikander Ailawadhi

## MULTIPLE MYELOMA FACTS

- [Multiple myeloma is a cancer that forms in a type of white blood cell called a plasma cell](#)
- [Almost always starts out as a relatively benign condition called monoclonal gammopathy of undetermined significance \(MGUS\)](#)

## MULTIPLE MYELOMA RESOURCES

- [ACCC](#)
- [CancerCare](#)
- [Cancer Grace](#)
- [Family Reach](#)
- [International Myeloma Foundation](#)
- [Multiple Myeloma Research Foundation](#)
- [Cancer Support Community](#)
- [LLS](#)
- [Triage Cancer](#)