**Multiple Myeloma: What You Need to Know**

**What is multiple myeloma?**

- Multiple myeloma is a blood cancer that starts in the bone marrow, the place where all blood cells are produced.
- Multiple myeloma is caused when a type of white blood cell called a plasma cell becomes cancerous and grows out of control.

**How does multiple myeloma affect the body?**

<table>
<thead>
<tr>
<th>Cancerous plasma cells can cause:</th>
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<tbody>
<tr>
<td><strong>Low blood counts</strong></td>
<td>by crowding out normal blood cell production in the bone marrow</td>
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<tr>
<td><strong>High levels of protein</strong></td>
<td>in blood by producing high quantities of an abnormal antibody</td>
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<tr>
<td><strong>Bone damage</strong></td>
<td>by causing bone to break down</td>
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**Symptoms:**

- Increased chance of infection
- Decreased kidney function
- Higher calcium levels in the blood
- Low red blood cells
- Increased thirst/urination
- Bone pain
- Fatigue
- Fractures

10% to 20% of newly diagnosed patients have no symptoms.
When should you talk to your doctor about multiple myeloma?

If you have been experiencing symptoms—including tiredness, weakness, loss of appetite, weight loss, increased thirst/urination, and/or bone pain—it is important to ask your doctor, “Could this be multiple myeloma?”

The MMRF Patient Navigation Center is available to provide you with additional guidance and support and to answer your questions.

You can reach the MMRF Patient Navigation Center by phone at 1-888-841-MMRF (6673), Monday through Friday from 9:00 AM to 7:00 PM Eastern Time, or on the Web at themmrf.org/resources/patient-navigator-center

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