Clinical Studies in Multiple Myeloma: What You Need to Know

What is a clinical study?

Clinical studies test new myeloma treatments and help find which ones are better for different types of myeloma.

Clinical studies increase our knowledge of multiple myeloma and improve how currently available treatments are used.

What are the benefits of participating in a clinical study?

Clinical studies have led to the approval of safe and effective drugs that help many myeloma patients live longer.

Participants are often the first to have access to effective new drugs.

Common concerns about clinical study participation

What if I get a placebo?

• A placebo is an inactive substance that looks the same as, and is given the same way as, the drug being tested.
• Myeloma patients do not receive placebo treatment. It is not ethical to withhold treatment from patients with cancer.

Will I be treated like a guinea pig?

• No one is expected to be a guinea pig; on the contrary, clinical study participants are carefully watched by their care team.
• Clinical studies must comply with very strict rules and guidelines.

How do I find a clinical study?

1. Ask your treating doctor about any available studies.
2. Check with any academic medical centers close to your home.
3. Search for clinical studies in your area or let an MMRF Patient Navigator guide you through the process at themmrf.org/resources/clinical-trial-finder.
Are there different types of clinical studies?

Traditional clinical studies have three phases, and each phase serves a distinct purpose.

- **Phase 1**
  - Different treatment doses
  - Small number of patients
  - What is measured: Dosage, safety, side effects

- **Phase 2**
  - Same treatment dose
  - Moderate number of patients
  - What is measured: Effectiveness, side effects

- **Phase 3**
  - Two different treatments
  - Large number of patients
  - What is measured: Effectiveness, safety vs. other treatments

*When no standard treatment is available, FDA may approve drugs based on study results of phase 2 studies; †Conducted to receive FDA approval of new drugs, in most cases; ‡The FDA approves treatments that are safe, effective, and shown to be better than the standard treatments available.

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Other types of clinical studies

- **Umbrella/Platform study**
  - One type of cancer
  - Patients grouped by genetic changes
  - Drug 1, Drug 2, Drug 3

- **Basket study**
  - Multiple types of cancer
  - Patients share common genetic changes
  - Drug 1

- **Longitudinal study**
  - The MMRF CoMMpass Study follows patients with newly diagnosed multiple myeloma over a long period to see how well they do with certain treatments.

- **Registry study**
  - MMRF CureCloud® is a registry study that includes the first at-home DNA testing program designed to find smarter treatment options for multiple myeloma patients.

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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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