

# Clinical Studies in Multiple Myeloma: What You Need to Know



MULTIPLE MYELOMA  
Research Foundation

## What is a clinical study?

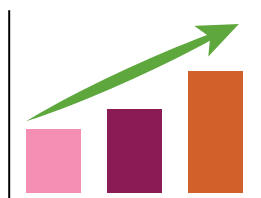


Clinical studies test new myeloma treatments and help find which ones are better for different types of myeloma

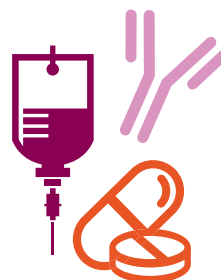


Clinical studies increase our knowledge of multiple myeloma and improve how currently available treatments are used

## 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 cannot be given a placebo; withholding treatment from patients with cancer is not permitted



### Will I be treated like a guinea pig?

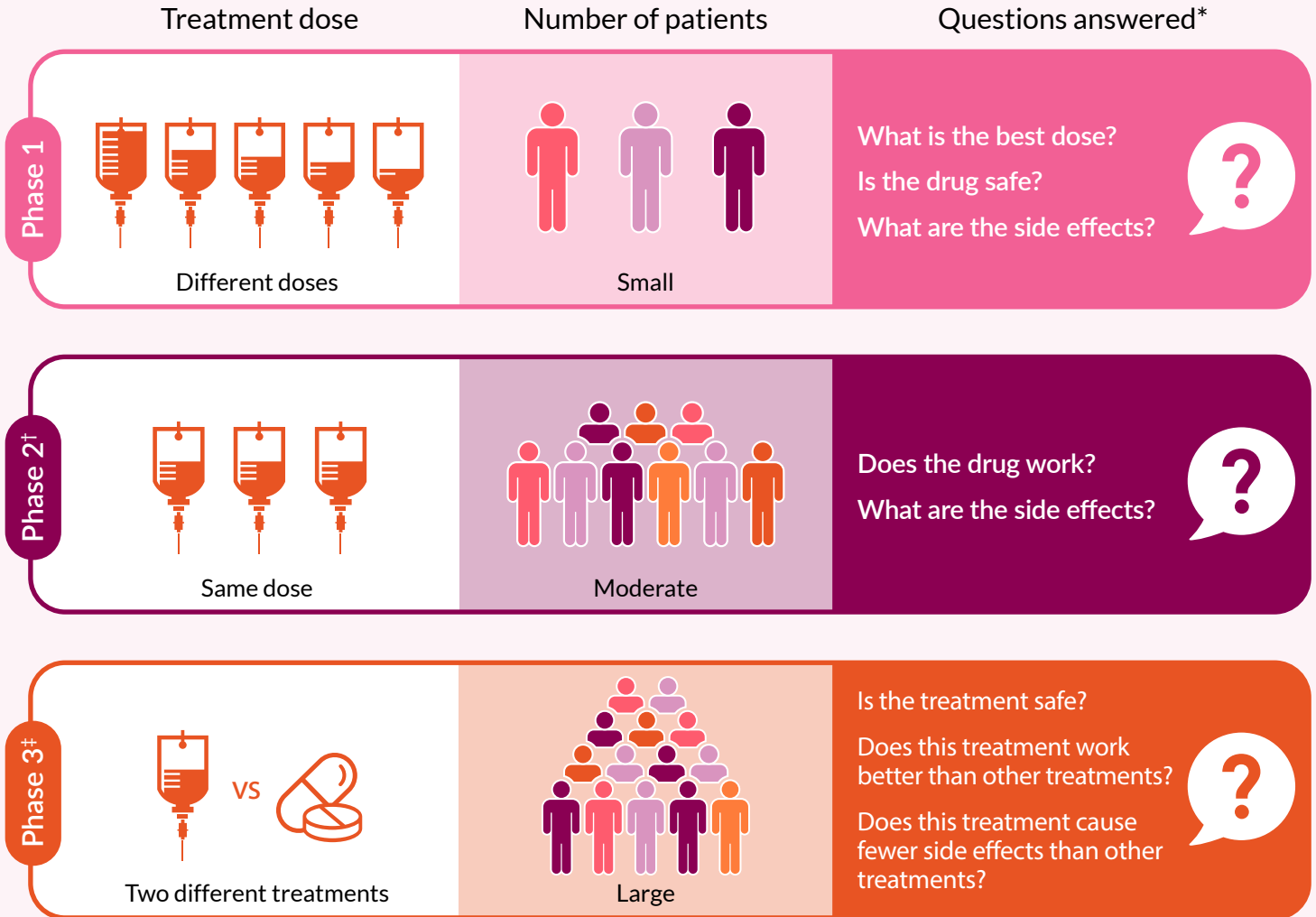
- Patients enrolled in clinical studies are closely watched for signs of any problems
- Clinical studies must comply with very strict rules and guidelines

## 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 [themmr.org/resources/clinical-trial-finder](http://themmr.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.



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



## The MMRF Patient Navigation Center

is a space for patients to connect with patient navigators—who are oncology professionals—for guidance, information, and support.

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

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