# Multiple Myeloma Patients **Getting On The Right Track**



### What is The Right Track?

The Right Track is the MMRF's program designed to help myeloma patients achieve longterm survival and the best possible quality of life; it includes three components:



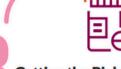
#### Seeing the Right Team

- Connect with a myeloma specialist—a doctor who diagnoses and treats a high number of myeloma patients
- Seek a second opinion at any point in your journey



#### **Having the Right Tests**

- Blood and urine tests to confirm the diagnosis
- Bone marrow biopsies to determine how advanced the myeloma is
- DNA tests to identify the myeloma subtype
- Imaging tests to detect bone disease and the presence of myeloma outside the bone marrow



#### **Getting the Right Treatment**

- Know the treatment options available to you based on your myeloma subtype at each stage of vour disease
- Be aware of the pros and cons of each option
- Clearly communicate your treatment goals and concerns to the care team
- Find clinical trials that are right for you



## The MMRF Patient Navigation Center

is available to provide you with additional guidance and support to answer your questions.

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 visit us at themmrf.org.support/patient-navigation-center

#### Support for this resource provided by:





















