

Multiple Myeloma Patients Getting on The Right Track



What is The Right Track?

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

1



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

2



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

3



Getting the Right Treatment

- Know the treatment options available to you based on your myeloma subtype at each stage of your 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

What more should be done?



Patients should discuss with their specialist the option of sharing data about their myeloma.

Data can be shared through initiatives like the MMRF's CureCloud study, a safe and secure online platform designed to collect and manage myeloma patient data. Find out more about the CureCloud at themmrf.org/finding-a-cure/our-work/the-mmrf-curecloud

CureCloud®

By sharing data, you can help yourself and help other patients, too.

Right Track Resources



- The Right Track: themmrf.org/resources/the-right-track
- Educational programs on myeloma and its treatment: themmrf.org/resources/education-programs



- MMRF's online myeloma treatment locator: themmrf.org/resources/find-a-treatment-center



- Search for a clinical trial in your area: themmrf.org/resources/clinical-trial-finder
- MMRF's Patient Toolkit provides resources designed to answer your questions and guide you toward the support you may need: themmrf.org/resources/education-programs



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 **1-888-841-6673**, Monday through Friday from 9:00 AM to 7:00 PM Eastern Time, or on the Web at themmrf.org/resources/patient-navigator-center

Support for this resource provided by:

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2023 RT