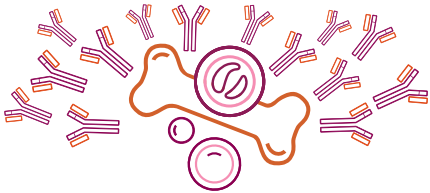


A Patient Guide to Newly Diagnosed Multiple Myeloma

Understanding multiple myeloma*



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

*For more information, download the *Multiple Myeloma: What You Need to Know* sheet and the *Multiple Myeloma Disease Overview* booklet at themmrf.org/educational-resources/.

Multiple myeloma diagnosis

- A diagnosis is made when your bone marrow biopsy shows that you have 10% or more plasma cells and that at least one of the following **SLiM-CRAB** criteria is present:



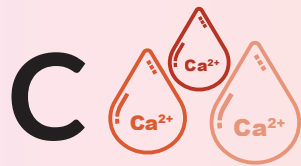
S
Sixty percent or more plasma cells in the bone marrow



Li
Serum free light chain ratio of 100 or more



M
MRI shows more than one lesion involving bone or bone marrow



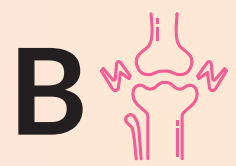
C
Calcium levels in the blood are higher than normal



R
Kidney (renal) function is decreased



A
Low red blood cells (anemia)



B
Bone pain or fractures are present

Key steps for the best possible care



1. Building the
right treatment team

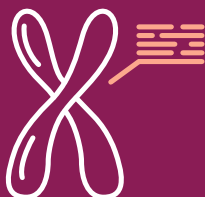


2. Taking the
right diagnostic tests



3. Determining the
right treatment plan

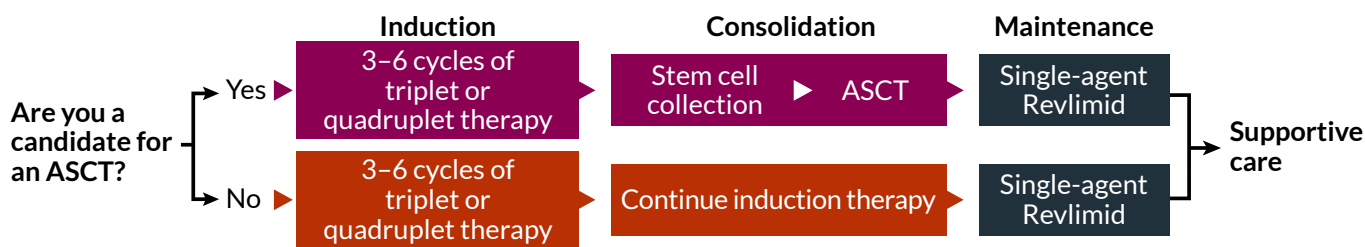
Staging multiple myeloma



- Multiple myeloma is grouped into stages based on the levels of certain biomarkers[†] in the blood and changes from the myeloma's DNA
- Knowing what stage your myeloma is can help your doctor predict how well you will do with your disease
- Patients with high-risk multiple myeloma can have poorer outcomes

[†]For more information, download the *A Patient's Guide to Biomarkers in Multiple Myeloma* sheet at themmrf.org/educational-resources/.

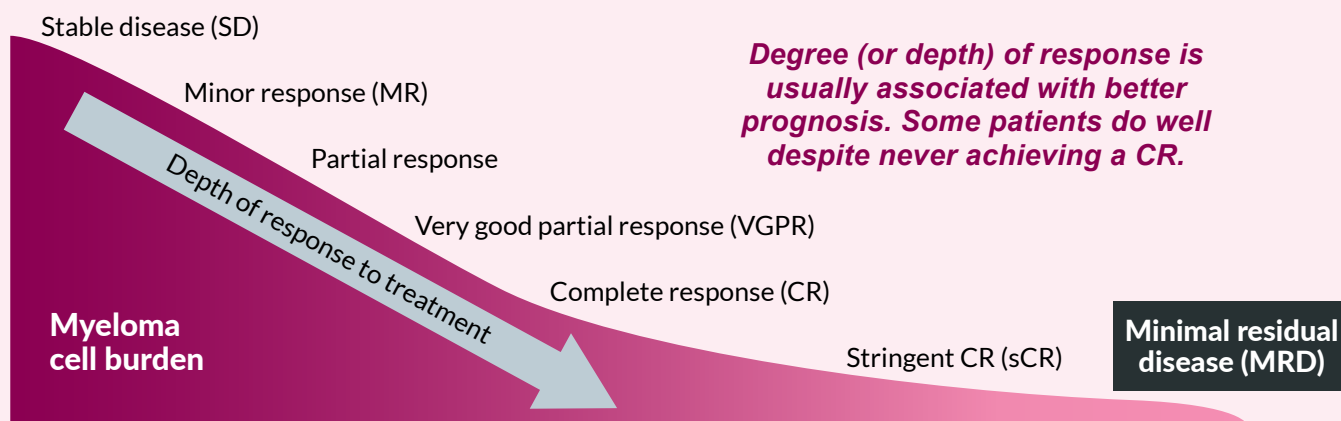
Treatment approach for newly diagnosed myeloma[‡]



[‡]For more information, download the *Newly Diagnosed Multiple Myeloma* booklet at themmrf.org/educational-resources/.

ASCT, autologous stem cell transplantation

Measuring response to therapy



TEST RESULTS

If standard tests find no myeloma remaining in your body, your doctor may test you for the presence of MRD.

MRD positive



Myeloma cells are still detected

MRD negative



Myeloma cells are **not** detected

MRD negativity has been associated with longer time until disease progression and longer survival.

MRD, minimal residual disease



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

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