A Patient Guide to Relapsed/Refractory Multiple Myeloma

Definition of common terms

- Relapsed: reappearance of disease after a response to therapy
- Refractory: lack of response when a patient starts a new treatment
- Line of therapy: change in treatment due to side effects or progression of disease

What are my treatment options?

After 1–3 lines of therapy

- Combination of proteasome inhibitor, immunomodulatory drug, or antibody-based therapy
- Clinical study

After 4 or more lines of therapy

- Approved therapies: small molecules, CAR T-cell therapy, bispecific antibodies*
- Clinical study†: bispecific antibodies, cellular therapies (CAR T-cells), CELMoDs

How your doctor decides which treatment to use next:

Several factors are considered:

- Disease: do you have high-risk myeloma?
- Prior treatment: should you try another drug in the same class or a drug from another class?
- Patient-related: age, other illnesses, treatment goals, quality-of-life concerns, and personal preferences

*For more information, see the Bispecific Antibodies for Multiple Myeloma: What You Need to Know sheet.
†For more information, see the Clinical Studies in Multiple Myeloma: What You Need to Know sheet.

Deciding on a new treatment should include a discussion between you and your doctor.
Should I participate in a clinical study?

- A clinical study may give you access to a treatment that is not otherwise available
- While on a clinical study, your care team will carefully monitor your disease and overall health
- Clinical studies offer hope for many patients and can help researchers find better treatments
- A clinical study may be your best option
- If the study treatment is not effective, you are free to leave the study at any time

For more information, see the Clinical Studies in Multiple Myeloma: What You Need to Know sheet

How do I find a clinical study?

- Ask your treating hematologist or oncologist
- Check with any nearby academic medical centers
- Let an MMRF patient navigator guide you through the process at: themmrf.org/diagnosis-and-treatment/clinical-trials-and-emerging-therapies/clinical-trial-finder/

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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