



Treatment advances over the past 20 years have made survivorship an increasingly important topic for myeloma patients



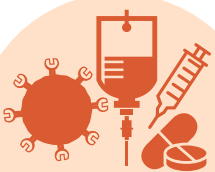
All multiple myeloma patients are cancer survivors as soon as the diagnosis is made.



Survivorship focuses on physical and mental well-being, personal and professional identity, and overcoming financial challenges.

Survivorship is about continuing on with hope and empowering yourself to overcome challenges—in short, to live and thrive!

A positive survivorship experience calls for shared decision-making with the health care team



Myeloma is treatable, but it's still incurable. Patients receive several lines of treatment through the course of their disease.



Patients need to weigh the potential benefits of treatment against possible side effects and talk to their care team about which treatment options best align with their goals and needs



Side effects sometimes persist after treatment and are something survivors need to manage to maintain their quality of life.

Ask your health care team if there are any local survivorship programs available.

Expand your focus to include improving your health, wellness, and quality of life



Educate yourself

- Stay informed about myeloma and its treatments
 - Learn how often, for how long, and where treatments are given (which may affect travel, childcare needs, or caregiver support)
 - Ask about treatment side effects, how they can be managed, and when you'd need to call your care team
- Gather questions for each visit with your care team
- Ask if you're a candidate for a clinical study
- Understand lab values and trends



Communicate your needs

- Talk regularly with your care team about pain, fatigue, appetite, or infections and how to manage them
- Seek referrals as necessary (for example, for a dietitian) to make sure all your needs are met
- Seek support from support groups, myeloma mentors, patient navigators, or counselors
- Get help from caregivers, family, and friends



Seek additional resources

- Use resources to offset treatment and related costs (for example, travel, lodging, and supportive care)
 - Available resources can include insurance providers, hospital social workers, and care team support



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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