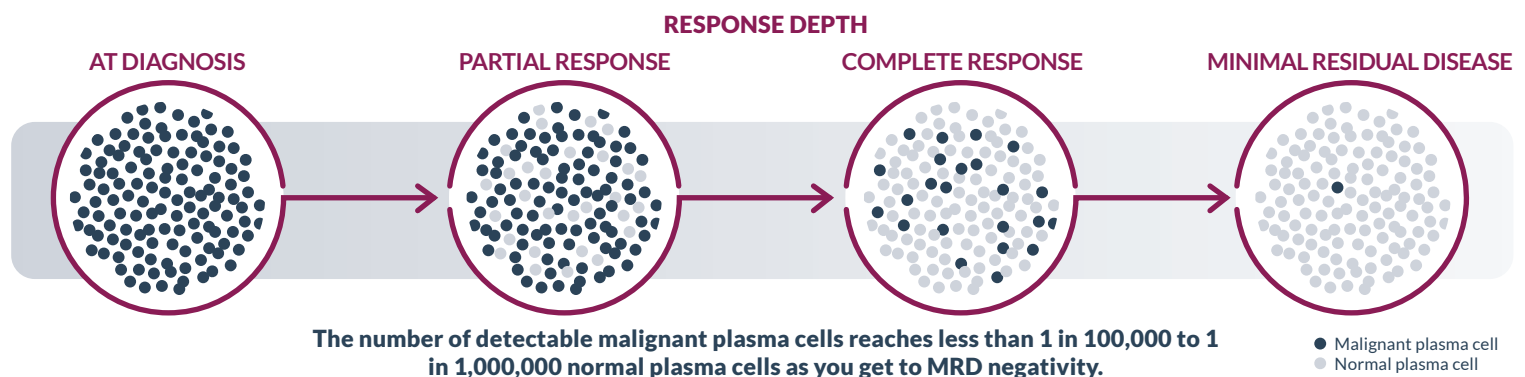


A Guide to Minimal Residual Disease in Myeloma

What is minimal residual disease (MRD)?

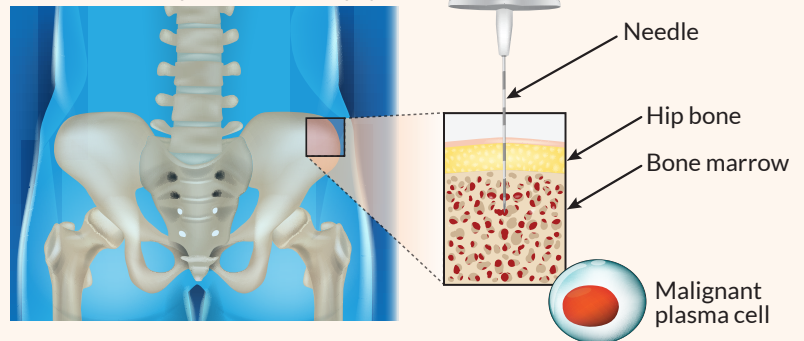
- MRD is the presence of very small numbers of malignant plasma cells during or after treatment
- If you're MRD-negative, malignant plasma cells are nearly undetectable
- Sustained MRD negativity is when you remain MRD-negative for at least 12 months
- Minimal residual disease can also be referred to as measurable residual disease



How is MRD measured?

MRD is measured using cells from a bone marrow biopsy, a test in which a needle is inserted into your hip bone to extract a small amount of marrow for analysis. You may have a bone marrow biopsy done for other tests, but it's also used to measure MRD. New technologies are emerging that can test MRD using a blood sample.

Bone marrow aspiration and biopsy



To measure MRD, your bone marrow biopsy sample is tested using methods that are sensitive enough to find as few as 1 malignant plasma cell out of 1 million normal plasma cells.

TEST RESULTS

MRD positive

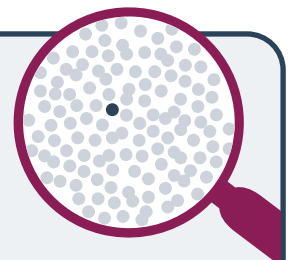


Malignant plasma cells are still detected in the sample.

MRD negative



Malignant plasma cells are **not** detected in the sample.



What does MRD mean for patients?

Not all patients on treatment reach MRD negativity.

You can go into remission even if you're not MRD-negative.

MRD negativity can be reached through different treatments.

There's more than one way to get myeloma cells to low or undetectable levels.

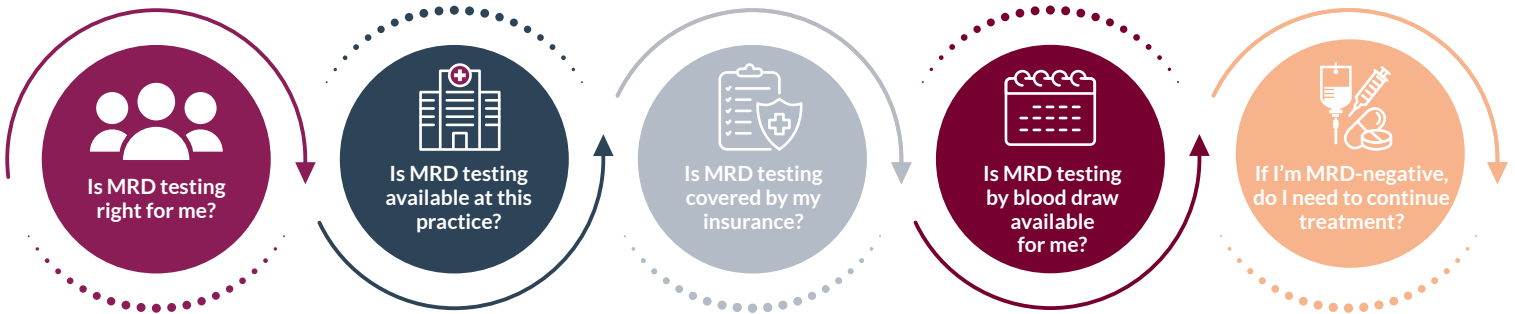
You can still relapse after becoming MRD-negative.

Because myeloma can still return, regular follow-up with your care team is important.



If your MRD results stay negative for at least a year, your doctor might decide it's safe for you to stop maintenance therapy or avoid more aggressive treatments.

Questions to ask your care team



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/support/patient-navigation-center

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