MULTIPLE MYELOMA Research Foundation

Moving Forward After a Multiple Myeloma Diagnosis

A MULTIPLE MYELOMA DIAGNOSIS CAN FEEL OVERWHELMING, but you do not have to face it alone.

Your next steps after a multiple myeloma diagnosis

There are many questions that come with a multiple myeloma diagnosis. It's important to know that support and guidance are available every step of the way. Taking the following steps can help you feel more informed and prepared for what's ahead:

Build the right healthcare team

- People with multiple myeloma are treated by a hematologist-oncologist, a doctor who specializes in blood cancers. Your healthcare team will also include other professionals, such as nurses, pharmacists, and social workers.

Have the right tests

- Your healthcare team will order a series of tests to learn more about your disease and guide treatment decisions. These may include blood and urine tests, a bone marrow biospy, imaging, and genetic or biomarker testing.
- The results help determine the stage and risk of your disease and guide treatment decisions that are personalized to your specific type of multiple myeloma.

Finding a multiple myeloma specialist

Many people with multiple myeloma benefit from seeing a specialist who has experience treating multiple myeloma, is up to date on the latest advances in treatment, and has the expertise to identify treatment options that may be right for you, including clinical trials.

You may need to travel to see a multiple myeloma specialist, but you can often receive treatment and ongoing care from an oncology team in your local community.

Use the MMRF Specialist Finder to find a treatment center near you

Get the right treatment

- Your healthcare team will work with you to develop a personalized treatment plan based on your disease characteristics, overall health, and personal preferences.

Preparing for appointments

To make the most of your appointment, consider these steps:

- Ask a loved one to take notes
- Bring copies of your test results and medical records
- Ask who to contact if you have questions between appointments
- Write down questions to bring with you, for example:
  - **What treatment options are available to me?**
  - **Is there an onsite pharmacy where I can pick up my prescriptions? Will my medication be in pill form and/or a combination of injections/IV?**
  - **What side effects should I expect? If side effects are serious, who do I call to get help?**
  - **How will treatment affect my daily life?**
  - **Are there clinical trials that may be right for me?**
  - **What resources are available for me and my caregivers?**

Add your own questions below to bring to your appointment:

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Taking care of yourself

Managing multiple myeloma involves more than medical treatment. There are many things you can do to help take care of yourself.

Emotional support

- Ask for and/or accept help from loved ones
- Join a support group or connect with a mentor
- Consider counseling and/or mental health support

Practical support

- Keep important medical information organized and in one place
- Talk to your insurance company about coverage and costs
- Ask for information about financial assistance programs

Resources for newly diagnosed patients

The MMRF offers trusted information, educational programs, and support services. Scan below to learn more:

Newly diagnosed? What you need to know:

Access recorded webinars, podcasts, toolkits, and other MMRF resources:

Have questions?

The MMRF Patient Navigation Center is here to provide guidance and support.

Call us at 888-841-6673 Monday-Friday, 9AM-7PM ET

Visit online at themmrf.org/support/patient-navigation-center