

# A patient's guide to understanding multiple myeloma

In multiple myeloma, cancer cells crowd out normal cells in the bone marrow, leading to problems such as anaemia, bleeding disorders, infections, and weakened bones.

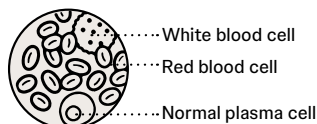


## Staging of myeloma

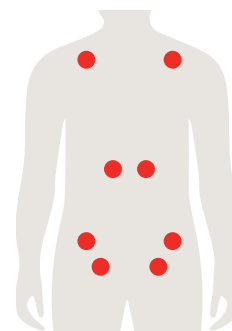
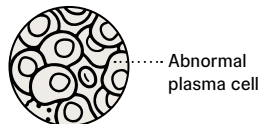
Some people have no signs or symptoms at all, but symptoms<sup>1</sup> of multiple myeloma may include:

- Weakness, fatigue
- Bone pain or fractures
- Infections
- Impaired kidney function
- Loss of appetite

### Healthy bone marrow



### Bone marrow of patient with myeloma



Common sites of multiple myeloma: spine, skull, pelvis, rib cage, shoulders and hips<sup>2</sup>

Over the course of your disease, you may receive one or more of these therapies<sup>3</sup>

Observation

Steroids

Chemotherapy

Stem cell transplant

Radiation therapy

Immunotherapy

*Monoclonal antibody, Bispecific antibody, CAR-T cell therapy, antibody drug conjugates (ADC)...*



### Your treatment plan will depend on<sup>1</sup>

- ✓ Results of physical exams and tests (blood, urine and bone tests)
- ✓ Type and stage of disease
- ✓ Symptoms
- ✓ Age and overall health



### Goals of myeloma treatment include<sup>3</sup>

- ✓ Bring disease to remission
- ✓ Prevent and minimise complications
- ✓ Keep disease in remission for as long as possible
- ✓ Improve quality of life

## Questions to ask your doctor during consultation:

- What do my test results mean?
- What stage is my myeloma at?
- What are my treatment options?
- What are the possible side effects of this treatment, both in the short-term and the long-term?
- How will the treatment be administered?
- How long should I expect to be on this treatment?
- What follow-up tests will I need, and how often will those tests be needed?
- What are the chances that the cancer will come back? Are there specific signs and symptoms that I should watch out for?
- What are my treatment options if the cancer comes back?



Reach out to get support from your family, friends, healthcare professional. Support communities are available including:

**Singapore Cancer Society**  
rehab@singaporecancersociety.org.sg

**Multiple Myeloma Patient Support**  
myelomasg@gmail.com

#### References:

1. Health Hub. "Multiple Myeloma" Available at: <https://www.healthhub.sg/a-z/diseases-and-conditions/multiple-myeloma>. Accessed May 2024.
2. International Myeloma Foundation. "Do You Have Myeloma?" Available at: <https://www.myeloma.org/newly-diagnosed/do-you-have-myeloma>
3. SingHealth. "Multiple Myeloma" Available at: <https://www.singhealth.com.sg/patient-care/conditions-treatments/multiple-myeloma>

*Cancer is a word, not a sentence.*