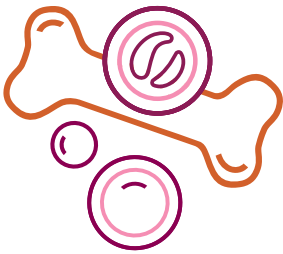


Multiple Myeloma: What You Need to Know

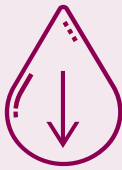
What is multiple myeloma?



- Multiple myeloma is a blood cancer that starts in the bone marrow, the place where all blood cells are produced
- Multiple myeloma is caused when a type of white blood cell called a plasma cell becomes cancerous and grows out of control

How does multiple myeloma affect the body?

Cancerous plasma cells can cause:



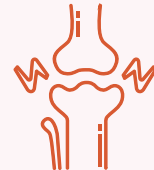
Low blood counts

by crowding out normal blood cell production in the bone marrow



High levels of protein

in blood by producing high quantities of an abnormal antibody



Bone damage

by causing bone to break down

Symptoms:



Increased chance of infection



Decreased kidney function



Higher calcium levels in the blood



Low red blood cells



Increased thirst/urination



Bone pain



Fatigue



Fractures

10% to 20% of newly diagnosed patients have no symptoms

Multiple myeloma facts

General population:

2nd Most common blood cancer

~35K New cases will be diagnosed in the US in 2021



Men are 1.5× higher risk

69

Average age of diagnosis

54%

5-year survival rate

African American descent:

1st Most common blood cancer

20% Of all multiple myeloma cases

2×

More likely to develop multiple myeloma



Earlier age of disease onset

2×

Mortality rate

When should you talk to your doctor about multiple myeloma?

If you have been experiencing symptoms—including tiredness, weakness, loss of appetite, weight loss, increased thirst/urination, and/or bone pain—it is important to ask your doctor,

“Could this be multiple myeloma?”



The MMRF Patient Navigation Center

is available to provide you with additional guidance and support and to answer your questions.

You can reach the MMRF Patient Navigation Center by phone at **1-888-841-MMRF (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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