Multiple Myeloma Risk Assessment: What You Need to Know
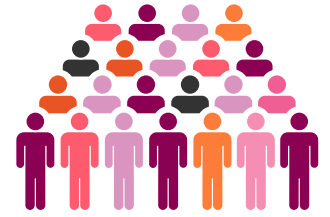
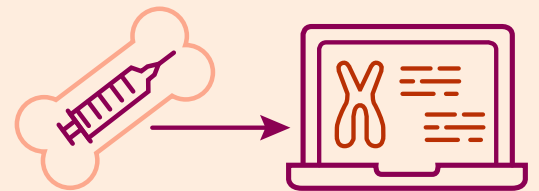## What is high-risk multiple myeloma?

- High-risk myeloma is disease that may not respond well to standard treatment
- Patients with high-risk multiple myeloma can have poorer outcomes
- Risk is related to changes (mutations) in the DNA of the myeloma cells

Why is it important to know if you have high-risk myeloma?

- This information can help your doctor determine your prognosis
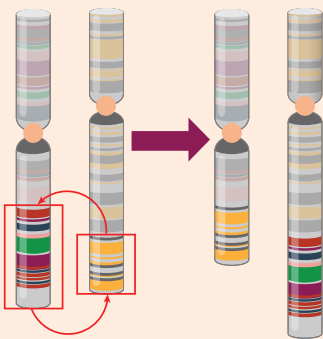- Knowing your risk helps your doctor select the treatment that is right for you

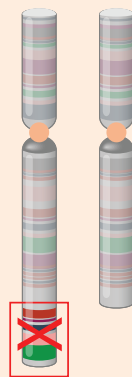## What tests can determine if I am high risk?

Karyotyping & FISH
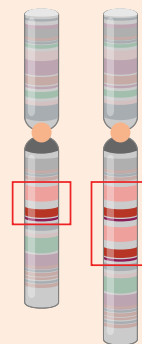
These tests show changes in DNA, such as:

- Translocations – DNA is in the wrong place
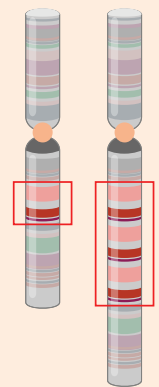- Deletions – DNA is missing
- Gains – The presence of one extra copy of DNA
- Amplification – The presence of two or more extra copies of DNA

Next-generation sequencing

- This test provides a more detailed evaluation of DNA translocations, deletions, gains, and amplifications

What are some examples of high-risk DNA changes?

t(4;14), t(14;16), t(14;20), del 17p, p53 mutation, gain or amplification 1q

When should I have these tests?

- According to national guidelines, tests for risk should be done when you are diagnosed and each time you relapse
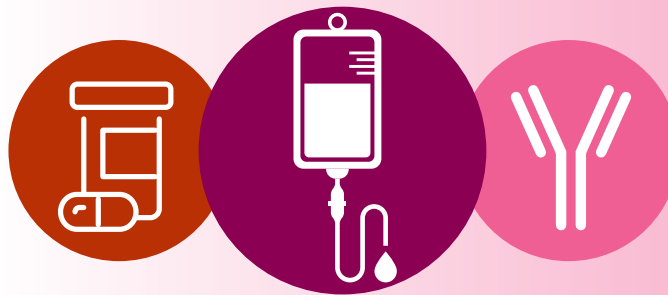- Patients with smoldering multiple myeloma should also be tested for risk

How will the test results be used? What will happen after I have these tests?

- These test results will help your doctor provide the best treatment for you. This is called *risk-adapted therapy*

Risk-adapted therapy
Aims to treat patients with the therapy that will work best for them while decreasing the side effects from treatment

Patients with **standard-risk** myeloma are given a less-intense but effective treatment that should control their myeloma

Patients with **high-risk** myeloma are given a stronger treatment designed to be effective against their specific form of myeloma

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**