

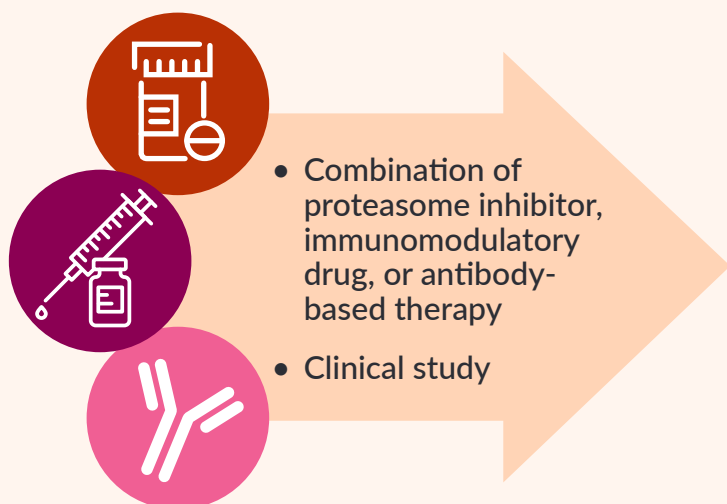
A Patient Guide to Relapsed/ Refractory Multiple Myeloma

Definition of common terms

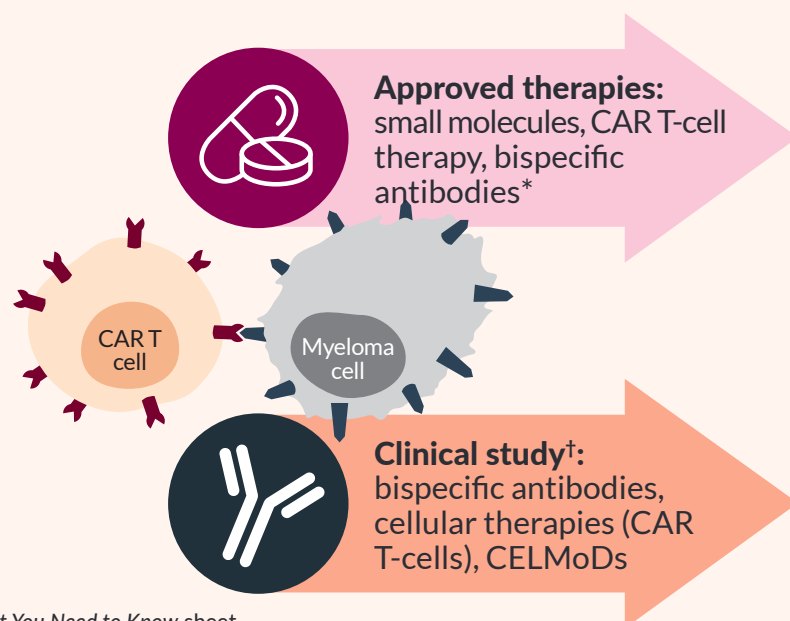
- **Relapsed:** reappearance of disease after a response to therapy
- **Refractory:** lack of response when a patient starts a new treatment
- **Line of therapy:** change in treatment due to side effects or progression of disease

What are my treatment options?

After 1–3 lines of therapy



After 4 or more lines of therapy



*For more information, see the *Bispecific Antibodies for Multiple Myeloma: What You Need to Know* sheet.

[†]For more information, see the *Clinical Studies in Multiple Myeloma: What You Need to Know* sheet.

How your doctor decides which treatment to use next:

Several factors are considered:



- ✓ **Disease:** do you have high-risk myeloma?
- ✓ **Prior treatment:** should you try another drug in the same class or a drug from another class?
- ✓ **Patient-related:** age, other illnesses, treatment goals, quality-of-life concerns, and personal preferences



Deciding on a new treatment should include a discussion between you and your doctor.



Should I participate in a clinical study?

- A clinical study may give you access to a treatment that is not otherwise available
- While on a clinical study, your care team will carefully monitor your disease and overall health
- Clinical studies offer hope for many patients and can help researchers find better treatments[†]
- A clinical study may be your best option
- If the study treatment is not effective, you are free to leave the study at any time

[†]For more information, see the *Clinical Studies in Multiple Myeloma: What You Need to Know* sheet



How do I find a clinical study?



Ask your treating hematologist or oncologist



Check with any nearby academic medical centers



Let an MMRF patient navigator guide you through the process at: themmrf.org/diagnosis-and-treatment/clinical-trials-and-emerging-therapies/clinical-trial-finder/



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

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