FRANKLY SPEAKING
ABOUT CANCER
A PROGRAM OF THE CANCER SUPPORT COMMUNITY

Treatment for Relapsed/Refractory Multiple Myeloma

Relapsed multiple myeloma is when cancer returns after treatment. This can happen, even after some time with no symptoms (remission). Sadly, it's common for multiple myeloma to return.

Refractory multiple myeloma is when the cancer does not respond to treatment. This can happen even if treatment worked in the past.

It is not helpful to worry about cancer that may return. On the other hand, it helps to do what you can to be and feel your best. It's also good to know that there are steps you can take to treat relapsed or refractory disease.

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GILDA'S
CLUB

Treatment for Relapsed or Refractory Multiple Myeloma

TREATMENT FOR RELAPSED OR REFRACTORY MYELOMA DEPENDS ON A FEW THINGS:

- Your general health
- Disease-related symptoms
- Past treatments
- How well past treatments worked
- The risk of another relapse
- Which maintenance therapy was used during the relapse

MAINTENANCE THERAPY

Maintenance therapy continues treatment for patients who have been helped by an initial therapy. The goal is to prevent multiple myeloma from returning. To track if this treatment works, you and your health care team will schedule regular blood tests and maybe x-rays. Your team will also help you manage any side effects from this therapy.

Immunomodulating agents (IMiDs) and proteasome inhibitors are commonly used. For more information on these drugs, see our *Frankly Speaking About Cancer: Multiple Myeloma* page at **www.CancerSupportCommunity.org/Multiple-Myeloma**. New immunotherapy-based treatment for maintenance is being studied in clinical trials.

MANAGING REFRACTORY MULTIPLE MYELOMA

If the first treatment used for refractory cancer doesn't work, another set of drugs may help. Different types work better for different people. You may also qualify for a clinical trial, where you can try a new and possibly better treatment.

When your myeloma relapses, it is an appropriate time to seek out a second opinion. Different cancer centers may have new perspectives on your cancer treatment and offer more choices and clinical trial opportunities.

To help with pain or other symptoms, there are many palliative care options.

ALWAYS CONSIDER CLINICAL TRIALS

Clinical trials aim to find new and better treatments through research. Some studies hope to fully cure multiple myeloma. Right now, most trials for multiple myeloma focus on refractory or recurrent disease.

Your health care team should tell you about clinical trials that may help you at different points in your care. These studies are the only way to find better treatments. Volunteers are essential. These studies offer the chance to try a new treatment in a safe and controlled research setting.

KEY THINGS TO KNOW ABOUT CLINICAL TRIALS

- A clinical trial may be the only way to get some of the newest, most hopeful treatments.
- Clinical trials aren't available to everyone. Each trial has rules about who can join.
- Not all treatment centers offer clinical trials. Different trials are offered in different places.
- People who receive their treatment through a clinical trial receive high-quality care and are protected by laws for safety.
- No one in a clinical trial receives a placebo or "sugar pill" in place of normal treatment. Patients are given either the standard treatment or the new option.
- If you join a clinical trial, you can leave at any time.

Most often, the research team will pay the costs of the drug being studied. Your health insurance and co-pay would cover "standard" treatment costs. Be sure to learn about costs and coverage before you begin.

For more information about Clinical Trials, visit
www.CancerSupportCommunity.org/ClinicalTrials
or call 1-888-793-9355.

Multiple Myeloma Information & Support

American Society of Clinical Oncology • 888-282-2552 • **www.asco.org**

CancerCare • 800-813-4673 • **www.cancercare.org**

National Institute of Health's Clinical Trial Search • **ClinicalTrials.gov**

International Myeloma Foundation • 800-452-2873 • **www.myeloma.org**

The Leukemia & Lymphoma Society • 800-955-4572 • **www.LLS.org/myeloma**
For clinical trials: **www.LLS.org/clinicaltrials**

Multiple Myeloma Research Foundations • 866-603-6628 • **www.themmrf.org**
For clinical trials: **www.themmrf.org/treatment-options/clinical-trials**

NCCN Guidelines for Patients: Multiple Myeloma • **www.nccn.org/patientresources/patient-resources/**

Myeloma Central • **www.myelomacentral.com/**

Patient Advocate Foundation • 800-532-5274 • **www.patientadvocate.org**

National Cancer Institute • 800-422-6237 • **www.cancer.gov**

Cancer Support Community Resources

The Cancer Support Community's (CSC) resources and programs are available free of charge. To access any of these resources below call 888-793-9355 or visit **www.CancerSupportCommunity.org**.

Cancer Support Helpline® — Have questions, concerns or looking for resources? Call CSC's toll-free Cancer Support Helpline (888-793-9355), available in 200 languages Mon–Fri, 9 am–9 pm ET.

Open to Options® — Preparing for your next appointment? Our trained specialists can help you create a list of questions to share with your doctor. Make an appointment by calling 888-793-9355 or by contacting your local CSC or Gilda's Club.

Frankly Speaking About Cancer® — Trusted information for cancer patients and their loved ones is available through publications, online, and in-person programs. **www.CancerSupportCommunity.org/FranklySpeakingAboutCancer**.

Services at Local CSCs and Gilda's Clubs — With the help of 170 locations, CSC and Gilda's Club affiliates provide services free of charge to people touched by cancer. Attend support groups, educational sessions, wellness programs, and more at a location near you. **www.CancerSupportCommunity.org/FindLocation**.

MyLifeLine — CSC's private, online community allows patients and caregivers to easily connect with friends and family to receive social, emotional, and practical support throughout the cancer journey and beyond. Connect with other Multiple Myeloma patients by joining the Managing Multiple Myeloma online discussion board. Sign up at **www.MyLifeLine.org**.

Grassroots Network — Make sure your voice is heard by federal and state policy makers on issues affecting cancer patients and survivors by joining our Network at **www.CancerSupportCommunity.org/become-advocate**.

Cancer Experience Registry® — Help others by sharing your cancer patient or cancer caregiver experience via survey at **www.CancerExperienceRegistry.org**.

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This book is available to download and print yourself at **www.CancerSupportCommunity.org/Multiple-Myeloma**. For print copies of this booklet or other information about coping with cancer, visit **Orders.CancerSupportCommunity.org**.

The Cancer Support Community provides this information as a service. This publication is not intended to take the place of medical care or the advice of your doctor. We strongly suggest consulting your doctor or other health care professionals to answer questions and learn more.