

Multiple Myeloma Patient Roadmap

The multiple myeloma (MM) cancer journey can be challenging to navigate as you or a loved one manage the care continuum. Understanding the disease and what to expect with treatment can help guide MM patients through their unique journey. This patient journey guide serves as a meaningful tool that outlines the common milestones and treatment expectations for patients with MM.

BEGIN

Diagnosis^{1,2}

Diagnosis of MM will include:

- Medical history, physical exam
- Blood tests, urine tests, bone marrow biopsy
- Imaging tests (low-dose CT, PET/CT scan, MRI)
- Cytogenetic and FISH testing
- Revised International Staging System

Treatment (primary)^{1,2}

- Treatment depends on whether you may be eligible for a stem cell transplant

Eligible for stem cell transplant

Primary therapy

- Standard therapy will consist of a 3- to 4-drug regimen
 - A common 3-drug regimen can include a proteasome inhibitor, immunomodulator, and corticosteroid
 - A common 4-drug regimen can include a monoclonal antibody in addition to the above
 - This regimen may or may not include chemotherapy

Patient considerations

- My diagnosis: _____
- Discuss follow-up appointments if necessary
- Ask questions to enhance understanding of your disease
- Learn about available clinical trial options
- Learn how this diagnosis will impact your life (ie, Are there changes needed in my daily activities?)

Not eligible for stem cell transplant

Primary therapy

- Standard therapy will consist of a 3-drug regimen
 - A common 3-drug regimen can include a combination of immunotherapy/monoclonal antibody, targeted therapy, immunomodulator, or steroid
 - A 2-drug regimen may be used depending on frailty

Patient considerations

My treatment regimen is: _____

My treatment schedule is: _____

- Review side effects and management with the care team
- Review insurance information and any financial support that may be offered for your medication and treatment
- Consult with the care team about any transportation or home care support needs
- Coordinate with the care team regarding scheduling, appointments, and any testing
- Discuss with the care team all existing barriers to treatment access
- Talk with your healthcare provider about available resources that may help provide support in dealing with your diagnosis, communicating with care partners, and taking care of yourself

Eligible for stem cell transplant¹

- You may be eligible for a stem cell transplant
- Chemotherapy is given before the transplant

Patient considerations

- Review frequency of laboratory work and follow-up visits
- Review management of adverse events with the care team

Follow-up tests and treatment response monitoring²

Common tests to evaluate treatment response:

- Ongoing monitoring of serum protein electrophoresis, immunoglobulins, serum free light chains, blood tests (CBC, platelet count), imaging tests (MRI, low-dose CT, or PET/CT scan)
- Less common tests: 24-hour urine test, bone marrow aspiration and biopsy, imaging tests (eg, PET scan)
- Blood tests for safety monitoring, which includes monitoring for cytopenias, anemias, DVT, infection

Patient considerations

- Review timing and frequency of laboratory tests with the care team
- Review laboratory test results with the care team
- Report any symptoms or changes during treatment and follow-up

Maintenance therapy^{1,2}

- Maintenance therapy is given less often or in lower doses to prevent or delay disease progression
- More follow-up tests will be conducted to determine treatment response and evaluate any harmful effects from treatment

Patient considerations

My maintenance therapy is: _____

- Review side effects and management with the care team
- Address any barriers to adherence and inquire about supportive resources
- Discuss with your healthcare team signs and symptoms that may require you to contact your physician or the emergency room
- Maintain current healthcare with primary care physician and other healthcare team members as appropriate

After primary treatment, there are 3 possible results¹:

• **Response:** signs and symptoms of cancer decrease

• **Relapse:** cancer returns after being in remission for a while
 o Most patients with MM can expect to relapse

• **Refractory:** cancer does not respond or progresses within 60 days of last therapy³

Treatment (relapsed/refractory MM [RRMM])^{1,2}

- There are additional treatment options for when the cancer has grown despite primary treatment or relapsed after initially improving following treatment
- Sometimes, a treatment does not work against a person's cancer, or the cancer becomes resistant over time; a different medication can be used in these patients that wasn't previously tried

Patient considerations

My treatment for RRMM is: _____

- Review additional side effect considerations and management
- Review treatment decision with the care team and voice any concerns
- Discuss schedule and timing of follow-up visits
- Discuss treatment goals with the care team
- Discuss availability of relevant clinical trials

Supportive care^{1,2}

- The care team can provide additional support, including:
 - o Information on financial support
 - o Psychological support
 - o Access to advocacy groups
 - o Additional medications to relieve symptoms
 - Can include medication for bone disease, anemia, infection, kidney dysfunction, or others
 - o Transportation and support with appointments
 - o Caregiver and family support
 - o Educational materials
 - o Discussion of clinical trials, palliative care, hospice, and end-of-life or survivorship options

Patient considerations

Contact information for my care team (email, phone, etc):

Recommended advocacy groups/resources:

Contact information for additional support team members (financial counselors, social workers, mental health providers, etc):

Educational resources/websites:



The endorsement mark certifies that the information presented in educational seminars, publications, or other resources is reliable and credible.



For more information and patient resources, scan the QR code



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References:

1. National Comprehensive Cancer Network. National Guidelines for Patients. Multiple myeloma. Accessed February 9, 2024. www.nccn.org/patients/guidelines/content/PDF/myeloma-patient.pdf
2. National Comprehensive Cancer Network (NCCN). NCCN V1. 2025 Multiple myeloma. Accessed December 3, 2024. www.nccn.org/professionals/physician_gls/pdf/myeloma.pdf.
3. Ahmed A, Killeen RB. Relapsed and refractory multiple myeloma. Updated June 8, 2023. In: StatPearls [internet]. www.ncbi.nlm.nih.gov/books/NBK592405