

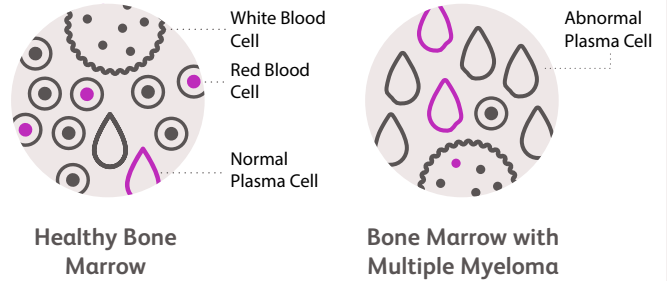
Multiple Myeloma

Multiple myeloma is a blood cancer formed by malignant plasma cells and typically originates in the bone marrow.

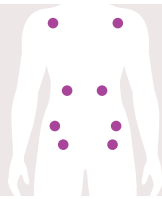
What is Multiple Myeloma?

Normal plasma cells are found in the bone marrow and are an important part of the immune system. Through a complex, multi-step process, healthy plasma cells can transform into malignant myeloma cells.

Myeloma cells then reproduce and accumulate in the bone marrow, crowding out other important blood cells. Additionally, these myeloma cells produce an abnormal protein, known as M protein. A high level of M protein in the blood is the hallmark characteristic of multiple myeloma.



Multiple myeloma typically occurs in bone marrow in the **spine, pelvic bones, ribs** and areas of the **shoulders and hips**.



290,000

new cases of multiple myeloma are expected to occur globally in 2040

Risk Factors

The cause of multiple myeloma is not known but it may be more common in:



People who are overweight or obese



People with a sibling or parent who has had multiple myeloma



People with other plasma cell diseases



Males



People 65+

Most people diagnosed are at least **65 years old**

2x

African Americans

Multiple myeloma is more than **twice as common in African Americans** than in white Americans

Signs & Symptoms

Some people with multiple myeloma have no signs or symptoms at all, but symptoms of multiple myeloma may include:



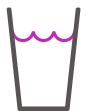
Bone Pain or Bone Fractures



Weakness



Infections



Increased Thirst



Loss of Appetite and Weight Loss



Nerve Damage



Impaired Kidney Function

Treatment Options

A patient's treatment options depend on the stage of their multiple myeloma, but may include:



Drug Therapy



Radiation



Immunotherapy



Stem Cell Transplant



Surgery



Bisphosphonates



Plasmapheresis