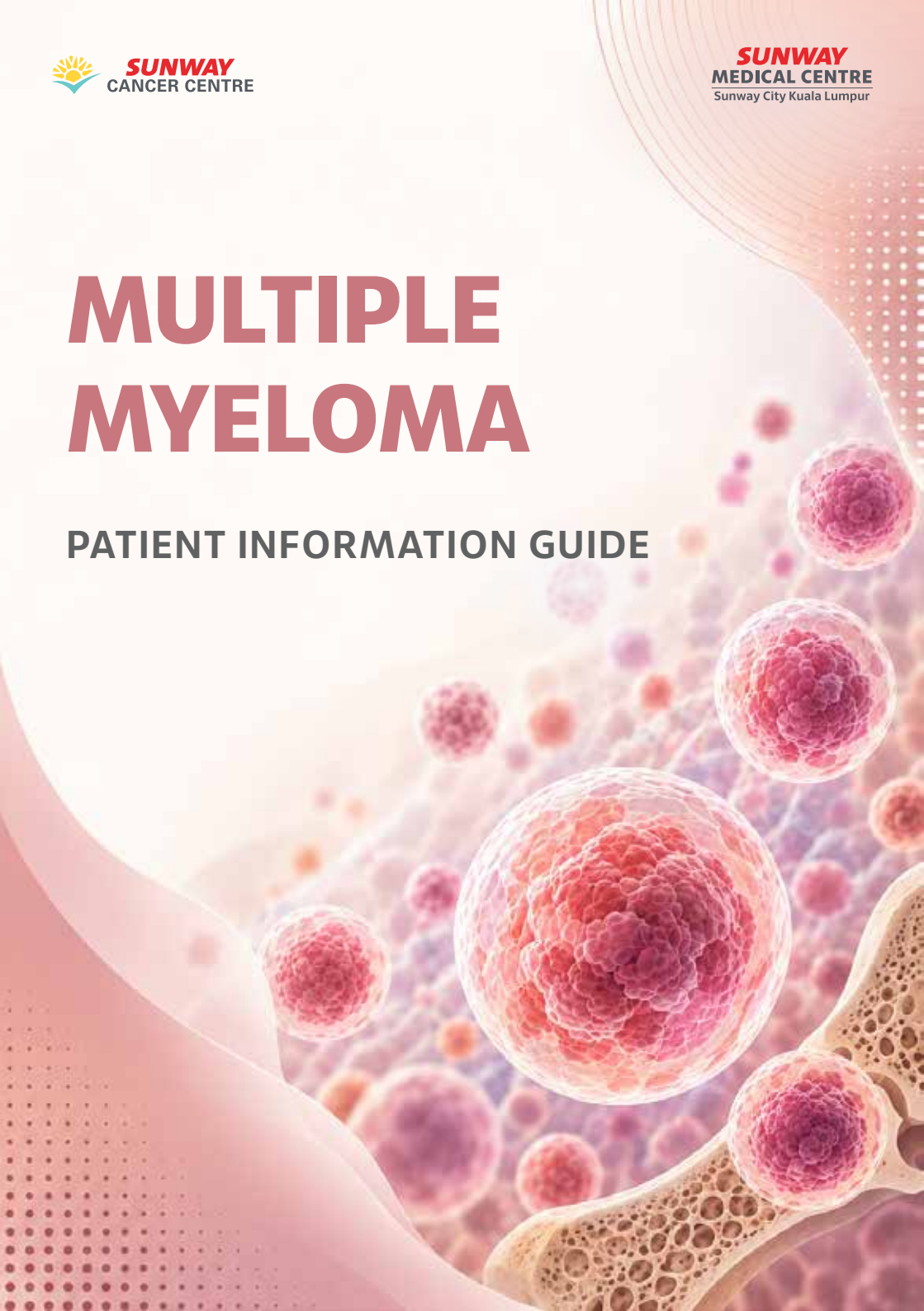


MULTIPLE MYELOMA

PATIENT INFORMATION GUIDE



What is Multiple Myeloma?



Multiple Myeloma is a type of **blood cancer that begins in plasma cells — a type of white blood cell found in the bone marrow.**

In myeloma, abnormal plasma cells multiply uncontrollably and produce large amounts of an abnormal protein called M-protein, which can damage the bones, kidneys, and immune system. Multiple Myeloma most commonly affects older adults, although it can occur at any age.

Signs and Symptoms

The symptoms of multiple myeloma can vary from person to person and may include:



Fatigue or weakness due to anaemia



Unexplained weight loss



Frequent infections



Nausea, thirst, or confusion (due to high calcium levels)



Persistent bone pain, especially in the back, ribs, or hips



Numbness or weakness in the legs (due to spinal involvement)

Consult a doctor promptly if you experience persistent bone pain or fatigue.

How is Multiple Myeloma Diagnosed?

To diagnose multiple myeloma, doctors use a combination of blood, urine, and imaging tests:

1 Blood Tests

Check for M-protein, anaemia, kidney function, and calcium levels.

2 Urine Tests

Detect Bence-Jones protein, an abnormal protein linked to myeloma.

3 Bone Marrow Aspiration and Biopsy

Detect the presence of abnormal plasma cells.

4 Cytogenetic and Molecular Tests

Identify genetic abnormalities that help guide treatment planning.

5 Imaging Tests

X-ray, MRI, CT scan, or PET scan may be used to detect bone damage.

Treatment Options

Treatment is personalised based on the patient's overall health and disease stage.



Targeted Therapy

Drugs such as bortezomib, carfilzomib, or ixazomib attack specific proteins in cancer cells.



Immunomodulatory Therapy

Medications such as lenalidomide or thalidomide help the immune system control myeloma cells.



Chemotherapy

Used to kill cancer cells and reduce tumour burden.



Stem Cell Transplant

A procedure that replaces diseased bone marrow with healthy stem cells after chemotherapy.



Supportive Care

Bisphosphonates to strengthen bones, pain management, blood transfusions, and antibiotics.



Radiation Therapy

Sometimes used to relieve pain or control bone lesions.

Living with Multiple Myeloma



Healthy Diet

Eat well-balanced meals rich in fruits, vegetables, and protein.



Bone Care

Avoid heavy lifting and activities that place strain on weak bones.



Hydration

Drink plenty of fluids to protect your kidneys.



Exercise

Gentle activities such as walking help maintain strength and energy.



Emotional Support

Seek help from counselling services or patient support groups.



Regular Follow-Up

Regular blood and urine tests help monitor the treatment progress.

When to Seek Medical Help?

Contact your doctor or visit the hospital immediately if you experience:



Sudden severe bone pain or fracture



Persistent fever or infections



Confusion, extreme thirst, or reduced urine output



Numbness or weakness in the legs

**This brochure is intended for general information purposes only and should not replace professional medical advice. Please consult your doctor for medical advice specific to your condition.*



WHERE TO GET HELP?

SUNWAY **MEDICAL CENTRE** Sunway City Kuala Lumpur

Sunway Medical Centre Sdn Bhd

199501012653 (341855-X)

No. 5, Jalan Lagoon Selatan,
Bandar Sunway,
47500 Subang Jaya, Selangor Darul Ehsan,
Malaysia.



+603-7491 9191



sunwaymedical.com

