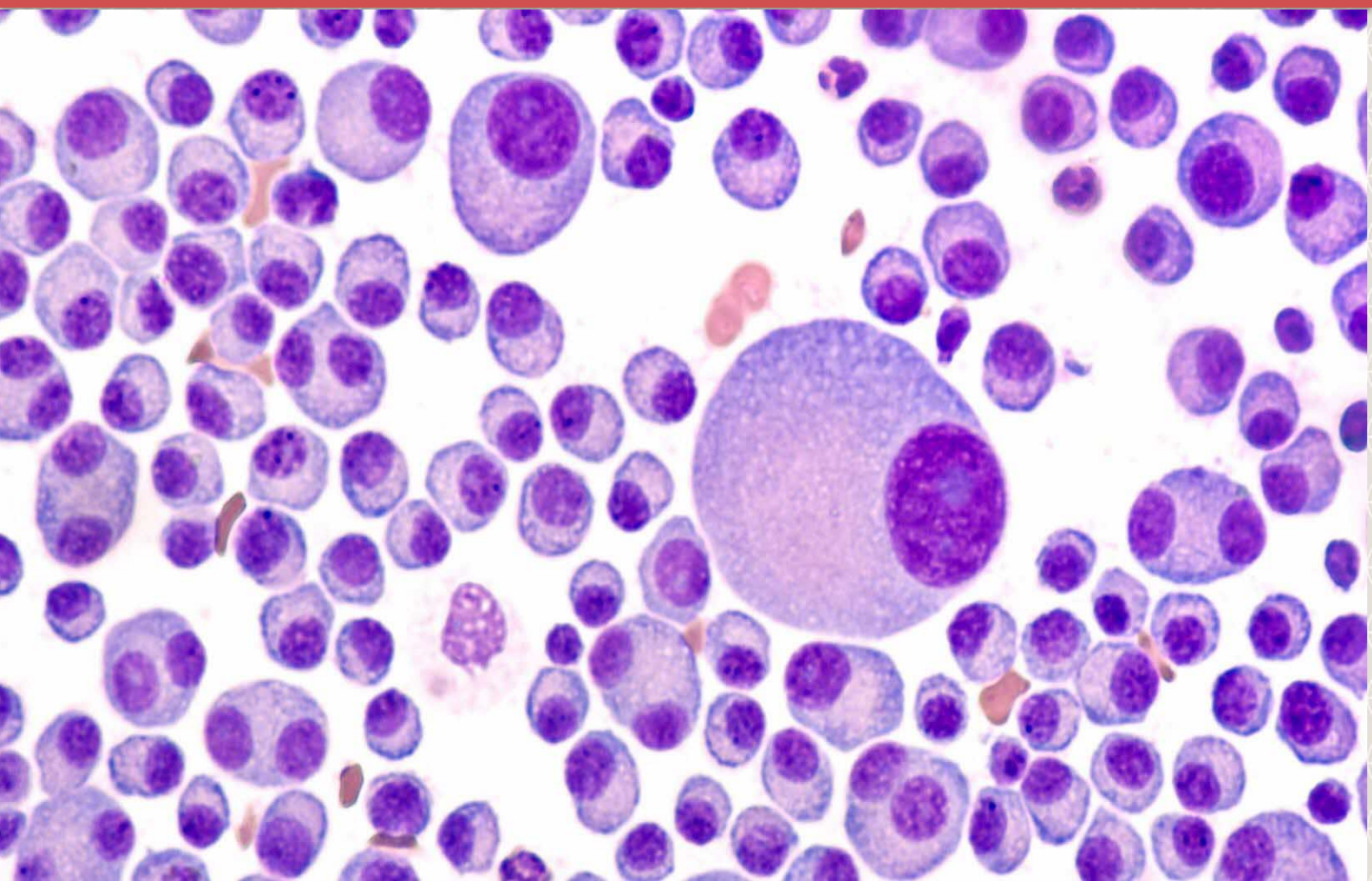


Department of  
Haematology

# Multiple Myeloma



# What is Multiple Myeloma?

Multiple myeloma is a cancer of a type of white blood cell called plasma cells, which are found in the bone marrow. Multiple myeloma occurs due to DNA mutations and with age. Most patients are aged over 60 years old.

## Symptoms of Multiple Myeloma

Bone pain or fractures



Fatigue from anaemia



Infections from weakened immune system



Thirsty, drowsy and confusion from high calcium effects



Nausea, swollen ankles/feet and dehydration due to kidney dysfunction



Abnormal sensation of weakness in arms or legs due to pressure on the spinal cord



# Diagnosis



If multiple myeloma is suspected, your doctor will order diagnostic tests to determine the diagnosis. These tests may include:



- Blood and urine tests
- X-Rays
- Bone marrow examination
- Other imaging studies

## Staging Multiple Myeloma

From the blood test and bone marrow examination results, your doctor will stage the extent of the disease. This will help your doctor predict how you may respond to treatment.

There are three stages in Multiple Myeloma, ranging from 1 (the lowest stage) to 3 (the highest stage). They indicate the severity of the disease.



# Treatment Methods

## Chemotherapy



- Drugs given orally or injected into the veins to kill cancer cells.
- Multiple cycles are administered at regulated intervals to allow time for the body to recover in between cycles.

## Bone Marrow Transplant



- Aims to replace the bone marrow with “good” cells after the myeloma cells are killed by high doses of chemotherapy.

## Targeted Therapy



- This includes monoclonal antibodies and other medications that target specific parts of the myeloma cells to kill them more effectively.

## Symptomatic Treatment



- Drugs given to alleviate symptoms of bone pain, anaemia, infections and nausea.

# Myeloma Befriending Group

In Myeloma Befriending Group, survivors reach out to newly diagnosed patients who wish to seek support and information from those with similar experiences. For more information, you can contact TTSH Medical Social Worker at 6357 8222.



## Clinic 1C

TTSH Medical Centre, Level 1

Contact: 6889 4664

## Clinic 5A

TTSH Medical Centre, Level 5

Contact: 6889 4747

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### Multiple Myeloma



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