



MULTIPLE MYELOMA: A PATIENT'S PERSPECTIVE

Multiple myeloma (MM) is a blood cancer in which a type of white blood cell that typically fights infection begins to multiply unusually and releases a protein that causes organ damage.¹ More than 114,000 new cases are diagnosed annually and nearly 230,000 people are living with MM worldwide.² I was diagnosed with MM three years ago. I now work remotely from home and have a flexible schedule so I can work around my treatments.



9AM: GO FOR A MORNING STROLL

I stay active to increase my energy levels and lower my risk of developing blood clots, since MM increases my risk.³



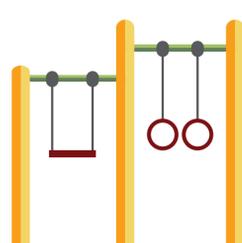
12PM: SCHEDULE A DENTAL CHECK-UP

MM can cause osteoporosis, so I take medication to prevent bone loss. Because this medicine can cause jaw damage, I see the dentist every 4-6 months.^{3,5}



3PM: TAKE A BREAK

I rest for an hour before my grandchildren arrive. They are visiting today and a nap helps me avoid feeling overtired.⁵



6PM: HIT THE SWINGS

After dinner, my grandchildren and I play in the backyard if I'm not too tired.⁵



9PM:

My husband and I catch up on our favorite TV shows. I tend to go to sleep earlier than I used to.⁵



7AM: TAKE IRON SUPPLEMENTS



This helps my anemia, a complication that affects more than 60% of patients with MM at diagnosis.³ I get a blood transfusion once every other week to help mitigate the symptoms.⁴



10AM: REVIEW MY SCHEDULE



I prioritize my workday schedule so I am able to rest in the afternoon.⁵



2PM: EAT SOMETHING NUTRITIOUS



To offset feeling sluggish, I eat smaller, healthier meals every 2-3 hours and drink plenty of water.⁵



4PM: WRAPPING UP THE WORKDAY



I check my work emails one last time before signing off for the day.



8PM: PUT THE GRANDCHILDREN TO BED



I help my grandchildren get ready for bed, which means climbing our steep stairs. Since MM treatments can make my bones weaker and cause me to bruise more easily, our stair railing is sturdy to help prevent falls.⁵



This is an example of a day in the life of a patient living with multiple myeloma. Patient perspectives may vary.

The Blood Cancer Community is bound together by blood to reach one common goal: to improve the lives of people impacted by blood cancer. Continued collaboration of patients, caregivers, healthcare providers, advocates, academics and researchers is critical to fulfilling this goal.

REFERENCES

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