

**Myeloma is a cancer of the plasma cells found in the bone marrow. Abnormal plasma cells grow continuously and form a tumor in the bone marrow.**

## Diagnosing Myeloma

- Blood and urine tests are done to look for a protein that is made by myeloma cells.
- Bone marrow biopsy and aspiration are performed, which involves removing tissue from the hipbone to look for myeloma cells.
- Imaging tests, including x-rays, computed tomography (CT), magnetic resonance imaging (MRI) and positron emission tomography (PET) are performed to identify thinning, holes or fractures of the bones.

Patients with myeloma are treated by specialized doctors called hematologist-oncologists that understand cancer and the blood. Some hematologist-oncologists specialize in myeloma. You should consider getting a second opinion from another hematologist-oncologist to be sure the diagnosis is correct and you receive the right treatment.

## Myeloma Treatment

There are many treatment options for myeloma. The goals of treatment are to slow the growth of the myeloma cells and to relieve symptoms of bone pain, fatigue or other problems. The treatment a patient gets depends on the type and stage of myeloma and the patient's age and overall health. Myeloma treatment may include:

- **Watch and Wait.** Doctors monitor the patient but do not begin treatment until the patient shows signs of myeloma progression.
- **Chemotherapy and Drug Therapys.** Powerful drugs used alone or in various combinations to kill abnormal cells and/or slow their growth, giving normal cells a chance to grow. Some drugs are injected, some are given through a vein (IV) and some are taken by mouth.
- **Radiation therapy.** X-rays or other high-energy rays used to kill myeloma cells.
- **Stem Cell Transplant.** A treatment that replaces cancer cells with healthy cells. Healthy stem cells are collected from the patient before treatment starts, or from a matched donor, and are infused back into the patient after they receive chemotherapy.
- **Treatment to Relieve Symptoms.** Drugs are used to help with anemia and strengthen bones.
- **Clinical Trials.** Careful studies done by doctors to test new drugs or treatments, or test new uses for approved drugs or treatments.

## Side Effects Management

A side effect is an unplanned result of treatment, usually something unpleasant or not desirable. Treatment responses vary among patients. Some side effects are mild. Other side effects may be serious and last a long time. Most side effects go away when treatment ends. Talk to your doctor about side effects because they can often be treated.

For additional support and resources,  
contact an Information Specialist at  
The Leukemia & Lymphoma Society:

**800.955.4572**

**Interpreting services are available upon request.**

The request should be communicated to the Information Specialist in English, who can then arrange to have a phone interpreter available during the call.

骨髓瘤是存在于骨髓之中的浆细胞的癌症。在骨髓中，异常浆细胞持续生长，形成肿瘤。

## 诊断骨髓瘤

- 进行血液和尿液检测，以寻找由骨髓瘤细胞产生的一种蛋白质。
- 进行骨髓活检和穿刺，此过程涉及从髓骨取出组织以寻找骨髓瘤细胞。
- 进行X射线、计算机断层扫描 (CT)、磁共振成像 (MRI) 和正电子发射断层扫描 (PET) 等影像检查来确定骨骼是否变薄、出现孔洞或骨折。

骨髓瘤患者由血液肿瘤医生进行治疗，这些专科医生了解癌症和血液的情况。一些血液肿瘤医生专门治疗骨髓瘤。您应该考虑获得另一名血液肿瘤医生的意见，以确保诊断正确以及治疗正确。

## 骨髓瘤治疗

骨髓瘤有许多治疗方案。治疗目标是减缓骨髓瘤细胞的生长并减轻骨痛、疲倦或其他症状。一名患者接受的治疗取决于其骨髓瘤的类型和阶段以及患者的年龄和整体健康状况。骨髓瘤治疗可能包括：

- **观察和等待。** 医生监测患者的病情，但直到患者出现骨髓瘤进展迹象才开始给予治疗。
- **化疗和药物治疗。** 单独使用或以不同组合方式联合使用强效药物，以杀死异常细胞及/或减缓其生长，并让正常细胞有机会生长。一些药物通过注射给药，另外一些药物通过静脉给药 (IV)，还有一些药物为口服给药。
- **放疗。** 利用X射线或其他高能射线杀死骨髓瘤细胞。
- **干细胞移植。** 干细胞移植是用健康细胞替代癌细胞的治疗方法。在开始干细胞移植治疗之前，从患者本人或匹配的供者采集健康的干细胞，然后在患者接受化疗后再回输给患者。
- **缓解症状的治疗。** 使用药物来帮助改善贫血并强健骨骼。
- **临床试验。** 由医生仔细进行的研究，用以测试新药物或治疗方法，或测试已获准药物或治疗方法的新用途。

## 副作用管理

副作用是非预期治疗结果，通常是令人不快的或不良的反应。治疗反应因人而异。一些副作用是轻度的。其他副作用可能很严重并持续很长时间。停止治疗后，大多数副作用会消失。请与医生讨论副作用，因为副作用通常可以治疗。

如需更多支持和资源，请联系白血病和淋巴瘤协会 (The Leukemia & Lymphoma Society, LLS) 信息专员：  
**(800) 955-4572.**

可应要求提供口译服务。

您应使用英文将要求告诉信息专员，然后信息专员可以在通话期间安排口译员。