

## Multiple Myeloma in the Black Community: Know the Disease and Take Action in Educating in Your Community

Multiple myeloma (MM) is a blood cancer that affects a type of white blood cell called a **plasma cell**, mostly found **in the bone marrow**.

Risk factors can vary, but **the Black community is twice as likely to be diagnosed**. However, **Black patients can achieve the same outcome** as other MM patient populations with appropriate and timely treatment.



### WHAT FACTORS CAN IMPACT PATIENT OUTCOMES?



#### Earlier Diagnosis

This can start with you. Make sure you and your loved ones are keeping up with their doctors visits and advocating for themselves.



#### Access to Recommended (Standard of Care) Treatments and Novel Therapies

Do your research. Make sure you fully understand what options you or your loved one may have to help them fight their multiple myeloma.



#### Participation in Clinical Trials

New treatments are always being developed. Talk with your doctor about options for clinical trials that may be a match for you.

### WHAT ARE THE SYMPTOMS?

Some common symptoms associated with multiple myeloma prior to diagnosis include



Bone pain or fractures



Unusual bleeding or bruising more easily than normal



Tiredness, shortness of breath, or weakness



Kidney problems

### HOW IS MM TREATED?

Multiple myeloma is not yet curable, but treatment can fight these cancerous cells. New advances continue to be made to help fight this disease.

When you respond well to a treatment, a very few isolated cancer cells can remain in your body and can stop responding to that therapy. This is called a relapse, where the cycle of multiple myeloma starts again.

Treatment is decided based on many factors, including a patient's stage in the disease and health status as well as patient preference. It is important that patients speak with their doctor about their options to determine a treatment plan that is right for them.

To learn more about multiple myeloma, visit [cancer.com](https://www.cancer.com), a resource sponsored by Janssen.