

# Early Warning Signs of Myeloma

- Multiple myeloma is a cancer arising from the plasma cells. It can affect bones and kidneys.
- Worldwide, there are approximately 750,000 people living with myeloma.
- In 70% of patients, the most common symptoms of myeloma are back or bone pain, fatigue, and recurrent or persistent infections.
- As many as 30% of myeloma patients have no symptoms.
- Myeloma is treatable and outcomes continue to improve.

## Half of all myeloma patients are first seen by a primary care physician

- When diagnosed by primary care physicians, more than 50% of myeloma patients have a delay in diagnosis of more than 6 months.
- Delayed diagnosis is associated with a greater incidence of secondary complications.
- Earlier diagnosis can result in earlier treatment and fewer secondary complications.
- Myeloma is now being diagnosed in people in their 20s, 30s, and 40s. It is not only a disease of the elderly.

The IMF InfoLine is staffed by trained information specialists.

**800.452.CURE (2873)** *in the US & Canada*



International  
**Myeloma**  
Foundation®

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## Do you have one or more UNEXPLAINED symptoms?

- ▶ **B**ack pain (persistent or recurrent)
- ▶ **B**one pain (persistent or recurrent)
- ▶ **F**atigue (tiredness)

} **BBF**  
(early symptoms)

- ▶ **C**alcium elevations
- ▶ **R**enal impairment (elevated creatinine)
- ▶ **A**nemia
- ▶ **B**one lesions

} **CRAB**  
(diagnostic criteria)

**Any ONE** of the **BBF** early warning signs could indicate myeloma.

**Any ONE** of the **CRAB** diagnostic criteria could indicate myeloma.

## The best and most cost-effective screening tests

For patients with any one of the **BBF** or **CRAB** criteria, follow the recommendations by the International Myeloma Working Group (IMWG) and the National Comprehensive Cancer Network (NCCN) and get a combination of **3 screening tests**.

- **Freelite**<sup>®</sup> test (serum free light chain assay; “free kappa, free lambda with ratio, serum”)
- **SPEP** (serum protein electrophoresis)
- **IFE** (immunofixation electrophoresis)

Use of all three tests together will identify 99% of cases of myeloma. SPEP alone will miss 1 out of 8 patients. A free light chain ratio of >100 or <0.01 is a myeloma-defining event (MDE). Accurate and efficient testing can save patients from secondary complications.

## Early diagnosis is key to achieving best outcomes for patients

Visit [myeloma.org/understanding/10-steps/diagnosis](http://myeloma.org/understanding/10-steps/diagnosis) for more information or contact the IMF InfoLine at [InfoLine@myeloma.org](mailto:InfoLine@myeloma.org) or 800-452-CURE (2873).



Improving Lives **Finding the Cure**<sup>®</sup>