



# *What is* **Multiple Myeloma?**

- Multiple myeloma is a cancer of the bone marrow plasma cells, the white blood cells that make antibodies.
- Men are 1.5 times more likely than women to develop myeloma. The disease is most frequently diagnosed in individuals who are 65 to 74 years old, and it is twice as common in people of African descent.
- More than 30,000 new cases of myeloma are diagnosed in the US each year.
- The most common symptoms of myeloma are back or bone pain, fatigue, and recurrent or persistent infections.
- Myeloma is treatable and outcomes continue to improve. For more information, visit the IMF website or contact the IMF's InfoLine, which is staffed by trained specialists who answer questions and provide support via phone and email to thousands of families each year.

***Be part of the conversation.***

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**International Myeloma Foundation**

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**Improving Lives Finding the Cure®**

# What is the **IMF**?

- Founded in 1990, the International Myeloma Foundation (IMF) is the first and largest organization focusing specifically on multiple myeloma.
- The IMF's reach extends to more than 525,000 members in 140 countries worldwide. The IMF is dedicated to improving the quality of life of myeloma patients while working toward prevention and a cure through our four founding principles: Research, Education, Support, and Advocacy.
- The signature project of the IMF's Research division is the Black Swan Research Initiative®, a groundbreaking and collaborative effort to develop the first definitive cure for myeloma.
- The IMF's International Myeloma Working Group (IMWG), comprised of more than 200 leading myeloma researchers, has developed myeloma guidelines that are followed by physicians around the world.
- The IMF's extensive library of publications for patients and caregivers is updated annually in English. Selected titles are also available in other languages. All IMF publications are free of charge and can be viewed, downloaded, or ordered at [publications.myeloma.org](http://publications.myeloma.org)



**INTERNATIONAL  
MYELOMA  
FOUNDATION**

*Learn more about the ways the IMF is helping to improve the quality of life of myeloma patients while working toward prevention and a cure.*

**818.487.7455 800.452.CURE The IMF@myeloma.org**

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