

# LIVING WELL WITH MYELOMA



## QUESTIONS TO ASK YOUR DOCTOR

A RESOURCE PROVIDED BY THE INTERNATIONAL MYELOMA FOUNDATION

*We expect that the holidays are a time to come together and enjoy the rewards of our lives. The International Myeloma Foundation knows that for those facing a multiple myeloma diagnosis, the holidays may not always be as expected.*

*If you or someone you love is learning of their myeloma diagnosis for the first time, this worksheet may be helpful in planning care.*

## QUESTIONS TO ASK YOUR DOCTOR

When confronted with a diagnosis of myeloma, a cancer of the bone marrow plasma cells, many questions can arise. It is best to consult with a myeloma specialist who can give you guidance while you learn about treatment options.

## GETTING STARTED

What type of myeloma do I have?

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What stage of myeloma do I have?

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What is my chance of responding to treatment?

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What is the length of survival for myeloma?

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Is there a cure?

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Are there factors in my case which are good or bad?

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What tests do I need to have performed before we can decide on treatment?

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## TREATMENT PLANNING

What are my treatment options? Are some more toxic than others?

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How are the treatments administered (intravenously, by shot, or by mouth)?

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Will I be able to continue my normal life, work, etc.?

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If I am taking other medications, vitamins, or supplements, can they interfere with myeloma treatments?

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Will side effects from treatment affect my ability to perform work or daily activities?

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How can I reduce side effects from a particular treatment?

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How do I know if the treatment is working?

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What are my options if the chosen treatment doesn't seem to be working?

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Is high-dose chemotherapy with stem cell rescue (also called "autologous stem cell transplant") recommended for me? If so, how will that affect my treatment planning?

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Should I consider a clinical trial or stick with FDA-approved treatments?

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## FINANCIAL CONSIDERATIONS

Which part of my treatment will be covered by my insurer?

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How can I find the best insurance coverage for my treatments?

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What will my financial responsibility be?

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Are there financial resources to help me pay for my treatment?

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## **SUPPORT SERVICES**

What support services are available to me?

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Are there support groups in my area for myeloma patients, caregivers, and family?

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Where can I find the best information about myeloma?

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As always, the IMF urges you to discuss all medical issues with your doctor and to contact the IMF's InfoLine with your myeloma concerns at 1-800-452-2873 (in the U.S. and Canada) and 1-818-487-7455 (worldwide). Phone lines are open Monday through Thursday from 9 a.m. to 4 p.m. (Pacific). You can also email the IMF's InfoLine at [info@myeloma.org](mailto:info@myeloma.org).



Improving Lives **Finding the Cure**

Courtesy of the International Myeloma Foundation  
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