

# **LIVING WELL** WITH MYELOMA



## **MYELOMA TREATMENT DISCUSSION TOOL**

**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 living with multiple myeloma, the holidays may not always be as expected.*

*If you or someone you love is living with myeloma, this tool may be helpful in planning care. It was developed in collaboration with myeloma patients and care partners, leaders of myeloma support groups, and the IMF Nurse Leadership Board. Discuss this tool with your treatment team and healthcare providers.*

## MY PREFERENCES WHEN MAKING TREATMENT DECISIONS:

(CIRCLE YES OR NO)

**YES** | **NO** It is important for me to understand my treatment plan.

**YES** | **NO** I prefer the most aggressive approach to treat my cancer.

**YES** | **NO** I prefer to receive treatment in an outpatient setting.

**YES** | **NO** I prefer to take medications at home.

**YES** | **NO** I prefer to take the least possible amount of pills to control my cancer.

**YES** | **NO** I am willing to endure as many side effects as necessary to control my cancer.

**YES** | **NO** Quality of life is more important to me than quantity of life.  
Clinical trial participation is of interest to me.

**YES** | **NO** My out-of-pocket cost of treatment is important to me.

**YES** | **NO** I prefer to continue an active lifestyle during my cancer treatment.

**YES** | **NO** I worry about how my treatment will affect my future treatment options.

**YES** | **NO** What is my chance of responding to treatment?



## PAST

What treatments have I been on before my current treatment?

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## PRESENT

What is the goal of my current treatment?

*Prepare for stem cell transplant, remission, stable disease, palliative effect, other?*

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How will I know if treatment is working?

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How might my labs and tests change with a new treatment?

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What are the major side effects of the chosen treatment(s)?

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How do I know if or when urgent medical care may be needed?

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## **FUTURE**

What are my future treatment options if my current treatment does not work?

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In what order would you suggest the subsequent treatments?

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How might a certain treatment affect subsequent treatments?

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Are there treatments I've had that I could consider again?

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Are there clinical trials to consider when treatment no longer works?

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How do side effects differ between treatment options?

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## NOTES

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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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