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?
- What stage of myeloma do I have?
- What is my chance of responding to treatment?
- What is the length of survival for myeloma?
- Is there a cure?
- Are there factors in my case which are good or bad?
- What tests do I need to have performed before we can decide on treatment?

**Treatment Planning**
- What are my treatment options? Are some more toxic than others?
- How are the treatments administered (intravenously, by shot, or by mouth)?
- Will I be able to continue my normal life, work, etc.?
- If I am taking other medications, vitamins, or supplements, can they interfere with myeloma treatments?
- 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?

How do I know if the treatment is working?

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

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?

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

Financial Considerations

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

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

What will my financial responsibility be?

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

Support Services

What support services are available to me?

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

Where can I find the best information about myeloma?

The IMF urges you to discuss all medical issues with your doctor and to contact the IMF’s InfoLine with your myeloma concerns.