

## Multiple myeloma under the spotlight

## Multiple myeloma affects thousands of people in the UK every year.1

Multiple myeloma is a form of blood cancer that arises from plasma cells, a type of white blood cell found in the bone marrow.1

Cancerous cells grow uncontrollably and build up in the bone marrow, crowding out normal cells, causing most of the complications and symptoms associated with myeloma.<sup>1</sup>

Multiple myeloma is a progressive and incurable disease, but access to effective treatments can help a person live longer, reduce their symptoms and improve their overall quality of life. 1,2

## Signs and symptoms



**Persistent** bone pain<sup>1</sup>



**Bone fractures** usually in the spine and the ribs1



Persistent fatigue<sup>1</sup>



More susceptible to infection<sup>1</sup>



**Shortness** of breath1

Multiple myeloma is a relapsing-remitting cancer. Sometimes it is active and the symptoms require treatment. Other times there are no symptoms and no treatment is required. 1

**Approximately** 

in the UK are diagnosed with multiple myeloma each year, equivalent to 15 people each day.4 Multiple myeloma makes up

of blood cancers and approximately 2% of all cancers.1

There are approximately MULTIPLE MYELOMA **DEATHS IN THE UK** 

each year, with half of patients not living beyond five years from diagnosis.4

Multiple myeloma mainly affects **PEOPLE AGED** and over, however it

has been diagnosed **IN PEOPLE AS YOUNG AS** 

Multiple myeloma is projected to rise in prevalence by 11% in the UK between 2014 and 2035.4

There is an urgent need for new treatments for people whose cancer has returned or no longer respond to current treatments.<sup>2,5</sup>



Relapsed (or recurrent) multiple myeloma is the term for when the cancer returns after treatment or a period of remission. Since multiple myeloma does not have a cure, most patients will relapse at some point.<sup>3,5</sup>



Refractory multiple myeloma

is when a patient develops resistance to treatment and the myeloma fails to respond to, or no longer responds to, therapy.<sup>5</sup>

References: 1. About Myeloma booklet. Myeloma UK. Available at: https://www.myeloma.org.uk/documents/myeloma-an-introduction/ Accessed May 2022. 2. Clinical Pathways to Address the Challenges of Treatment Resistance and Relapse in Multiple Myeloma. Journal of Clinical Pathways. 2017;3(7):49-555. 3. Multiple Myeloma Research Foundation. Multiple Myeloma Prognosis - Multiple Myeloma Survival Rate. Available at: https://themmrf.org/multiple-myeloma/prognosis. Accessed May 2022. 4. Cancer Research UK. Statistics by cancer type. Myeloma. Available at: https://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/ myeloma#heading-Two. Accessed May 2022. 5. Infopack for relapsed and/or refractory myeloma patients. Myeloma UK. Available at: https://www.myeloma.org.uk/wp-content/uploads/2018/05/Myeloma-UK-Infopack-for-relapsed\_refractory-myeloma-patients.pdf. Accessed May 2022.