LET’S TALK

Black Men & Multiple Myeloma Blood Cancer

janssen Oncology

You need to know that multiple myeloma (MM) **impacts Black men more** than other groups of people.

CONTENTS

UNDERSTANDING IS POWER

Black people suffer the highest death rate in the United States from most cancers, and for Black men it's even higher.

Multiple myeloma (MM) is a type of blood cancer and although it's rare, it's more common in Black men and women than in the general population, and for Black men it's even more so.

We owe it to ourselves and our community to learn more about multiple myeloma and be proactive with our health.

SO, LET'S TALK!

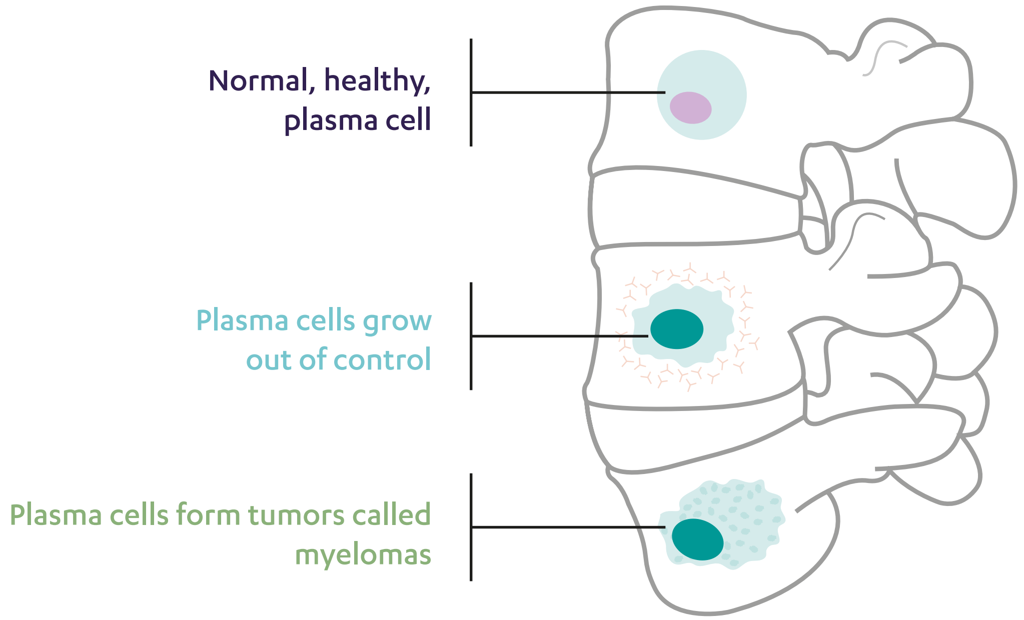
LET'S TALK MM BASICS

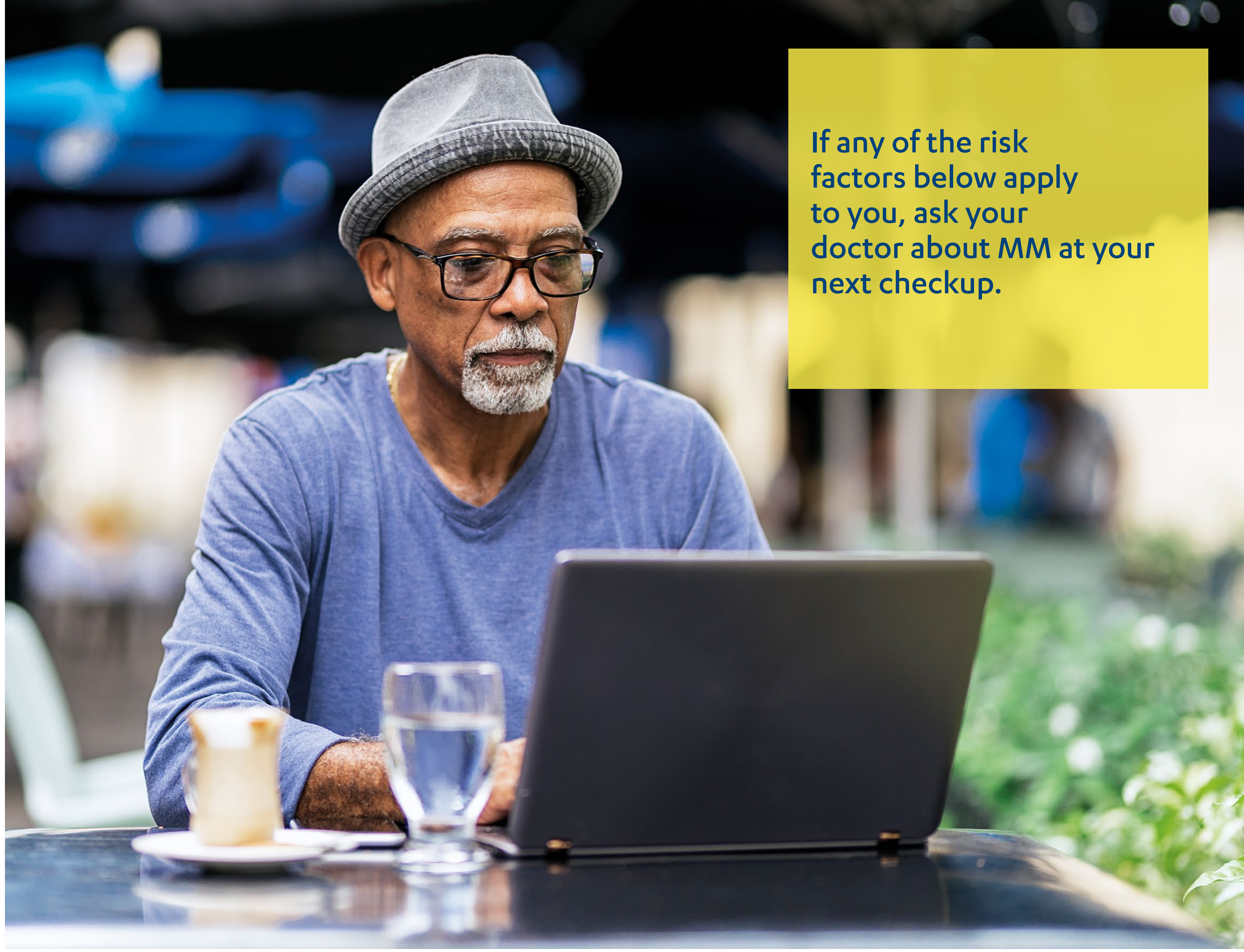
Multiple myeloma (MM) is a rare type of blood cancer

MM affects plasma cells—a type of white blood cell that is mostly found in bone marrow (the soft part inside of bones where blood cells are made).

When they are working right, plasma cells help fight disease by producing antibodies. When plasma cells have DNA damage, plasma cells can grow out of control and weaken your immune system. These damaged plasma cells rapidly spread and replace normal cells with tumors, usually in the bone marrow.

The MM tumors can lead to bone pain, broken bones, and other symptoms like fatigue and nausea. For a list of all symptoms, please turn to page 12.





If any of the risk factors below apply to you, ask your doctor about MM at your next checkup.

A number of factors affect MM. You're more likely to get it if any of the risk factors below apply to you

- ☐ You are a Black person
- ☐ You are older than 60
- ☐ You are male
- ☐ You are obese
- ☐ You have close family members with MM
- ☐ You have been diagnosed with a plasma cell disease
- ☐ You have had repeated high exposure to asbestos, benzene, pesticides, herbicides, or chemicals used in rubber manufacturing
- ☐ You have had repeated high exposure to wood (like if you are a carpenter, furniture maker, or paper maker)

LET'S TALK GETTING CHECKED FOR MM

The only way to know if you have multiple myeloma (MM) is to get checked out.

Don't wait until you think something is wrong to ask your doctor about MM. If you feel any symptoms, it's important you go to the doctor.

Blood tests check:

- For certain proteins produced by myeloma cells
- And verify how well your kidneys are working
- Blood cell levels, calcium levels, and uric acid levels

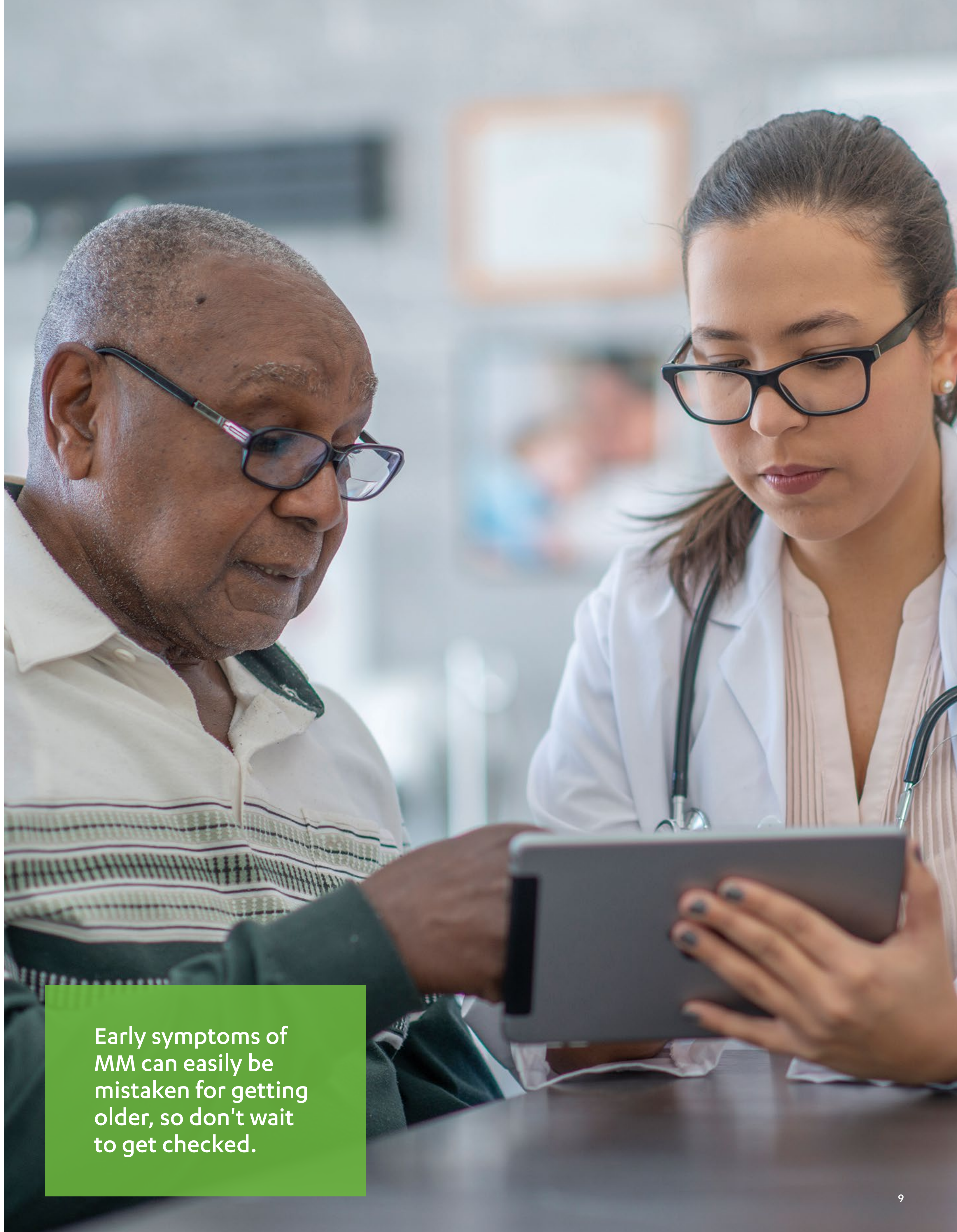
Urine tests check:

- For certain proteins produced by myeloma cells

Imaging tests (X-ray, MRI, or CT scan) check:

- Bone density and the amount of MM cells inside and around your bones
- For bone lesions or soft tissue lesions

If your doctor finds anything in your results, he or she may want to do a few more tests to verify if you have MM and what stage it may be.



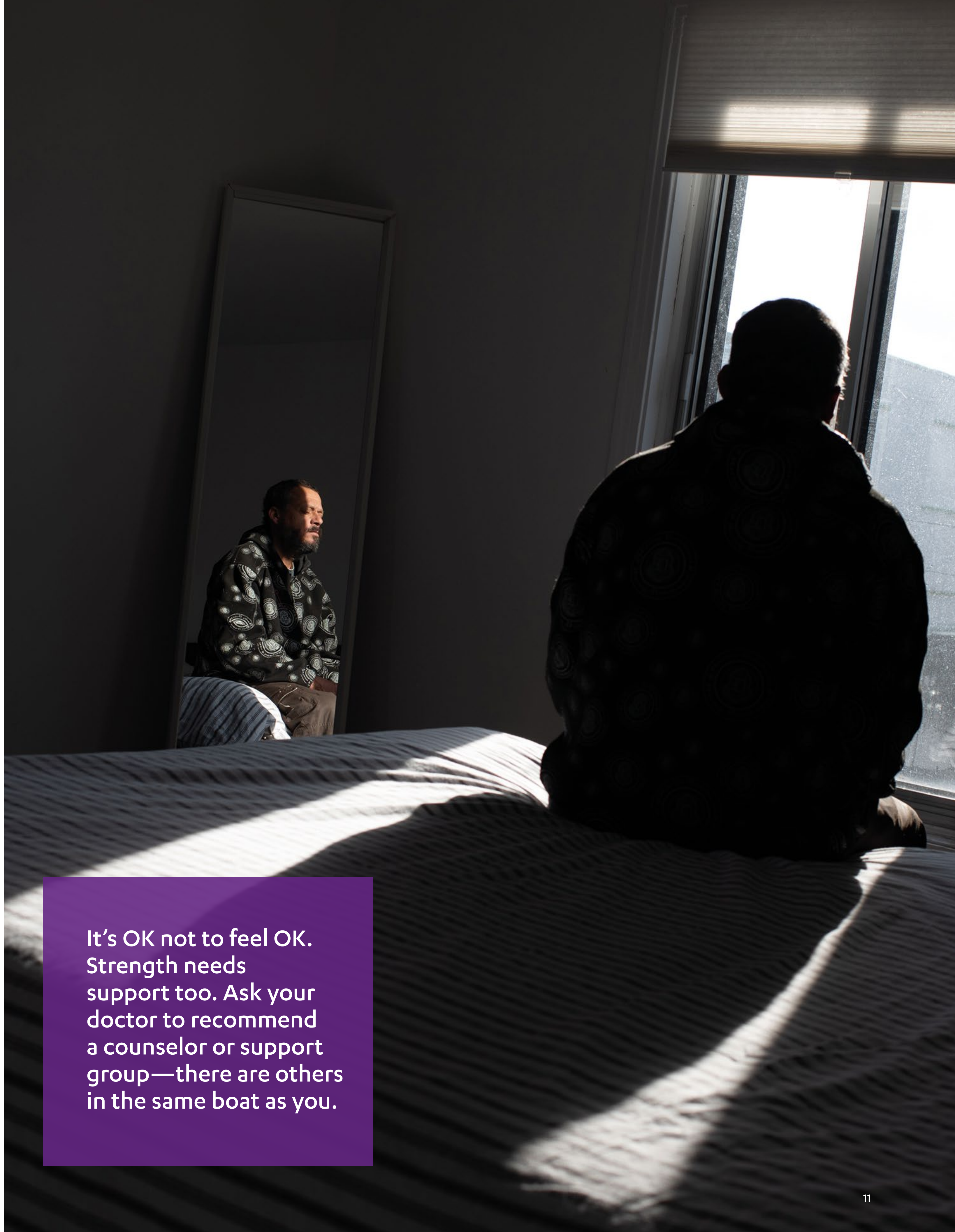
Early symptoms of MM can easily be mistaken for getting older, so don't wait to get checked.

LET'S TALK MM DIAGNOSIS

If your doctor tells you that you have multiple myeloma (MM), it can feel overwhelming

You might feel shock, fear, anger, sadness, anxiety, disbelief, and other things. It helps to share your thoughts and feelings about your diagnosis with loved ones. There will be a lot of new information to learn quickly, and it's your healthcare team's responsibility to assist you.

STAGE	TERM	MEANING
1	**MGUS** (monoclonal gammopathy of undetermined significance)	Your blood has high levels of protein that might indicate you have an increased risk to develop active myeloma. MGUS does not require treatment, but it is important to get regular check-ups.
2	**Smoldering myeloma**	You have a pre-cancerous form of multiple myeloma, but it is not causing symptoms yet. You may not require treatment, but you should be monitored regularly.
3	**Active myeloma**	You have a tumor or a significant amount of cancer cells and require treatment to manage your MM



It's OK not to feel OK. Strength needs support too. Ask your doctor to recommend a counselor or support group—there are others in the same boat as you.

LET'S TALK EARLY MM TREATMENT

Living with multiple myeloma (MM) is possible, especially if it's caught early and treated. The earlier it's caught, the better the results.

Some people with MM have no symptoms, but for others, as MM progresses, symptoms could include:

- Sudden severe back pain
- Nausea or stomach pain
- Kidney problems or damage (shortness of breath, itching, leg swelling)
- Infections that are hard to recover from
- Loss of appetite and losing weight
- Fatigue, confusion, dizziness, slurred speech
- Change in skin color and easy bruising and bleeding around the eyes
- Severe thirst
- Numbness or muscle weakness in the legs
- Severe constipation
- Low blood cell count (red or white blood cells)
- Low platelet count
- High levels of calcium

GOOD NEWS:
Studies have shown that Black people with MM tend to have better outcomes, when treated, than others do.

BAD NEWS:
The average time between diagnosis and treatment is longer for Black people than other groups, almost 2 times longer than White people. So, it's up to us to speak up.

Black people:	**5.2 months**
Hispanic people:	**4.6 months**
White people:	**2.7 months**

If you have MM, make sure you ask your doctor about starting treatment.

LET'S TALK MM TREATMENT GOALS

The ultimate goal of multiple myeloma (MM) treatment is remission

Remission is when MM cells are so few that they can no longer be detected by tests. You should also feel a lot better. To keep MM under control, and not have cancer cells grow back, you need to continue treatment as your doctor recommends.

Relapse is when MM comes back after remission and cells build up again to the point where you may have symptoms again. If you do relapse, the treatment you were on at the time of relapse will have to change.

Discuss all of your treatment options, including treatment goals and possible side effects, with your doctor to help make the decision that best fits your lifestyle.

Be sure to speak up and tell your doctor about what your daily life is like so you can have treatment tailored to you.

LET'S TALK MM TREATMENT OPTIONS

Stem-cell transplant

Depending on your age, overall health, and other factors, a stem-cell transplant may be an option. This is when your bone marrow is infused with healthy cells, which helps stimulate new bone marrow growth. To prepare for a transplant, you will first receive high-dose chemotherapy to kill as many multiple myeloma (MM) cells as possible.

Studies show that Black people are less likely to be offered the option of a stem cell transplant. However, transplants have been shown to lead to better outcomes for Black people so it's critical that we consider the option and ask if it is right for you.

Clinical trials

New medicines are always being developed. It's understandable to be cautious about new medications, but it's important to participate in clinical trials because:

- It could help to change a long history of misconceptions about the impact of medicine on Black people.
- It's a good way to get investigational treatments that aren't yet available to the public
- MM may behave differently in Black people, and clinical trials help us understand which treatments work best for us.

Medicines

Different medicines work in different ways, so combining them is often an effective way to manage MM. Your doctor may put you on as many as 4 medicines to best fight MM. Some types of medicine your doctor might discuss with you are:

Targeted medicine: monoclonal antibodies	Targets and kill cancer cells directly and helps the immune system attack them, as well
Immune system medicines: immunomodulatory agents	Sends signals to the immune system to destroy cancer cells
Immunotherapy	Boosts or changes the immune system so it can find and attack cancer cells
Steroids	Steroids decrease nausea and vomiting from chemotherapy and help fight MM
Bone support medicine: bisphosponates	Help strengthen the bone and reduce bone pain and the risk of fractures
Cancer cell inhibitor: proteasome inhibitors	Interferes with action inside cancer cells that helps them grow and spread
Chemotherapy	Kills cancer cells and stops them from spreading

LET'S TALK CARING FOR OURSELVES

We can take steps to improve our survival rate in the Black community if we:

Put our health front and center

- Make routine healthcare a priority—don't wait until we're sick to see a doctor
- Fill prescriptions and take them according to the directions
- Get enough sleep and rest
- Maintain a healthy diet
- Keep health records and track changes

Build a solid circle of trust

- Share what's going on with family, friends, and your faith community
- Let loved ones help with researching and learning about MM
- Bring someone to appointments to take notes and help absorb information
- Talk to a counselor or join a support group

If we get treatment and take care of ourselves, we can continue to support and impact the lives of those we love.

LET’S TALK TO YOUR DOCTOR

Here is a list of questions you can ask your doctor. Having open and honest conversations with your doctor will help you get the best care.

At Diagnosis

- How much experience do you have with MM?
- Where is the myeloma located in my body?
- Has it spread? If yes, how far?
- What treatment do you recommend and why?
- How quickly do we need to decide on treatment?
- Do we need to add people to my healthcare team?

When Starting Treatment

- How long will treatment last? What will it be like?
- How will we know if the treatment is working?
- What risks or side effects are there to the treatments you suggest?
- Are there things I can do to reduce side effects?
- What other things should I watch for?
- How might treatment affect my daily activities?
- Can I still work full time?
- Do I need to change what I eat?
- Can I exercise during treatment?
- What are the chances the cancer will come back?
- What will we do if the cancer comes back?

During Treatment and Beyond

- What if I have transportation problems getting to and from treatment?
- How can I reach you after hours?
- Do you have an online system for questions?
- Can you suggest an organization to help me with costs and insurance?
- Can you suggest a mental health professional I can see if I start to feel overwhelmed, depressed, or distressed?

LET'S TALK SUPPORT

Visit these websites for information and support

INFORMATION	
International Myeloma Foundation Dedicated to improving the quality of life of myeloma patients while working toward prevention and a cure	myeloma.org
Multiple Myeloma Research Foundation The largest nonprofit in the world focused on accelerating the cure for multiple myeloma	themmrf.org
Clinical Trials for MM Read about clinical trials for MM and see if you want to participate	myeloma.org/clinical-trial-search
SUPPORT	
Cancer Care Provides counseling, case management, support groups, education, and financial assistance	cancercare.org
Therapy for Black Men A directory of therapists and coaches throughout the 50 states who provide judgment-free, multiculturally competent care to Black men	therapyforblackmen.org
Black Men Heal Provides access to mental health treatment, education, and community resources to men of color	blackmenheal.org
The Myeloma Crowd The latest research and social media groups where patients can exchange information	myelomacrowd.org
Black Health Matters Information about health and well-being including lifestyle tips, health conditions information, and health summit events	blackhealthmatters.com

THE FIRST STEP TOWARD THE BEST OUTCOME IS KNOWLEDGE.

SO LET'S TALK MULTIPLE MYELOMA.

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