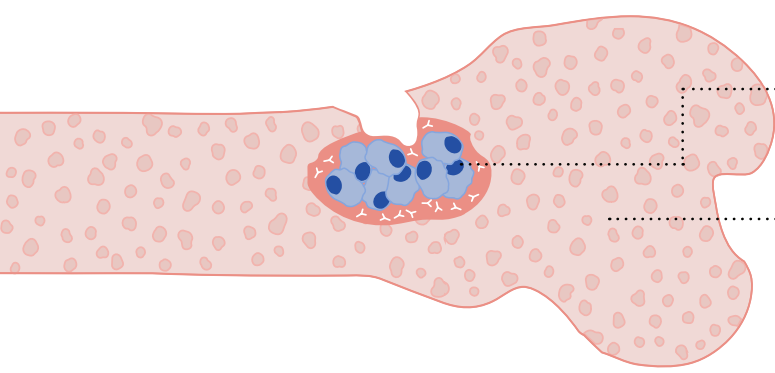


# A Visual Guide to Multiple Myeloma

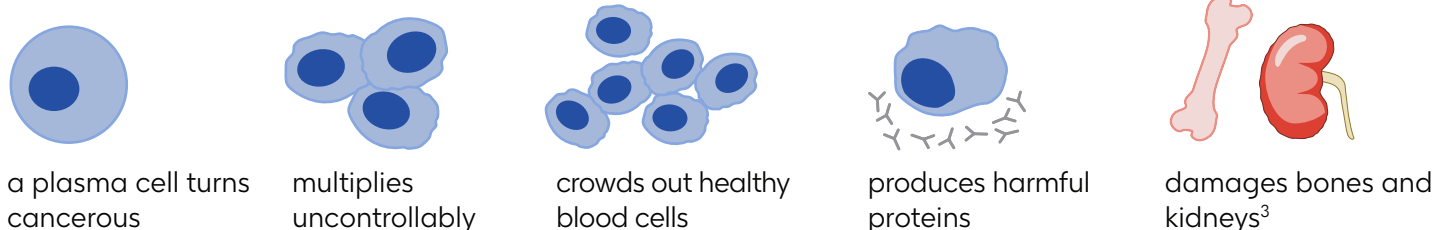
## What is Multiple Myeloma?

Multiple myeloma is a blood cancer that arises in a person's bone marrow, when plasma cells mutate into problematic myeloma cells. These cells accumulate, crowding out healthy blood cells.<sup>1</sup>



- In **multiple myeloma**, damaged plasma cells grow out of control in the bone marrow and produce abnormal proteins (M proteins).<sup>2</sup>
- **Healthy bone marrow** produces red blood cells, platelets, normal white blood cells, and plasma cells that help the body fight infection.<sup>2,3</sup>

## Multiple myeloma begins when:



## By the Numbers

~36,000

people in the US will be newly diagnosed with multiple myeloma in 2026.<sup>4</sup>

18% of all blood cancers in the US are accounted for by multiple myeloma, the second most common blood cancer.<sup>5,6</sup>

## Did you know?<sup>7</sup>

The average age of diagnosis is: **69**

Men are 1.5 times more likely to be diagnosed with multiple myeloma. **1.5x**

Multiple myeloma affects Black Americans at ~2x the rate seen in white Americans. **~2x**

## Warning Signs to Watch For

In the early stages of multiple myeloma, symptoms may not be noticeable. As myeloma cells begin to crowd out healthy blood cells, symptoms can develop. Common signs and symptoms of multiple myeloma include, but are not limited to:<sup>8</sup>

- Bone breakdown which can cause high levels of calcium, dehydration, excessive thirst, nausea, constipation, and confusion
- Fatigue
- Poor kidney function
- Weakened bones leading to more frequent fractures
- Weakened immune system causing more infections
- Anemia leading to weakness, dizziness, and shortness of breath



## Survival Has Improved

5-year survival rate:<sup>10</sup>

26.1%      62.4%

1975      1990      2005      2021

Improvements are largely due to advances in treatment, earlier diagnosis, and new therapies.<sup>11</sup>

## Diagnosis

It can be **hard to diagnose multiple myeloma** early, and there are no recommended screening tests to look for it in most people.<sup>9</sup>

**Multiple myeloma is often diagnosed using a combination of tests**, including blood and urine tests, bone marrow exams, imaging, and genetic testing.<sup>1</sup>

It's important to **work with a healthcare team to determine the best treatment plan**. If symptoms develop, several therapies are available for multiple myeloma.<sup>1</sup>

## Relapsed vs. Refractory

Relapse and refractory are commonly used terms when referring to multiple myeloma.<sup>12</sup>

**Relapsed multiple myeloma** means the cancer has reappeared following a period of remission or response to previous treatment. Most people with multiple myeloma experience relapse.<sup>12</sup>

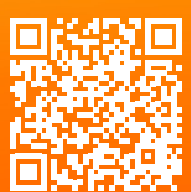
**Refractory multiple myeloma** means the cancer does not respond to treatment or the cancer progresses within 60 days of stopping treatment. Unlike relapsed multiple myeloma, refractory multiple myeloma never entered a period of remission after treatment.<sup>12</sup>

**32.4 months**

Median survival time after starting second-line treatment in 2021.

## Take Action

Learn about multiple myeloma to know the signs and talk to a doctor if symptoms persist. Visit [us.gsk.com/en-us/company/oncology/multiple-myeloma/](https://us.gsk.com/en-us/company/oncology/multiple-myeloma/) or scan the QR code to learn more.



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