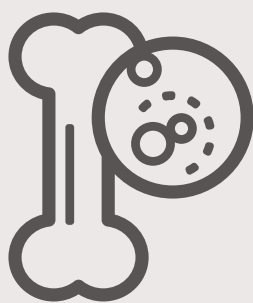


# Myeloma

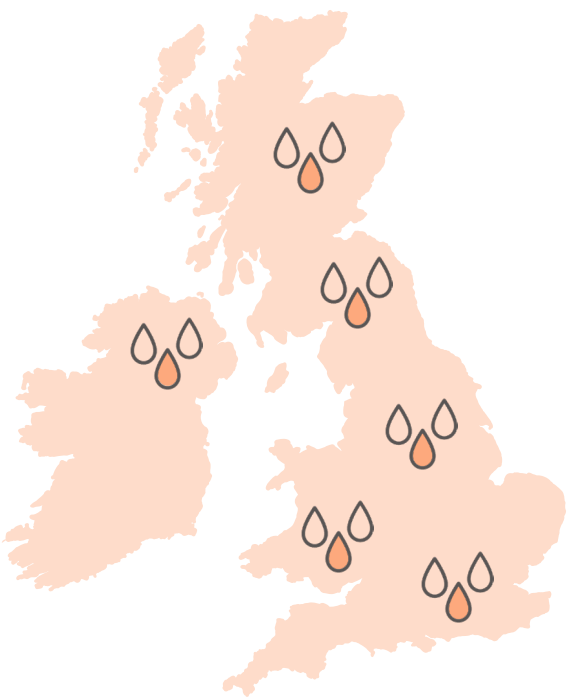
## What is myeloma?



Myeloma is a type of blood cancer affecting white blood cells called **plasma cells**. It causes plasma cells to produce too many **abnormal antibodies** that cannot fight infection. Myeloma is often referred to as **multiple myeloma** because the **bone marrow** is usually affected in multiple places around the body.<sup>1</sup>

## UK prevalence

Around **6,200** people are diagnosed with **myeloma** each year (2017 - 2019)<sup>2</sup>



Myeloma accounts for

**15%** of blood cancers & **2%** of all cancers<sup>3</sup>

It mainly affects people over the age of

**65**<sup>3</sup>



## Risk factors

It is not known exactly what causes **myeloma**, but factors considered to increase a person's risk include<sup>1</sup>:



Age



Sex



Family history



Ethnicity

## Signs and symptoms

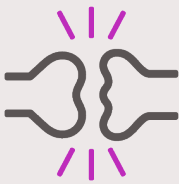
People with **myeloma** may experience a range of symptoms which can impact their **quality of life**. These may include<sup>4</sup>:



Fatigue



Kidney damage



Bone disease



Pain

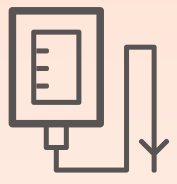


Recurring infection

## Treatment options

Myeloma is a **relapsing-remitting cancer**, meaning there are periods where myeloma causes **symptoms** and needs to be treated and periods of **remission** where it does not require treatment.<sup>3</sup>

Treatment options include<sup>5</sup>:



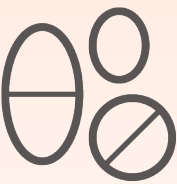
Chemotherapy



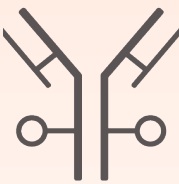
Other targeted drugs



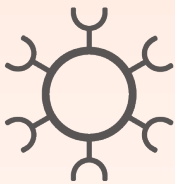
Stem cell transplant



Steroids



Immunotherapy (monoclonal antibodies)



Inhibitors (cancer growth blockers)

### References:

1. Blood Cancer UK. Myeloma. Available at: <https://bloodcancer.org.uk/understanding-blood-cancer/myeloma/>. Last accessed: March 2025. 2. Cancer Research UK. Myeloma statistics. Available at: <https://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/myeloma#heading-Zero>. Last accessed: March 2025. 3. Myeloma UK. What is myeloma?. Available at: <https://www.myeloma.org.uk/understanding-myeloma/what-is-myeloma/>. Last accessed: March 2025. 4. Myeloma UK. Symptoms and Complications. Available at: <https://www.myeloma.org.uk/understanding-myeloma/symptoms-and-complications/>. Last accessed: March 2025. 5. Blood Cancer UK. Myeloma treatment and side effects. Available at: <https://bloodcancer.org.uk/understanding-blood-cancer/myeloma/myeloma-treatment-side-effects/myeloma-treatment-aims-types/#treatment-types>. Last accessed: March 2025.