UNDERSTANDING MULTIPLE MYELOMA TREATMENT OPTIONS & GUIDELINES

WITH NO CURATIVE THERAPIES, TREATMENTS ARE DESIGNED TO 1:

- Relieve & manage symptoms
- Slow disease progression
- Prolong remissions

There is no single set treatment and most treatment plans include a combination of therapies 2.

Candidate for stem cell transplant?

Patients with active disease are first assessed as candidates for stem cell transplantation.

- No
  - Age or co-morbidities may mean risks outweigh the benefits 3.
- Yes
  - Indicated for patients with adequate organ function 4.

First-line therapy

Similar whether transplant candidate or not, patients are treated with various combinations of proteasome inhibitors, immunomodulatory drugs and corticosteroids. May also include chemotherapy agents 5-3.

Patient responds to first-line therapy?

- Yes
  - Patient sometimes given longer-term “maintenance” treatment, if appropriate 6.
- No (Inadequate response)
  - The patient experiences no response or a relapse (when the cancer returns) 1.

Most people eventually experience a relapse. Some also become refractory, which means they stop responding to treatment and still have myeloma cells in their bone marrow 1.

Patients begin second-line therapy.

If > 6 months of stable response, may consider repeating first-line therapy
If < 6 months of stable response, different drugs or combination prescribed
Such therapies may include immunomodulatory or proteasome inhibitor-based treatment regimens, combined in some cases with chemotherapy, corticosteroids or other agents 2.

Throughout the multiple myeloma journey, a treatment team continues to monitor and introduces different therapy combinations to address treatment resistance and/or disease progression.

CLASS OF DRUGS DEFINITIONS 5-8

<table>
<thead>
<tr>
<th>Class of Drugs</th>
<th>Definitions</th>
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<tbody>
<tr>
<td>Chemotherapy</td>
<td>Destroys rapidly dividing myeloma cells</td>
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<tr>
<td>Corticosteroids</td>
<td>Have anti-tumor properties; trigger the death of myeloma cells</td>
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<tr>
<td>Immunomodulatory Drugs</td>
<td>Prompt a patient’s immune system to destroy myeloma cells</td>
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<tr>
<td>Targeted Therapies</td>
<td>Address specific abnormalities within cancer cells that contribute to cancer growth</td>
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