

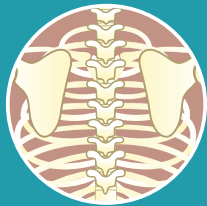
# THE WHOLE-BODY IMPACT OF MULTIPLE MYELOMA

Multiple myeloma (MM) is a blood cancer, but the disease—and its treatment—impact your entire body in ways you may not expect.



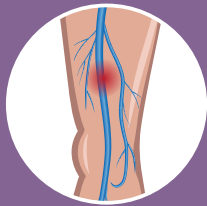
## ANEMIA

- Often the first symptom of multiple myeloma.
- At least 50%-70% of people with MM have it when they're diagnosed. Most will have it at some point as the disease gets worse.
- Can also be caused by chemotherapy.



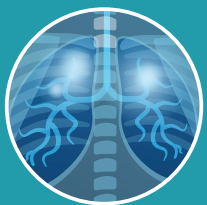
## BONES

- Myeloma cells build up in the bone marrow and outer bone tissue.
- The buildup weakens bones, increasing your chances of a fracture.



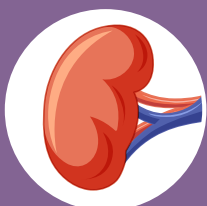
## HEART AND BLOOD VESSELS

- MM raises your odds of deep vein thrombosis (DVT).
- Some treatments for MM may damage the heart.



## INFECTIONS

- The risk may be 7 to 10 times higher for those with MM than for people who don't have it.
- Infections happen most often in the first 6 months after diagnosis.



## KIDNEYS

- As many as 20%-40% of people with MM will have some degree of kidney failure.
- Abnormal proteins cause inflammation or blockages ("myeloma kidney") that may lead to kidney failure.



## PAIN

- Happens when you have a fracture or when a tumor presses on a nerve.
- Can be in any bone, but is most common in the back, hips, and ribs.
- May get worse when you move or at night.

Reviewed by Neha Pathak, MD, on November 9, 2023

SOURCES: UNC Kidney Center: "Myeloma Kidney." International Myeloma Foundation: "Multiple Myeloma and Anemia," "Heart and Lung Complications." Memorial Sloan Kettering Cancer Center: "Bone-Related Problems in Multiple Myeloma," "Pain Management for Multiple Myeloma." Johns Hopkins Medicine: "Myeloma Bone Disease/Multiple Myeloma." *Haematologica*: "Multiple myeloma and infections: a population-based study on 9253 multiple myeloma patients." Cancer.net: "Multiple Myeloma: Symptoms and Signs." National Health Service (U.K.): "Symptoms: Multiple myeloma."