



# pre-myeloma cancer coaching

## questions guide

### introduction



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As I mentioned in the pre-myeloma video I think it is essential for newly diagnosed pre-myeloma patients to ask their oncologist the questions below. The questions below will help you begin to learn about various tests that you will be taking at regular intervals for the rest of your life from diagnostic imaging (x-rays, MRI's, PET scans, etc.) to blood tests. Further, knowledge of possible symptoms can help you understand your disease. **Knowledge is power.**

### first questions

1. Because pre-MM diagnoses often occur when testing for other diseases, ask your doctor if there are other tests you should have directed specifically at multiple myeloma.

2. What kinds of tests do I need on a regular basis?

3. Do these tests require any special preparation?

4. If I have a form of pre-MM (sbp, mgus, smm.) what therapy(ies) are available to me?

*Because pre-MM is considered to be a "blood disorder" and not cancer, most MD's will say that there are no therapies available to you. Some oncologists may offer bisphosphonate therapy depending on your symptoms. Periodic diagnostic check-ups should be recommended.*

5. Ask your doctor if you should watch for the development of signs and symptoms including:

- Pain
- Fatigue or weakness
- Unintentional weight loss
- Fever or night sweats
- Headache, dizziness, nerve pain, or changes in vision or hearing
- Bleeding
- Anemia or other blood abnormalities
- Swollen lymph nodes, liver or spleen
- Heart and kidney problems

## what to expect from your doctor



Your doctor is likely to ask you a number of questions, including:

- Do you have any numbness or tingling in your hands and feet?
- Do you have osteoporosis?
- Do you have a family history of MGUS?
- Have you ever had a blood clot?
- Have you ever experienced a broken bone?
- Have you ever had cancer?