



pre-multiple myeloma cancer coaching program

introduction



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A pain in my neck in the fall of 1993 led to a diagnosis of a single plasmacytoma of the bone in January/February of 1994. My oncologist told me there were no available treatments for my single plasmacytoma.

I wish I knew then what I know now.

I created the Pre-MM CC Program because research and experience has taught me that conventional oncology doesn't understand pre-MM and how to treat it. Conventional oncologists will tell you either to "watch and wait" or to consider chemotherapy in hopes of slowing a diagnosis of multiple myeloma.

All clinical trials for the treatment of SMM to date, have slowed a diagnosis of frank MM yet have documented short, long-term and late stage side effects as well as inflammation and the patient's approach toward multi-drug resistance.

The Pre-MM Cancer Coaching Program is comprised of two separate parts.

(1) **The Pre-MM CC Guides** provide evidence-based, non-conventional therapies to both enhance the patient's health and immune system and provide evidence-based, non-toxic therapies that research cites can reduce the risk of frank MM.

(2) **The Pre-MM CC Consultation** (either Zoom or phone) explains, via talk, studies and videos, how the Pre-MM CC Guides apply specifically to you and your situation. I analyze your diagnostic information and discuss your

- symptoms,
- diagnosis,
- prognosis,
- risk of a MM diagnosis, etc.

As a long-term survivor of multiple myeloma, I view a diagnosis of pre-MM as a sort of myeloma "sweet spot." By sweet spot I mean that the patient **does not have MM** though they have the incentive to include evidence-based, non-toxic therapies in their daily lives in an effort to prevent a diagnosis of full-blown multiple myeloma.

Truth-be-told, these non-toxic therapies and lifestyle changes can prevent not only MM but a host of other chronic diseases from occurring in the patient.

The term pre-multiple myeloma is the collection of diagnoses that precede a diagnosis of multiple myeloma. They are:

- single plasmacytoma of bone (SPB), ([READ MORE¹](#))
- monoclonal gammopathy of undermined significance (MGUS) ([READ MORE²](#)) and
- smoldering multiple myeloma (SMM) ([READ MORE³](#)).

are diagnostic terms for blood disorders, they are not cancer.

According to research, the risk of MGUS becoming MM is 1% a year. Most people who develop MGUS live with MGUS for their entire lives and never progress to frank MM.

According to research, approximately 3% of people over 50 have MGUS. Approximately 5% of people over the age of 75 have MGUS. ([READ MORE⁴](#))

Good news, bad news-

Once a person receives a pre-MM diagnosis, he/she must cope with the fear of a possible diagnosis of incurable blood cancer (MM) for the rest of their lives. That's the bad news.

The good news is that 95% of all MM diagnoses are advanced (stage 2 or 3). ([READ MORE⁵](#))

I understand that it may be difficult to view a diagnosis of pre-MM as being a good thing.

However, by not having diagnosed your pre-MM, your blood disorder may have advanced becoming a diagnosis of stage 2 or 3 multiple myeloma.

- The prognosis of stage 2 or 3 MM is 5-7 years.
- The prognosis of early stage MM is 8-10 years.
- Pre-MM patients can often prevent full-blown MM for years, perhaps decades.

Your prognosis of pre-MM accompanied by nutrition, supplementation and lifestyle therapies shown to pre-habilitate you. This means that you may reduce your risk of chronic disease as well as reducing your risk of multiple myeloma.

Early stage MM results in a much better prognosis than the prognosis that comes with stage 2 or 3 MM.

FOOTNOTES

1. <https://www.uptodate.com/contents/diagnosis-and-management-of-solitary-plasmacytoma-of-bone>
2. https://en.wikipedia.org/wiki/Monoclonal_gammopathy_of_undetermined_significance
3. https://en.wikipedia.org/wiki/Smouldering_myeloma
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2947966/>
5. <https://www.cancer.net/cancer-types/multiple-myeloma/statistics>