

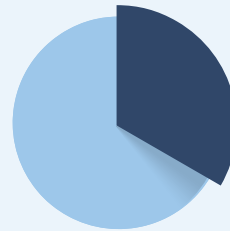
Stem Cell Transplant Overview

What is a stem cell transplant?

A stem cell transplant is a procedure that replaces damaged or diseased stem cells with healthy stem cells. For many people with multiple myeloma, a stem cell transplant is an important part of treatment.

About **20,000** stem cell transplants were performed in the United States in 2016

More than one-third
were to treat multiple myeloma



What are stem cells?

- A stem cell is a type of young blood cell found in the bone marrow and blood
- These stem cells can mature into all types of blood cells, including red blood cells, white blood cells, and platelets
- Once mature, blood cells have many jobs and help the body function properly

How does a stem cell transplant help in multiple myeloma?

- Doctors use high doses of treatment to kill as many myeloma cells as possible. These high doses can also damage or kill stem cells, which we need to live
- A stem cell transplant replaces damaged stem cells with healthy stem cells. In most cases, stem cells are collected from your own body, saved, and transplanted at a later time

Is a stem cell transplant a good option for me?

- Talk to your doctor about whether a stem cell transplant may be right for you. Your doctor will discuss the risks and benefits of a stem cell transplant
- The decision will be dependent on a number of factors that include your age, how well you've responded to multiple myeloma treatment, any other medical conditions you may have, and your own desires and available support

What can I expect?

- Before the transplant, you will have stem cells collected. The cells are then stored until they are needed for the transplant
- A few days or weeks before the transplant, you will get high doses of treatment. You'll be given a couple of days to rest before the transplant
- The transplant may be inpatient or outpatient, depending on the center and your specific needs. If you have to be in the hospital, you may go in the day before the transplant procedure is scheduled to start
- On the day of the transplant, the stored stem cells will be returned to your body. They will be infused back into the bloodstream, a lot like a blood transfusion
- After the transplant, you will be closely monitored by your healthcare team. You'll be in the hospital or visit the transplant center daily for at least a few weeks. You'll need a family member or loved one as a caregiver who can stay with you all the time

What happens after a stem cell transplant?

- Although an autologous stem cell transplant can make multiple myeloma go away for a time (even years), it doesn't cure the cancer, and often the multiple myeloma returns
- After you have a stem cell transplant, it's important to talk with your doctor about what additional treatment options, if any, may be best for you
- Make sure to talk to your doctor about the benefits and risks of all treatment options

Visit **MyelomaCentral.com** for more information about multiple myeloma and treatments, including stem cell transplant.