

How Treatment Might Make You Feel

The goal of multiple myeloma treatment is to fight the disease and help you live longer. Be sure to keep your doctor informed about how you are feeling. Your healthcare team may be able to help you manage unwanted side effects.

Keep in mind that everyone reacts differently to treatment and experiences side effects differently. Talk with your doctor about how your treatment might affect you.

What can I expect?

Before you start any new treatment, talk with your healthcare team about the possible side effects. Some common side effects of many multiple myeloma treatments include:

- Fevers or flu-like symptoms
- Changes in appetite
- Gastrointestinal upset
- Problems sleeping
- Mouth sores
- Fatigue
- Pain, numbness, tingling in hands and feet
- Reactions related to infusions

What can I do?

Ask for help. Your doctor can help manage problems or unwanted side effects. If you experience side effects of treatment, don't be afraid to ask for help.

Keep a journal. You can write down when you take or receive your treatment, and any time you feel any uncomfortable or unwanted symptoms. Having a written record of how you've been feeling may make it easier to start a conversation with your healthcare team.

Be sure to tell your healthcare team if you are experiencing any problem so it can be addressed as quickly as possible.

Visit **MyelomaCentral.com** for more information and resources, including a custom calendar to help you keep track of your treatment.



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