



MARCH IS MYELOMA ACTION MONTH

Multiple Myeloma, a rare disorder, is the most common blood cancer in people of African descent.

Early diagnosis may be difficult because symptoms often go unnoticed until the disease has progressed.

- Doctors do not typically check people for myeloma during a regular visit because currently *there are no national screening recommendations for myeloma.*
- It is important to learn the early symptoms of myeloma and let your doctor know that you or a friend or family member—are at added risk for the disease.
- Even though myeloma affects African Americans at greater rates, *with early diagnosis and treatment, African Americans can have better overall survival in living with the disease.*



Brought to you by the Holy Family Health Ministry



HELP CHANGE THE COURSE OF MYELOMA IN YOUR COMMUNITY

1. KNOW THE FACTS

- Myeloma is the most common blood cancer in African Americans
- Myeloma is diagnosed 2X as often in African Americans
- Myeloma outcomes improve with early diagnosis and treatment

2. RECOGNIZE POSSIBLE EARLY WARNING SIGNALS

- Bone pain (persistent or recurrent)
- Back pain (persistent or recurrent)
- Fatigue (unexplained or progressive tiredness)

3. SPREAD THE WORD

- Share with family & friends myeloma videos, patient stories, the latest research, free publications, and a myeloma tool kit here:
<https://mpower.myeloma.org/>

QUESTIONS?

CALL OUR FREE INFOLINE 800-452-2873

M-POWER is the International Myeloma Foundation's initiative dedicated to empowering people to change the course of myeloma in their community



Isaiah 53:5: *"But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and by his stripes, we are healed"*

