



Brought to you by the Holy Family Health Ministry

March is Multiple Myeloma Awareness Month

## Myeloma Doesn't Hit Everyone Equally. **Black Americans face the highest risk.**

1 in 5 Myeloma Patients Is African American.

**The Risk Is Higher.  
The Outcomes Are Poorer .  
1 in 3 Patients Are Under 65.**



- **What it is:** A blood cancer that starts in plasma cells, causing them to build up in bone marrow and form tumors.
- **Symptoms:** Include persistent bone pain, unexplained fatigue, frequent infections, and shortness of breath.
- While **treatments** have improved in recent years and survival has increased, Multiple Myeloma remains complex to treat. Relapse is common, and new approaches are urgently needed.

The **causes** of multiple myeloma are **not fully understood** yet. It **often takes more than 3 visits with a physician before being diagnosed with myeloma.**

- **Delays in diagnosis** lead to poorer prognosis and more disease-related complications, which impact the quality of life and survival.

*Bless the LORD, my soul; and do not forget all his gifts, Who pardons all your sins, and heals all your ills...* Psalms 103:2-3



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Early Detection Saves Lives  
Be the Reason  
Someone Lives Longer

**DON'T IGNORE YOUR BODY.**

Fatigue. Infections.  
Bone pain.  
Shortness of breath.  
**70% of Patients  
Felt Signs First.**



Although Multiple Myeloma is currently not curable, many patients achieve remission through various drug regimens and stem cell transplants.

Resource: <https://myelomaactionmonth.org/>

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