

# Multiple mye-what?

Multiple myeloma is a form of cancer that affects the blood and bones. It's a rare disease but it is the most common blood cancer among African Americans.

## Multiple myeloma can affect African Americans differently

**2x**

It's 2x more common in African Americans vs White Americans



1 in 5 people living with multiple myeloma are African American

**66**  
YEARS

African Americans are typically diagnosed by age 66, about 4 years younger than White Americans

**3x**

African Americans under the age of 50 are 3x more likely to have multiple myeloma than White Americans



Robert P. An actual patient living with multiple myeloma



For African Americans Living with Multiple Myeloma

# Spot the signs

Sometimes multiple myeloma can cause:



**Anemia**, a condition that causes too few oxygen-carrying cells in the blood



Dull or deep **aches** and pains



Bone **pain** or fractures



Frequent infections or **fevers**



Extreme **tiredness** or fatigue



**Itching** and leg **swelling**

These relatively common symptoms may be overlooked, even when they happen together. This means it might take a long time to finally find out it's multiple myeloma.

**Unfortunately, this issue is especially common among African Americans.**

African Americans have a complicated history with the American healthcare system. Certain racial disparities have existed and persisted for generations. For example, doctors may be more likely to dismiss complaints of pain or even anemia in African Americans.



**Gail**  
An actual patient living with multiple myeloma

## Stand up for care

**There is no cure for multiple myeloma but it is treatable.** Many options have been approved in recent years. People diagnosed today are now living longer than ever; however, African Americans may be less likely to get certain important treatments.

### African Americans are less likely to get:

Certain combinations of medicines



The newest medicines



Stem cell transplant



Robert L. An actual patient living with multiple myeloma

### Treatment is just as effective

When treated for multiple myeloma, African Americans can do just as well as and sometimes even better than White Americans.

### OUR GOAL:

**Improve the quality of care for African Americans living with multiple myeloma.**



For African Americans Living with Multiple Myeloma

## **Speak up and Stand in the Gaap**



If you think you've spotted the signs of **multiple myeloma**, start a conversation with your healthcare provider. If you suspect there is something really wrong going on with you or someone you love, do not be silent.



The **Standing in the Gaap** initiative was created to help raise awareness and help improve the quality of care for African Americans living with multiple myeloma.



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to learn more about multiple myeloma and how it affects African Americans.

