



My Journey

Use this guide to support you
along your treatment journey.

MY MM JOURNEY

Learn About MM



Start Treatment



Stay on Treatment



Next Steps

After your multiple myeloma (MM) diagnosis, you may feel overwhelmed. However, learning about this disease can help prepare you for your journey.

Your Starter Kit will help you learn about receiving and beginning treatment. It will also help you understand the role treatment plays in fighting your MM.

Once you've started treatment, it's important to stay organized with your dosing schedule and talk with your doctor about any side effects.

Along your journey, you may go through periods of response to treatment and periods of relapse. When MM relapse happens, your doctor will discuss your next steps with you.

Useful information included in your kit:



MY DISEASE & TREATMENT
Pages 4-7



GETTING MY MEDICATION



PLANNING MY ROUTINE



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Pages 8-15



UNDERSTANDING SIDE EFFECTS



If you experience side effects, report them to your doctor.



Why stay on treatment?

Without continued treatment, MM may come back earlier.

Find information along your journey anytime at MMTreatmentJourney.com.



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HELPFUL RESOURCES:

- Find information to help you along your multiple myeloma (MM) journey at [MMTreatmentJourney.com](https://www.mmtreatmentjourney.com)
- Learn more about MM at [MyelomaCentral.com](https://www.myelomacentral.com)
- Get help understanding your insurance plan and how to receive your medication at [CelgenePatientSupport.com](https://www.celgene.com/patient-support)
- Sign up to receive ongoing MM information at [MyMomentsMySupport.com](https://www.mymomentsmysupport.com)



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