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Multiple Myeloma - After Treatment [1]

This section has been reviewed and approved by the Cancer.Net Editorial Board [2], 07/2014

ON THIS PAGE: You will read about your medical care after cancer treatment is finished and why this follow-up care is important. To see other pages, use the menu on the side of your screen.

After active treatment for multiple myeloma ends, talk with your doctor about developing a follow-up care plan. This plan may include regular physical examinations and/or medical tests during the coming months and years.

After successful control of the cancer with treatment, people with myeloma should have regular check-ups to watch for any recurrence of cancer. Your doctor may recommend maintenance therapy to prevent recurrence of cancer. Most patients requiring treatment for systemic myeloma are also treated with intravenous monthly bisphosphonates; however, the development of kidney problems or osteonecrosis (a small area of dead bone) of the jaw in a small fraction of patients after long-term use may modify recommendations for bisphosphonate use in the future (see the Treatment Options [3] section for more information).

ASCO offers cancer treatment summary forms [4] to help keep track of the cancer treatment you received and develop a survivorship care plan once treatment is completed.

People recovering from multiple myeloma are encouraged to follow established guidelines for good health, such as maintaining a healthy weight, not smoking, eating a balanced diet, and having recommended cancer screening tests. Talk with your doctor to develop a plan that is best for your needs. Moderate physical activity can help rebuild your strength and energy level. Your doctor can help you create an appropriate exercise plan based upon your needs, physical abilities, and fitness level. Learn more about the next steps to take in survivorship [5], including making positive lifestyle changes [6].

The next section offers a list of questions you may want to ask. Use the menu on the side of your screen to select Questions to Ask the Doctor, or you can select another section, to continue reading this guide.

Links:
[1] http://www.cancer.net/cancer-types/multiple-myeloma/after-treatment

[2] http://www.cancer.net/about-us
[3] http://www.cancer.net/node/19374
[4] http://www.cancer.net/node/25394
[5] http://www.cancer.net/node/25400
[6] http://www.cancer.net/node/24554