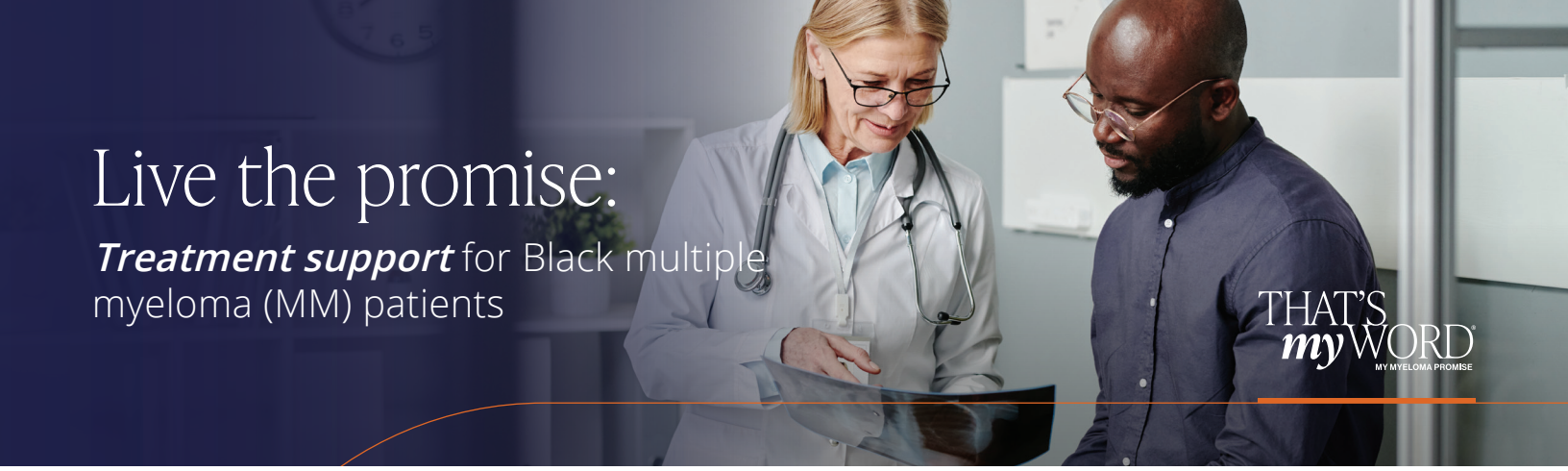

Live the promise:

Treatment support for Black multiple myeloma (MM) patients

THAT'S *my* WORD
MY MYELOMA PROMISE

The ***major role*** you play

> *You enter the exam room and close the door behind you. A Black patient and their care partner are there waiting. In their eyes, a flood of questions simmer under the surface of their smiles. They're obviously not OK as they search your eyes for a sign that* ***it's OK to not be OK****.*

In these initial visits, it's good to lay the groundwork for detailed and honest conversations with the patient. You may become their main point of contact for the whole MM treatment team, so the responsibility is great, but the reward is even greater. The person in your care may look to you for guidance through their diagnosis and treatment journey, and you will have the opportunity to establish a bond with them, building trust and respect as you take on this chronic condition together.

Support impacts outcomes. ***It's a fact***

Studies show that when patients, care partners, and providers work together, treatment adherence and outcomes show improvement.

As patients with MM live longer with modern treatments, it's important to address long-term supportive care needs as soon as possible.

Personal details make recommendations ***more powerful***

- Patients will come with expectations and previous experiences with the healthcare system. **Get to know their story**, as it will help you suggest just the right thing at the right time to help them follow their treatment plan.
- **Gather information** on their treatment goals, employment, hobbies, daily routines, and any other details you can uncover. These will give you a picture of their living situation to help you piece together spot-on suggestions and support tools.
- Ask the person in your care **what they expect from you** personally as their provider. See what you can do to accommodate how they like to learn and communicate.

Take your time, ***build trust***, a rapport with that patient and the family...as if you were a part of that family.

— Cesar Rodriguez, MD
Associate Professor of Medicine, Icahn School of Medicine at Mount Sinai
Dr. Cesar Rodriguez is a paid consultant of Johnson & Johnson.

Join the team. Chase goals *together*

Living with MM takes a lot of care and support for anyone, and for Black people, there are unique challenges and barriers that will require teammates to put their heads together to come up with tailored solutions. The other experts on the care team are there to help you be more effective as well. Lean on them to optimize treatment plans and gather resources so your patient has support that fits them like a glove.

SHARE THE WORKLOAD ACROSS THE FULL CARE TEAM

- **Hematologists and oncologists**
- **Advanced practice providers**
- **Nurses**
- **Mental health professionals**
- **Health advocates**
- **Patient support organizations**
- **Social workers**

The more dedicated people you have on the roster, the **more support** you can call for when the patient has a need.

Here's a **list of MM organizations** you can share with your patients to connect them with a larger community of people living with MM.

CancerCare	*CancerCare.org*
International Myeloma Foundation	*Myeloma.org*
Black Health Matters (BHM)	*BlackHealthMatters.com*
Balm in Gilead	*BalmInGilead.org*
Multiple Myeloma Research Foundation	*TheMMRF.org*
HealthTree Foundation for Multiple Myeloma	*HealthTree.org/Myeloma*

Go to ThatsMyWordMM.com/HCP to:

1. Make your **promise**
2. **Download** patient resources

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MY MYELOMA PROMISE