



**Myeloma
Australia**

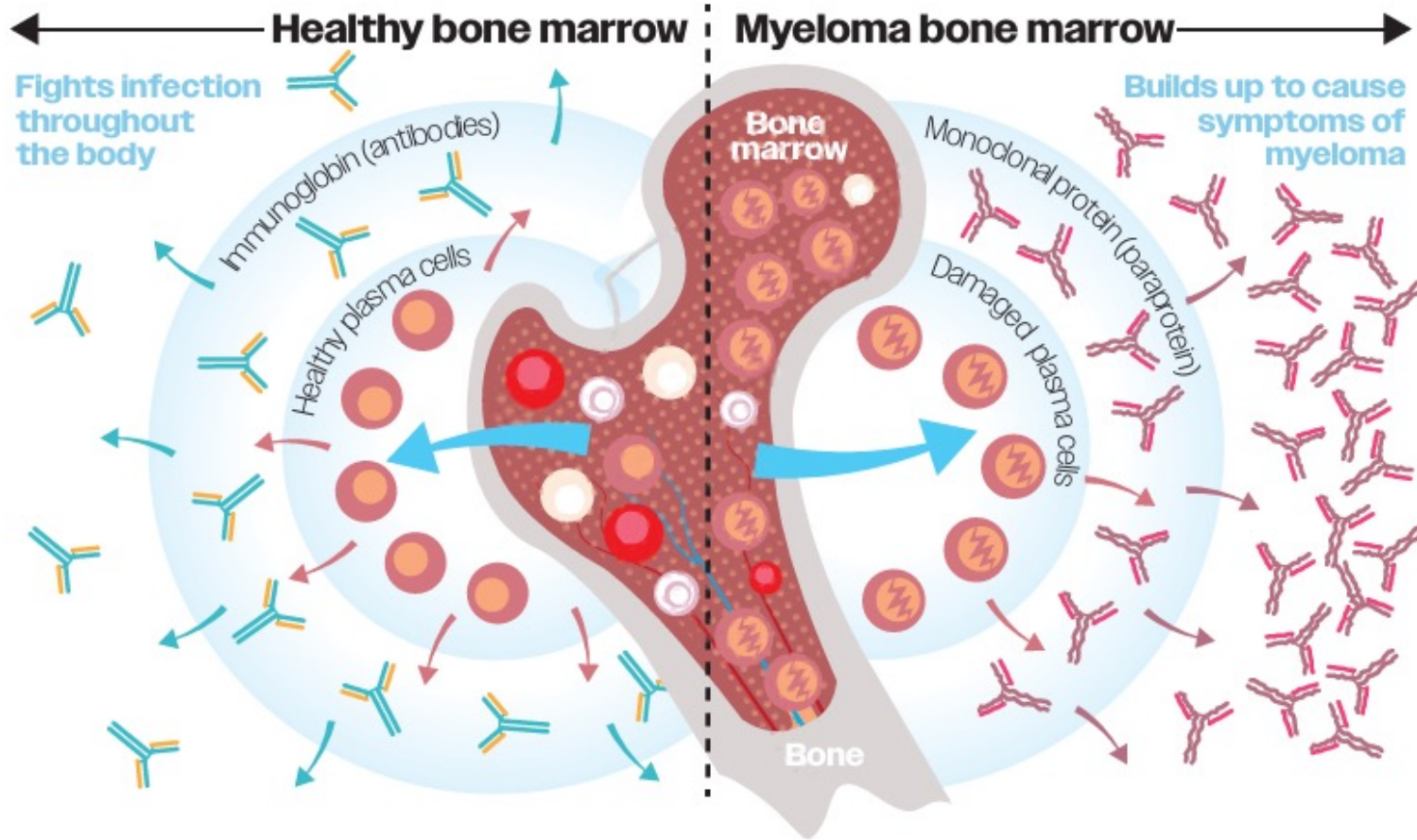
Myeloma – complex care in an age of novel therapies

Cath Bowley and Danielle Hovey

Myeloma Support Nurses NSW and VIC

I acknowledge the Traditional Custodians of the land on which we meet today, and pay my respect to their Elders past and present. I extend that respect to all Aboriginal and Torres Strait Islander peoples with us today.

Myeloma: the disease



22,000People living with MM in Australia ^[1]**348,293**People living with MGUS or SMM ^[2-3]**2,755**People diagnosed with MM in 2025 ^[4]**10%**New cases of MM in people younger than 50 ^[5]**1,100+**Deaths due to MM in Australia each year ^[4]**27%**People with MM die within 18 months of diagnosis ^[1]**61%**5-year relative survival for MM ^[1]

Patient and carer support



Myeloma Australia Patient / Carer Referral

Our Specialist Myeloma Nurses are located across Australia and are here to support patients and carers through our free services, which include:

www.myeloma.org.au

MYELOMA SUPPORT LINE

Book a telephone call with a Specialist Myeloma Nurse by calling or using our new online booking system



Book a call with a
SPECIALIST MYELOMA NURSE

1800 MYELOMA

Case Study – Introduction

Introducing patient JA

- 61yo female
- Regional patient
- Living with husband and one adult child
- Working as an office manager

Case Study – Timeline

2016 – Diagnosed initially with SMM – IgG
lamba light chain

2017 – Active MM – Induction therapy

- CyBorD + Radiotherapy (vertebral crush fracture)
- Relocated to metro for collection and ASCT
- Achieved VGPR – commenced Thalidomide maintenance
- ceased after 3/12 due to neuropathy

Information & support groups

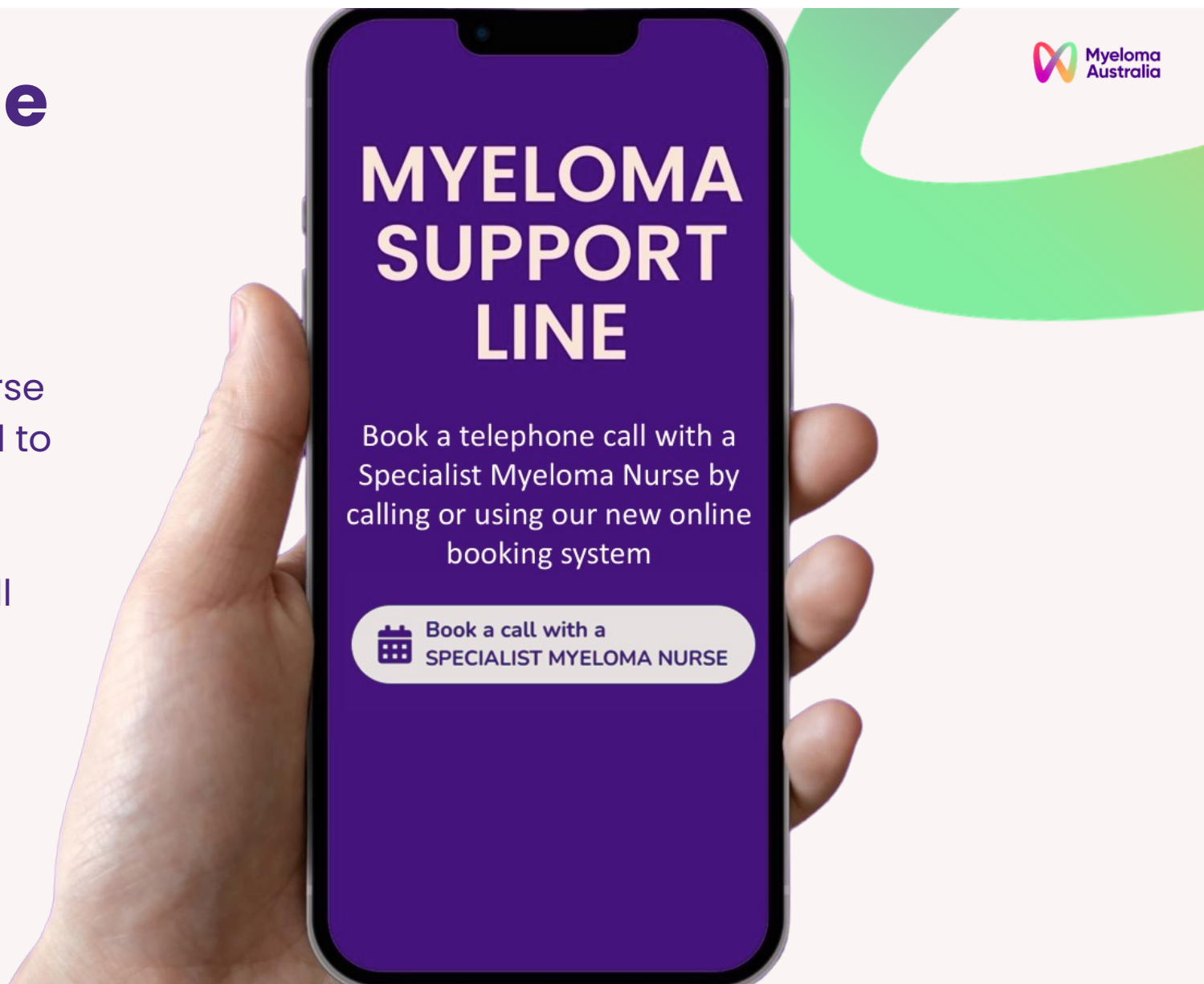
Our Specialist Myeloma Nurses run information & support groups across Australia

- In-person
- Online
- Hybrid
- Geographic
- Specific cohorts



Our Telephone Support Line

- Anyone can speak to a specialist myeloma nurse about any topic related to myeloma
- Open Monday – Friday
- Book a short or long call



Myeloma Real Equity Project and Regional Nurse Link



**Myeloma
Australia**

We are looking for nurses to join
our regional Nurse Link program

If you live and work in a regional, rural or
remote area and have an interest in
myeloma

Submit an Expression of Interest today via the QR code
or contact natasha.clarke@myeloma.org.au for more
information



Regional Nurse Link

Resource manual



Case Study – back to JA

- 2018 (5 months post ASCT)– Disease progression (increased light chains, new lytic lesion) – KRd + Radiotherapy (Left femur)
- Stable until late 2020 when....developed renal impairment

Presenting symptoms

C



High levels of
calcium in the
blood

R



Decreased kidney
(renal) function

A



Low amount of
red blood cells
(anemia)

B

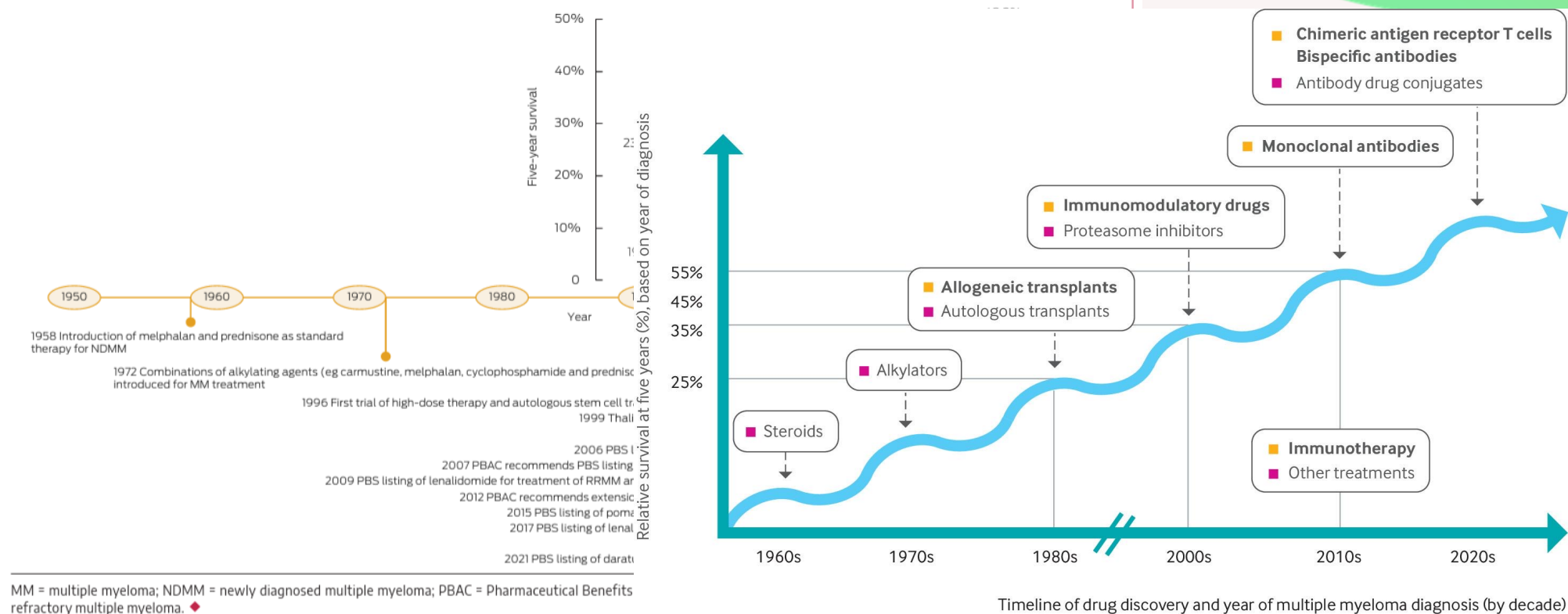


Presence of
bone damage

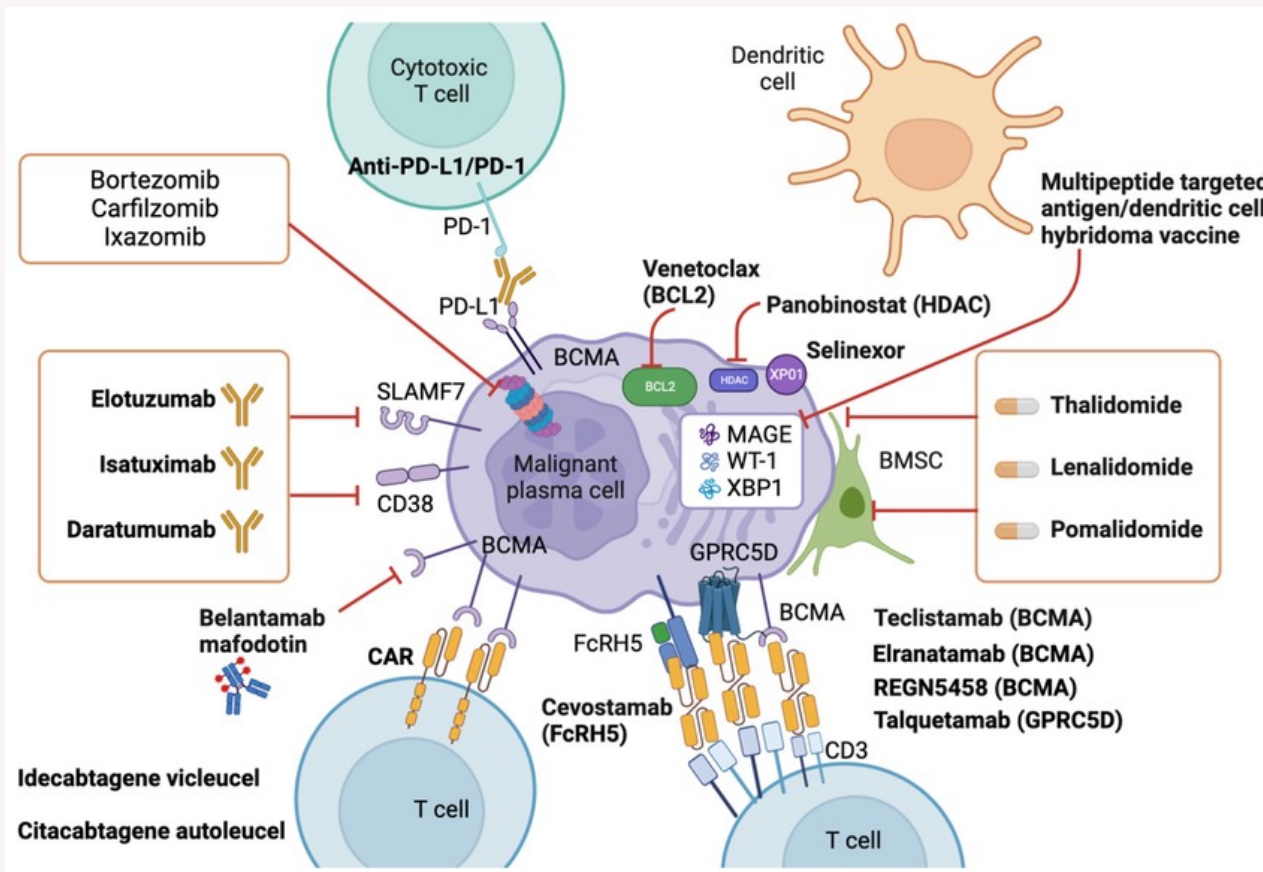
- Recurrent infections
- Peripheral neuropathy
- Fatigue

Treatments through time

1 Five-year survival for people diagnosed with multiple myeloma during 1989–2018¹⁰ and milestones in multiple myeloma treatment, 1950–2021^{6,7}



New Therapies

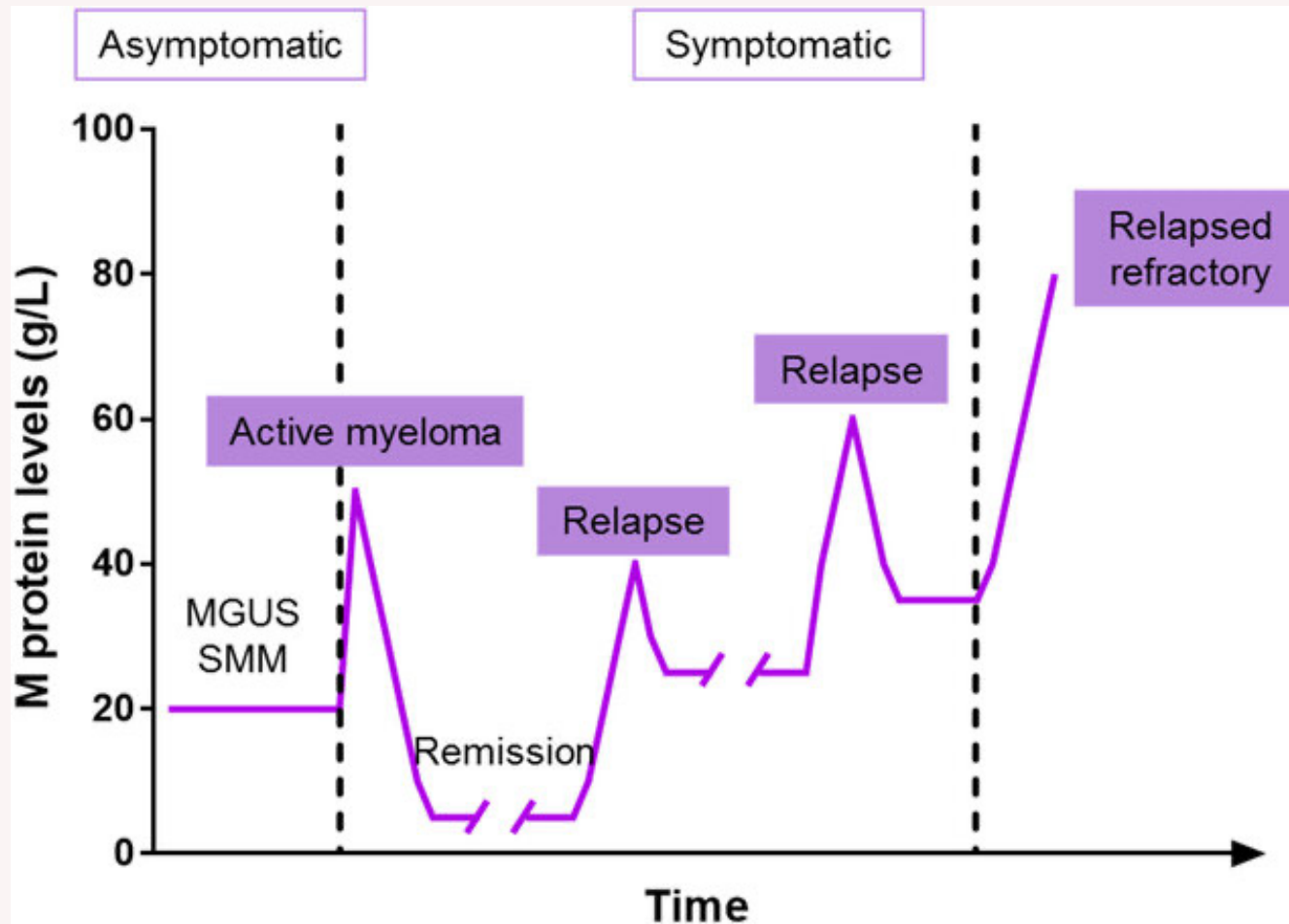


Most only available on clinical trial in Australia
BCMA: Elranatamab, Teclistamab, etentamig, CAR-T (Ida-cel, Cilta-cel)

GPRC5D: Talquetamab, Forimtamig

FcRH5: Cevostamab

Nature of myeloma



Case Study: back to JA

Renal impairment indicated relapsed disease.

- CARTITUDE 4 Clinical Trial
- Dara+ Pom+ Dex (bridging) + Cilta-cel CAR-T therapy (infusion August 2021)
- Complicated with CRS Grade 2 – prolonged over 9/7
- Tocilizumab, steroids, IVABs

MyWell program

The MyWell Plan

Living well with Myeloma



Information & support groups

Our Specialist Myeloma Nurses run information & support groups across Australia

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Case Study – JA current status

C

- Currently remains in deep response
- MRD on BM
- Overseas travel
- New Grandchildren (x 3) since CAR-T
- Regular SG attendee and loves to share her story with the myeloma community
- Passionate advocate for drug access in Australia

In summary

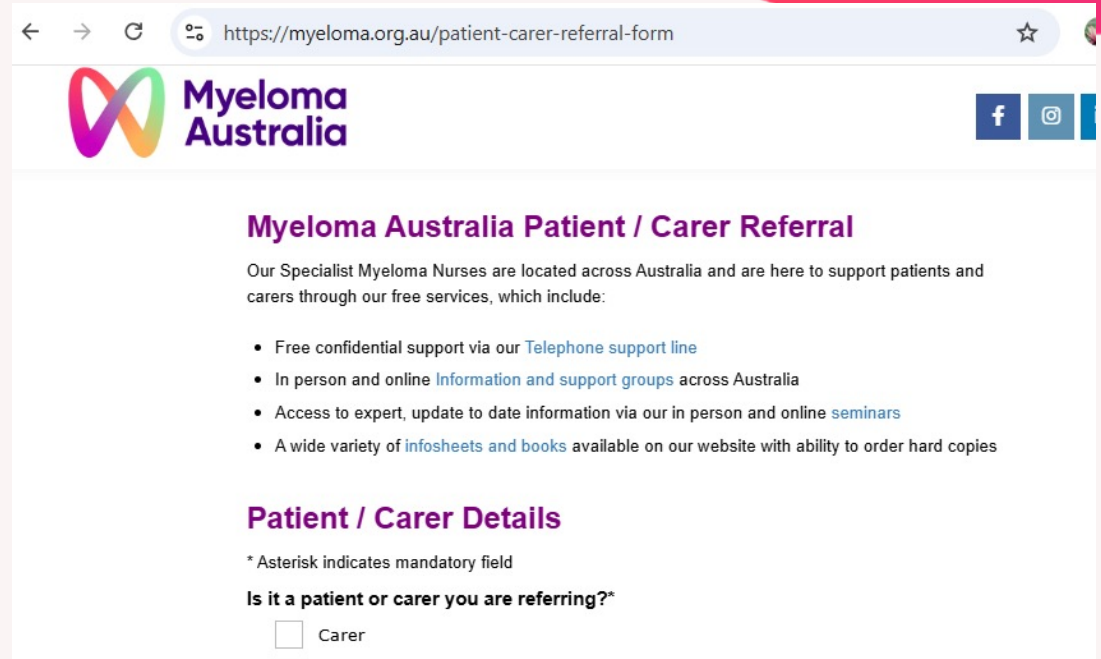
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- Myeloma is a complex disease to navigate
- Novel therapies add a significant challenge
- Specialist nursing support is essential
- Early referral is crucial

Refer your patients to us

- Assist with formulating questions
- Understand treatments
- Understand side effects
- Link in with other services
- Encourage people to self advocate

More than 350 years of nursing experience in our specialist myeloma nursing team



A screenshot of a web browser displaying the Myeloma Australia Patient / Carer Referral form. The browser's address bar shows the URL <https://myeloma.org.au/patient-carer-referral-form>. The page header features the Myeloma Australia logo and social media icons for Facebook and Instagram. The main heading is "Myeloma Australia Patient / Carer Referral". Below this, a paragraph states: "Our Specialist Myeloma Nurses are located across Australia and are here to support patients and carers through our free services, which include:". This is followed by a bulleted list of services: "Free confidential support via our [Telephone support line](#)", "In person and online [Information and support groups](#) across Australia", "Access to expert, update to date information via our in person and online [seminars](#)", and "A wide variety of [infosheets](#) and [books](#) available on our website with ability to order hard copies". The next section is titled "Patient / Carer Details" and includes a note: "* Asterisk indicates mandatory field". Below this, the question "Is it a patient or carer you are referring?" is followed by two radio button options: "Patient" (which is selected) and "Carer".

← → ↻ 🔍 <https://myeloma.org.au/patient-carer-referral-form> ☆

 **Myeloma Australia**  

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Patient / Carer Details

* Asterisk indicates mandatory field

Is it a patient or carer you are referring?*

☒ Patient ☐ Carer

How to

Contact us



nurses@myeloma.org.au
1800 693 566



Monday – Friday
9:00am – 5:00pm



Book online
myeloma.org.au

Questions?

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