

YOUR MULTIPLE MYELOMA (MM) SPECIALIST APPOINTMENT GUIDE

Multiple Myeloma
TOLD TRUE

An **expert opinion** is when an MM specialist reviews your medical records and treatment history and gives their own point of view about your diagnosis and treatment plan. You can also think about it as getting a “second opinion.” MM is a complex disease, and a specialist can give you valuable advice on how to move forward with your treatment.

SHOULD I ASK FOR AN EXPERT OPINION?

Yes—you are always within your rights as a patient to ask for another opinion. Don't worry about offending your doctor by asking. Second opinions are a very common part of the process. Just be honest and upfront about your reasons.



Here's one way to bring it up with your doctor:

“I'm happy with you as my primary physician, but I'd like to also speak with someone who specializes in treating multiple myeloma. Is there a specialist you would recommend?”

WHEN AND WHY SHOULD I ASK FOR AN EXPERT OPINION?

You can seek out an expert opinion at any point in your MM journey. It may be especially helpful at these points:

PRE-DIAGNOSIS

If you have symptoms of MM, but your concerns are not being addressed to your satisfaction

NEWLY DIAGNOSED WITH MM

For reassurance that your initial treatment is the best one for you

FOLLOWING RELAPSE

If your MM has returned and your doctor is recommending a new treatment

WHO SHOULD I SPEAK TO FOR MY EXPERT OPINION?

There are several different types of specialists you may encounter during your treatment:

HEMATOLOGISTS

Specialize in blood diseases

ONCOLOGISTS

Experts in treating cancers, usually solid tumors

HEMATOLOGIST/ONCOLOGISTS

(Sometimes shortened to “hem/onc”)

Hem/oncs focus on treating blood cancers. **They are very experienced in treating MM and may be your ideal choice for an expert opinion.**

BONE MARROW TRANSPLANT SPECIALISTS

Perform stem cell replacement therapies

RADIATION ONCOLOGISTS

Supervise radiation therapies



If possible, consider finding an NCI-Designated Cancer Center for your treatment. You can use this locator tool from the [National Cancer Institute](#) to find one near you.

MAKING THE MOST OF YOUR APPOINTMENT WITH A SPECIALIST

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BEFORE

Head into your appointment with a clear goal of what you'd like to achieve from the discussion. Make sure you have everything you need for your appointment ready:

- Check with the treatment center and find out what medical records they need
- Ask your main treating doctor's office to send over any necessary records to the specialist's office
- Bring a notebook to write down the doctor's responses to your questions
- See if a friend or family member can come with you to provide support



If the center is far from your home, ask about the option for a virtual visit. *This Is Living With Cancer™*, an online resource developed by Pfizer, has a [Telehealth Appointment Guide](#) that can help you get everything ready for an online consultation.

DURING

Start by letting the doctor know what you'd like to get out of your appointment. Here are some sample questions you may want to ask during your visit:

- Do you agree with my diagnosis and recommended treatment so far?
- What are the benefits and side effects of the recommended treatment plan?
- How will this treatment affect my everyday life?
- Are there any new treatments or clinical trials that might be right for me?
- What additional testing, if any, would you recommend?

AFTER

After your appointment, these next steps will help you coordinate between your main doctor and your specialist:

- Ask if they will meet with your main doctor to discuss your treatment plan
- Follow up with both your main doctor and your specialist to see if they will meet with you together
- See if your specialist will continue to stay in contact with your main doctor and collaborate with them on your treatment moving forward

PREP FOR YOUR APPOINTMENT

Use this section to prepare your thoughts before meeting with your specialist:

What are some of the treatment goals you hope to achieve by getting an expert opinion?

The more specific you can be, the better your specialist will be able to advise you.

What are the main questions you'd like to ask during your appointment?

Start by thinking through key points you want to address with your specialist.

Use this space for notes and your specialist's responses:

ADDITIONAL RESOURCES

If you need someone to come with you to your appointments, [Greater National Advocates](#) is a nonprofit group that can connect you with a medical advocate.

The information provided is for educational purposes only and is not intended to replace discussions with a healthcare provider.