# **Myeloma** Diagnosis Pathway



Myeloma is a less common cancer, often presenting with non-specific symptoms. This pathway is designed to assist GPs and other healthcare professionals to diagnose myeloma.

# Suspect myeloma

#### Myeloma red flags

Unexplained symptoms and/or more than one symptom:

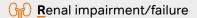
- **Back pain/other pain** usually presents as unexplained pain, generalised or localised
- Generally unwell fatigue, weight loss, suspicion of underlying cancer

#### Recurrent infections

- Unexplained anaemia
- Pathological or fragility fractures e.g. of the vertebra
- Unexplained breathlessness

# <u>CRAB</u> denotes four features of myeloma

🔒 Calcium raised



- 🗋 🛕 naemia
- Bone disease

## Think myeloma

If you suspect myeloma, request the following:

#### 1. Full blood count and blood chemistry

- FBC: look for unexplained anaemia
- ESR: usually elevated
- U&Es: check for renal impairment

#### 2. Serum protein measurement

- Serum protein electrophoresis to check for the presence of paraprotein
- Serum free light chain (sFLC) assay, or urine Bence Jones protein (BJP) test if sFLC is unavailable
- Serum immunoglobulins (IgG, IgA, and IgM)

# **Refer to haematology clinic**

Contact/refer to the haematology clinic if the investigations show abnormal results, or in cases of unresolving presenting symptoms.

Check the NICE suspected cancer referral guidelines (www.nice.org.uk/guidance/ng12)

Further tests, including imaging and biopsy.

### **Diagnose myeloma**

#### Myeloma – Requires treatment.

Treatment consists of a combination of drugs; typically, this will be chemotherapy, steroids and treatments such as proteasome inhibitors and/or immunomodulatory drugs.

Younger, fitter patients are usually offered an autologous stem cell transplant after initial chemotherapy.

# Other conditions associated with monoclonal proteins

- Monoclonal gammopathy of undetermined significance (MGUS)
- MGUS with renal impairment (MGRS)
- MGUS with clinical consequences (MGCS) such as AL amyloidosis
- Low grade lymphoma

All require follow-up or review.

Produced in collaboration with a panel of experts from the Myeloma UK Early Diagnosis Steering Committee and its Working Groups. academy.myeloma.org.uk