

## After treatment for multiple myeloma, some symptoms last

### Emotional and physical therapies may help



Multiple myeloma is a blood cancer that is treated with blood or marrow transplant (BMT) and then with long-term medicines. These treatments can cause side effects for years.

That's according to a study of about 760 adults with multiple myeloma who answered surveys. Not everyone had side effects, and some side effects were mild.

For most people, side effects were worst just as treatment began. A year later, side effects were not as bad. Some of the effects continued at that lower level during the 4 years of the study.

People had 3 types of effects: emotional, physical and malaise.

- Emotional: Feeling sad or nervous, and problems sleeping
- Physical: Shortness of breath, change in taste, shakiness, frequent colds, and problems with eyesight and skin
- Malaise: Low energy, pain, poor appetite, and nausea

The emotional effects and malaise tended to be more common than the physical effects.

### Keep in mind

Not everyone had side effects, and effects may differ from one person to another.

### What's next

If you have side effects after treatment, ask your doctor for help. There are treatments, including counseling and psychological support, physical therapy, and medication.

## Learn more about

- [Multiple myeloma](#) at NMDP.org
- [Clinical trials for MM](#) at CTsearchsupport.org
- More [study summaries](#) at CIBMTR.org

## Source

Brazauskas R, Flynn K, Krishnan A, et al. [Symptom clusters and their impact on quality of life in multiple myeloma survivors: Secondary analysis of BMT CTN 0702 trial](#). British Journal of Haematology. 2024;204(4):1429-1438. Epub 20240213. PMC11006567. doi: 10.1111/bjh.19326.

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## Learn more at [BMTCTN.net](#)

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