



Routine Health Screenings

Due to new therapeutic options, patients with newly diagnosed and relapsed multiple myeloma are living longer than they did just one decade ago. Therefore, patients' general health must also be maintained throughout the course of their disease. Proper maintenance of pre-existing or co-morbid conditions can improve quality of life and extend survival.

The following is a description of additional health issues that multiple myeloma patients may face along with the screening recommendations for each.

Cardiovascular



Health Condition	Diagnosis	Screening Process
Hypertension (high blood pressure)	Determined upon the average of two or more properly measured readings at each of two or more office visits after an initial screening.	Frequency of Screening Normal: every 2 years
	Hypertension blood pressure readings show a systolic of 140 mmHg or higher and diastolic of 90 mmHg or higher	Prehypertension: every y Hypertension: Confirm w (systolic blood pressure diastolic blood pressure
		Stage II: Evaluate within blood pressure of 160 m diastolic blood pressure higher). Hypertensive crisis: imm

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WITHDRAW CONSENT



Hyperlipidemia (high cholesterol)	Diagnosed by the results of a fasting lipoprotein profile including total cholesterol, low-density lipoprotein (LDL) cholesterol, high-density lipoprotein cholesterol (HDL), and triglycerides.	Frequency of Screening Men older than 35: every normal) Men aged 20-35: every at increased risk for hear Women older than 20: sc increased risk for heart c

* Depending on a patient’s co-morbid conditions, the treatment of hypertension varies. Multiple myeloma patients who are diagnosed with hypertension should discuss the treatments they require with a cardiovascular specialist.

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- [American Heart Association \(https://www.heart.org/\)](https://www.heart.org/)
- [2017 Guideline by the American College of Cardiology/American Heart Association \(ACC/AHA \(https://www.acc.org/latest-in-cardiology/ten-points-to-remember/2017/11/09/11/41/2017-guideline-for-high-blood-pressure-in-adults\) \)](https://www.acc.org/latest-in-cardiology/ten-points-to-remember/2017/11/09/11/41/2017-guideline-for-high-blood-pressure-in-adults)
- [National Cholesterol Education Program \[NCEP\], 2002 \(https://aaimedicine.org/journal-of-insurance-medicine/jim/2002/034-01-0026.pdf\)](https://aaimedicine.org/journal-of-insurance-medicine/jim/2002/034-01-0026.pdf)

Malignancies

Multiple myeloma patients should continue to be screened for other malignancies throughout the course of their disease, especially if they have a genetic predisposition to other cancers. Some patients do develop secondary cancers. Proper screening and preventative measures can treat these malignancies should they develop.



Health Condition	Screening Process
Breast Cancer (Over production of cells in the breast that develop into a cancerous tumor)	Women aged 40 and older should have a mammogram every 1 to 2 years.
Cervical Cancer (Abnormal cells of the cervix -the canal between the uterus and vagina)	Initial Screening: 3 years after a woman becomes sexually active (but no later than 21 years of age) Frequency: every 3 years
Skin Cancer (Collection of abnormal skin cells. Usually found in moles or other spots on the skin)	Screening: Visual examination criteria: A = asymmetry (one half of the mole does not match the other half).

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	C = color (pigmentation of the mole, including varying degrees of tan, brown, or black). D = diameter of more than ¼ inch (size of a pencil eraser). E = evolving (the mole is changing in size, shape, or color).
Colorectal Cancer (Abnormal cells in the colon or rectum)	Stool Test: checks for the presence of blood in the stool. Colonoscopy: To check inside the colon for abnormalities. Flexible sigmoidoscopy: To check for abnormalities in the lower part of the colon. Multi-targeted stool DNA testing: checks for DNA mutations and blood in the stool. CT colonography: Using X-rays to create a 3D image of the colon.
Prostate Cancer (Abnormal cells in the prostate)	Two types of screening: 1. Prostate-specific antigen (PSA) test: checks for high amounts of PSA. However, high PSA levels do not always indicate prostate cancer. 2. Digital rectal exam: doctor inserts a lubricated finger into the rectum to feel for lumps or anything else abnormal.

More information and guidelines can be found at:

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screening)

USPTF guidelines and recommendations for the screening of cervical cancer.
(<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/cervical-cancer-screening>)

USPSTF's guidelines and recommendations for the screening of skin cancer.
(<https://uspreventiveservicestaskforce.org/uspstf/draft-update-summary/skin-cancer-screening-1>)

USPSTF's guidelines and recommendations for the screening of colorectal cancer. (<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening>)

USPSTF's guidelines and recommendations for the screening of prostate cancer. (<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/prostate-cancer-screening>)



Endocrine Disorders

Health Condition	What Is It?	Screening Process
Diabetes Mellitus Type 2	The pancreas struggles to produce enough insulin. Myeloma patients have increased blood sugar levels, especially those on a long-term steroid therapy treatment.	Various kinds of blood tests: A1C (reflects average blood sugar for the past 2-3 months) Glucose tolerance test (determines how well your body processes sugar) Fasting blood glucose

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Patients receiving treatment for multiple myeloma can have an increased incidence of hyperglycemia (high blood sugar) when dexamethasone is incorporated into their regimen. The incidence of high blood sugar is actually prevalent in all steroid users.

More information and guidelines can be found at:

- [USPSTF guidelines and recommendations for the screening of Type 2 Diabetes.](https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/screening-for-prediabetes-and-type-2-diabetes) (https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/screening-for-prediabetes-and-type-2-diabetes)
- [USPSTF guidelines and recommendations for the screening of Thyroid Dysfunction.](https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/thyroid-dysfunction-screening) (https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/thyroid-dysfunction-screening)

Sensory Health



Health Benefits	What Is it?	Screening Pro
Vision issues	Multiple myeloma patients with comorbidities such as diabetes, hypertension, or a family history of ocular disease, may be at greater risk for vision health issues.	Routine vision advised by a h professional
Hearing issues	Most patients with multiple myeloma are older adults with a median age at diagnosis between ages 68 to 70. Therefore, screening for hearing loss is essential.	Frequency: Before age 50 should be con 10 years Patients 50 ar should be scre 3 yf

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Addiction and Substance Abuse

Health Condition	Screening Process	How is it treated
Smoking Patients with myeloma are already at greater risk for shortness of breath (dyspnea) and smoking will worsen this condition Can also cause other cancers Increases the risk of pulmonary infections	Health care providers will ask if you are an active smoker	Counseling following guidelines to stop tobacco in myeloma
Alcohol Contributes to increased risk for liver disease, high blood pressure, inflammation of the pancreas, cancer, and mental dysfunction	Health care providers will ask if you about your alcohol consumption	Counseling: Face-to-face sessions Written self-help materials Computer-based programs Telephone or video counseling

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More information and guidelines can be found at:

- [USPSTF guidelines and recommendations for the screening of Alcohol Misuse.](https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/unhealthy-alcohol-use-in-adolescents-and-adults-screening-and-behavioral-counseling-interventions)
(<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/unhealthy-alcohol-use-in-adolescents-and-adults-screening-and-behavioral-counseling-interventions>)

Vaccines



Type of Immunization	Why It's Important for Myeloma Patients
Influenza Vaccine	For the general population, but also essential for immunocompromised patients. Should be offered in early autumn, however, can be offered year-round if detected in the community.
Pneumococcal Vaccine	Immunocompromised patients with multiple myeloma are at risk for pneumonia. There are two types of the vaccination: 1. the pneumococcal polysaccharide vaccine 2. the pneumococcal conjugate vaccine
Tetanus Booster	Recommended every 10 years
Post-transplantation vaccinations	After transplantation, a patient remains immunocompromised for a period of time.

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Oral Hygiene

Oral Hygiene Health	Screening	Ris
General dental care includes brushing teeth twice daily, cleaning between the teeth daily with floss or an interdental cleaner, and seeing the dentist regularly for examinations (including X-rays, if warranted), and professional cleaning. Minimum twice-yearly visits to the dentist is required to maintain good oral hygiene. For myeloma patients there is risk of reduced blood flow to the bone in the jaw which can be prevented, diagnosed, and treated by an oral health care provider	Direct inspection and palpation (feeling with the fingers or hands) of the oral cavity is the most recommended method of screening for oral cancer, which can be completed by a dentist during routine visits.	Sm incr for Alc Cor Sm incr ora

More information and guidelines can be found at:

- [American Dental Association's Oral Health Recommendations](https://www.mouthhealthy.org/en/oral-health-recommendations)
(<https://www.mouthhealthy.org/en/oral-health-recommendations>)

Related Content

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The International Myeloma Foundation medical and editorial content team

Comprised of leading medical researchers, hematologists, oncologists, oncology-certified nurses, medical editors, and medical journalists, our team has extensive knowledge of the multiple myeloma treatment and care landscape. Additionally, [Dr. Brian G.M. Durie \(/Brian-Durie-md\)](#) reviews and approves all medical content on this website.

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