

# WALDENSTRÖM MACROGLOBULINEMIA TREATMENT DECISIONS: WHAT'S RIGHT FOR YOU?



Program Resource Guide

| Understanding Waldenström Macroglobulinemia (WM) Care  |  |
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| <p><b>WM Treatment Goals</b></p> <ul style="list-style-type: none"> <li>Manage patient symptoms</li> <li>Improve IgM levels</li> <li>Improve hemoglobin levels</li> </ul>  | <p><b>The Role of the Patient in WM Care</b></p> <ul style="list-style-type: none"> <li>Bring a friend or family member to appointments</li> <li>Educate yourself about your condition</li> <li>Advocate for yourself</li> </ul> |
| <p><b>Watch and Wait (W&amp;W):</b> Frequent monitoring of indolent or incurable cancers closely without active treatment by the healthcare team. During this time, the patient undergoes <b>regular testing to monitor disease progression</b> and symptoms. Watch and wait is also referred to as <b>watchful waiting</b> or <b>active surveillance</b>.</p> |  |
| WM Treatment Options   |  |
| <ul style="list-style-type: none"> <li>Active surveillance (Watch and Wait)</li> <li>Chemotherapy</li> <li>Targeted Therapy                             <ul style="list-style-type: none"> <li>Kinase Inhibitors</li> <li>Monoclonal Antibody</li> <li>Proteasome Inhibitor</li> </ul> </li> </ul>   | <ul style="list-style-type: none"> <li>Immunotherapy</li> <li>Plasmapheresis</li> <li>Stem Cell Transplant</li> <li>Radiation Therapy</li> <li>Clinical Trials</li> </ul>  |
| WM Treatment Considerations  | Monitoring Treatment Effectiveness   |
| <ul style="list-style-type: none"> <li>Age</li> <li>Comorbidities</li> <li>Existing medications</li> <li>Genomic profile</li> <li>Insurance coverage</li> <li>Patient preference</li> <li>Risk</li> <li>Side effects</li> <li>Tolerance for intravenous therapy</li> </ul>   | <ul style="list-style-type: none"> <li>Measuring IgM levels</li> <li>Improvement in hemoglobin levels</li> <li>Quality of life response</li> </ul>   |
| <p><b>Waldenström Macroglobulinemia (WM) Resources</b></p> <p>International Waldenstrom’s Foundation: <a href="http://iwmf.com">iwmf.com</a><br/>                     Lymphoma Research Foundation: <a href="http://Lymphoma.org">Lymphoma.org</a><br/>                     The Leukemia &amp; Lymphoma Society: <a href="http://LLS.org">LLS.org</a></p>      |  |

## Glossary Terms

**Anemia:** A condition that develops when the body lacks sufficient red blood cells. Symptoms of anemia may include fatigue, weakness, and shortness of breath, among others.

**Hyperviscosity:** Buildup of IgM in the blood, thickening the blood, and impairing blood flow.

**Hyperviscosity Syndrome:** A group of symptoms caused by hyperviscosity that may include spontaneous bleeding from mucous membranes, visual disturbances, headache, dizziness, and vertigo, among others.

**Genomic Profile (molecular profiling or biomarker testing):** Laboratory testing that identifies certain gene mutations, proteins, chromosomal abnormalities, and/or other molecular changes that are unique to an individual's disease. In cancer, it may be used to evaluate treatment or to make a prognosis.

**Peripheral Neuropathy:** A condition that can affect many different types of nerves and is usually a gradual onset of numbness, pain, burning, or tingling in the feet or hands, but can spread upward to the arms and legs.

**Immunoglobulin M (IgM):** Antibody produced as a body's first response to a new infection. IgM is produced by B cells and is the largest antibody in the human circulatory system.

**Immunotherapy:** Type of therapy that harnesses one's own immune system to help the body fight cancer, infection, and other diseases.

**Venetoclax (Venclexta):** BCL2 inhibitor currently approved for the treatment of adult patients with chronic lymphocytic leukemia (CLL) or small lymphocytic lymphoma (SLL).

### MORE TOOLS FOR EMPOWERMENT

- Digitally Empowered™
- PEN-Powered Activity Guide
- Empowered Blog
- Empowered! Podcast



### The Pro-Active Waldenström Macroglobulinemia



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