



# HELP CHANGE THE COURSE OF MYELOMA IN YOUR COMMUNITY

## 1. KNOW THE FACTS

- Myeloma is the most common blood cancer in African Americans
- Myeloma is diagnosed 2X as often in African Americans
- Myeloma outcomes improve with early diagnosis and treatment

## 2. RECOGNIZE POSSIBLE EARLY WARNING SIGNS

- Bone pain (persistent or recurrent)
- Back pain (persistent or recurrent)
- Fatigue (unexplained or progressive tiredness)

## 3. SPREAD THE WORD

- Share with family & friends myeloma videos, patient stories, the latest research, free publications, and a myeloma tool kit here:  
<https://mpower.myeloma.org/>

**QUESTIONS?**  
**CALL OUR TOLL-FREE INFOLINE 800-452-2873**

*M-POWER is the International Myeloma Foundation's initiative dedicated to empowering people to change the course of myeloma in their community.*

