How is panobinostat given?
Panobinostat is a capsule which is taken orally (by mouth). It is given with the proteasome inhibitor bortezomib (Velcade®) and the steroid dexamethasone. In this combination, panobinostat is usually taken on days 1, 3, 5, 8, 10 and 12 of a 21-day (3 week) cycle. Panobinostat can be taken for up to 16 cycles.

The capsules should be swallowed whole with water and can be taken with or without food.

You should take panobinostat at approximately the same time each day. As it can cause insomnia, it may be best to take panobinostat in the morning.

20mg
The standard starting dose is 20mg. However, the dose can be lowered to 15mg or 10mg if side effects are problematic.

10mg

Other information about panobinostat
Women must not take panobinostat if they are pregnant, and must not become pregnant whilst taking panobinostat, as it is expected to be harmful to an unborn baby. This means you must use effective methods of contraception while on treatment and for six months afterwards if you are a woman of childbearing potential or if you are a man and your partner is a woman of child bearing potential.

You should avoid these foods when taking panobinostat, as they can interfere with the way the drug works:
- Pomegranate and pomegranate juice
- Grapefruit and grapefruit juice
- Starfruit

If you have any questions about your treatment, speak to your medical team. They are the best people to ask if you have questions about your individual situation. The information in this publication is not meant to replace their advice.

We appreciate your feedback
Please fill in a short online survey about our patient information at myeloma.org.uk/pifeedback or email any comments to myelomauk@myeloma.org.uk

For a list of references used to develop our resources, visit myeloma.org.uk/references
Blood vessels which reduce the supply of oxygen and nutrients to the myeloma cells. There is also evidence that panobinostat may prevent the growth of new blood vessels which would stop their growth. Panobinostat prevents the histones from binding to the DNA and switching off the genes that control cell growth.

The genes are therefore "switched off". Myeloma cells use histones to switch off genes that are "switched off". Histone deacetylase is a protein that changes the way other proteins, called histones, bind to DNA within cells. When histones bind to DNA, the genes are "switched off". Myeloma cells use histones to switch off genes that would stop their growth. Panobinostat prevents the histones from binding to the DNA and switching off the genes that control cell growth. The genes are therefore "switched on" and can prevent myeloma cells from growing and multiplying.

There is also evidence that panobinostat may prevent the growth of new blood vessels which reduces the supply of oxygen and nutrients to the myeloma cells.

How does it work?

Panobinostat works by blocking the action of histone deacetylase in myeloma cells. Histone deacetylase is a protein that changes the way other proteins, called histones, bind to DNA within cells. When histones bind to DNA, the genes are "switched off". Myeloma cells use histones to switch off genes that would stop their growth. Panobinostat prevents the histones from binding to the DNA and switching off the genes that control cell growth. The genes are therefore "switched on" and can prevent myeloma cells from growing and multiplying.

Possible side effects

Panobinostat has a number of possible side effects which can vary considerably from patient to patient. It is important to highlight any to your doctor or nurse so they can be treated or managed promptly.

Gastrointestinal disturbances

Panobinostat can cause diarrhoea, nausea, vomiting and appetite loss. While usually mild and manageable, these side effects can become problematic in some cases. Maintaining a good fluid intake and a balanced diet is important for managing gastrointestinal disturbances.

Nausea and vomiting can begin 2 – 3 hours after taking the treatment and may last for up to 24 hours. You may be given anti-sickness (anti-emetic) drugs to prevent or reduce nausea and vomiting. For the drugs to be most effective, you must take them regularly as prescribed rather than waiting until you feel sick.

There are several types of anti-emetic available and if you find that the one you have been prescribed is not effective, ask your doctor if you can try another.

You may also be given treatment for diarrhoea. Occasionally, diarrhoea can be more severe and you may need intravenous fluids via a drip. Your doctor may also run tests to make sure that the diarrhoea is not caused by an infection. Diarrhoea caused by panobinostat can be mild and temporary, and your normal bowel pattern should return once your treatment has finished.

Heart problems

Panobinostat can cause heart problems, however, your heart will be carefully monitored before and during treatment using an electrocardiogram (ECG) to monitor its activity. It is important to report any chest pain, changes in heartbeat or palpitations to your doctor or nurse immediately.

Possible side effects

Panobinostat has a number of possible side effects which can vary considerably from patient to patient. It is important to highlight any to your doctor or nurse so they can be treated or managed promptly.

Gastrointestinal disturbances

Panobinostat can cause diarrhoea, nausea, vomiting and appetite loss. While usually mild and manageable, these side effects can become problematic in some cases. Maintaining a good fluid intake and a balanced diet is important for managing gastrointestinal disturbances.

Nausea and vomiting can begin 2 – 3 hours after taking the treatment and may last for up to 24 hours. You may be given anti-sickness (anti-emetic) drugs to prevent or reduce nausea and vomiting. For the drugs to be most effective, you must take them regularly as prescribed rather than waiting until you feel sick.

There are several types of anti-emetic available and if you find that the one you have been prescribed is not effective, ask your doctor if you can try another.

You may also be given treatment for diarrhoea. Occasionally, diarrhoea can be more severe and you may need intravenous fluids via a drip. Your doctor may also run tests to make sure that the diarrhoea is not caused by an infection. Diarrhoea caused by panobinostat can be mild and temporary, and your normal bowel pattern should return once your treatment has finished.

Heart problems

Panobinostat can cause heart problems, however, your heart will be carefully monitored before and during treatment using an electrocardiogram (ECG) to monitor its activity. It is important to report any chest pain, changes in heartbeat or palpitations to your doctor or nurse immediately.

Possible side effects

Panobinostat has a number of possible side effects which can vary considerably from patient to patient. It is important to highlight any to your doctor or nurse so they can be treated or managed promptly.

Gastrointestinal disturbances

Panobinostat can cause diarrhoea, nausea, vomiting and appetite loss. While usually mild and manageable, these side effects can become problematic in some cases. Maintaining a good fluid intake and a balanced diet is important for managing gastrointestinal disturbances.

Nausea and vomiting can begin 2 – 3 hours after taking the treatment and may last for up to 24 hours. You may be given anti-sickness (anti-emetic) drugs to prevent or reduce nausea and vomiting. For the drugs to be most effective, you must take them regularly as prescribed rather than waiting until you feel sick.

There are several types of anti-emetic available and if you find that the one you have been prescribed is not effective, ask your doctor if you can try another.

You may also be given treatment for diarrhoea. Occasionally, diarrhoea can be more severe and you may need intravenous fluids via a drip. Your doctor may also run tests to make sure that the diarrhoea is not caused by an infection. Diarrhoea caused by panobinostat can be mild and temporary, and your normal bowel pattern should return once your treatment has finished.

Heart problems

Panobinostat can cause heart problems, however, your heart will be carefully monitored before and during treatment using an electrocardiogram (ECG) to monitor its activity. It is important to report any chest pain, changes in heartbeat or palpitations to your doctor or nurse immediately.

Possible side effects

Panobinostat has a number of possible side effects which can vary considerably from patient to patient. It is important to highlight any to your doctor or nurse so they can be treated or managed promptly.

Gastrointestinal disturbances

Panobinostat can cause diarrhoea, nausea, vomiting and appetite loss. While usually mild and manageable, these side effects can become problematic in some cases. Maintaining a good fluid intake and a balanced diet is important for managing gastrointestinal disturbances.

Nausea and vomiting can begin 2 – 3 hours after taking the treatment and may last for up to 24 hours. You may be given anti-sickness (anti-emetic) drugs to prevent or reduce nausea and vomiting. For the drugs to be most effective, you must take them regularly as prescribed rather than waiting until you feel sick.

There are several types of anti-emetic available and if you find that the one you have been prescribed is not effective, ask your doctor if you can try another.

You may also be given treatment for diarrhoea. Occasionally, diarrhoea can be more severe and you may need intravenous fluids via a drip. Your doctor may also run tests to make sure that the diarrhoea is not caused by an infection. Diarrhoea caused by panobinostat can be mild and temporary, and your normal bowel pattern should return once your treatment has finished.

Heart problems

Panobinostat can cause heart problems, however, your heart will be carefully monitored before and during treatment using an electrocardiogram (ECG) to monitor its activity. It is important to report any chest pain, changes in heartbeat or palpitations to your doctor or nurse immediately.
How does it work?

Panobinostat works by blocking the action of histone deacetylase in myeloma cells. Histone deacetylase is a protein that changes the way other proteins, called histones, bind to DNA within cells. When histones bind to DNA, the genes are “switched off”. Myeloma cells use histones to switch off genes that control cell growth. The genes are therefore “switched on” and can prevent myeloma cells from growing and multiplying. There is also evidence that panobinostat may prevent the growth of new blood vessels which reduces the supply of oxygen and nutrients to the myeloma cells.

What is panobinostat?

Panobinostat, also known as Farydak®, is a histone deacetylase (HDAC) inhibitor drug used in the treatment of myeloma.

Possible side effects

Panobinostat has a number of possible side effects which can vary considerably from patient to patient. It is important to highlight any to your doctor or nurse so they can be treated or managed promptly.

Gastrointestinal disturbances

Panobinostat can cause diarrhoea, nausea, vomiting and appetite loss. While usually mild and manageable, these side effects can become problematic in some cases. Maintaining a good fluid intake and a balanced diet is important for managing gastrointestinal disturbances.

Nausea and vomiting can begin 2 – 3 hours after taking the treatment and may last for up to 24 hours. You may be given anti-sickness (anti-emetic) drugs to prevent or reduce nausea and vomiting. For the drugs to be most effective, you must take them regularly as prescribed rather than waiting until you feel sick. There are several types of anti-emetic available and if you find that the one you have been prescribed is not effective, ask your doctor if you can try another.

You may also be given treatment for diarrhoea. Occasionally, diarrhoea can be more severe and you may need intravenous fluids via a drip. Your doctor may also run tests to make sure that the diarrhoea is not caused by an infection. Diarrhoea caused by panobinostat can be mild and temporary, and your normal bowel pattern should return once your treatment has finished.

Heart problems

Panobinostat can cause heart problems, however, your heart will be carefully monitored before and during treatment using an electrocardiogram (ECG) to monitor its activity. It is important to report any chest pain, changes in heartbeat or palpitations to your doctor or nurse immediately.

Lowed blood counts

Panobinostat can reduce the number of red blood cells, white blood cells and platelets in your blood. This can cause anaemia and fatigue, as well as making you more susceptible to infection and increasing your risk of bleeding. If necessary, you can be given supportive treatment to help with these side effects and to boost your blood cell counts.

Fatigue

Fatigue usually resolves shortly after treatment has finished. There are a number of medical and non-medical ways to help manage fatigue. For example, treatment for anaemia may reduce fatigue if it is caused by low red blood cell counts. Increasing your levels of activity and having complementary therapies such as aromatherapy or massage may also help.

Fluid retention

Fluid retention can cause swelling of the hands, ankles or feet (peripheral oedema). Your doctor will discuss a treatment plan with you which will usually involve taking diuretics (water tablets) to help your body remove the excessive fluid.

Figure 1: Mechanisms of action of panobinostat

**Histone deacetylase**

**DNA histone acetylation**

**DNA histone deacetylation**

**Histone deacetylase (HDAC) inhibitor**

**DRUG**

**Activation of gene expression**

**Repression of gene expression**

**Histone deacetylase**

**DNA**

**Histones**

**Acetylation**

**Deacetylation**

**Switching genes on**

**Switching genes off**

**Reduced activity**

**Enhanced activity**

**Switching genes on**

**Switching genes off**

**Reduced activity**

**Enhanced activity**

**Acetylation**

**Deacetylation**
What is panobinostat?

Panobinostat, also known as Farydak®, is a histone deacetylase (HDAC) inhibitor drug used in the treatment of myeloma.

How does it work?

Panobinostat works by blocking the action of histone deacetylase in myeloma cells. Histone deacetylase is a protein that changes the way other proteins, called histones, bind to DNA within cells. When histones bind to DNA, the genes are “switched off”. Myeloma cells use histones to switch off genes that control cell growth. The genes are therefore “switched on” and can prevent myeloma cells from growing and multiplying.

There is also evidence that panobinostat may prevent the growth of new blood vessels which reduces the supply of oxygen and nutrients to the myeloma cells.

Possible side effects

Panobinostat has a number of possible side effects which can vary considerably from patient to patient. It is important to highlight any to your doctor or nurse so they can be treated or managed promptly.

Gastrointestinal disturbances

Panobinostat can cause diarrhoea, nausea, vomiting and appetite loss. While usually mild and manageable, these side effects can become problematic in some cases. Maintaining a good fluid intake and a balanced diet is important for managing gastrointestinal disturbances.

Nausea and vomiting can begin 2 – 3 hours after taking the treatment and may last for up to 24 hours. You may be given anti-sickness (anti-emetic) drugs to prevent or reduce nausea and vomiting. For the drugs to be most effective, you must take them regularly as prescribed rather than waiting until you feel sick.

There are several types of anti-emetic available and if you find that the one you have been prescribed is not effective, ask your doctor if you can try another.

You may also be given treatment for diarrhoea. Occasionally, diarrhoea can be more severe and you may need intravenous fluids via a drip. Your doctor may also run tests to make sure that the diarrhoea is not caused by an infection. Diarrhoea caused by panobinostat can be mild and temporary, and your normal bowel pattern should return once your treatment has finished.

Heart problems

Panobinostat can cause heart problems, however, your heart will be carefully monitored before and during treatment using an electrocardiogram (ECG) to monitor its activity. It is important to report any chest pain, changes in heartbeat or palpitations to your doctor or nurse immediately.

Gastrointestinal disturbances

Panobinostat can cause diarrhoea, nausea, vomiting and appetite loss. While usually mild and manageable, these side effects can become problematic in some cases. Maintaining a good fluid intake and a balanced diet is important for managing gastrointestinal disturbances.

Nausea and vomiting can begin 2 – 3 hours after taking the treatment and may last for up to 24 hours. You may be given anti-sickness (anti-emetic) drugs to prevent or reduce nausea and vomiting. For the drugs to be most effective, you must take them regularly as prescribed rather than waiting until you feel sick.

There are several types of anti-emetic available and if you find that the one you have been prescribed is not effective, ask your doctor if you can try another.

You may also be given treatment for diarrhoea. Occasionally, diarrhoea can be more severe and you may need intravenous fluids via a drip. Your doctor may also run tests to make sure that the diarrhoea is not caused by an infection. Diarrhoea caused by panobinostat can be mild and temporary, and your normal bowel pattern should return once your treatment has finished.

Lowered blood counts

Panobinostat can reduce the number of red blood cells, white blood cells and platelets in your blood. This can cause anaemia and fatigue, as well as making you more susceptible to infection and increasing your risk of bleeding. If necessary, you can be given supportive treatment to help with these side effects and to boost your blood cell counts.

Fatigue

Fatigue usually resolves shortly after treatment has finished. There are a number of medical and non-medical ways to help manage fatigue. For example, treatment for anaemia may reduce fatigue if it is caused by low red blood cell counts. Increasing your levels of activity and having complementary therapies such as aromatherapy or massage may also help.

Heart problems

Panobinostat can cause heart problems, however, your heart will be carefully monitored before and during treatment using an electrocardiogram (ECG) to monitor its activity. It is important to report any chest pain, changes in heartbeat or palpitations to your doctor or nurse immediately.

Gastrointestinal disturbances

Panobinostat can cause diarrhoea, nausea, vomiting and appetite loss. While usually mild and manageable, these side effects can become problematic in some cases. Maintaining a good fluid intake and a balanced diet is important for managing gastrointestinal disturbances.

Nausea and vomiting can begin 2 – 3 hours after taking the treatment and may last for up to 24 hours. You may be given anti-sickness (anti-emetic) drugs to prevent or reduce nausea and vomiting. For the drugs to be most effective, you must take them regularly as prescribed rather than waiting until you feel sick.

There are several types of anti-emetic available and if you find that the one you have been prescribed is not effective, ask your doctor if you can try another.

You may also be given treatment for diarrhoea. Occasionally, diarrhoea can be more severe and you may need intravenous fluids via a drip. Your doctor may also run tests to make sure that the diarrhoea is not caused by an infection. Diarrhoea caused by panobinostat can be mild and temporary, and your normal bowel pattern should return once your treatment has finished.

Lowered blood counts

Panobinostat can reduce the number of red blood cells, white blood cells and platelets in your blood. This can cause anaemia and fatigue, as well as making you more susceptible to infection and increasing your risk of bleeding. If necessary, you can be given supportive treatment to help with these side effects and to boost your blood cell counts.

Fatigue

Fatigue usually resolves shortly after treatment has finished. There are a number of medical and non-medical ways to help manage fatigue. For example, treatment for anaemia may reduce fatigue if it is caused by low red blood cell counts. Increasing your levels of activity and having complementary therapies such as aromatherapy or massage may also help.

Heart problems

Panobinostat can cause heart problems, however, your heart will be carefully monitored before and during treatment using an electrocardiogram (ECG) to monitor its activity. It is important to report any chest pain, changes in heartbeat or palpitations to your doctor or nurse immediately.

Gastrointestinal disturbances

Panobinostat can cause diarrhoea, nausea, vomiting and appetite loss. While usually mild and manageable, these side effects can become problematic in some cases. Maintaining a good fluid intake and a balanced diet is important for managing gastrointestinal disturbances.

Nausea and vomiting can begin 2 – 3 hours after taking the treatment and may last for up to 24 hours. You may be given anti-sickness (anti-emetic) drugs to prevent or reduce nausea and vomiting. For the drugs to be most effective, you must take them regularly as prescribed rather than waiting until you feel sick.

There are several types of anti-emetic available and if you find that the one you have been prescribed is not effective, ask your doctor if you can try another.

You may also be given treatment for diarrhoea. Occasionally, diarrhoea can be more severe and you may need intravenous fluids via a drip. Your doctor may also run tests to make sure that the diarrhoea is not caused by an infection. Diarrhoea caused by panobinostat can be mild and temporary, and your normal bowel pattern should return once your treatment has finished.

Lowered blood counts

Panobinostat can reduce the number of red blood cells, white blood cells and platelets in your blood. This can cause anaemia and fatigue, as well as making you more susceptible to infection and increasing your risk of bleeding. If necessary, you can be given supportive treatment to help with these side effects and to boost your blood cell counts.

Fatigue

Fatigue usually resolves shortly after treatment has finished. There are a number of medical and non-medical ways to help manage fatigue. For example, treatment for anaemia may reduce fatigue if it is caused by low red blood cell counts. Increasing your levels of activity and having complementary therapies such as aromatherapy or massage may also help.

Heart problems

Panobinostat can cause heart problems, however, your heart will be carefully monitored before and during treatment using an electrocardiogram (ECG) to monitor its activity. It is important to report any chest pain, changes in heartbeat or palpitations to your doctor or nurse immediately.

Gastrointestinal disturbances

Panobinostat can cause diarrhoea, nausea, vomiting and appetite loss. While usually mild and manageable, these side effects can become problematic in some cases. Maintaining a good fluid intake and a balanced diet is important for managing gastrointestinal disturbances.

Nausea and vomiting can begin 2 – 3 hours after taking the treatment and may last for up to 24 hours. You may be given anti-sickness (anti-emetic) drugs to prevent or reduce nausea and vomiting. For the drugs to be most effective, you must take them regularly as prescribed rather than waiting until you feel sick.

There are several types of anti-emetic available and if you find that the one you have been prescribed is not effective, ask your doctor if you can try another.

You may also be given treatment for diarrhoea. Occasionally, diarrhoea can be more severe and you may need intravenous fluids via a drip. Your doctor may also run tests to make sure that the diarrhoea is not caused by an infection. Diarrhoea caused by panobinostat can be mild and temporary, and your normal bowel pattern should return once your treatment has finished.

Lowered blood counts

Panobinostat can reduce the number of red blood cells, white blood cells and platelets in your blood. This can cause anaemia and fatigue, as well as making you more susceptible to infection and increasing your risk of bleeding. If necessary, you can be given supportive treatment to help with these side effects and to boost your blood cell counts.

Fatigue

Fatigue usually resolves shortly after treatment has finished. There are a number of medical and non-medical ways to help manage fatigue. For example, treatment for anaemia may reduce fatigue if it is caused by low red blood cell counts. Increasing your levels of activity and having complementary therapies such as aromatherapy or massage may also help.

Heart problems

Panobinostat can cause heart problems, however, your heart will be carefully monitored before and during treatment using an electrocardiogram (ECG) to monitor its activity. It is important to report any chest pain, changes in heartbeat or palpitations to your doctor or nurse immediately.

Gastrointestinal disturbances

Panobinostat can cause diarrhoea, nausea, vomiting and appetite loss. While usually mild and manageable, these side effects can become problematic in some cases. Maintaining a good fluid intake and a balanced diet is important for managing gastrointestinal disturbances.

Nausea and vomiting can begin 2 – 3 hours after taking the treatment and may last for up to 24 hours. You may be given anti-sickness (anti-emetic) drugs to prevent or reduce nausea and vomiting. For the drugs to be most effective, you must take them regularly as prescribed rather than waiting until you feel sick.

There are several types of anti-emetic available and if you find that the one you have been prescribed is not effective, ask your doctor if you can try another.

You may also be given treatment for diarrhoea. Occasionally, diarrhoea can be more severe and you may need intravenous fluids via a drip. Your doctor may also run tests to make sure that the diarrhoea is not caused by an infection. Diarrhoea caused by panobinostat can be mild and temporary, and your normal bowel pattern should return once your treatment has finished.

Lowered blood counts

Panobinostat can reduce the number of red blood cells, white blood cells and platelets in your blood. This can cause anaemia and fatigue, as well as making you more susceptible to infection and increasing your risk of bleeding. If necessary, you can be given supportive treatment to help with these side effects and to boost your blood cell counts.

Fatigue

Fatigue usually resolves shortly after treatment has finished. There are a number of medical and non-medical ways to help manage fatigue. For example, treatment for anaemia may reduce fatigue if it is caused by low red blood cell counts. Increasing your levels of activity and having complementary therapies such as aromatherapy or massage may also help.
How is panobinostat given?

Panobinostat is a capsule which is taken orally (by mouth). It is given with the proteasome inhibitor bortezomib (Velcade®) and the steroid dexamethasone. In this combination, panobinostat is usually taken on days 1, 3, 5, 8, 10 and 12 of a 21-day (3 week) cycle.

Panobinostat can be taken for up to 16 cycles.

The capsules should be swallowed whole with water and can be taken with or without food.

You should take panobinostat at approximately the same time each day. As it can cause insomnia, it may be best to take panobinostat in the morning.

The standard starting dose is 20mg. However, the dose can be lowered to 15mg or 10mg if side effects are problematic.

Other information about panobinostat

Women must not take panobinostat if they are pregnant, and must not become pregnant whilst taking panobinostat, as it is expected to be harmful to an unborn baby. This means you must use effective methods of contraception while on treatment and for six months afterwards if you are a woman of childbearing potential or if you are a man and your partner is a woman of child bearing potential.

You should avoid these foods when taking panobinostat, as they can interfere with the way the drug works:

- Pomegranate and pomegranate juice
- Grapefruit and grapefruit juice
- Starfruit

If you have any questions about your treatment, speak to your medical team. They are the best people to ask if you have questions about your individual situation. The information in this publication is not meant to replace their advice.
How is panobinostat given?

Panobinostat is a capsule which is taken orally (by mouth). It is given with the proteasome inhibitor bortezomib (Velcade®) and the steroid dexamethasone. In this combination, panobinostat is usually taken on days 1, 3, 5, 8, 10 and 12 of a 21-day (3 week) cycle.

Panobinostat can be taken for up to 16 cycles.

- The capsules should be swallowed whole with water and can be taken with or without food.
- You should take panobinostat at approximately the same time each day. As it can cause insomnia, it may be best to take panobinostat in the morning.
- The standard starting dose is 20mg. However, the dose can be lowered to 15mg or 10mg if side effects are problematic.

Other information about panobinostat

- Women must not take panobinostat if they are pregnant, and must not become pregnant whilst taking panobinostat, as it is expected to be harmful to an unborn baby. This means you must use effective methods of contraception while on treatment and for six months afterwards if you are a woman of childbearing potential or if you are a man and your partner is a woman of child bearing potential.
- You should avoid these foods when taking panobinostat, as they can interfere with the way the drug works:
  - Pomegranate and pomegranate juice
  - Grapefruit and grapefruit juice
  - Starfruit

If you have any questions about your treatment, speak to your medical team. They are the best people to ask if you have questions about your individual situation. The information in this publication is not meant to replace their advice.

We're here for everything a diagnosis of myeloma brings

Get in touch to find out more about how we can support you

Call the Myeloma Infoline on 0800 980 3332

Email Ask the Nurse at AskTheNurse@myeloma.org.uk

Visit our website at myeloma.org.uk

We appreciate your feedback

Please fill in a short online survey about our patient information at myeloma.org.uk/pifeedback or email any comments to myelomauk@myeloma.org.uk

For a list of references used to develop our resources, visit myeloma.org.uk/references