

How Patients can maximize the care of their WM

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The goal of therapy is long term management to keep WM in check

- Report Side Effects early so dose adjustment can be made early so therapy can be adjusted to allow continued therapy
- Ibrutinib/zanubrutinib
 - Fatigue, diarrhea, rash, joint pain irregular heart beats
- Velcade
 - **Report any toe foot or sole numbness if no intervention changes may be permanent**
 - **Diarrhea, styes, changes in blood pressure causing lightheadedness**

- Dexamethasone
 - Mood change, insomnia, irritability, weight gain, voracious appetite
- Kyprolis shortness of breath rise in blood pressure
- Rituximab recurrent infections

Take away messages

- Many patients are candidates for observation after original diagnosis
- Know your numbers
- You need to track one of these 3
 - The involved level of free light chain κ , λ
 - The involved immunoglobulin level Ig M
 - If measurable the M spike
- Knowledge of these measurements will assist you in understanding disease activity and success of treatment