

## Patient information for Myeloma

When you are first referred to the RNOH (usually by your haematologist), you will be seen in the outpatient clinic at Stanmore. You will be seen in a joint clinic by the haematologist and the orthopaedic spinal consultant and their teams. If you have already had the appropriate images taken (such as X-rays, MRI or CT scans) before you arrive, the doctors will look at them and undertake a full clinical assessment. Sometimes you will need to have further imaging done this will be organised either on the day or a few days after, depending on the urgency.

A treatment plan will be made in regards to your spinal problems in conjunction with you. This will either be for you to wear a brace until your bones have healed naturally or it may involve a relatively small operation, called cement augmentation or kyphoplasty.

View *The balloon kyphoplasty procedure explained* on YouTube:

You will continue your medical treatment under your haematologist/oncologist and we will always communicate very closely with them as well as with your GP.

If you need to wear a brace, you will be referred to the orthotists and we will continue to see you at regular intervals until you are safe to take your brace off. The physiotherapist will advise you how to keep yourself as strong and mobile as possible while you are in the brace.

If you need to have cement augmentation, which is a procedure where a small balloon and cement is injected into your bone to aid healing, you will be admitted to the ward the day before the surgery and you will be looked after by the ward staff and the orthopaedic spinal consultant's team. You are usually ready to go home within one to three days after having the procedure done. You will be seen by a physiotherapist and an orthotist on the ward.

The myeloma co-ordinator will keep in contact with you and ensure that you are booked in for all the relevant appointments while you are with us.

For further information, please see [the myeloma patient pathway](#).

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