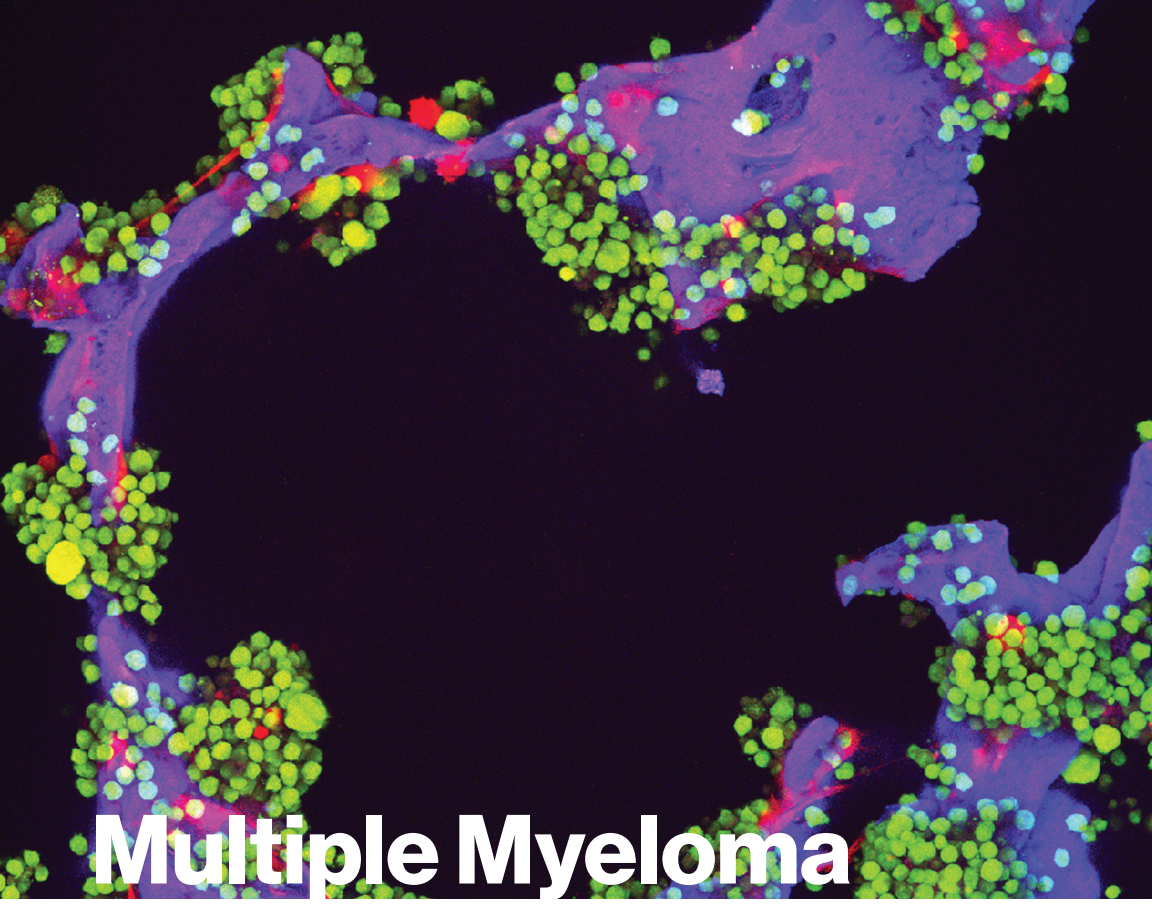


Multiple Myeloma Cure Clinic

Mount Sinai Tisch Cancer Center

Multiple myeloma was once considered a cancer that could not be cured. The goal was to help patients achieve remission and then continue lifelong treatment to extend remission as long as possible.

With advancements in treatment options and better monitoring techniques including testing for measurable residual disease (MRD), increasing numbers of patients are experiencing long-term remission with no evidence of disease. Patients can frequently stop treatment completely if they have five consecutive years with no evidence of multiple myeloma by bone marrow testing and imaging.

The Multiple Myeloma Cure Clinic at Mount Sinai's Center of Excellence for Multiple Myeloma is designed for ongoing follow-up of patients with no evidence of multiple myeloma who are no longer receiving multiple myeloma treatment. Once patients remain disease-free without treatment for five or more consecutive years, we consider these patients cured.

At the Center of Excellence for Multiple Myeloma, part of the Mount Sinai Tisch Cancer Center, we have more than 150 patients who can transition their care to the Multiple Myeloma Cure Clinic. The number is growing every year.

The Multiple Myeloma Cure Clinic enables us to:

- Provide ongoing monitoring to ensure that patients are free of disease.
- Learn more about the effectiveness of different therapies, including clinical trial treatment protocols, so other patients in the future can benefit from that knowledge.
- Use the latest research findings to keep patients in remission.
- Alleviate the anxiety of patients who may fear their cancer will return.
- Evaluate other health conditions that could be related to prior treatment, that developed before a patient's multiple myeloma diagnosis, or that arose during multiple myeloma treatment but were unrelated to the treatment.
- Monitor for secondary cancers or other long-term side effects related to prior multiple myeloma treatments.

It is critical that we learn more from our cured patients to help improve treatments for multiple myeloma.

The Multiple Myeloma Cure Clinic features a dedicated team that can answer your questions and provide reassurance and support. The team is led by multiple myeloma specialists **Zachary Avigan, MD, and Sundar Jagannath, MD.**



Zachary Avigan, MD



Sundar Jagannath, MD

Your primary multiple myeloma physician might refer you to the Multiple Myeloma Cure Clinic. However, you always have the option to continue to see your primary multiple myeloma physician for ongoing evaluation.

How the Cure Clinic Works

Patients are scheduled to visit the Multiple Myeloma Cure Clinic every six months or once each year after five consecutive years of disease-free status and transitioning off treatment.

Lab work and patient visits with the care team are performed to assess multiple myeloma status and overall health. Bone marrow biopsies and imaging are ordered annually to confirm that patients remain disease-free off treatment, and patients are considered truly cured after showing no trace of cancer for at least five years off treatment.

While our primary focus is on multiple myeloma, we also pay attention to your overall health and collaborate with primary care and specialty physicians to manage any other health conditions.

Research—the Key to Progress

We can learn a lot about which treatments work best by evaluating disease markers of patients who have responded well to treatment and who are in sustained remission. This helps us develop new treatment protocols and combination therapies that may help other patients achieve cure. We continually work with our multiple myeloma colleagues throughout the world to advance the most promising care and a brighter future for patients everywhere.

Center of Excellence for Multiple Myeloma

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The clinical data collected from our patients is integral to treating multiple myeloma at every stage. We are grateful to all our patients who help us ensure a brighter future for patients everywhere.

Cover Image Courtesy of the National Cancer Institute/Michaela Regan

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