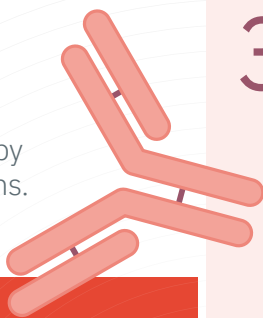


# REDUCING INFECTION RISK IN MYELOMA

## IMMUNOGLOBULIN REPLACEMENT THERAPIES

### 1 What are immunoglobulins?

Immunoglobulins are antibody proteins made by the body to fight infections.



### 2 Why do they matter in myeloma?

Myeloma and its treatments, especially bispecific antibodies and CAR T-cell therapy, cause immunoglobulins to be low. Low immunoglobulin levels lead to increased infection risk.



### 3 What treatment is there for low immunoglobulins?

Immunoglobulin replacement therapy is recommended when immunoglobulin levels (IgG) are below 4g/L and you are experiencing recurrent life-threatening infections<sup>1</sup>. Patients taking bispecific antibodies or CAR T-cell therapy may be prescribed immunoglobulin replacement therapy even before infections occur, to prevent this. Access and prescribing practices may vary across Europe.

**These medications can be given into the vein (IV), or injected under the skin (subcutaneously, SC).**

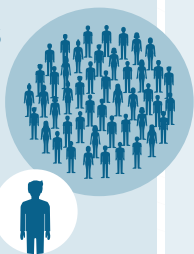


Speak to your haematologist about immunoglobulin replacement therapies

## LIFESTYLE ACTIONS YOU CAN TAKE

### Avoiding crowds

At times it may be necessary to avoid crowds, places and situations where contracting infection is more likely.



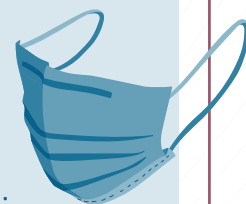
### Regular handwashing

Wash your hands regularly to help reduce the risk of acquiring germs that cause infection.



### Facemasks

Consider wearing a facemask during periods where your immune system is severely suppressed.



### Personalised advice

Ask your haematologist about your infection risk, how to minimise it, and how to balance risk with visiting grandchildren, going to work, enjoying hobbies etc.

### Inform family and friends of your increased risk

Let people know you have a low immune system, so that your close contacts can take precautions to prevent spreading infections to you.

