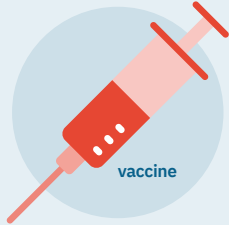


REDUCING INFECTION RISK IN MYELOMA

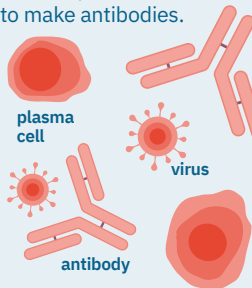
VACCINATION

A vaccine is a way of protecting yourself against an infection or disease before you develop it.

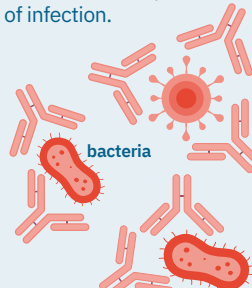
Vaccines contain either harmless forms of bacteria/viruses, live but weakened bacteria/viruses, or genetic blue prints for antibodies.



Vaccines stimulate a type of white blood cell, called a plasma cell, to make antibodies.



Antibodies fight bacteria or viruses and help prevent or reduce the impact of infection.



Discuss with your haematologist:

- Best timings for vaccinations
- Vaccinations after stem cell transplant – childhood immunities can be lost
- Travel vaccinations
- Vaccinations for CAR-T and bispecific antibody patients



Carers, family and friends

Carers, family and friends can protect myeloma patients by getting their own recommended vaccines.

Do vaccines have side effects?

Serious side effects are rare, and common effects like **arm pain** and **low-grade fever** usually resolve quickly.



PROTECT YOURSELF AGAINST INFECTIONS

Discuss vaccinations with your haematologist

RECOMMENDED VACCINES¹ INCLUDE:

- ✓ Influenza (flu)-inactivated version
- ✓ Covid-19 vaccine
- ✓ Shingles (non-live) vaccine
- ✓ Pneumococcal vaccine
- ✓ RSV vaccine

Myeloma patients are recommended not to have live vaccines e.g. BCG (tuberculosis)

PREVENTATIVE ANTIMICROBIALS

Over the course of treatment, particularly at high-risk periods such as during stem cell transplant, bispecific antibody treatment, and CAR T-cell therapy, antimicrobial medications are prescribed by haematologists to be taken regularly for preventing infection, such as:

- 1 **Antibiotics** for bacterial infection prevention, e.g. levofloxacin
- 2 **Antivirals** for viral infection prevention, e.g. aciclovir
- 3 **Antifungals** for fungal infection prevention, e.g. co-trimoxazole



FILGRASTIM

What is filgrastim (G-CSF)?

Filgrastim (G-CSF) is a medication prescribed by haematologists to treat low neutrophils (neutropenia). Neutrophils are immune cells that fight infection.

