

What to Ask Your Doctor If You Have MGUS or Smoldering Myeloma

If you've been diagnosed with **Monoclonal Gammopathy of Undetermined Significance (MGUS)** or **Smoldering Multiple Myeloma**, understanding the risk and monitoring becomes critical. Bring this checklist to your appointment to stay informed and proactive.

Understanding your Diagnosis

1 What is my exact diagnosis?

- MGUS
- Smoldering Myeloma

2 What type of monoclonal protein (M-protein) do I have?

3 What are my current lab values?

- M-Protein Level: _____
- Free Light Chain Ratio: _____
- Immunoglobulins: _____
- Bone Marrow Plasma Cell (%): _____

4 Do I have any abnormalities in:

- Calcium
- Kidney Function (Creatinine)
- Hemoglobin (Anemia)
- Bone Lesions

Understanding My Risk of Progression

5 What is my risk of progression to active myeloma?

6 Do I have any high-risk features?

- High M-Protein Level
- Abnormal Free Light Chain Ratio
- >10–20% Plasma Cells (For Smoldering)
- High-Risk Cytogenetics (If Tested)

7 How quickly could my condition change?

8 What symptoms should I watch for between visits?

Monitoring & Follow-Up Plan

9 How often should I have follow-up appointments?

10 What labs will be checked regularly?

- SPEP / M-protein
- Free Light Chains
- Immunoglobulins _____
- CBC (Complete Blood Count)
- Kidney Function
- Calcium

Need Help?

Call us at 800-709-1113 or email us at suport@healthtree.org

