

# Minimal Residual Disease (MRD) Basics: What You Need to Know



## What is MRD?

**Minimal Residual Disease (MRD)** refers to the small number of cancer cells that may remain in the body after treatment and could lead to relapse. MRD testing helps determine how effectively treatment has eliminated cancer cells in patients with multiple myeloma.



## Common MRD Testing Methods

- **Flow Cytometry:** Detects abnormal cells in bone marrow samples.
- **Next-Generation Sequencing (NGS):** Analyzes DNA mutations to detect residual disease.
- **Blood-Based Tests:** Emerging methods using blood samples to detect MRD.



## Understanding MRD Status

- **MRD-Negative:** No detectable cancer cells. This is a positive sign of response to treatment.
- **MRD-Positive:** Detectable cancer cells remain, indicating the need for continued monitoring or therapy.



## Why is MRD Testing Important?

- Helps determine how well treatment is working.
- Guides decisions about continuing, adjusting, or stopping therapy.
- Can be used to assess the risk of relapse.



## Talk to Your Doctor about MRD Testing

Discuss MRD testing options with your healthcare provider to understand how it can guide your treatment plan. **Visit HealthTree for more resources.**