

**Mayo Clinic Minute: What is multiple myeloma?**

VIDEO	AUDIO
<b>Rahma Warsame, M.D.</b> <b>Hematology</b> <b>Mayo Clinic</b>	"Multiple myeloma is an incurable blood cancer that produces a lot of proteins that can cause damage to various organs, particularly the bones as well as the kidney."
	Symptoms vary but can include fatigue, bone pain, anemia and frequent infections.
	While it's not clear what causes multiple myeloma, doctors know that it begins with an abnormal plasma cell in your bone marrow which produces too much protein inappropriately and multiplies rapidly.
	The disease almost always starts as a relatively benign condition called monoclonal gammopathy of undetermined significance, or MGUS.
<b>Dr. Warsame</b>	"MGUS is a premalignant condition. But it's only found in blood. It's when you find a little bit of excess protein that's in the blood. And this is something that indicates that you have the potential to become a multiple myeloma patient."
	Like many other cancers, the disease can be treated with medication, chemotherapy, radiation and even bone marrow transplant.
<b>Dr. Warsame</b>	"The treatments are improving. The quality of life is improving. I've seen it in my own lifetime, the significant improvements in survival."
	For the Mayo Clinic News Network, I'm Jason Howland.