

**Mayo Clinic Minute: Advances in multiple myeloma treatment**

VIDEO	AUDIO
<b>Jason</b>	Multiple myeloma is a cancer that forms in a type of white blood cell called a plasma cell that builds up in bone marrow.
<b>02:25</b> <b>Joselle Cook, M.B.B.S.</b> <b>Hematology</b> <b>Mayo Clinic</b>	"Some of these plasma cells develop mutations over time and become abnormal and produce an abnormal protein."
<b>Jason</b>	The damage caused by multiple myeloma can lead to anemia, bone pain, frequent infections and kidney failure.
<b>08:56</b> <b>Dr. Cook</b>	"The treatment involves ... we call it plasma cell directed therapy."
<b>09:16</b> <b>Dr. Cook</b>	"It's treatments that are specifically directed at the immune system. So it's usually a combination of three or four drugs."
<b>Jason</b>	Other advances in treatment include bone marrow transplant, in which a person's own stem cells are infused after high-dose chemotherapy to rebuild and regenerate healthy bone marrow.
<b>13:55</b> <b>Dr. Cook</b>	"We've seen new therapies like CAR-T, where we're taking people's T cells, we're engineering them to specifically recognize a myeloma cell."
<b>Jason</b>	Because of advances like these, the prognosis for patients with multiple myeloma continues to improve.
<b>25:55</b> <b>Dr. Cook</b>	"Hopefully, we can extend the expected survival beyond 20 years and maybe eventually find a cure in my lifetime, I hope."
<b>Jason</b>	For the Mayo Clinic News Network, I'm Jason Howland.