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## Myeloid myeloma

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**M**ultiple myeloma is a deadly disease in which relapse is inevitable. Multiple myeloma is a B-cell malignancy of the plasma cells. Its three hallmarks include the presence of a serum or urine monoclonal immunoglobulins, monoclonal plasma cytosis and bony lytic lesions. According to SEER by NCI in 2015, 26850 new cases have been detected and 11240 deaths took place in USA alone. According to population based cancer registries, in India, incidence varies from 0.3 to 1.9 per 100000 for men and 0.4-1.3 per 100000 for women. Delhi has the highest incidence. According to research, translocation of immunoglobulin heavy chain (Ig H) locus (14q32) and deletion of chromosome 13 were found in 75% and 45% of patients with plasma cell disorders, respectively. Clinical manifestations include bone pain, particularly in the back and chest. Others are anemia, uremia and recurrent infections. The most common physical finding related to MM is pallor. Treatment options for patients with MM include primary induction therapy for transplant candidates, primary induction therapy for non-transplant candidates, maintenance therapy and salvage therapy. Innovative approaches in high-dose chemotherapy, use of biphosphonates, discovery of a novel proteasome inhibitor, liposomal doxorubicin and development of lenalidomide are among the most encouraging breakthroughs in therapeutics. Non-profit organizations are established for patient education services.

## Biography

Amandeep Kaur has completed her Master's degree in Medical Surgical Nursing (Oncology Nursing) from Baba Farid University of Health Sciences, Faridkot. She is currently pursuing Doctorate in Nursing from Himalayan University, Arunachal Pradesh. She is teaching Anatomy & Physiology, Biochemistry, Medical Surgical Nursing and Oncology Nursing since last four years. She is guiding graduate and master's students in research work. She has published 3 papers in reputed journals and presented papers in national and international level. She is also a Blog Writer for concept research foundation.

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