

CANCER AWARENESS IN ILLINOIS

MULTIPLE MYELOMA CANCER

MARCH 2025



March is Multiple Myeloma Cancer Awareness Month. In Illinois in 2021, there were 1,066 people (484 females and 582 males) diagnosed with multiple myeloma cancer. The incidence rate was 5.5 per 100,000 females and 7.4 per 100,000 males. In 2022, 436 people died from myeloma.

The risk factors for multiple myeloma cancer are:

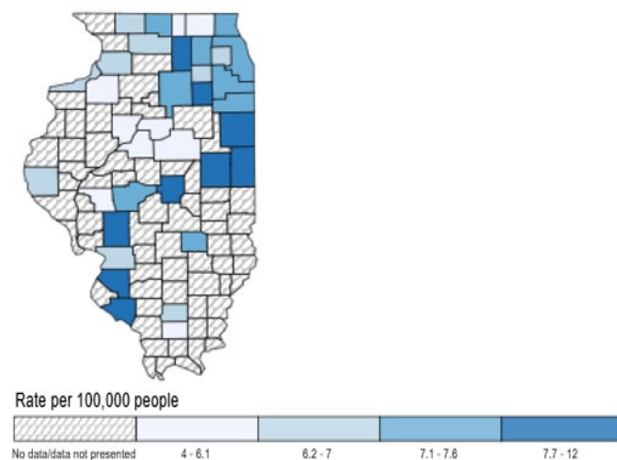
- Sex
- Older age
- Having other plasma cell diseases
- Family history

SCREENING GUIDELINES

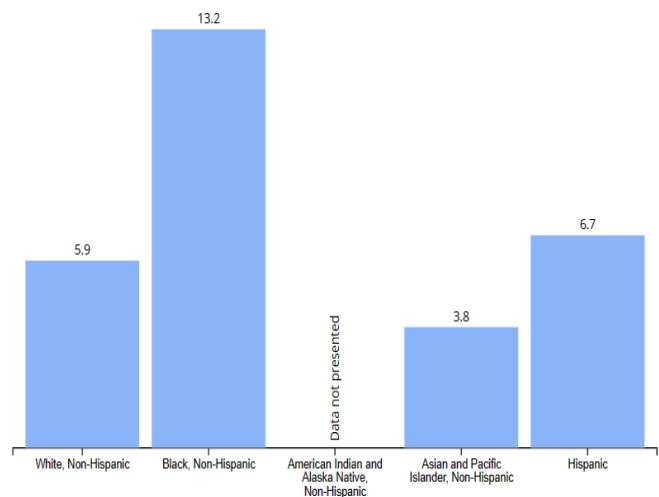
There are no screening tests for multiple myeloma cancer. A blood and urine test can be used to diagnose multiple myeloma cancer.

INCIDENCE RATES

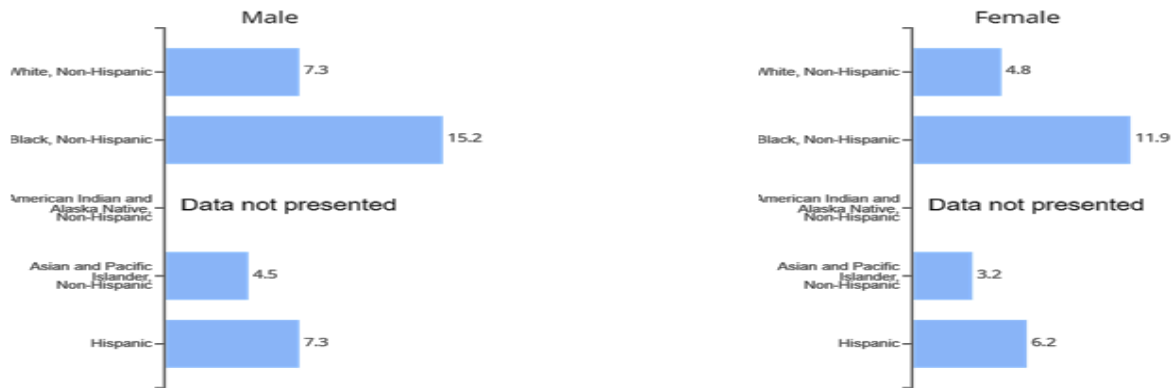
Rate of myeloma cancer incidence by Illinois county, all ages, all races, and ethnicities, 2017-2021.



Rate of new cancers in Illinois by race and ethnicity, 2017-2021.



Rate of new cancers in Illinois by sex, race, and ethnicity, 2017-2021



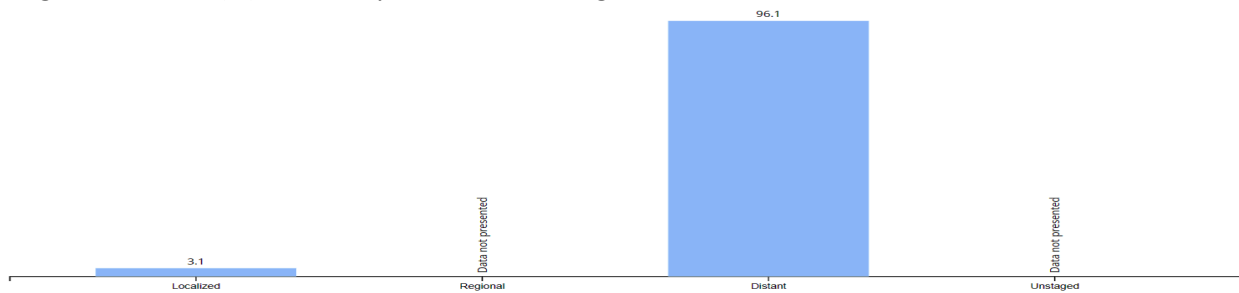
Rates and counts below 16 are not shown in U.S. Cancer Statistics. This discourages misinterpretation of unstable data and protects patient confidentiality. When the numbers of cases or deaths used to compute rates are small, those rates tend to have poor reliability.

Source - U.S. Cancer Statistics Working Group. U.S. Cancer Statistics Data Visualizations Tool, based on 2022 submission data (1999-2021): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, and National Cancer Institute; <https://www.cdc.gov/cancer/dataviz>, released in June 2024.

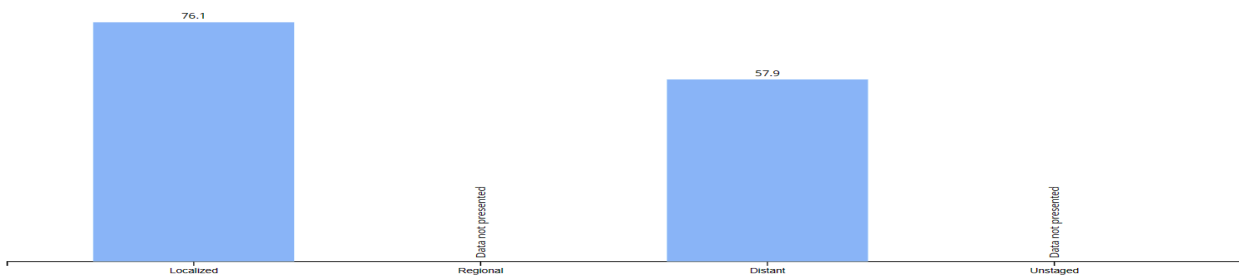
LATE-STAGE DIAGNOSIS

The following chart shows the distribution of new myeloma cancer diagnoses by stage and five-year survival percentage by state. The summary stage characterizes invasive cancers as localized, regional, or distant. Localized cancer is confined to the primary site, regional cancer has spread directly beyond the primary site (regional extension) or to regional lymph nodes, and distant cancer has spread to other organs (distant extension) or remote lymph nodes (U.S. Cancer Statistics Data Visualizations, 2024). Some cancers are unstaged, or the stage is unknown or unspecified.

Stage distribution (%) of new myeloma cases, all ages, all races and ethnicities, Illinois, 2017-2021.

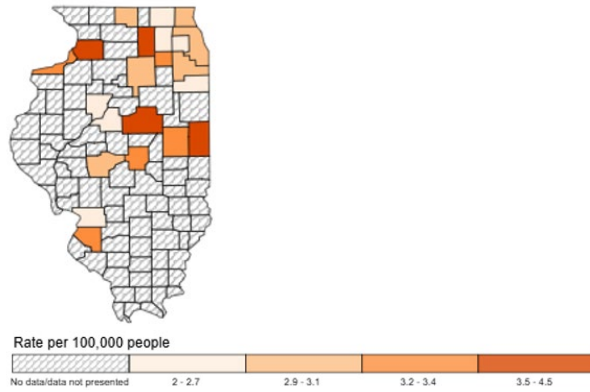


Five-year relative survival (%) by stage of myeloma cancer cases, all ages, all races and ethnicities, Illinois, 2017-2021.

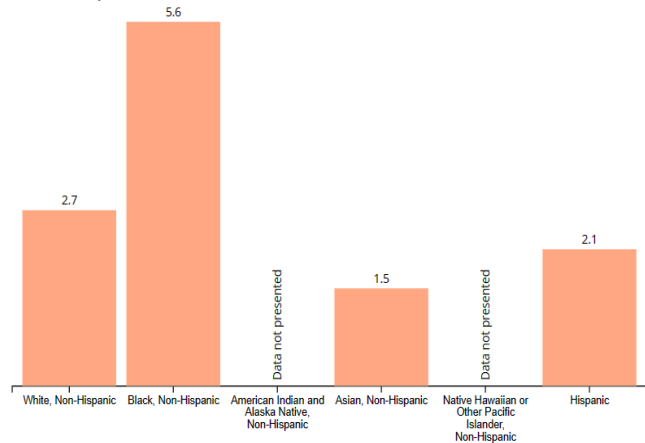


MORTALITY RATES

Rate of myeloma cancer mortality by Illinois county for all ages, races, and ethnicities, 2018-2022.



Rate of new cancer deaths in Illinois by race and ethnicity, 2018-2022.

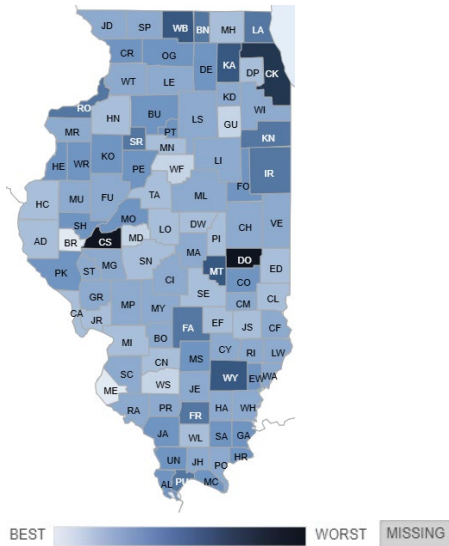


Source - U.S. Cancer Statistics Working Group. U.S. Cancer Statistics Data Visualizations Tool, based on 2022 submission data (1999-2021): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, and National Cancer Institute; <https://www.cdc.gov/cancer/dataviz>, released in June 2024.

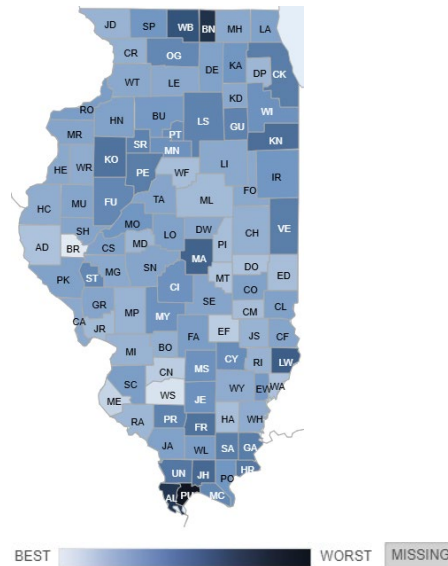
GROUPS AT HIGHEST RISK

Even though anyone can develop myeloma cancer, Black non-Hispanic individuals have the highest incidence rates compared to other groups. The incidence rate for Black non-Hispanic individuals is 13.2 per 100,000. This group has the highest mortality rate as well. Myeloma cancer incidence rates are associated with access to care and employment status. Both can negatively impact late-stage diagnosis and survival rates.

In Illinois, 10% of adults under age 65 did not have health insurance. This ranged from 5% to 13% of adults across counties in the state.



In Illinois, 4.6% of people age 16 and older were unemployed but seeking work. The unemployment rate ranged from 2.2% to 6.9% across counties in the state.



Source – <https://www.countyhealthrankings.org/health-data/illinois?year=2024>

SUGGESTED POLICY, SYSTEM, AND ENVIRONMENTAL CHANGE STRATEGIES

- Increase support for non-profit health care organizations and deliver comprehensive care to uninsured, underinsured, and vulnerable patients regardless of ability to pay; often called community health centers (CHCs).
- Open clinics earlier, close later, and offer appointments during lunch hours or weekends.
- Provide outreach and support to assist those whose employers do not offer affordable coverage, who are self-employed or unemployed.
- Support acquisition of job-specific skills through education, certification programs, or on-the-job training, often with personal development resources and other supports.

CLINICAL TRIALS

Clinical trials are research studies for doctors to find new ways to improve treatments and the quality of life for people with certain diseases. Researchers design cancer clinical trials to test new ways to treat cancer, find and diagnose cancer, prevent cancer, and manage symptoms of cancer and side effects from its treatment.

- National Cancer Institute: <https://ccr.cancer.gov/clinical-trials/all?query=multiple+myeloma>
- National Library of Medicine: <https://www.clinicaltrials.gov/search?cond=myeloma>

RESOURCES

- American Cancer Society: <https://www.cancer.org/cancer/types/multiple-myeloma.html>
- Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/multiple-myeloma/symptoms-causes/syc-20353378>
- National Cancer Institute: <https://www.cancer.gov/types/myeloma>

CONTINUING EDUCATION

- CDC: <https://www.train.org/cdctrain/search?query=myeloma>
- Medscape CME and Education: <https://search.medscape.com/search/?q=%22myeloma%22&plr=edu&page=1>
- National Comprehensive Cancer Network: https://education.nccn.org/course-catalog-list?text=myeloma&sort_by=field_course_event_date_value

We acknowledge the Centers for Disease Control and Prevention (CDC) for supporting the Illinois staff and the printing and distribution of the monograph under cooperative agreement NU58DP007162 awarded to Illinois. The monography's contents are solely the authors' responsibility and do not necessarily represent the official views of the CDC.