



Drs. Keitley, Bromwich, Norman, Tiffney, Digby, Wickett & Mawdsley

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## **MONOCLONAL GAMMOPATHY OF UNKNOWN SIGNIFICANCE (MGUS)**

### **- MONITORING IN THE COMMUNITY**

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What does this mean for me? You have been diagnosed with MGUS. This is the commonly used abbreviation for Monoclonal Gammopathy of Unknown Significance. It means that you have an abnormal protein in your blood, which is not causing any trouble at present.

Each year approximately 1% of patients (one in a hundred) with MGUS progress to an actual disease. This is usually a myeloma or lymphoma. We will be happy to provide you with more information about myeloma and lymphoma if you need it. This means that most patients will never have any health problems due to their MGUS.

We recommend you should have a blood test at your GP surgery on a yearly basis, even if you feel well. This will allow us to check the amount of this abnormal protein in your blood.

#### **Are there any symptoms I need to be aware of?**

Please consult your GP if you develop any of the following new symptoms:

- Pain in your bones or back - particularly as you rest or at night.
- Any bleeding or bruising without injury.
- Lumps in the neck, under your arms or in the groin.
- Persistent loss of appetite.
- Unintentional weight loss.
- Drenching sweating or unexplained fevers.
- Headaches or visual changes.
- Any shortness of breath.

If you have any questions about this information, please contact your GP or the Haematology Specialist Nurse at Gloucester Royal Hospital- **Ellen Baker- 0300 422 2868**

## **Useful contacts**

- <https://www.macmillan.org.uk/cancer-information-and-support/worried-about-cancer/pre-cancerous-and-genetic-conditions/mgus>
- Ask your pharmacist
- Patient UK - [www.patient.co.uk](http://www.patient.co.uk)
- NHS Choices, [www.nhs.uk/conditions/](http://www.nhs.uk/conditions/)

### ***If you have further questions:***

Call the **practice** on *01285 653184 or 01285 653122*

If you require **urgent** medical advice, call *111 (24 Hrs)*

In an **emergency** call **999**