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MONOCLONAL GAMMOPATHY OF UNKNOWN SIGNIFICANCE (MGUS)

- MONITORING IN THE COMMUNITY

You have been diagnosed with MGUS. This stands for Monoclonal Gammopathy of Undetermined Significance.

MGUS means that a blood test has found a small amount of an abnormal protein in your blood. This protein is called a paraprotein or M-protein. MGUS is not cancer and most people with MGUS never develop any serious problem from it.

A small number of people with MGUS can later develop a blood condition such as myeloma, lymphoma or AL amyloidosis. The average risk is about 1 in 100 per year, but the risk is different for each person depending on the type and level of protein and the serum free light chain result.

For this reason, we monitor MGUS with blood tests and by asking about new symptoms. You will usually have repeat tests about 6 months after MGUS is first found. After that, monitoring may be yearly, every 2 years, or more often depending on your individual risk and local haematology advice.

Please contact your GP if you develop any of the following new or unexplained symptoms:

- persistent bone pain, especially back, rib or hip pain
- pain at rest or pain waking you at night
- unexplained fracture
- unusual tiredness, breathlessness or recurrent infections
- unexplained weight loss, fevers or drenching night sweats
- new lumps in the neck, armpit or groin
- unusual bleeding or bruising
- new numbness, tingling or nerve symptoms
- headaches, dizziness, visual change or hearing change
- ankle swelling, frothy urine or worsening kidney function

- symptoms such as a swollen tongue, bruising around the eyes, unexplained heart failure symptoms or severe dizziness on standing

Most symptoms will not be due to MGUS, but it is important that we check.

For more information, Myeloma UK has a patient MGUS infosheet and an Infoline: 0800 980 3332. The Myeloma UK patient sheet now describes MGUS as not cancer, explains the paraprotein, and includes information about MGCS/MGRS-type complications.

Useful contacts

For further information about MGUS, you may find these resources helpful:

- Myeloma UK: www.myeloma.org.uk/understanding-myeloma/related-conditions/mgus
- Myeloma UK Infoline: 0800 980 3332
- Macmillan Cancer Support: www.macmillan.org.uk/cancer-information-and-support/worried-about-cancer/pre-cancerous-and-genetic-conditions/mgus

If you need further help

For ***non-urgent medical questions***, please contact the practice using our online triage form via the practice website.

CHG triage form (appointments and online contact):
<https://cirencesterhealthgroup.co.uk/appointments/>

If you cannot use the online form, please ***call the practice on:***

- 01285 653184
- 01285 653122

For ***urgent medical advice*** when the practice is closed, or if you are unsure what to do, use NHS 111 online at www.111.nhs.uk or call 111.

In a ***life-threatening emergency***, call 999.

