



*Better
Together*

Patient information

Monoclonal Gammopathy of Undetermined Significance (MGUS)

Haematology Department

Royal Liverpool Hospital and Broadgreen Hospital

PIF1969/V1

Monoclonal Gammopathy of Undetermined Significance (MGUS) is a benign (non-cancerous) condition and is characterised by the presence of an abnormal antibody called a paraprotein in the blood and/or urine. Antibodies help fight infection in the body.

Whilst most people with MGUS have a stable condition which does not require treatment, a small number of these patients will go on to develop a more serious condition called Myeloma (cancer of the plasma cells) or Lymphoma (cancer of the lymphatic system). This means that patients with MGUS require regular check-ups.

The cause or causes of MGUS are unknown. There are three types of MGUS - IgA, IgG and IgM MGUS, this refers to the type of antibody affected. IgA and IgG MGUS can rarely progress onto a condition called Myeloma, while IgM can rarely progress into a condition called Lymphoma.

MGUS is a common condition the frequency of which increases with age. Around four out of five people with MGUS will never know that they have the condition because it usually does not cause any symptoms.

Current guidance recommends that MGUS is actively monitored but not treated. If however there are signs of progression, then treatment can be beneficial. Each year about one in 100 patients will go on to develop the more serious condition and will require treatment.

You will have a blood test to check your paraprotein levels every three to four months for the first year and then six to twelve monthly thereafter as long as your condition remains stable.

If your paraprotein level starts rising you may need to have various other tests and investigations including, blood and urine tests, X-ray, CT scan or bone marrow biopsy.

If your paraprotein level is stable after the first year, we may then ask your family doctor (GP) to take over the monitoring.

If you have any new persistent unpleasant symptoms, please make an appointment with your GP. If the symptoms persist even after the GP's intervention, or either you or the GP are worried, you or (s)he can contact the Haematology department on the numbers below for advice.

Night sweats, weight loss, recurrent infections, glandular enlargement, bleeding, breathlessness, severe lethargy, headaches, blurred vision and fluid retention are of particular concern.

Counselling services, a support group, benefits advice, and advice on help at home can also be accessed via the contact numbers below.

Further Information

Carla Taylor (Myeloma clinical nurse specialist) deals with IgG + IgA MGUS.

Available Mon to Fri, 9am – 4pm

Tel 0151 706 4889

Text phone number: 18001 0151 706 4889.

Hayley Wilson / Lauren Morris (Lymphoma clinical nurse specialists) deal with IgM MGUS.

Available Mon to Fri 9am – 4:00pm

Tel. 0151 706 4373 or 0151 706 2234.

**Text phone number: 18001 0151 706 4373 or
18001 0151 706 2234**

Macmillan Support

www.macmillan.org.uk

Tel 0808 808 00 00

Myeloma UK
www.myeloma.org.uk
Tel 0800 980 3332

Lymphoma Association
www.lymphoma.org.uk/
0808 808 5555

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعة الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونيا.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نمخوشانهی له‌لایمن تراستهوه پامسند کراون، نهمگه داوا بگریت له فورماتکائی تردا بریتی له زمانهکائی تر، نیزی رید (هاسان خویندندهوه)، چاپی گهوره، شریتی دهنگ، هیللی موون و نملیکتر و نیکی هیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.