

# **Monoclonal Gammopathy of Unknown Significance (MGUS) - monitoring in the community**

Information for patients, relatives and carers

## **The Haematology Department**

① For more information, please contact: The Magnolia Centre  
The York Hospital, Wigginton Road, York, YO31 8HE  
Telephone 01904 725815

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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 and / 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 and / or unexplained fevers.
- Headaches and / or visual changes.
- Any shortness of breath.

**If you have any questions about this information, please contact the Haematology Nurses on 01904 725815.**

## Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Haematology Clinical Nurse Specialists on telephone 01904 725815.

## Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

## Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

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