

WHAT YOU SHOULD KNOW ABOUT MONOCLONAL GAMMOPATHY OF UNDETERMINED SIGNIFICANCE

In the Clinic
Annals of Internal Medicine

What Is Monoclonal Gammopathy of Undetermined Significance?

Monoclonal gammopathy of undetermined significance (MGUS) is a condition where an abnormal protein, known as a monoclonal protein or an M-protein, is in your blood. This abnormal protein is formed within your bone marrow, the soft tissue in the center of most of your bones that produces blood.

What Are the Risk Factors for MGUS?

You may be at higher risk for MGUS if you have the following:

- Older age
- Male sex
- Black race
- First-degree relative with a history of MGUS or multiple myeloma
- Obesity
- Suppressed immune system
- Personal or family history of autoimmune diseases
- Gaucher disease
- Exposure to certain pesticides

What Are the Symptoms and Long-Term Risks of MGUS?

Most people who have MGUS do not have any symptoms but are at greater risk for developing more serious conditions, such as multiple myeloma (cancer of the plasma cells in the bone marrow), lymphoma (cancer of the lymphatic system, which is part of the body's germ-fighting network), and Waldenström macroglobulinemia (a rare cancer that begins in the white blood cells).



How Is MGUS Diagnosed?

Because MGUS typically has no symptoms, it is usually diagnosed as part of an evaluation for a more serious condition that your doctor might be worried about, such as multiple myeloma.

- Your doctor will ask you about your medical history and give you a physical examination.
- You will get blood tests.
- Depending on the results of the initial blood tests, you may have a follow-up urine test.
- Depending on the initial test results, you may need to have a biopsy of your bone marrow and/or x-rays of your bone.

How Is MGUS Treated?

MGUS does not require treatment. However, because MGUS may progress to cancer or another serious condition, your doctor will want to monitor you approximately every 6 to 12 months with repeated blood tests.

Questions for My Doctor

- What symptoms should I watch out for that may point to something more serious?
- Do I need to have other tests?
- What is my risk for getting a more serious condition?
- How often should I have a follow-up checkup?
- Should I follow up with a specialist?

For More Information



Mayo Clinic

www.mayoclinic.org/diseases-conditions/mgus/symptoms-causes/syc-20352362

International Myeloma Foundation

www.myeloma.org/resource-library/understanding-mgus-smoldering-myeloma