



“Providing an opportunity for multiple myeloma patients and their loved ones to come together to exchange information for mutual support, comfort, and friendship”

Group Information:

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Madison Multiple Myeloma Support Group website
madisonmultiplemyeloma.org

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Information Sources :

International Myeloma Foundation (IMF)
Phone: 800 - 452 - 2873
Email: TheIMF@myeloma.org
Website: www.myeloma.org

Multiple Myeloma Research Foundation(MMRF)
Phone: 203 - 972 - 1250
Email: info@themmrf.org
Website: www.multiplemyeloma.org

HealthTree Foundation
P.O. Box 1286
Draper, UT 84020
www.healthtree.org

Blood Cancer United (formerly LLS)
<https://bloodcancerunited.org/form/contact-us>
Live chat: <https://bloodcancerunited.org/resources/patients/information-specialists>
Contact phone number 1-800-955-4572

April 2026 Myeloma Newsletter

Upcoming Meeting Speakers:

April meeting is a group share. No scheduled speakers.

Shawna Kuhlert, UW Hematology Clinic Pharmacist was our featured speaker for the March meeting. She has sent her answers to the questions that we forwarded to her in advance of the meeting. We will definitely have her back again.

Our group discussion expanded on the concept of a “**Healthy Mind**”. Richard J. Davidson, UW professor of Psychology and Psychiatry has an interesting YouTube presentation entitled “The 4 Pillars of a Healthy Mind”. It is an easy search on Google or whatever you use to search topics.

Here is a free app entitled - [Healthy Minds Program App | Science-Based Wellbeing](#) .

With our group member's permission, I am sharing Lori's recently published article entitled – “**Who Am I Now?**” It is a deeply moving, thought provoking description of how life is changed when diagnosed with a cancer. Her characterization of the Two You's – one to grieve and not to forget. The other to embrace and build a strong resilience to meet each day with grace. **Well done Lori!**

Found some very interesting information about “**Cost Plus Drug Pricing**”. A new resource is Mark Cuban's company that was launched 2022 that sells generic drugs at cost plus 15% markup and a \$5 pharmacy fee and shipping. Although many Myeloma drugs are not yet available on this site, some are and it is worth checking to see what does qualify and how much of a savings there might be.

<https://www.costplusdrugs.com> As more drugs are added in the future, it is worth checking from time to time.

The Trillium Fund was established by our founding support group members to facilitate Multiple Myeloma research here in Madison at the Wisconsin Institute of Medical Research. If you or your family wish to donate or send a memorial to this program, checks can be made payable to the “UW Foundation – Trillium Fund” and sent to UW Carbone Cancer Center, University of Wisconsin Foundation, US Bank Lockbox Box78807 Milwaukee, WI 53278-8807. Donations may also be made online at www.supportuw.org/give (Trillium Fund in Multiple Myeloma Research – 112903576). For any questions, please call Janie Winston 608-512-6068 or email at Janie.Winston@supportuw.org

Madison MM Support Group is inviting you to a scheduled Zoom meeting April 21, 2026 starting at 3:30pmCST.

<https://myeloma-org.zoom.us/j/81745782301?pwd=L2u5V0zAxLtuhQtKh2WZZaO3lsvs8N.1>

Meeting ID: 817 4578 2301

Passcode: 636273

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- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 360 209 5623 US

Meeting ID: 817 4578 2301

Passcode: 636273

Find your local number: <https://myeloma-org.zoom.us/j/kfhNZQhIT>