



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

**Meeting:** **Tuesday August 15, 2017 3:30pm – 5:30pm**  
**451 Junction Road**  
**UW West Clinic Room 1287**  
**Enter the clinic... proceed left past the vending area... turn left again and conf. room 1287 is the last one on the left.**

**Information:** Jayne Schwartz 608- 244-2120 [schwartzdon@sbcglobal.net](mailto:schwartzdon@sbcglobal.net) Madison Multiple Myeloma Support Group website [madisonmultiplemyeloma.org](http://madisonmultiplemyeloma.org)

**Mailing Address:** Wisconsin Multiple Myeloma Support Group  
3309 Chicago Avenue  
Madison, WI 53714-1815

**More Information:**  
International Myeloma Foundation (IMF) Phone: 800 - 452 - 2873 Email: [TheIMF@myeloma.org](mailto:TheIMF@myeloma.org) Website: [www.myeloma.org](http://www.myeloma.org)  
Multiple Myeloma Research Foundation (MMRF) 203 - 972 - 1250 [info@themmrf.org](mailto:info@themmrf.org) [www.multiplemyeloma.org](http://www.multiplemyeloma.org)

**Upcoming meeting speaker:**

Dr Natalie Callander will be our October meeting speaker. She will be here at 4:30pm.  
Sent an inquiry to the UW Pain Clinic for Dr Peggy Kim to join us soon.

Our August meeting does not have a scheduled speaker

A big **Thank You** to Tony and Darlene for their generous contribution to our support group. It is appreciated and will go towards the mailing and printing expenses.



**Golf event was a huge success!**

**If you missed it, you can still make a donation.** All money goes to the Trillium Fund for Myeloma research here at the UW Carbone Cancer center.

<http://birdeasepro.com/oncourseforacure>

A side note... Dr Natalie Callander emailed to personally say “Thank You” to everyone who attended. She hoped that you all enjoyed the golf, dinner and program.

**The next Trillium presentation will be November 9, 2017 at the WIMR (Wisconsin Institute of Medical Research). This research area is just adjacent to the Carbone Cancer center. More information to follow as the date gets closer. Mark your calendars now!**

I encourage you to look over Dr Durie's blog on the IMF website. There are too many subjects to mention them all but here are the most recent. All very interesting!

- Are there clinics and specialists that focus on high risk Myeloma?
- How many transplants can you have?
- Immune therapies soon?
- Routine x-rays still recommended?
- What does an increasing Beta2-Microglobulin mean?

To continue our last group discussion about MCV, MCH, RDW CV and RDW SD as part of your blood test results..... (Info from Med-Health.net, Labtestsonline.org and WebMD)

MCV (mean corpuscular volume) and MCH (mean corpuscular hemoglobin) levels are tested as part of a complete blood count test. The MCV test measures the size of the average red blood cell. The MCH test measures the amount of hemoglobin in the average red blood cell.

Hemoglobin is the substance that carries oxygen to the body's cells. Lab Tests Online maintains that these test results correlate because large red blood cells, as indicated by a high MCV number, typically have a larger amount of hemoglobin than do normal-sized red blood cells. Thus a high MCV result typically leads to an MCH total that is also high.

#### RDW-CV and RDW-SD

Red blood cell distribution width is a way for scientists to measure red blood cell volume and size. When red blood cells are larger than normal, that could indicate a problem. The RDW-SD is an actual measure of size.

RDW stands for the red blood cell distribution width. It measures the variability in red blood cell size.

In the normal state, red blood cells are continually being produced and removed from the blood at a steady rate. The young, immature red blood cells are larger than mature red blood cells. There are predictable proportions of large and small red blood cells, which can be plotted on a graph as the normal values.

In certain forms of anemia, the RDW may be higher than normal because there are more immature or abnormal red blood cells skewing the statistical range of values.

The RDW result is nonspecific. If a doctor suspects an unusual form of anemia, there are more sophisticated tests that can make the diagnosis.

**IMF Info Line** – If you or someone you care for has myeloma, you have questions. Probably, lots of them. You can search the Internet all you want, but other than asking your doctor, there is no better way to get your questions answered than to call the IMF Info Line. Missy, Judy and Paul know their stuff and they want to share what they know with you. Just ask anyone who has called the IMF Info Line. Patients or caregivers are welcome to contact the Info Line staffed by trained specialists at 800-452-CURE (800-452-2873). The Info Line is staffed between 9am and 4pm Pacific Time, 11am to 6pm Central time or [infoline@myeloma.org](mailto:infoline@myeloma.org).

**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".

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