



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

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Multiple Myeloma Research Foundation(MMRF)
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Myeloma Crowd /Health Tree Foundation
P.O. Box 1286
Draper, UT 84020
www.myelomacrowd.org

December 2023 Myeloma Newsletter

Upcoming Meeting Speakers

Todd Foster, Product Development Director from HealthTree will be our featured speaker for the January 16, 2024 meeting. He will present information about the Cure Hub.

Shannon Blake and Christina Nielsen from the Leukemia, Lymphoma Society (LLS) will be our featured speakers for the February 20, 2024 meeting. Christina's topics will be LLS patient and community support materials, educational programs and financial resources. Shannon's topics will include LLS research initiatives and the top funded priorities.

One of the **MMRF nurse navigators** will present at the March 2024 meeting. More info to follow.

Working on getting **Dr Aric Hall, UW Carbone Cancer Center** for the April 16, 2024 meeting.

Working on getting **Dr Zhubin Gahvari, UW Carbone Cancer Center** for the May 21, 2024 meeting. Hoping to get his presentation on Relapsed Myeloma that he shared with us at the recent Multiple Myeloma Research and Patient Care event. The Trillium Research update held October 30th.

Tom Vodicka will be our featured speaker for the December 19, 2023 meeting. Tom recently spoke at the HealthTree coaches meeting that our group member, David attended. Tom's topic of “Life and Wills” is a subject that veers off of our usual Myeloma learnings. It promises to be an interesting presentation. Tom will be joining us at 3:30pm. We will still have time for some group sharing after his presentation. **Mark your calendar now not to miss this meeting.**

This is an interesting read from the HealthTree Foundation...

How Could My Body's Natural Killer Cells Stop Killing Myeloma Cells?

October 11, 2023

In a myeloma [study](#) led by Dr. Frances Seymour with the Leeds Teaching Hospital, she and her team found that one of the reasons a multiple myeloma patient's own natural killer (NK) cells stop killing myeloma cells is because they become exhausted. Had the NK cells not become exhausted, they would have kept killing myeloma cells.

IMMUNE SYSTEM CELL EXHAUSTION CAUSED BY EXCESS OXIDATIVE STRESS AND REVERSED WITH ANTIOXIDANTS

Dr. Santosha Vardhaha and his team with the Memorial Sloan Kettering Cancer Center (MSKCC) [found](#) that cancer-killing immune system cells (like NK cells) get exhausted because excess oxidative stress builds up in the cell as it attacks a cancer cell.

Over time, the oxidative stress becomes too much, and the immune system cell's mitochondria become "exhausted", stopping the cell from working to kill cancer cells or multiply.

The body's excess oxidative stress is also influenced by the intake of high oxidative stress-causing environmental substances found [here](#) (like herbicides, refined sugar, meats cured with nitrates, etc).

Dr. Vardhaha found that this cellular exhaustion is reversible by administering antioxidants. After increasing antioxidants, the cancer-killing immune system cells' fatigue was reversed, and they could continue killing cancer cells and multiply to circulate the body.

MSKCC is now implementing Dr. Vardhaha's research into a clinical trial for high-risk lymphoma patients (read more [here](#)). We hope to implement similar treatment strategies through clinical trials for myeloma patients.

See [here](#) for a list of high-antioxidant foods and spices patients can include in their meals.

NEXT STEPS

Through clinical trials with the support of doctors, researchers, fund donors, and myeloma patients, we can help implement these facts into treatment action for patients.

Further research is needed to review items such as helping ensure a myeloma patient already has enough NK cells to empower with antioxidants or if multiplying the NK cells in a lab and then infusing them into the patient in combination with antioxidants is needed to kill myeloma cells.

Clinical trials will also help determine the appropriate dose of antioxidants needed to reverse NK cell fatigue.

From the IMF-

For the first time ever, Medicare will cover dental services that are necessary before or during certain cancer treatments. Some examples of these cancer treatments with tandem dental services covered by Medicare include CAR T-cell Therapy and stem cell transplant, among others. The information below provides further details to share with your dental provider.

From the CMS.gov - Dental Services Integral to Medicare Covered Services

The dental services payment exclusion doesn't apply, and Medicare can pay under Part A and Part B, when dental services are inextricably linked to the clinical success of other Medicare-covered procedures or services.

Examples of dental services that are inextricably linked to, and substantially related and integral to the clinical success of, certain Medicare-covered services could include, but aren't limited to:

- Dental or oral exams as part of a comprehensive workup prior to the Medicare-covered services listed below. And, medically necessary diagnostic and treatment services to eliminate an oral or dental infection prior to or contemporaneously with these Medicare-covered services:
 - Organ transplant, **including hematopoietic stem cell and bone marrow transplant**
 - Cardiac valve replacement
 - Valvuloplasty procedures
 - **Chemotherapy, chimeric antigen receptor (CAR) T-cell therapy**, and the administration of high-dose bone-modifying agents (antiresorptive therapy) when used in the treatment of cancer
- Dental or oral exams as part of a comprehensive workup prior to, medically necessary diagnostic and treatment services to eliminate an oral or dental infection prior to or contemporaneously with, and medically necessary diagnostic and treatment services to address dental or oral complications after, Medicare-covered treatment of head and neck cancer using radiation, chemotherapy, surgery, or any combination of these.
- Dental ridge reconstruction done as a result of and at the same time as surgery to remove a tumor.
- Services to stabilize or immobilize teeth related to reducing a jaw fracture.
- Dental splints, only when used as part of covered treatment of a covered medical condition such as dislocated jaw joints.

The IMF has more information on this new drug to mobilize stem cell collections when it may be difficult to get the needed volume of cells. Reference their website to learn more.

Search for: FDA Approves APHEXDA™ (motixafortide) in Combination with Filgrastim (G-CSF) to Mobilize Hematopoietic Stem Cells for Collection and Subsequent Autologous Transplant for Multiple Myeloma Patients

Post date-Tuesday, September 12, 2023

Our virtual meetings are on the Zoom platform.

Our meeting for December 19, 2023 will be from 3:30pm to 5:30pm. Tom Vodicka will be our guest speaker.

Join Zoom Meeting

<https://myeloma-org.zoom.us/j/84457667535?pwd=V0lJTdNQQU2FOZ1hMUkFaRmJBc0Qzdz09>

Meeting ID: 844 5766 7535

Passcode: 678275

One tap mobile

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+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

Meeting ID: 844 5766 7535

Passcode: 678275

Find your local number: <https://myeloma-org.zoom.us/u/kyMbCRs05>

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 specialist 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.

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, 1848 University Ave, Madison, WI 53726. 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.