



“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 February 17, 2015 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
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Mailing Address: Wisconsin Multiple Myeloma Support Group
3309 Chicago Avenue
Madison, WI 53714-1815

More Information:

International Myeloma Foundation (IMF)	Multiple Myeloma Research Foundation (MMRF)
Phone: 800 - 452 - 2873	203 - 972 - 1250
Email: TheIMF@myeloma.org	info@themmrf.org
Website: www.myeloma.org	www.multiplemyeloma.org

Upcoming speakers

Debbie Boldt-Houle, Senior Director Scientific Affairs from the Binding Site, Inc needed to reschedule her presentation. She will join us in July. She will present information about the Freelite testing.

February meeting speaker is Aric Hall, MD. Aric is a third year oncology fellow working at the UW Carbone Cancer Center. He will be available for a question and answer session. He will be joining us at 4:30pm. He is not able to get away sooner so we will have a general group update from 3:30 til he joins us.

Donations

A big thank you to Jon Di Piazza, Corrie and Ron Nagle, Darlene and Tony Nowak for their generous donations to our support group.

In memory of Dave Rabe's mother Margaret, the family has made a memorial contribution to our group. Margaret passed away on January 13th. Our sincere sympathies go to the Rabe family. All contributions will go towards the newsletter expenses and printer costs. It is very much appreciated.

Don't let things get out of control!

The IMF recommends that you contact your doctor if you have any of these symptoms:

- New or worsening bone pain(especially in the back)
- Fever
- Rash (shingles or allergic reaction to the treatment)
- Shortness of breath
- Pain, swelling or redness in the calf
- Pain, weakness, or increasing numbness in the hand and/or feet
- Extreme fatigue and lethargy

- Uncontrolled nausea and vomiting, loss of appetite and/or diarrhea
- Constipation (no BM in 3 days)

You may think that you can hold out for another day or two for a turnaround of your symptoms but your immune system may not have the strength to get through it without medical support. The longer you wait; the more risk you subject yourself to. You can become very ill in a short period of time. Don't delay seeking help from your clinic or hospital. Don't ever feel that your doctors will think you have overreacted to your concern. If you get that feeling from them, you are working with the wrong care providers. You need to be your biggest advocate. You are a big deal to your loved ones. Take good care of yourself!

If you missed the Best of Ash overview by Dr Brian Durie, you can access it anytime by signing into www.bestofash2014.myeloma.org

Dates to Remember....

IMF San Francisco Patient & Family seminar- March 27-28, 2015.

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. Debbie, 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.

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".

Send to: Maureen Dembski, Director of Development

UW Carbone Cancer Center

University of Wisconsin Foundation

1848 University Avenue

Madison, WI 53726

maureen.dembski@supportuw.org