



“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 16, 2016 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
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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

- **March** meeting- Sue Enright from the IMF will speak to the group. Weather permitting.
- **April** meeting speaker- Jill Helgeson from SHIP-(State Health Insurance Program).
- **June meeting-** Dr Aric Hall, UW Hematology faculty member will do a Q&A starting at 4:30pm
- **July meeting-** Peggy Wellman from Takeda will be returning. Topic to be determined later.

February's group meeting will be split into two separate meetings. Caregiver's meeting facilitated by Jayne and the MM patient's meeting facilitated by Don. For the Caregiver's meeting, Jayne will provide paper and pen for all Caregivers to jot down a topic of discussion. We will gather them up and place them in a bowl. Topics now belong to the group and are not linked to the author for anonymity. We will try to get thru as many as we can. Our goal is to share experiences and talk about what works for us. Can't promise a perfect solution but we can support each other thru this discussion.

IMF Publications...

The IMF has a new publication - "MGUS and Smoldering Myeloma". If you haven't visited their website in a while you may find other booklets of interest to you. They are available in PDF or hard copy. Check it out!

Our thanks to Tim McNeill and his family for their presentation at our January meeting. There is so much to learn about Myeloma and the physical impact it has on the patient and families. They shared their most painful experiences and the great joy in the small accomplishments toward recovery. Tim's sister Peg mentioned "Share The Care" website. Sharethecare.org offers caregivers and professionals help in creating and sustaining caregiving groups. We will be adding this one to our website as a resource.

Save the date....

February 26th – 27th IMF Patient and Family Seminar in Boca Raton, Florida. Register online BocaRaton2016.myeloma.org or phone 1-800-452-2873.

March 18th -19th IMF Patient and Family Seminar in Seattle, Washington. Register online Seattle2016.myeloma.org or phone 1-800-452-2873.

April 14, 2016 Cancercare presentation on the “Progress in the Treatment of Multiple Myeloma. Sign up on the Cancercare website.

April 28, 2016 Cancercare presentation on “Coping with the Stress of Caregiving When Your Loved One has Multiple Myeloma”. Sign up on the Cancercare website.

April 30-May 1, 2016 “Celebrating a Second Chance at Life”, a symposium for bone marrow, stem cell and cord blood transplant survivors. Register now at www.bmtinfonet.org/Chicago2016 or phone 888-597-7674

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”.

Katie Williquette

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Found the following chart ... **Side Effects of Common Myeloma Drugs**. The last several months some members have reported they are now dealing with cardiac issues. The chart makes a comparison of the most commonly prescribed medications for Myeloma. Interesting.....