



“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 June 19, 2018 3:30pm – 5:30pm  
451 Junction Road  
Madison, WI  
UW West Clinic Room 1287

Enter the clinic... proceed left past the vending area... turn left again and conference room 1287 is the last one on the left.

Group Information:

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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

Information Sources :

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)  
Phone: 203 - 972 - 1250  
Email: [info@themmrf.org](mailto:info@themmrf.org)  
Website: [www.multiplemyeloma.org](http://www.multiplemyeloma.org)

Upcoming Meeting Speakers... **Mark your calendars now!**

Dr Sara Christensen Holz, Associate Professor Dept of Orthopedics and Rehabilitation will speak at our July 17<sup>th</sup> meeting. She will join us at 4:30pm and talk about balance issues and neuropathy.  
Jill Helgeson, Lead Medigap Helpline Coordinator - She is one of our favorite speakers and will join us August 21<sup>st</sup>. She will present “Fitting The Pieces Around Medicare”.  
Dr Natalie Callander will likely join us for our October meeting. More information to follow.

**Dr Shannon O’Mahar, MD is our June meeting speaker. She will join us at 4:30pm. Dr O’Mahar was at the ASH and ASCO conferences just recently and will likely speak about those events.**



Get this date on your calendars now! **“On Course for A Cure 2018”, the 2nd annual golf outing** will be August 13, 2018. Last year’s event was a huge success. Here is what you need to know! Use this link to sign up. <https://birdeasepro.com/oncourseforacure>  
Support group members can register for free by using the promo code: SUPPORT

Madison's Police Chief Mike Koval has agreed to speak at the event! There will also be a short video of the Mt. Everest climb that was put together by National Geographic photographers. Our own Dr Ben Marcus, was a participant in that climb. Joe Ripp plans to show a music video. And, of course, Dr. Natalie Callander will give an update as well. Should be a great program! Come to golf or just come for dinner. This event is a fund raiser for the UW Trillium Research. See you there!

### **Managing Peripheral Neuropathy - Myeloma Australia**

There have been multiple requests to resend this information. For those on the email group list, I have attached the information. From this article, I learned more about Neuropathy. It is a much broader scope than I thought it was. Article is approx 30 pages but well worth reading.

**Aparagus and Cancer link?** This subject came up in our last meeting. I searched and could not find any reliable information pro or con. Much of what I read were old articles without supporting data and did not seem to be sound factual information to pass along. If you like aparagus, an occasional serving should be OK. Adding a lot of it to your diet, probably not recommended. For those folks on a blood thinner, aparagus is an additional source of vitamin K. Something to be aware of...

### **Smart Patients blog - "Allo Transplant Journey"**

For those support group members who have completed or are awaiting their Allo transplants, there is a recent blog underway about this called "Allo Transplant Journey". Join in and get your questions answered by those who are currently doing their allo or from those who have many years past their allo. Access [www.smartpatient.com](http://www.smartpatient.com) and sign up.

***The International Myeloma Foundation presents Living Well with Myelom  
Teleconference Series -The Importance of Bone Health and Treatment Updates: What Patients & Caregivers Need to Know***

***Wednesday, June 20, 2018***

*4PM Pacific, 5PM Mountain, 6PM Central, 7PM Eastern*

*Duration: 60 Minutes (includes Q&A) Register on the IMF website.*

**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". Sean Lynch Director of Development UW Carbone Cancer Center University of Wisconsin Foundation 1848 University Ave Madison, WI 53726 (608) 422-1714 cell [sean.lynch@supportuw.org](mailto:sean.lynch@supportuw.org)

**[www.mycarbone.org](http://www.mycarbone.org) has been established as an easier way to contribute. Check it out!**