



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

Group Information:

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Madison Multiple Myeloma Support Group website
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
Website: www.myeloma.org

Multiple Myeloma Research Foundation(MMRF)
Phone: 203 - 972 - 1250
Email: info@themmrf.org
Website: www.multiplemyeloma.org

HealthTree Foundation
P.O. Box 1286
Draper, UT 84020
www.healthtree.org.

Leukemia & Lymphoma Society
(includes Multiple Myeloma)
Contact information 1-800-955-4572
Email www.LLS.org/ContactUs
Live chat www.LLS.org/patient-support

June 2024 Myeloma Newsletter

Upcoming Meeting Speakers

David Barton, our very own support group member and Myeloma Coach extraordinaire will be our featured speaker for the July 16, 2024 meeting. David's presentation will be “The Patient's Perspectives from Newly Diagnosed and Beyond”.

Nancy Bruno, IMF Director of Support Groups will be our featured speaker for the November meeting. More info to follow.

Please note that there will be no support group meeting on June 18th. We will be meeting at Marshal Park for an afternoon picnic. I hope that all that can attend will do so. Email Gloria Green to RSVP at Gloria.green@charter.net

In our group meetings, the question about genetics comes up frequently. Here is a posted article from HealthTree.

From HealthTree Foundation -posted May 8, 2024

Is Multiple Myeloma Genetic?

Some cancers seem to run in families. Is multiple myeloma a genetic disease? And should your family members be tested?

Someone who has a family member with multiple myeloma is at a slightly higher risk of developing the disease. Still, myeloma is not generally considered to be caused by family genetics. While some myeloma does exist in some families, the increase in risk could be caused by environmental or other factors. Genetic testing in families is not performed to detect myeloma or precursor conditions, especially for children.

What Could Increase Someone's Risk Of Developing Myeloma?

- Age: Most patients are diagnosed over the age of 65.
- Gender: Slightly more male patients are diagnosed with myeloma than females.
- Race: Blacks are 2-3 times more likely to develop multiple myeloma than whites. Researchers believe that there is a genetic link for this population.
- Obesity: Being overweight or obese increases a person's risk of developing myeloma.
- Having precursor conditions: People with monoclonal gammopathy of undetermined significance (MGUS), smoldering myeloma, or a single lesion (called a solitary plasmacytoma) can increase the risk of developing the disease.

Watch the YouTube presentation on the HealthTree website

START HERE MYELOMA -MYELOMA RESOURCE GUIDE | FEATURING DR. SIKANDER AILAWADHI

Dr. Sikander Ailawadhi is a hematologist-oncologist and Professor of Medicine at the Mayo Clinic in Jacksonville, Florida, with a clinical and research focus on multiple myeloma. I am including his comprehensive attachment for your information.

Susan Benjamin, group leader from Santa Fe, New Mexico sent this information sheet. The subjects on insurance, medicare, work related questions, etc may be of interest to some of you.

**No virtual meeting for June 18, 2024.
Join us for the picnic.**

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.