



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

Meeting: **Meetings will resume when we are allowed to gather at the address below.**

451 Junction Road  
Madison, WI  
UW West Clinic Room 1287

Enter the clinic... turn left and walk down a short hall...turn left again and conference room 1287 is the last one on the left.

Group Information:

Jayne Schwartz 608- 244-2120  
[schwartzdon@sbcglobal.net](mailto:schwartzdon@sbcglobal.net)

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)

## March 2021 Myeloma Newsletter

### Upcoming speakers-

Dr, Aric Hall from the UW Carbone Cancer Center will be our featured speaker for the April virtual meeting. Dr Hall does a Q & A session and it has become one of our favorites. Mark your calendars now not to miss this meeting.

Michelle Lakner, Nurse Practitioner for the UW Carbone Cancer will be out featured speaker at July's meeting. More information to follow. I will be collecting questions ahead of this meeting. Those questions will become the starting point of her Q & A .

Hoping to get Dr Kim from the UW Carbone Cancer Center to speak about genetics and chromosome testing and what it all means. More information to follow.

If you missed this Living Well with Myeloma presentation on Building Your Resilience During Challenging Times, here is the information and link to view. It was not at all what I was expecting. I was thinking of “Resilience” entirely wrong. I appreciated the comprehensive breakdown of the

subject. It was definitely worth the time! Dr Susan Dunnett did an excellent job with the slides that are provided. Print them if you can and take notes.

The IMF hosted the “Living Well with Myeloma” Webinar on “Building Your Resilience During Challenging Times” with featured speakers IMF Chairman of the Board Dr. Brian G.M. Durie and Dr. Susan Dunnett, a Senior Lecturer at the University of Edinburgh in Scotland.

**This webcast can now be viewed On-demand.** Use the link below to enter the webcast at any time.

<https://www.myeloma.org/videos/building-your-resilience-during-challenging-times>

During our last meeting, the subject of IVig (intravenous immunoglobulins) came up. This topic was part of the September 2020 meeting and newsletter. It is being sent again as it is an important addition to treatment when the immune system needs a helping hand to keep strong.

Also with the addition of many new members to the group, it is a good reminder to check out [www.labtestsonline.org](http://www.labtestsonline.org). You can look up your lab tests and get an easy to read explanation. I was always confused about MCV, MCH, MCHC and RDW. Here is an example of what LabTestsOnline can provide.

Our virtual meetings will now be on the Zoom platform. Meeting times will be in the newsletter as these Zoom invitations will be a reoccurring meeting format. Our next meeting will be from 3:30pm to 4:30pm on March 16, 2021.

IMF SG Meeting Room 3 is inviting you to a scheduled Zoom meeting.

Topic: Madison, WI SG 3rd Tue Monthly

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://myeloma-org.zoom.us/j/84457667535?pwd=V0lJTdNQ2FOZ1hMUkFaRmJBc0Qzdz09>

Meeting ID: 844 5766 7535

Passcode: 678275

One tap mobile

+13017158592,,84457667535#,,, \*678275# US (Washington DC)

+13126266799,,84457667535#,,, \*678275# US (Chicago)

Dial by your location

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+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 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” 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](http://www.supportuw.org/give) (Trillium Fund in Multiple Myeloma Research – 112903576). For any questions, please call Daniel Rosen at (608) 264-5437 or email [curecancer@supportuw.org](mailto:curecancer@supportuw.org).