



“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 November 20, 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

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

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

Carly Borchert, Clinical Nurse Consultant-Milwaukee District, Celgene Corporation will be our December speaker. Carly will present “The Myeloma Central Tour” and speak briefly about the Myeloma Crowd.

Dr Sara Christensen Holz, Associate Professor Dept of Orthopedics and Rehabilitation will be our featured speaker February 2019. I have asked her to talk about balance issues and neuropathy.

A big Thank You to Cindy Hutchins for her generous contribution to the group. It is very much appreciated and will go towards the newsletter distribution.

For those folks considering a year end contribution... The Trillium Research Fund is the way to go! All money goes for Myeloma research right here at the UW Carbone Cancer Center. They are in the midst of the most amazing work. See the end of this newsletter for information on where to send your contribution. Thank you everyone!

Our condolences to the family of Chuck Nachreiner. Chuck passed away on Wednesday, October 24th at his home. He joined our group August 2006. Chuck was an active member of the group. Recruiting his own doctor to be a featured speaker on two occasions. His course of treatment was chemo only as he felt this was the best decision for himself. His decision was right for him and he enjoyed an active life hunting and woodworking. We will miss his humor, honest feedback and sharing.

These two subjects are a part of the popular “Ask Dr. Durie Video” offerings.

- September 6th: If you have myeloma, should undergo test for DNA sequencing? [Find out here.](#)
- September 13th: What is the latest on a new drug called Selinexor? [Find out here.](#)

Tonic Water ... Is it good for you?

This subject came up in our last meeting. What I found...

Quinine in tonic water is found in small doses. People drink tonic water to treat nighttime leg cramps associated with circulatory or nervous system problems. However you should be aware of the serious negative effects- nausea, stomach cramps, diarrhea, vomiting, ringing in the ears, confusion and nervousness. If you have had a bad reaction to tonic water or quinine in the past, you should not try it again. If you have an abnormal heart rhythm, low blood sugar, kidney or liver disease or are taking medications such as blood thinners, antidepressants, antibiotics, antacids or statins, you should not take quinine or drink tonic water.

Heathline publication reviewed by Natalie Butler, RD, LD January 3, 2018

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.

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

www.mycarbhone.org has been established as an easier way to contribute. **Check it out!**