



“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
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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

October 2024 Myeloma Newsletter

Upcoming Meeting Speakers

Nancy Bruno, IMF Director of Support Groups will be our featured speaker for the November 2024 meeting. She will be presenting information about “Myelo”. The International Myeloma Foundation Launches Myelo: The First AI-Powered Responsive Chatbot to Provide Compassionate Support for Patients, Care Partners and Health Care Professionals.

Dr Natalie Callander, UW Carbone Center tentatively will be our December 2024 meeting speaker. More info to follow.

Shannon Ramirez, BSN, RN, OCN-Oncology Clinical Educator- S. Wisconsin, Illinois, NW Indiana, Quad Cities Hematology from **J&J Innovative Medicine** will be our featured speaker January 2025. She will be presenting information on Talvey.

No meeting for October 15, 2024. See you in November!

Since there is no meeting on October 15, please use this time to listen to Dr Matthew Drake's presentation on Bone Health. If you don't listen to any other presentations for the rest of the year, don't miss this one.

Below is just one of many comments that I got back from sending **Dr Matthew Drake's presentation on Bone Health**. I have included the link again for those that might have also set it aside. About 11 minutes into the presentation, there was a lost connection to the broadcast but that only lasted 24 seconds. This presentation expertly covers the topic of bone health for MGUS, Smoldering and active myeloma. What was very interesting was Dr Drake's comments for those with MGUS and Smoldering. He explains the limitations and options for improved skeleton structure and pain.

Comments:

I had set this lecture on bone health aside when it first came to me. Today I watched it and will agree with many others who tell you it is FABULOUS. It should be "must viewing" for every myeloma patient.

Comment from the moderator - It was a great session with so much information. Even those who were able to attend are interested in reviewing the session again and would like to have the link to do so.

Here is the link that the moderator sent again.

Copy the passcode before you click on the link.

https://myeloma-org.zoom.us/rec/share/WeoBi8uB76HYCF9yc8Bc6imYcDZmT_ZGW_jGdaV6t7Ppii2b1Sad_VwOj_6qo2Xf.GTgGMfVhLBUBsOMA

Passcode:DN*5xX7G

Light the Night, LLS event is October 10th at the Henry Vilas Zoo from 5:00pm to 8:30pm. Registration is open now at 1-833-448-3358 or www.lightthenight.org. Make sure you sign up under the **Katie Dowling-Marcus team**. There is no cost to sign up.

You can register for FREE and join the MMSG (Multiple Myeloma Support Group)Team by clicking on the link provided. : <https://pages.lls.org/ltn/wi/Capital24/madisonmultiplemyelomasupportgroup>

Message from Katie Dowling-Marcus...

1. Stay tuned for more – a final event email will be going out this week that I will forward to you all.
2. Choose to invite others to join us through the **Facebook Event**
Page: <https://www.facebook.com/events/727943672580704>
3. Hope to see you on Oct. 10!

HealthTree is coming to Madison, Wisconsin! In partnership with Dr Natalie Callander, HealthTree will be conducting a workshop. Dr Natalie Callander will soon be starting a pilot program with HealthTree. Jenny Ahlstrom, CEO of HealthTree and Dr Natalie Callander have committed to presenting at the gathering.

I hope to have as many group members as possible for this live event. More information to follow on date/time/location.

A question came up this month about insurance and clinical trials. I have included an article on **Clinical Trials, Second Opinions and TeleHealth**. At the end of this article is information about connecting with Diahanna Vallentine. Diahanna is the Financial Program Manager for the HealthTree Foundation, specializing in financial help for multiple myeloma and AML patients. If you would like to connect with her you can email diahanna@healthtree.org. If you are a multiple myeloma patient,

sign up for a free 1:1 visit with a financial coach by creating a profile at [HealthTree Myeloma Coach](#) and finding a coach that's right for you.

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