



“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:

Jayne Schwartz 608- 244-2120
schwartzdon@sbcglobal.net

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.

Blood Cancer United (formerly LLS)
This new information will be verified and updated. Contact phone number 1-800-955-4572

September 2025 Myeloma Newsletter

Upcoming Meeting Speakers

Brittany Hartmann, Patient Navigator from the MMRF will be our featured speaker for the October 21st meeting. Topic to be determined.

Dr Zhubin Gahvari, Hematology/Medical Oncology from the UW Carbone Cancer Center will be our featured speaker for the December 17, 2025 meeting. **This meeting is on a Wednesday to accommodate Dr Zhubin's schedule. Mark your calendars for Wednesday and not Tuesday.** He will be sharing some results of the ASH conference as well as a Q &A session for us.

Shannon Ramirez, BSN, RN, OCN Oncology Clinical Educator J & J Innovative Medicine will be our featured speaker for the January 20, 2026 meeting. Topic to be determined later.

Our September 16, 2025 meeting speaker has had to cancel due to an unexpected conflict in her schedule. Our meeting will be a group share. Mark your calendars not to miss this one.

**Thank you everyone who left a donation for the support group at the picnic.
It is very much appreciated**

The picnic was a huge success. Great food ... good company. Hope you all got a chance to meet someone new. For those folks who asked about the shelter for booking their own personal events, Georgia mentioned that you need to book early as the schedule fills up quickly. Schedule is open at the end of February. It books up quickly for June graduations and July family events. Keep that in mind.

This time of year it is important to get your vaccinations scheduled and up to date. This is info from the IMF on the many vaccines that need to be considered. As always, talk to your care team.
Vaccination in Multiple Myeloma: Challenges and Strategies — European Journal of Hematology (July 2025, Review)

Summary

People with multiple myeloma have weakened immune systems due to both the disease and its treatments, which makes them more vulnerable to infections. Vaccines can help prevent these infections, but responses to vaccines are often weaker in myeloma patients.

Key Points

Vaccines for flu, pneumonia, and COVID-19 are recommended and can help lower the risk of serious infections, even if the immune response is not as strong as in healthy individuals.

- Some treatments—especially anti-CD38 and BCMA-targeted therapies—can reduce vaccine effectiveness, making booster shots or antibody treatments helpful in some cases.
- Shingles, hepatitis B, and Haemophilus influenzae vaccines are also important, especially after stem cell transplant.
- Doctors may use immune tests to check how well your body can respond to vaccines and to help plan your vaccine schedule.
- Timing and type of vaccine matter. For example, using two types of pneumonia vaccines in a specific order can reduce lung infections.
- Research continues on stronger or next-generation vaccines to better protect people with myeloma.

Why this review matters

Vaccines are an essential part of staying healthy with myeloma. Even if the response isn't perfect, they help reduce infections and hospital visits. A personalized vaccination plan, based on your treatment and immune health, gives the best protection.

Also included with this newsletter is information about **State Health Insurance Assistance Program**, or SHIP for short. Every state has a SHIP information center. This group is funded with a grant from the Federal Administration for Community Living. (Thank you to group member, Darlene for the reminder before open enrollment starts soon.)

Another group member, Katie wants to let everyone know that **Blood Cancer United** is hosting a free educational opportunity with Dr. Gahvari about CAR-T Cell Therapy on October 29. Here is the info: <https://na.eventscloud.com/website/89740/> **Blood Cancer United** is the new branding of the

Leukemia, Lymphoma Society organization. **Dr Zhubin Gahvari, Hematology/Medical Oncology from the UW Carbone Cancer Center and is a wonderful speaker. We are fortunate to have him as our December meeting speaker.**

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 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

Madison MM Support Group is inviting you to a scheduled Zoom meeting September 16, 2025 starting at 3:30pmCST

<https://myeloma-org.zoom.us/j/81745782301?pwd=L2u5V0zAxLuhQtKh2WZZaO3lsvs8N.1>

Meeting ID: 817 4578 2301

Passcode: 636273

One tap mobile

+16469313860,,81745782301#,,,,*636273# US

+13017158592,,81745782301#,,,,*636273# US (Washington DC)

Dial by your location

• +1 646 931 3860 US

• +1 301 715 8592 US (Washington DC)

• +1 305 224 1968 US

• +1 309 205 3325 US

• +1 312 626 6799 US (Chicago)

• +1 253 205 0468 US

• +1 253 215 8782 US (Tacoma)

• +1 346 248 7799 US (Houston)

• +1 360 209 5623 US

Meeting ID: 817 4578 2301

Passcode: 636273

Find your local number: <https://myeloma-org.zoom.us/j/81745782301>