

## About Us

CancerCare® is a national nonprofit, 501 c(3) organization providing free, professional support services to anyone affected by cancer: people with cancer, caregivers, children, loved ones and the bereaved. CancerCare programs—including counseling and support groups, education, financial assistance and practical help—are provided by professional oncology social workers and are completely free of charge. For more information, call **1-800-813-HOPE (4673)** or visit [www.cancer.org](http://www.cancer.org).

CancerCare is pleased to have collaborated with the following organizations in offering this Workshop:

### American Cancer Society

[www.cancer.org](http://www.cancer.org); 1-800-ACS-2345

### American Society of Clinical Oncology

[www.cancer.net](http://www.cancer.net); 1-888-651-3038

### American Psychosocial Oncology Society

[www.apos-society.org](http://www.apos-society.org); 1-866-276-7443

### Association of Clinicians for the Underserved

[www.clinicians.org](http://www.clinicians.org); 1-703-442-5318

### Association of Oncology Social Work

[www.aosw.org](http://www.aosw.org); 1-215-599-6093

### Be the Match® Patient Services

[www.bethematch.org](http://www.bethematch.org); 1-888-999-6743

### Black Women's Health Imperative

[www.blackwomenshealth.org](http://www.blackwomenshealth.org); 1-202-548-4000

### Blood & Marrow Transplant Information Network

[www.bmtinfonet.org](http://www.bmtinfonet.org); 1-888-597-7674

### Cancer Patient Education Network

[www.cancerpatienteducation.org](http://www.cancerpatienteducation.org)

### Cancer Support Community

[www.cancersupportcommunity.org](http://www.cancersupportcommunity.org); 1-888-793-WELL (9355)

### Caregiver Action Network

[www.caregiveractionnetwork.org](http://www.caregiveractionnetwork.org); 1-301-942-6430

### Education Network to Advance Cancer Clinical Trials

[www.enacct.org](http://www.enacct.org); 1-301-893-7603

### Intercultural Cancer Council

[www.iccnetwork.org](http://www.iccnetwork.org)

### Joe's House - A Lodging Guide for Cancer

#### Patients

[www.joeshouse.org](http://www.joeshouse.org); 1-877-563-7468 **The LGBT Cancer**

#### Project

[www.lgbtcancer.org](http://www.lgbtcancer.org)

#### LIVESTRONG Foundation

[www.livestrong.org](http://www.livestrong.org); 1-855-220-7777

#### The Max Foundation

[www.themaxfoundation.org](http://www.themaxfoundation.org); 1-888-462-9368

#### Multinational Association of Supportive Care in Cancer

[www.mascc.org](http://www.mascc.org); 1-504-296-2095

#### National Association of Social Workers

[www.socialworkers.org](http://www.socialworkers.org); 1-202-408-8600

#### National Bone Marrow Transplant Link

[www.nbmtlink.org](http://www.nbmtlink.org); 1-800-LINK-BMT (1-800-546-5268)

#### National Center for Frontier Communities

[www.frontierus.org](http://www.frontierus.org); 1-505-820-6732

#### National Coalition for Cancer Survivorship

[www.canceradvocacy.org](http://www.canceradvocacy.org); 1-877-NCCS-YES

#### NeedyMeds

[www.needymeds.org](http://www.needymeds.org); 1-800-503-6897

#### Research Advocacy Network

[www.researchadvocacy.org](http://www.researchadvocacy.org); 1-877-276-2187

#### Vital Options International & The Group Room®

[www.vitaloptions.org](http://www.vitaloptions.org); 1-800-477-7666

## Continuing Education Credits

**Social Workers:** This program is approved for 1.0 Contact Hour to social workers upon verification of completion. The University of Texas MD Anderson Cancer Center is an approved provider through the Texas State Board of Social Work Examiners, provider #CS4607.

**Dietitians:** This program has been submitted to the Commission on Dietetic Registration for one Continuing Professional Education Unit (CPEU). Any questions about Professional Continuing Education Credits should be directed to: [connect@cancer.org](mailto:connect@cancer.org).



CANCERCARE CONNECT EDUCATION WORKSHOP™

# Living with Multiple Myeloma

## A Two-Part Series

Thursdays

1:30 - 2:30 PM Eastern Time

August 15, 2013

September 12, 2013

A free CancerCare Connect Education Workshop™ for people living with multiple myeloma, their families, friends and health care professionals

You can listen to this workshop over the telephone or connect to our webcast online.



CANCERCARE®  
Help and Hope

1-800-813-HOPE (4673)  
[www.cancer.org](http://www.cancer.org)  
[connect@cancer.org](mailto:connect@cancer.org)

## What is a CancerCare Connect Education Workshop™?

CancerCare's Connect Workshops are free and a way for people to learn about cancer-related issues from the convenience of their home or office. Leading experts in oncology provide the most up-to-date information on the telephone.

### How do I participate?

You can listen to this workshop on the telephone or via live streaming through the Internet. Participation is free.

### How do I register?

There are three ways to register:

- Mail this registration form to CancerCare®
- Call **1-800-813-HOPE (4673)**
- Register online at **www.cancercare.org/connect**

After you have registered, you will receive additional information.

## Missed a CancerCare Connect Workshop?

A listing of featured programs is available by calling **1-888-337-7533**, 24 hours a day, 7 days a week. You can also listen to previous workshops on the CancerCare web site. Just log on to **www.cancercare.org/podcasts**.

**This activity is supported by educational donations provided by Amgen; and Millennium: The Takeda Oncology Company.**

## Workshop Schedule

Thursday, August 15, 2013  
1:30 - 2:30 PM Eastern Time

### Part I

## Bone Health for People Living with Multiple Myeloma

### Workshop Topics

- Overview of Multiple Myeloma and Its Effect on Bones
- Reducing Complications of Bone Disease
- Managing Bone Pain and Discomfort
- Physical Activity and Nutritional Concerns
- Dental Care During Treatment
- Clinical Trials
- Questions to Ask Your Doctor about Your Bone Health
- Quality-of-Life Concerns
- Questions for Our Panel of Experts

### Speakers

**Noopur Raje, MD**  
Associate Professor, Department of Medicine  
Harvard Medical School  
Director, Center for Multiple Myeloma  
Division of Hematology and Oncology  
Massachusetts General Hospital

**Jeffrey L. Wolf, MD**  
Professor of Medicine  
Director, Myeloma Program  
Division of Hematology/Oncology  
Blood and Marrow Transplantation  
University of California, San Francisco

**Douglas E. Peterson, DMD, PhD, FDS RCSEd**  
Professor of Oral Medicine  
Department of Oral Health and Diagnostic Sciences, School of Dental Medicine  
Chair, Program in Head & Neck Cancer and Oral Oncology, Neag Comprehensive Cancer Center  
University of Connecticut Health Center

**Maria Chi, MSW, CASAC**  
Clinical Supervisor  
CancerCare

## Workshop Schedule

Thursday, September 12, 2013  
1:30 - 2:30 PM Eastern Time

### Part II

## Coping with the Stresses of Caregiving When Your Loved One Has Multiple Myeloma

### Workshop Topics

- Taking on the Role of Caregiving: Your Important Role in Decision Making
- Caring for Your Loved One with Multiple Myeloma
- Challenges in Communicating with the Health Care Team
- Coping With Each Day, On Special Occasions and Birthdays
- Managing Family and Friends
- Long Distance Caregiving
- Self Care Tips for Managing Stress
- Questions for Our Panel of Experts

### Speakers

**Andrew J. Yee, MD**  
Instructor in Medicine  
Harvard Medical School  
Center for Multiple Myeloma  
Massachusetts General Hospital Cancer Center

**Guadalupe R. Palos, RN, MSW, DrPH**  
Clinical Research Manager  
Division of Medical Affairs  
Department of Cancer Survivorship  
The University of Texas MD Anderson Cancer Center

**Barbara A. Given, PhD, RN, FAAN**  
University Distinguished Professor  
Associate Dean for Research and Doctoral Program  
College of Nursing  
Michigan State University

**Maria Chi, MSW, CASAC**  
Clinical Supervisor  
CancerCare

## Living with Multiple Myeloma

*A Two-Part Series*

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE\* \_\_\_\_\_

\*Please list the phone number where you can be reached on the day of the workshop.

EMAIL \_\_\_\_\_

NUMBER OF PARTICIPANTS \_\_\_\_\_

Check workshop(s) you would like to attend:

8/15 \_\_\_\_\_ 9/12 \_\_\_\_\_

ARE YOU A HEALTH CARE PROFESSIONAL?

YES \_\_\_\_\_ NO \_\_\_\_\_

### Mail this registration form to:

Carolyn Messner, DSW, MSW  
Director of Education and Training  
CancerCare®  
275 Seventh Avenue  
New York, NY 10001

OR

Register online at  
**www.cancercare.org/connect**



1-800-813-HOPE (4673)  
**www.cancercare.org**  
**connect@cancercare.org**