About Us
Founded in 1944, CancerCare is the leading national organization providing free, professional support services and information to help people manage the emotional, practical and financial challenges of cancer. Our comprehensive services include counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All CancerCare services are provided by oncology social workers and world-leading cancer experts. To learn more, visit www.cancercare.org or call 800-813-HOPE (4673).

CancerCare is pleased to collaborate with these organizations:

- American Cancer Society  
  www.cancer.org; 1-800-227-2345
- American Psychosocial Oncology Society  
  www.apos-society.org
- American Society of Clinical Oncology  
  www.cancer.net; 1-888-651-3038
- The Association for Molecular Pathology (AMP)  
  outreach.amp.org; 1-301-634-7939
- Association of Clinicians for the Underserved  
  www.clinicians.org; 1-844-422-8247
- Association of Oncology Social Work  
  www.aosw.org; 1-647-686-2233
- Be The Match® Patient Support Center  
  wv.bethematch.org/one-on-one; 1-888-999-6743
- Black Women’s Health Imperative  
  www.bwhi.org; 1-202-787-5931
- Blood & Marrow Transplant Information Network  
  www.bmtnet.org; 1-888-597-7674
- Bone Marrow & Cancer Foundation  
  www.bone marrow.org; 1-800-305-1336
- Cancer Patient Education Network  
  www.cancerpatienteducation.org
- Cancer Support Community  
  www.cancersupportcommunity.org; 1-888-793-9355
- Caregiver Action Network  
  www.caregiveraction.org
- DKMS  
  www.dkms.org; 1-212-209-6700
- Intercultural Cancer Council  
  www.interculturalcancercouncil.org
- International Myeloma Foundation  
  www.myeloma.org; 1-855-452-CURE (2873)
- Joe’s House – A Lodging Guide for Cancer Patients  
  www.joeshouse.org; 1-330-222-6067
- Latinas Contra Cancer  
  www.latinascontracancer.org; 1-888-LCC-8110
- The LGBT Cancer Project  
  www.gaycancer.org
- LIVESTRONG Foundation  
  www.livestrong.org; 1-855-220-7777
- Multinational Association of Supportive Care in Cancer  
  www.mascc.org
- National Association of Social Workers  
  www.socialworkers.org; 1-202-420-8600
- National Bone Marrow Transplant Link  
  www.rbmtlink.org; 1-800-LINK-BMT (1-800-546-5268)
- National Center for Frontier Communities  
  www.frontierus.org; 1-575-597-0039
- National Coalition for Cancer Survivorship  
  www.canceradvocacy.org; 1-877-NCCS-YES (1-877-622-7937)
- National Comprehensive Cancer Network® (NCCN®) – NCCN Guidelines for Patients®  
  www.nccn.org/patients
- National Organization for Rare Disorders®  
  www.rarediseases.org; 1-203-744-0100
- NeedyMeds  
  www.needymeds.org; 1-800-503-6897
- Prevent Cancer Foundation®  
  www.preventcancer.org; 1-800-227-2732
- Research Advocacy Network  
  www.researchadvocacy.org; 1-877-276-2187
- Scott Hamilton CARES Foundation  
  www.scottcares.org
- Triage Cancer  
  www.triagecancer.org; 1-424-258-4628
- Vital Options International  
  www.vitaloptions.org; 1-800-518-2354

Living with Multiple Myeloma

A Two-Part Series
1:30 - 2:30 PM Eastern Time
Thursday, January 20, 2022  
Thursday, February 10, 2022

A free CancerCare Connect® Education Workshop Series for people living with multiple myeloma, their families, partners, caregivers, friends and health care professionals.

Listen to these workshops over the telephone or connect to our webcasts online.
Progress in the Treatment of Multiple Myeloma

Workshop Topics

- Discussion of the Progress in the Treatment of Multiple Myeloma
- Current Standard of Care, including Clinical Trial Updates
- New Treatment Approaches
- The Role of Transplantation
- Preventing & Managing Treatment Side Effects, Symptoms, Discomfort & Pain
- Reducing Complications of Bone Disease
- Talking with Your Treatment Team about Quality-of-Life Concerns
- The Increasing Role of Telehealth/Telemedicine Appointments, in the Context of COVID-19
- Lifestyle, Physical Activity & Balance Concerns, with Practical Tips & Guidelines
- Roadmap to Prepare for Telehealth/Telemedicine Appointments, including Technology, List of Questions, Follow-Up Care & Discussion of OpenNotes
- Questions for Our Panel of Experts

Speakers

Matthew J. Butler, MD
Assistant Professor of Medicine
Division of Hematology/Oncology, Department of Medicine
Mays MD Anderson Cancer Center
UT Health San Antonio

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

Elizabeth K. O’Donnell, MD
Director of Lifestyle Medicine, Massachusetts General Hospital Associate Director, Mass General Cancer Center’s Survivorship Program, Medical Oncologist, Multiple Myeloma Center
Massachusetts General Hospital
Assistant Professor of Medicine, Harvard Medical School

Carolyn Messner, DSW, OSW-C, FAPOS, FAOSW
Senior Director of Education and Training
CancerCare®

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

Workshop Topics

- Overview of the Treatment of Multiple Myeloma, in the Context of COVID-19 & Its Variants
- Caregiving, in the Context of COVID-19
- Deciding to Become a Caregiver
- Your Important Role in Decision Making
- Challenges in Communicating with the Health Care Team
- Your Role in Adherence: Weekends, Holidays and Vacations
- Coping with Each Day, On Special Occasions, Anniversaries & Birthdays
- Managing Family, Friends & Traditions, in the Context of Social Distancing
- Long-Distance Caregiving
- The Benefits of Telehealth/Telemedicine Appointments, including Technology, Prepared List of Questions & Discussion of OpenNotes
- Self-Care Tips for Managing Lifestyle, Nutrition, Hydration & Stress
- Questions for Our Panel of Experts

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Assistant Professor of Medicine
Division of Hematology/Oncology, Department of Medicine
Mays MD Anderson Cancer Center
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Diana L. Bearden, MS, RD, CSO, LD, CNSC
Oncology Dietitian
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Michael E. DeBakey VA Medical Center

Assistant Professor of Medicine
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