

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; 1-847-686-2233

Be The Match® Patient Support Center

www.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.bmtinfonet.org; 1-888-597-7674

Bone Marrow & Cancer Foundation

www.bonemarrow.org; 1-800-365-1336

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; 1-800-452-CURE (2873)

Joe's House – A Lodging Guide for Cancer Patients

www.joeshouse.org; 1-877-563-7468

Latinas Contra Cancer

www.latinascontracancer.org; 1-888-LCC-8110

The LGBT Cancer Project

www.lgbtcancer.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; 1-202-408-8600

National Bone Marrow Transplant Link

www.nbmtlink.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



CANCERCARE®

National Office
275 Seventh Avenue
New York, NY 10001

CANCERCARE CONNECT® EDUCATION WORKSHOP

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.



CANCERCARE®

Help and Hope

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

CANCERCARE CONNECT® EDUCATION WORKSHOP

What is a CancerCare Connect® Education Workshop?

CancerCare Connect® Education Workshops are a cost-free way to learn about cancer-related issues from the convenience of your home or office. Leading experts in oncology provide the most up-to-date information on the telephone and online.

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 two ways to register:

- Call **800-813-HOPE (4673)**
- Register online at **www.cancercare.org/connect**

After you have registered, you will receive additional information.

Missed a CancerCare Connect® Education Workshop?

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

Continuing Education Credits (Live Only)

Social Workers: This program has been submitted to The University of Texas MD Anderson Cancer Center, an approved provider through the Texas State Board of Social Work Examiners, provider #CS4607, for 1.0 Contact Hour.

Cancer Care, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0088. Each workshop is approved for 1.0 Contact Hour.

Registered Dietitians: This program has been submitted to the Commission on Dietetic Registration for one Continuing Professional Education Unit (CPEU).

To request continuing education paperwork, please email your name, profession, and address to **connect@cancercare.org** after the program. All paperwork for continuing education credit must be requested, completed, and submitted within two weeks of the live program.

This activity is supported by Bristol Myers Squibb, GlaxoSmithKline and an educational grant from Janssen Biotech, Inc., administered by Janssen Scientific Affairs, LLC. CancerCare's application for continuing education credits for this program is supported by the Diana Napoli Fund.

Part I

Thursday, January 20, 2022

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®

Part II

Monday, February 10, 2022

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

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

Diana L. Bearden, MS, RD, CSO, LD, CNSC

Oncology Dietitian
Michael E. DeBakey VA Medical Center

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