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
  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.bmtnet.org; 1-888-597-7674
- Bone Marrow & Cancer Foundation
  www.bmarmarrow.org; 1-800-305-1336
- Cancer Patient Education Network
  www.cancerssupporteducation.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.gaybcancer.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

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.
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/education

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

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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