

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:

Advanced Practitioner Society for Hematology and Oncology (APSHO)
www.apsho.org

American Cancer Society
www.cancer.org; 1-800-227-2345

American Psychosocial Oncology Society
www.apos-society.org; 1-866-276-7443

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; 1-202-548-4000

Blood & Marrow Transplant Information Network
www.bmtinfonet.org; 1-888-597-7674

Bone Marrow & Cancer Foundation
www.bonemarrow.org; 1-800-365-1336

Cancer Legal Resource Center (CLRC)
www.thedrlc.org/cancer/; (866) THE-CLRC (843-2572)

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

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; 1-575-534-0101

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.needy meds.org; 1-800-503-6897

Prevent Cancer Foundation®
www.preventcancer.org; 1-800-227-2732

**Redes en Acción: The National Latino Cancer
Research Network at UT Health San Antonio**

www.redesenaccion.com; 1-210-562-6500

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



CANCERCARE®
National Office
275 Seventh Avenue
New York, NY 10001

CANCERCARE CONNECT® EDUCATION WORKSHOP

Living with Multiple Myeloma

A Two-Part Series

**Thursdays
1:30 - 2:30 PM Eastern Time**

**April 13, 2023
April 27, 2023**

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 webcast 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?

You can 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 for each workshop attended.

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 attended 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) for each workshop attended.

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.

Workshop Schedule

1:30 - 2:30 PM Eastern Time

Part I

Thursday, April 13, 2023

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 & Emerging Treatments
- 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 & Omicron Variants
- Lifestyle, Physical Activity, and Balance Concerns, with Practical Tips
- Guidelines to Prepare for Telehealth/Telemedicine, including Technology, List of Questions, Follow-Up Care, and 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

Monique Hartley-Brown, MD, MMSc

Attending Physician, Jerome Lipper Multiple Myeloma Center
Department of Medical Oncology
Dana-Farber Cancer Institute

Elizabeth K. O'Donnell, MD

Clinical Director of Early Detection and Prevention of Cancer
Dana-Farber Cancer Institute
Assistant Professor of Medicine
Harvard Medical School

Carolyn Messner, DSW, BCD, FAPOS, FAOSW

Senior Director of Education and Training
CancerCare®

Workshop Schedule

1:30 - 2:30 PM Eastern Time

Part II

Thursday, April 27, 2023

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 & Omicron
- 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, and Birthdays
- Managing Family, Friends, and Traditions
- Long-Distance Caregiving
- The Benefits of Telehealth/Telemedicine Appointments, including Technology, Prepared List of Questions, and Discussion of OpenNotes
- Self-Care Tips for Managing Lifestyle, Nutrition, Hydration and Stress
- Relaxation Exercises for Caregivers
- 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

Matthew J. Butler, MD

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

Guadalupe R. Palos, DrPH, MSW, RN

Former Clinical Protocol Administrator Manager
Office of Cancer Survivorship
The University of Texas MD Anderson Cancer Center
Author and Researcher in Health Care Disparities, Caregiving & Survivorship

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

Oncology Dietitian, Michael E. DeBakey VA Medical Center

Dina Smith, MSW

Caregiver Program Coordinator, CancerCare®