

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 and GlaxoSmithKline. 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 the 2021 Care's Act
- 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 the 2021 Care's Act
- 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®