

# LIVING WITH MULTIPLE MYELOMA

## A TWO-PART SERIES



CANCERcare®

Over 75 Years of Help and Hope

### A CancerCare Connect® Education Workshop

This activity is supported by GlaxoSmithKline and an educational grant from Johnson & Johnson Health Care Systems, Inc. CancerCare's application for continuing education credits for this program is supported by the Diana Napoli Fund.

Register  
Today!



## Progress in the Treatment of Multiple Myeloma

### PART I OF A TWO PART SERIES

THURSDAY, MARCH 14, 2024 FROM 1:30 p.m. - 2:30 p.m. ET

#### SPEAKERS

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

**Monique Hartley-Brown, MD, MMSc**, Attending Physician, Jerome Lipper Multiple Myeloma Center, Department of Medical Oncology, Dana-Farber Cancer Institute

**Barry Paul, MD**, Division of Plasma Cell Disorders, Department of Hematologic Oncology and Blood Disorders, Levine Cancer Institute II, Carolinas HealthCare System, Atrium Health

**Cindy Varga, MD**, Hematologist, Department of Hematologic Oncology and Blood Disorders, Levine Cancer Institute, Atrium Health, Clinical Associate Professor, Hematology and Oncology, Wake Forest University School of Medicine

**Diana L. Bearden, MS, RD, CSO, LD, CNSC**, Oncology Dietitian, Michael E. DeBakey VA Medical Center

**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

#### 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
- Lifestyle, Physical Activity & Balance Concerns, with Practical Tips
- Guidelines to Prepare for Telehealth/Telemedicine Appointments, including Technology, List of Questions, Follow-Up Care & Discussion of OpenNotes
- Questions for Our Panel of Experts

For more information or to register, please contact our Hopeline at 800-813-HOPE (4673)  
or register online at [www.cancercare.org/connect](http://www.cancercare.org/connect)

Facebook: [facebook.com/cancercare](https://facebook.com/cancercare) | Instagram: @CancerCareUS | Twitter: @CancerCare

# LIVING WITH MULTIPLE MYELOMA

## A TWO-PART SERIES



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

### PART II OF A TWO PART SERIES

**THURSDAY, MARCH 21, 2024 FROM 1:30 p.m. - 2:30 p.m. ET**

#### 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

**Stewart B. Fleishman, MD**, Former Founding Director, Cancer Support Services Continuum Cancer Centers of New York, now part of the Mt. Sinai Health System, Author, Researcher in Oncology

**Diana L. Bearden, MS, RD, CSO, LD, CNSC**, Oncology Dietitian, Michael E. DeBakey VA Medical Center

**Dina Smith, MSW**, Caregiver Program Coordinator, CancerCare

#### TOPICS:

- Overview of the Treatment of Multiple Myeloma
- 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, & Vacations
- Coping with Each Day, on Special Occasions, Anniversaries, & Birthdays
- Managing Family, Friends, & Traditions
- 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
- Relaxation Exercises for Caregivers
- Questions for Our Panel of Experts

**Register Today!**



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**Facebook:** facebook.com/cancercare | **Instagram:** @CancerCareUS | **Twitter:** @CancerCare

## 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](http://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](http://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. This 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](mailto: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.

## About Us

Founded in 1944, CancerCare is the leading national organization providing free support services and information to help people manage the emotional, practical and financial challenges of cancer. Our comprehensive services include resource navigation, 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 master's-prepared oncology social workers and world-leading cancer experts.

To learn more, visit [www.cancercare.org](http://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](http://www.apsho.org)

**American Cancer Society**  
[www.cancer.org](http://www.cancer.org); 1-800-227-2345

**American Psychosocial Oncology Society**  
[www.apos-society.org](http://www.apos-society.org)

**American Society of Clinical Oncology**  
[www.cancer.net](http://www.cancer.net)

**The Association for Molecular Pathology (AMP)**  
[outreach.amp.org](http://outreach.amp.org); 1-301-634-7939

**Association of Clinicians for the Underserved**  
[www.clinicians.org](http://www.clinicians.org); 1-844-422-8247

**Association of Oncology Social Work**  
[www.aosw.org](http://www.aosw.org); 1-847-686-2233

**Black Women's Health Imperative**  
[www.bwhi.org](http://www.bwhi.org); 1-202-787-5931

**Blood & Marrow Transplant Information Network**  
[www.bmtinfonet.org](http://www.bmtinfonet.org); 1-888-597-7674

**Bone Marrow & Cancer Foundation**  
[www.bonemarrow.org](http://www.bonemarrow.org); 1-800-365-1336

**Cancer Legal Resource Center (CLRC)**  
[www.thedrlc.org/cancer/](http://www.thedrlc.org/cancer/); (866) THE-CLRC (843-2572)

**Cancer Patient Education Network**  
[www.cancerpatienteducation.org](http://www.cancerpatienteducation.org)

**Cancer Support Community**  
[www.cancersupportcommunity.org](http://www.cancersupportcommunity.org); 1-888-793-9355

**Caregiver Action Network**  
[www.caregiveraction.org](http://www.caregiveraction.org)

**DKMS**  
[www.dkms.org](http://www.dkms.org); 1-212-209-6700

**Intercultural Cancer Council**  
[www.interculturalcancerCouncil.org](http://www.interculturalcancerCouncil.org)

**International Myeloma Foundation**  
[www.myeloma.org](http://www.myeloma.org); 1-800-452-CURE (2873)

**Joe's House – A Lodging Guide for Cancer Patients**  
[www.joeshouse.org](http://www.joeshouse.org); 1-877-563-7468

**Latinas Contra Cancer**  
[www.latinascontracancer.org](http://www.latinascontracancer.org); 1-408-280-0811

**The LGBT Cancer Project**  
[www.lgbtcancer.org](http://www.lgbtcancer.org)

**LIVESTRONG Foundation**  
[www.livestrong.org](http://www.livestrong.org); 1-855-220-7777

**Multinational Association of Supportive Care in Cancer**  
[www.mascc.org](http://www.mascc.org)

**National Association of Social Workers**  
[www.socialworkers.org](http://www.socialworkers.org); 1-202-408-8600

**National Bone Marrow Transplant Link**  
[www.nbmtlink.org](http://www.nbmtlink.org); 1-800-LINK-BMT (1-800-546-5268)

**National Center for Frontier Communities**  
[www.frontierus.org](http://www.frontierus.org); 1-575-597-0039

**National Coalition for Cancer Survivorship**  
[www.canceradvocacy.org](http://www.canceradvocacy.org); 1-877-NCCS-YES (1-877-622-7937)

**National Comprehensive Cancer Network® (NCCN®) – NCCN Guidelines for Patients®**  
[www.nccn.org/patients](http://www.nccn.org/patients)

**National Organization for Rare Disorders®**  
[www.rarediseases.org](http://www.rarediseases.org); 1-203-744-0100

**NeedyMeds**  
[www.needymeds.org](http://www.needymeds.org); 1-800-503-6897

**NMDP™ Patient Support Center**  
[www.nmdp.org/one-on-one](http://www.nmdp.org/one-on-one); 1-888-999-6743

**Prevent Cancer Foundation®**  
[www.preventcancer.org](http://www.preventcancer.org); 1-800-227-2732

**Redes en Acción: The National Latino Cancer Research Network at UT Health San Antonio**  
[www.redesenaccion.com](http://www.redesenaccion.com); 1-210-562-6500

**Research Advocacy Network**  
[www.researchadvocacy.org](http://www.researchadvocacy.org); 1-877-276-2187

**Scott Hamilton CARES Foundation**  
[www.scottcares.org](http://www.scottcares.org)

**Triage Cancer**  
[www.triagecancer.org](http://www.triagecancer.org); 1-424-258-4628

**Vital Options International**  
[www.vitaloptions.org](http://www.vitaloptions.org); 1-800-518-2354

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