

# LIVING WITH MULTIPLE MYELOMA

## A THREE-PART SERIES



### A CancerCare Connect® Education Workshop

This activity is supported by 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.

Register  
Today!



## Progress in the Treatment of Multiple Myeloma PART I OF A THREE PART SERIES

THURSDAY, MARCH 27, 2025 FROM 1:30 p.m. - 2:30 p.m. ET

### SPEAKERS

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

**Andrew J. Yee, MD**, Assistant Professor of Medicine, Harvard Medical School, Clinical Director, Center for Multiple Myeloma, Massachusetts General Hospital Cancer 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

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

**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
- Nutrition & Hydration Concerns & Tips
- Guidelines to Prepare for Telehealth/Telemedicine Appointments, Including Technology, Prepared 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 THREE-PART SERIES



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

#### PART II OF A THREE PART SERIES

**THURSDAY, APRIL 3, 2025 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

**Guadalupe R. Palos, DrPH, MSW, RN**, Former Clinical Protocol Administration 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

**Carolyn Messner, DSW, BCD, FAPOS, FAOSW**, Senior Director of Education and Training, 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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# LIVING WITH MULTIPLE MYELOMA

## A THREE-PART SERIES



### Diverse Populations Living with Multiple Myeloma: Treatment Advances

### PART III OF A THREE PART SERIES

**THURSDAY, APRIL 24, 2025 FROM 1:30 p.m. - 2:30 p.m. ET**

#### SPEAKERS

**Craig Emmitt Cole, MD**, Karmanos Cancer Institute, Associate Professor of Medicine, Wayne State University School of Medicine, Clinical Associate Professor of Medicine, Michigan State University College of Human Medicine

**Maria Chi, DSW, MSW**, Clinical Oncology Social Worker, Author & Researcher, Health Care Disparities, Social Determinants of Health, Psychosocial Oncology & Financial Toxicity

**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, Harvard Medical School

**Carolyn Messner, DSW, BCD, FAPOS, FAOSW**, Senior Director of Education and Training, CancerCare®

#### TOPICS:

- Overview of Diverse Populations Living with Multiple Myeloma
- How Race May Impact Your Access to the Treatment of Multiple Myeloma
- Social Determinants of Health, Including Languages Spoken & Health Literacy
- Current Standard of Care
- New & Emerging Treatments
- The Role of Transplantation
- Preventing & Managing Treatment Side Effects, Symptoms, Discomfort & Pain
- Reducing Complications of Bone Disease
- How to Find Your Best Care Team
- Talking with Your Treatment Team about Quality-of-Life Concerns
- The Increasing Role of Telehealth/Telemedicine Appointments
- How Telehealth May Help in Advancing Your Health Equity
- Lifestyle, Physical Activity & Balance Concerns, with Practical Tips
- Food Insecurity and Food Deserts: Tips to Increase Your Access to Health Promoting Nutrition
- Nutrition and Hydration Concerns and Tips
- Guidelines to Prepare for Telehealth/Telemedicine Appointments, Including Technology, Prepared List of Questions, Follow-Up Care and Discussion of OpenNotes
- How to Cope with Health Care Disparities
- Questions for Our Panel of Experts

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## 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.asco.org](http://www.asco.org)

**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); 1-202-548-4000

**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 Justice**

<https://thedrlc.org/>; 866-843-2572

**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)

**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

**Lymphoma Research Foundation**

[www.lymphoma.org](http://www.lymphoma.org); 1-800-500-9976

**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 Center for Frontier Communities**

[www.frontierus.org](http://www.frontierus.org); 1-575-534-0101

**National Bone Marrow Transplant Link**

[www.nbmtlink.org](http://www.nbmtlink.org); 1-800-LINK-BMT (1-800-546-5268)

**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)

**NeedyMeds**

[www.needy meds.org](http://www.needy meds.org); 1-800-503-6897

**NMDP<sup>SM</sup> 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)

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