



CANCERcare®

800-813-HOPE (4673)  
info@cancerca.org  
www.cancerca.org

# fact sheet

## MULTIPLE MYELOMA: FINDING RESOURCES AND SUPPORT

**While multiple myeloma can present many challenges, keep in mind that you do not need to cope with this diagnosis on your own. Your friends and family are important sources of strength and support. There are also many local and national support services available to assist you.**

### HERE ARE SOME OF THE DIFFERENT TYPES OF RESOURCES AVAILABLE:

**Medical information.** Your oncologist, other doctors, and nurses can be great sources of information about treatment options, pain and side effect management, and other medical concerns. There are also a great number of reputable organizations that provide credible information on multiple myeloma and related issues (see sidebar on back page). The libraries at cancer centers also have up-to-date literature on these topics.

**Emotional support.** A multiple myeloma diagnosis can be overwhelming, making you feel sad, scared, or anxious. Individual counseling, face-to-face and online support groups, and patient-to-patient networks are available to help you cope emotionally. Ask your health care team or one of the

organizations listed in the sidebar for recommendations. CancerCare provides free counseling and support groups led by professional oncology social workers.

**Financial assistance.** There are many organizations that provide help with medical billing, insurance coverage, and reimbursement issues. There is also financial assistance available to help people who cannot afford the cost of their medications. Good places to start your research are the websites of the Cancer Financial Assistance Coalition ([www.cancerfac.org](http://www.cancerfac.org)) and the Partnership for Prescription Assistance ([www.pparx.org](http://www.pparx.org)).

**Benefits and entitlements.** Local and county government agencies can give you information on Social Security, state disability, Medicaid, income maintenance, the Low Income Heating Energy Assistance Program (LIHEAP), and food stamps (SNAP). Check your local phone directory for listings.

**Transportation help.** CancerCare's Door to Door program offers grants to help multiple myeloma patients with transportation costs such as gasoline, taxi service, and public transportation fare to and from medical appointments. The American Cancer Society's Road to Recovery Program provides transportation to and from cancer centers for patients and their families. Your local and county governments



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may also offer low-cost transportation for people who qualify. Churches, synagogues, YMCAs, YWCAs, or fraternal orders may also have volunteers who can provide transportation.

**Housing/lodging.** The Hope Lodge of the American Cancer Society, the National Association of Hospital Hospitality Houses ([www.nahhh.org](http://www.nahhh.org)), and other organizations provide temporary lodging for families of a patient who needs to travel far from their home for treatment. Joe's House is a nonprofit organization that offers an online database with lodging information near cancer treatment centers across the U.S. To learn more, visit [www.joeshouse.org](http://www.joeshouse.org).

**Other practical assistance.** People affected by multiple myeloma may feel overwhelmed by any number of other day-to-day concerns not covered in this fact sheet. Contact CancerCare or any of the other organizations listed in the sidebar to learn about additional recommended resources. To learn more about what is available in your community, you can also contact Area Agencies on Aging ([www.n4a.org](http://www.n4a.org)) and United Way ([www.unitedway.org](http://www.unitedway.org)).

### **CancerCare® Can Help**

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 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 professional 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)**.

**Facebook:** [facebook.com/cancercare](https://facebook.com/cancercare)

**Twitter:** @cancercare

## **MULTIPLE MYELOMA RESOURCES**

### **CancerCare**

800-813-HOPE (4673)

[www.cancercare.org](http://www.cancercare.org)

### **American Cancer Society**

800-227-2345

[www.cancer.org](http://www.cancer.org)

### **American Society of Clinical Oncology**

888-651-3038

[www.cancer.net](http://www.cancer.net)

### **Be the Match®**

800-627-7692

[www.bethematch.org](http://www.bethematch.org)

### **The Bone Marrow Foundation**

800-365-1336

[www.bonemarrow.org](http://www.bonemarrow.org)

### **International Myeloma Foundation**

800-452-2873

[www.myeloma.org](http://www.myeloma.org)

### **The Leukemia & Lymphoma Society**

800-955-4572

[www.lls.org](http://www.lls.org)

### **Multiple Myeloma Research Foundation**

866-603-MMCT (6628)

[www.themmrff.org](http://www.themmrff.org)

### **National Cancer Institute**

800-422-6237

[www.cancer.gov](http://www.cancer.gov)

### **National Comprehensive Cancer Network**

[www.nccn.org](http://www.nccn.org)

### **National Bone Marrow Transplant Link**

800-546-5268

[www.nbmtlink.org](http://www.nbmtlink.org)

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National Office • 275 Seventh Avenue • New York, NY 10001

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