LLS
PROGRAM News

LEUKEMIA & LYMPHOMA SOCIETY®
fighting blood cancers

someday is today®

New Video

Advances in Blood Cancers:
Update on Myeloma

Visit www.LLS.org/educationvideos to view this video

Multiple Myeloma can be a Chronic, Manageable Disease

Myeloma Survivors: Sheree, Jack and Ed

A new video from The Leukemia & Lymphoma Society answers questions frequently asked by patients and their families.

A diagnosis of multiple myeloma starts patients on a long journey that begins with learning basic facts about the disease—from their doctors, nurses, cancer organizations and the internet. But getting the most accurate information can be time consuming and stressful.

Advances in Blood Cancers: Update on Myeloma introduces patients Sheree, Jack and Ed as they discuss their individual experiences with myeloma. Each patient provides a frank description of how myeloma has affected their lives—from the time they were diagnosed, to deciding on a course of treatment, to coping with the sometimes serious symptoms and the side effects of treatment.

Myeloma Clinicians Highlighted in Video

David H. Vesole, MD, PhD
Co-Chief, Myeloma Division Director
Myeloma Research
John Theurer Cancer Center
Hackensack University Medical Center
Hackensack, NJ

Ajai Chari, MD
Associate Professor of Medicine
Multiple Myeloma Program, Director of Clinical Research
Mount Sinai School of Medicine
New York, NY

Ann McNeill, RN, MSN, NP
Multiple Myeloma Division
John Theurer Cancer Center
Hackensack University Medical Center
Hackensack, NJ

RESOURCES

LLS Information Specialists are available to talk with you Monday through Friday between 9AM and 9PM ET. Just call **(800) 955-4572** or email **infocenter@LLS.org**

For upcoming telephone/web education programs, visit:
www.LLS.org/programs

For Myeloma Education materials, visit:
www.LLS.org/myelomaeducation

For more educational videos, visit:
www.LLS.org/educationvideos

Cures today. Not someday. That's the goal. And you are at the heart of it.

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Additional support

Myeloma Chat offers an online forum for open discussion with other myeloma patients and is facilitated by an oncology social worker. The chat is held every Tuesday evening.
Visit www.LLS.org/chat

Caregiver Chat offers an online forum for family members and friends to address the stresses and triumphs shared by those caring for someone with a blood cancer. The chat is held every Tuesday evening.
Visit www.LLS.org/chat

Family Support Groups give patients and their families a place to go where they can share information, education and feelings. Groups are facilitated by healthcare professionals.
Visit www.LLS.org/supportgroups

Patti Robinson Kaufmann First Connection Program links newly diagnosed patients and their families with trained volunteers who have been touched by a blood cancer and shared similar experiences.
Visit www.LLS.org/firstconnection

Myeloma Blog is a platform to discuss key issues for myeloma survivors. Read and comment by visiting **www.LLS.org/myelomablog**

Visit www.LLS.org/discussionboards for LLS Blood Cancer Discussion Boards

CO-PAY ASSISTANCE PROGRAM

The LLS Co-Pay Assistance Program helps you pay your insurance premiums and meet co-pay obligations. For more information, visit **www.LLS.org/copay** or call **877-557-2672.**

Communication is Key

"Communication back and forth with the healthcare team is really vital," says Ann McNeill, NP, as she discusses useful tips about how a patient can maintain a good quality of life by speaking openly to their physician and other members of the healthcare team about their disease. Sheree, Jack and Ed explore how various treatments affected their daily activities, their ability to keep working, and resources they found helpful.

Ed, Jack and Sheree all agree that the reason they participated in this video was to "…raise awareness of myeloma and how to live with the disease." Their goal was to provide answers to questions they each had about myeloma and to provide supportive information to other patients and their families.

> "**I'm currently in a clinical trial…** thus far it's been a very positive experience."

Clinical trials are also discussed in the video. "I'm currently in a clinical trial…thus far it's been a very positive experience," says Ed. Dr. Vesole adds, "Clinical trials are imperative to advance the disease to make that individual better, and to make future patients with the disease better."

Throughout the video, the healthcare professionals present important information on diagnosis and treatment including new research findings. Ed, Jack and Sheree share their questions with this team of experts, such as, which side effects of treatment should be expected and how they can be minimized, how other co-existing illnesses may affect treatment choices, what factors determine whether chemotherapy with or without stem cell transplant is used, and how myeloma is monitored to see whether a given treatment is actually working.

Dr. Vesole, Dr. Chari and Nurse Practitioner Ann McNeill discuss useful information myeloma patients may need to know, including: What is multiple myeloma and the tests performed to confirm a diagnosis; symptoms that patients with myeloma may have; how to communicate with healthcare team members; the expanding choices for treatment; why clinical trials are important; achieving and maintaining remission; and available resources for those living with multiple myeloma.

This video provides up-to-date information for patients living with myeloma and offers hope. As Dr. Vesole states, "When I first started [practicing] 25 years ago, average survival for multiple myeloma patients was about 2½ years. Average survival now exceeds 10 years. We've made major strides in the treatment of this disease, and we'll continue to make it a more chronic disease or actually be able to cure multiple myeloma."

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