



## **Pathfinder series: Multiple myeloma**

### **Websites:**

**International Myeloma Foundation** <http://www.myeloma.org/>

The IMF is committed to providing the most up to date and in-depth information about multiple myeloma. Information includes research and treatment advances, upcoming, events and research, education, support and advocacy programs.

**The Leukemia and Lymphoma Society – Myeloma**

<http://www.leukemia-lymphoma.org/allpage?itemid=7032>

The LLS is an excellent resource for disease information as well as the supportive information that people facing a cancer diagnosis need. The Myeloma section of the site provides information about diagnosis and staging, treatment, possible complications and side effects of treatments, clinical trials information, and much more. The Society also provides free information materials that can be sent to requesters via mail.

**Multiple Myeloma Research Foundation** <http://www.multiplemyeloma.org/>

This site from the US provides information about multiple myeloma, treatment options, new therapies, current research and more. Articles and information brochures are available to download or read online.

**Myeloma Canada** <http://www.myelomacanada.ca/en/default.htm>

Myeloma Canada is a non-profit organization created by, and for, people living with multiple myeloma. Their goal is to provide educational resources and emotional support to patients, families, and caregivers; increase awareness of the disease and its effects on the lives of patients and families; promote clinical research and access to new drug trials in Canada; advocate for improved access to new therapies, treatment options, and healthcare resources.

**Myeloma UK** <http://www.myeloma.org.uk/>

Myeloma UK provides information and support to all those affected by myeloma and aims to improve treatment and care through education, research, campaigning and awareness.

**National Cancer Institute – Multiple Myeloma/ Other Plasma Cell Neoplasms**

<http://www.cancer.gov/cancertopics/types/myeloma/>

This site provides good information about multiple myeloma treatment, clinical trials, research, statistics, articles and resources. The National Cancer Institute is an excellent source of information for every aspect of cancer treatment, coping, etc.

## **Books/videos they may be able to help you find:**

### **100 questions & answers about myeloma/ ASAD Bashey. 2005 Call no.: 7.3.6**

Written by a doctor specializing in myeloma treatment, this book features insider advice from a myeloma patient. An excellent resource for anyone coping with this disease.

### **Autologous peripheral stem cell transplant: information for patients and families/ Juravinski Cancer Centre. 2006. Call No.: 7.13.19**

This book was developed to help patients and caregivers understand peripheral stem cell transplants ( PSCT). Information about how to prepare for stem cell harvest, and what to expect during the transplant is included, as is information on managing side effects, dealing with related issues and more.

### **Living with leukemia, lymphoma and myeloma: a guide for patients and their families/ Pam McGrath. 2008. Call no.: 7.13.2**

This is a helpful book in which the author offers help with the emotional, social, financial, and spiritual demands on the diagnosed individual and their families. The simple message underpinning the material offered in this book is that if you can hear some of the experiences of others, you will come to feel much more confident about your own ability to cope.

### **What you need to know about multiple myeloma/ National Cancer Institute. # # # #. Call No.: 7.3.5**

This booklet from the National Cancer Institute in the US includes information about symptoms, diagnosis and treatment of multiple myeloma. It also has information to help you deal with this disease if it affects you or someone you know.

### **Living with multiple myeloma / Susan Nessim. 2006 Call No.: 7.3.0**

This program explores the experiences of patients who are living with multiple myeloma. It addresses the disease process, advances in treatment options, and provides coping strategies. The viewer will meet four people who have been diagnosed with multiple myeloma in various stages of treatment: navigating the medical system, making critical treatment and dealing the psychosocial issues that can confront myeloma patients.