

Pathfinder Series: Multiple Myeloma

This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

Books

The Myeloma Survival Guide: Essential Advice for Patients and Their Loved Ones /

Jim Tamkin and Dave Visel

Call Number: 7.3.6 2018

- make sense of the difficult questions myeloma patients face, dealing with every aspect of life after diagnosis from creating your support team, to navigating treatment options and coping with pain and other side effects, and more.
- everything you need to know about drugs and treatments, including stem cell transplants.
- how to deal with the pain and side effects of chemotherapy, radiation, and surgery.

Understanding Multiple Myeloma / Cristina Gasparetto

Call Number: 7.3.2 2019

- authored by a researcher and a physician with over 20 years of experience treating patients with myeloma.
- overview of symptoms, diagnosis, treatment options, supportive care, and more.

Websites

Halton-Peel Myeloma Support Group

<https://myelomahaltonpeel.org/>

- non-profit community-based group for people affected by myeloma.
- offer local support, information, education, and advocacy in a confidential and caring environment.



Hamilton Multiple Myeloma and AL Amyloidosis Network

<https://myeloma.ca/support-group/hamilton-and-district-multiple-myeloma-and-al-amyloidosis-network/>

- explore and discuss the wide range of treatment options
- give patients and their loved ones the support and information they need to live longer and stronger lives.
- join the private Facebook group and attend in-person meet-ups.



HealthTree for Multiple Myeloma

<https://healthtree.org/myeloma>

- latest news, solutions for side effects crowdsourced from other patients, clinical trials, treatment options, podcasts, community forums, and much more.



International Myeloma Foundation

<http://www.myeloma.org/>

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



Leukemia and Lymphoma Society – Myeloma

<http://www.lls.org/disease-information/myeloma>

- resource for disease information as well as the supportive information that people facing a cancer diagnosis need.
- myeloma section of the site provides information about diagnosis and staging, treatment, possible complications and side effects of treatment, clinical trials information, and more.
- free information materials that can be sent to requesters via mail.



Myeloma Canada

<https://myeloma.ca/>

- non-profit organization created by, and for, people living with multiple myeloma.
- educational resources and events
- emotional support, personal stories, and caregiver resources
- promotes clinical research and access to new drug trials in Canada and advocates for improved access to new therapies, treatment options, and health care resources.



National Cancer Institute – Plasma Cell Neoplasms (including Multiple Myeloma)

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

- treatment, clinical trials, research, statistics, articles and other resources.
- excellent source of information for every aspect of cancer and cancer treatment, coping, etc.



Waterloo Region Myeloma Support Group

<https://myeloma.ca/support-group/the-waterloo-region-myeloma-support-group/>

- patient-led group welcomes patients as well as family members and friends
- offers mutual support, encouragement, and education along with sharing information and experiences.

