

MANAGING MY MYELOMA

Resources to get the best care possible



MULTIPLE MYELOMA
Research Foundation

themmrf.org

ABOUT THE MULTIPLE MYELOMA RESEARCH FOUNDATION

The Multiple Myeloma Research Foundation (MMRF) was established in 1998 by identical twin sisters Kathy Giusti and Karen Andrews shortly after Kathy's diagnosis with multiple myeloma. Kathy and Karen soon learned that little progress against this disease had been made in decades and that myeloma patients had few treatment options. They decided that it was time to accelerate change. Their mission was to ensure more access to better treatments and bring the promise of a cure for every myeloma patient.

Since its founding, the MMRF has remained steadfast in the pursuit of its mission. It is now the leading cancer research organization focused on the development and delivery of more precise therapies, and it is aggressively pursuing a world without myeloma. Working with its partners in industry, research, government, and academia, the MMRF has helped launch 15 new drugs in the past 18 years, an achievement that has almost tripled the life expectancy for myeloma patients. The MMRF is a patient-focused organization that stands with the entire myeloma community and is speeding the discovery of cures through precision medicine. Driven by data and innovative research, the MMRF is committed to empowering every patient with precisely what he or she needs to prevent or defeat multiple myeloma.

As the multiple myeloma community's most trusted source of information, the MMRF supports patients from the time of diagnosis throughout the course of the disease. All information on the MMRF website (www.themmr.org) is organized by disease stage, so patients can get the information they need, when they need it.

To learn more about the MMRF, visit www.themmr.org.

To speak to a Patient Navigator at the Patient Navigation Center, call **1-888-841-MMRF (6673)** or email patientnavigator@themmr.org.

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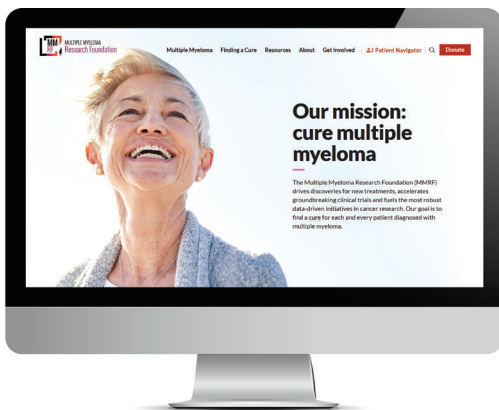
WELCOME to knowledge, actionable

Finding the right myeloma specialist, understanding your treatment, and participating in a clinical trial are all important parts of your patient journey. We are here to help you through your journey every step of the way with these resources.

MMRF Website

Empowers you by putting knowledge at your fingertips

- The premier destination for multiple myeloma patients and their families
- Information you can trust on the latest developments, research discoveries, and more
- Locate a best-in-class treatment center, find open clinical trials, stay up to date on all facets of the MMRF precision medicine model



Visit us at themmrf.org and be sure to sign up for our e-newsletter and other resources.

Clinical Trials Finder

Participating in a clinical trial could be an important step in your treatment.

This option is available to many patients at any stage in their disease. Use our clinical trials finder to look for trials in your area, and check with your doctor to see if they might be right for you.

To find a clinical trial near you, visit themmrf.org/resources/clinical-trial-finder.

resources, and support from the MMRF



Information & resources

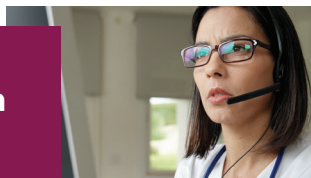


Expert advice



Support

Patient
Navigation
Center



MMRF Patient Navigation Center

An invaluable source of information and support

- Benefit from assistance and insight from specially trained Patient Navigators
- Receive answers to your most urgent questions
- Get a referral to a myeloma treatment center
- Find clinical trials that may be right for you

Call **1-888-841-6673**, Monday to Friday, 9 AM to 7 PM ET.

Or email patientnavigator@themmrf.org.

MMRF Patient Support Groups

We understand how important it is to have support and encouragement from other patients living with multiple myeloma. Finding the right support can make all the difference, so you aren't going through this alone.

Visit themmrf.org/resources/find-a-support-group to find a support group near you.

MMRF Webinars

Hear the latest in myeloma research and treatments directly from the experts

- Webinar series on various topics important to patients and their caregivers
- All programs are recorded and archived

See the webinar schedule, registration, and recordings of past webinars at themmrf.org/resources/education-programs.





MMRF Live Patient Summits

An invaluable opportunity to gain knowledge, comfort, and confidence

- FREE informative, inspiring, indispensable day-long live events led by leading myeloma clinicians and researchers
- Get insights on disease management, treatment options, supportive care, and more
- Held in cities throughout the U.S. in partnership with leading myeloma centers

See the live event schedule or watch videos of past events at
themmrf.org/resources/education-programs.

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Don't miss out on the latest myeloma updates!

Sign up today to receive news updates and notice of educational programs.

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I AM A: (CHECK BOX)

☐ Patient

☐ Patient Spouse

☐ Patient Family

☐ Patient Friend

☐ Healthcare Professional

☐ MMRF Supporter

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Or sign up at
themmrf.org



YOUR OPPORTUNITY to make well-informed decisions

You have found us at a time when treatment options for multiple myeloma are advancing at an exciting pace, and there are many reasons to be encouraged and hopeful. A lot more is known about myeloma today than in the past. At the Multiple Myeloma Research Foundation (MMRF) we have seen evidence that the more knowledgeable you become, the more empowered you are to make decisions and choices that lead to better care. This kit will help you find the information and opportunities available to you.



*Contact the Patient Navigation Center at
1-888-841-MMRF (6673)*