

# Patient Education & Support

## Supporting Every Patient Seeking Their Best Outcome

A multiple myeloma diagnosis can be life-altering and overwhelming. Many patients and their families have never heard of the disease prior to diagnosis, and since multiple myeloma is an uncommon cancer, it can be difficult to find trusted sources of information and support.

At the MMRF, we believe that every patient deserves the best possible outcome, which includes having access to resources to help make timely decisions to optimize their care. The MMRF is committed to demystifying this complex disease and providing support to arm patients and their families with the information they need to ensure they receive the best possible care.

In collaboration with the Harvard Business School Precision Medicine Accelerator and other leading cancer research foundations, the MMRF developed the Right Track to help patients make decisions to optimize their outcome.

## RIGHT TRACK

There are three critical steps you can take to get on the right path to the best results for you.



### Right Team

Access experts and centers that have extensive experience treating multiple myeloma



### Right Tests

Get the information, tests, and precise diagnoses to make the right treatment decisions



### Right Treatment

Work with your team to decide on the best treatment plan and identify clinical trials that are right for you

The MMRF also provides extensive programming for patients and their families, as well as one-on-one support options.

## Patient Education Programs

Our patient education programming includes:

- In-person, interactive events around the US featuring myeloma specialists
- Interactive webinars and Facebook Live events
- Patient toolkits and informational brochures
- A podcast called “Myeloma Matters” featuring myeloma patients sharing their disease journey

Through our patient education efforts, we've reached thousands of myeloma patients with clear, authoritative information to help them understand their treatment options.

**EACH YEAR:**

Nearly  
**12,000**  
people register for our live  
and virtual summits

More than  
**4,000**  
people register for  
our webinars

We deliver  
**1,500**  
Patient Education  
Toolkits

## Patient Navigation Center

Our **Patient Navigation Center** enables myeloma patients and caregivers to connect with Patient Navigators. All former oncology nurses, our Patient Navigators offer guidance and support to patients throughout their journey. They can answer patient questions and help guide patients through the Right Track steps. Patients can connect with a Patient Navigator by phone, email, or via an online form.

## MMRF Myeloma Mentors

For those who wish to connect one-on-one with someone who has shared experience with myeloma, the **MMRF Myeloma Mentors** program provides patients and caregivers the opportunity to connect with trained mentors who share personal insights to help inform, empower, and support fellow patients and caregivers.

## Help Us Empower Patients Through Education

Philanthropic support will fuel The Next Leap Forward. Your generous support will help us continue to empower all patients to educate themselves about myeloma and advocate for themselves with their treatment teams. Connect with the Multiple Myeloma Research Foundation team directly by contacting Brian Hochberg at [development@themmrf.org](mailto:development@themmrf.org) or **203-652-0444**.

**Multiple Myeloma  
Research Foundation**  
383 Main Avenue  
5th Floor  
Norwalk, CT 06851