



MULTIPLE MYELOMA
Research Foundation

MANAGING MY MYELOMA RESOURCES TO GET THE BEST CARE POSSIBLE

themmrf.org



ABOUT THE **MMRF**

The Multiple Myeloma Research Foundation® (MMRF®) is the largest nonprofit in the world solely focused on accelerating a cure for each and every multiple myeloma patient. We drive the development and delivery of next-generation therapies, leverage data to identify optimal and more personalized treatment approaches, and empower myeloma patients and the broader community with information and resources to extend their lives.

Central to our mission is our commitment to advancing access for all so that every myeloma patient can benefit from the scientific and clinical advances we pursue. Since our inception, the MMRF has raised over \$600 million for research, opened over 100 clinical trials, and helped bring more than 15 FDA-approved therapies to market, which have tripled the life expectancy of myeloma patients.

To learn more about the MMRF, visit themmrf.org.

To speak to a patient navigator at the Patient Navigation Center, call **1-888-841-6673** or email patientnavigator@themmrf.org.



MULTIPLE MYELOMA
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YOUR OPPORTUNITY TO MAKE WELL-INFORMED DECISIONS

Treatments for multiple myeloma are advancing at an exciting pace. There are many reasons for myeloma patients to be encouraged and hopeful. More is known about myeloma today than in the past.

At the Multiple Myeloma Research Foundation (MMRF), we've seen evidence that the more knowledgeable you become, the more empowered you are to make decisions that lead to better care. This kit will help you find the information and opportunities available to you.

SUPPORT FROM THE MMRF

Finding the right myeloma specialist and understanding your treatment are important parts of your patient journey. We're here to help you every step of the way.

PATIENT NAVIGATION CENTER

An invaluable source of information and support:

- Assistance and insights from specially trained patient navigators with oncology nursing backgrounds
- Get answers to your questions
- Direct you to a myeloma specialist
- 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 WEBSITE

Putting knowledge at your fingertips

- The premier destination for multiple myeloma patients, their caregivers, and their families
- Patient-friendly collection of resources for managing daily living and navigating myeloma treatment options
- Unique ways of supporting the myeloma community



Sign up for our e-newsletter and other resources at themmrf.org.



MMRF PATIENT/CAREGIVER EDUCATION

The MMRF provides patients and caregivers access to myeloma experts that share insights on the latest myeloma research and treatments.



Summits

- Informative and inspiring half-day events held in partnership with leading myeloma centers in the U.S.
- Provide insights on disease management, treatment options, supportive care, and more
- Available both live and virtually via online streaming



Webinars

- Available online
- Presented by myeloma experts
- Cover the latest topics related to new treatments, monitoring disease, managing side effects, and connecting with resources throughout your myeloma journey
- Opportunity to ask your questions in live Q&A



Livestreams

- Streamed on Facebook and YouTube
- Informal Q&A
- Host poses your questions to a myeloma physician, an advanced practice provider, and a myeloma patient

See the event schedule or view current and past activities at themmr.org/educational-resources/



Fast Facts in Myeloma

- Easy-to-read one-page information sheets on a range of topics related to multiple myeloma and its treatment
- Available in English and Spanish



YOUTUBE CHANNEL

MMRF's *YouTube* channel offers a diverse range of media-rich educational resources.

- Brief animated High-Impact Topic (HIT) videos bring to life key clinical topics using a conversational style and a mobile-friendly format
- *Myeloma Matters* podcasts are 30- to 60-minute moderated discussions on topics important to myeloma patients that bring the patient and caregiver perspective to the forefront of the conversation



To see these resources, visit bit.ly/MMRF_YouTube



FIND A MYELOMA SPECIALIST

The most important thing in terms of getting the best care and outcome is having a myeloma specialist lead the care team.

To find a myeloma specialist in your area, visit themmr.org/diagnosis-and-treatment/building-the-right-treatment-team/



CLINICAL TRIAL FINDER

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

Clinical trials are an option for most myeloma patients, at any stage of their disease. In some cases, they may be the best treatment option.

Our Clinical Trial Finder shows clinical trials in your area. Visit themmr.org/diagnosis-and-treatment/clinical-trials-and-emerging-therapies/clinical-trial-finder/



MMRF MYELOMA MENTORS

Connect one-on-one with a trained patient and/or caregiver that can share their journeys and experiences.

Visit themmr.org/support/myeloma-mentors



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 themmr.org/support/patient-support to find a support group near you.



Don't miss out on the latest myeloma updates! Sign up today to receive news updates and notice of educational programs.

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: _____ Mobile: _____

Email: _____

Or sign up at themmrf.org

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- | | |
|---|---|
| <input type="checkbox"/> Myeloma Patient | <input type="checkbox"/> Healthcare Professional
or Researcher |
| <input type="checkbox"/> Myeloma Patient Caregiver | <input type="checkbox"/> Biopharma, Medical Device, or Healthcare
Technology Industry Professional |
| <input type="checkbox"/> Myeloma Patient Family Member
(non-caregiver) | <input type="checkbox"/> None of the Above |
| <input type="checkbox"/> Family/Friend of Deceased Myeloma
Patient | |

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Address _____

City _____ State _____ ZIP _____

Place
stamp
here



Multiple Myeloma Research Foundation
383 Main Avenue, 7th Floor
Norwalk, CT 06851

PRG 03/2026

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