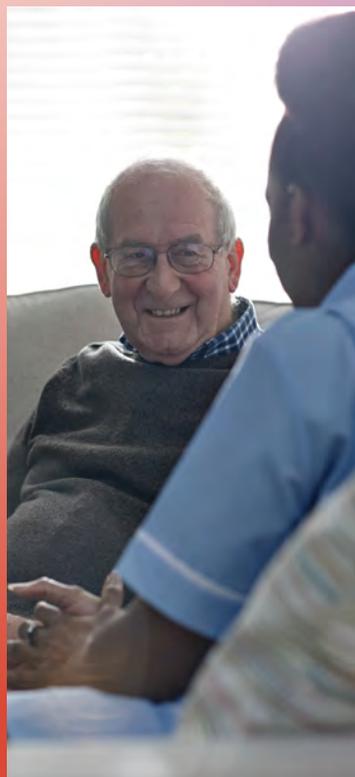


# MANAGING MY MYELOMA

*Resources to get the best care possible.*



MULTIPLE MYELOMA  
Research Foundation

[themmrf.org](http://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 MMRF we have seen evidence that the more knowledgeable you become, the more empowered you are to make the decisions and choices that lead to improved care. This guide will help you find the information and opportunities available to you.

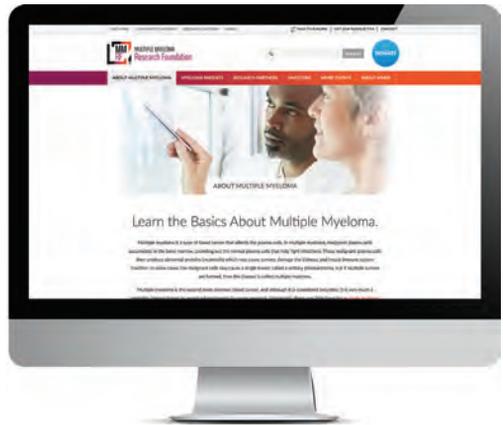
# WELCOME to knowledge, actionable re

*Finding the right myeloma specialist, understanding your treatment, or participating in a clinical trial can be very important to the course of your care. We are here to help you through your journey every step of the way with these resources.*

## MMRF Website

Puts knowledge and empowerment at your fingertips

- The premier destination for multiple myeloma patients and their families
- Information you can trust on 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](http://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/trialfinder](http://themmrf.org/trialfinder).

# sources and support from the MMRF



## MMRF Patient Support Center

An invaluable source of information and support

- Benefit from assistance and insight from specially trained nurse patient navigators
- Receive answers to your most urgent questions
- Be referred to a myeloma treatment center
- Find clinical trials that may be right for you

Call **1-866-603-6628**, Monday to Friday, 9am to 7pm ET.

Or email [patientnavigator@themmrf.org](mailto: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 to help you better understand this disease. Finding the right support can make all the difference in understanding this disease, so you aren't going through this alone.

Visit [themmrf.org/supportgroups](http://themmrf.org/supportgroups) 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/webinars](http://themmrf.org/webinars).





## 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/patient](http://themmrf.org/patient).

---

## 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.

Working with its partners in industry, research, government agencies, and academia, the MMRF has helped launch ten new treatments in the past decade, an achievement that has almost tripled the life expectancy for myeloma patients. As a patient-founded organization, the MMRF stands with those who are battling multiple myeloma—patients, families, caregivers, doctors, and researchers—and is focused squarely on speeding the discovery of a cure. We see a world where every person has 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](http://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](http://www.themmr.org) or call (203) 229-0464.

To speak to a Nurse Patient Navigator at the Patient Support Center, call 1-866-603-MMCT (6628) or email [patientnavigator@themmr.org](mailto:patientnavigator@themmr.org).

*Support for this brochure was provided through educational grants from AbbVie, Amgen, Celgene, and Takeda Oncology.*

