

The purpose of this guide is to help you find information and support on multiple myeloma. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

Brochures and Fact Sheets

- Cancer Support Community. **Frankly Speaking about Cancer: Multiple Myeloma**
https://www.cancersupportcommunity.org/sites/default/files/uploads/learn-about-cancer/cancer-types/booklet/fsac_multiple_myeloma.pdf
- The Leukemia & Lymphoma Society (LLS). **The Myeloma Guide: Information for Patient and Caregivers.**
Printable version available in “**Free Materials**” section at:
<http://lls.org>
 - Click “**Patients & Caregivers**” at the top of the screen
 - Under “**Education Resources**” – “**Free Information Booklets**” – “**Filter by Topic**” – “**Myeloma**”
- International Myeloma Foundation (IMF)
 - **IMF Multiple Myeloma Patient Handbook 2018.**
Accessible at:
<https://www.myeloma.org/sites/default/files/images/publications/UnderstandingPDF/phb.pdf>

- **Concise Review of the Disease and Treatment Options.**

Accessible at:

https://www.myeloma.org/sites/default/files/images/publications/concise_review.pdf

Free copies can be requested.

- Multiple Myeloma Research Foundation (MMRF)

- **Multiple Myeloma: A Disease Overview**

- **Multiple Myeloma: Treatment Overview**

Printable versions available at:

<https://themmrf.org/multiple-myeloma/resources/patient-education-programs/>

Free copies can be requested.

Books

- Bashey, Asad and Abonour, Rafat. **100 Questions & Answers about Myeloma.** 3rd Edition. Burlington, MA: Jones & Bartlett Learning, 2014.
- Tamkin, Jim and Visel, Dave. **The Myeloma Survival Guide: Essential Advice for Patients and Their Loved Ones.** 2nd Edition. New York, NY: Demos Medical Publishing, 2018.

Newsletters

- International Myeloma Foundation (IMF)
 - **Myeloma Today: The IMF's Quarterly Newsletter**
 - **Myeloma Minute: e-Newsletter from the IMF**

<http://myeloma.org>

Select “**Education & Publications**” – “**IMF Publications**” – scroll down to “**Periodicals**”

Web Resources

- **American Cancer Society Section on Multiple Myeloma**

<http://cancer.org>

→ Click “Cancer A-Z”

→ Select “View All Cancer Types” and scroll to “Multiple Myeloma”

- **International Myeloma Foundation (IMF)**

<http://myeloma.org>

This site includes information on multiple myeloma, articles from Myeloma Today (a patient handbook), and information about the services that this organization offers to patients and families.

- **National Cancer Institute: Plasma Cell Neoplasms (Including Multiple Myeloma)—Patient Version**

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

Provides an overview as well as information on treatment, supportive care, and clinical trials.

- **Patient Information: Multiple Myeloma on UpToDate.**

→ <http://patients.uptodate.com>

→ **Search Patient Content** for “*Multiple Myeloma*”

This detailed, comprehensive overview is based on professional literature reviews written for doctors. The overview utilizes some medical terminology and is appropriate for readers seeking to gain in-depth understanding of the topic.

- **The Myeloma Crowd**

<http://myelomacrowd.org>

This website provides an overview of multiple myeloma and extensive information on clinical trials. The organization also holds regional meetings.

- **The Myeloma Beacon**

<http://myelomabeacon.com>

The Myeloma Beacon provides information on clinical trials, disease and treatment overview, an online patient discussion board, and doctor contributions.

- **National Comprehensive Cancer Network (NCCN): NCCN Guidelines for Patients Multiple Myeloma 2018.**

<https://www.nccn.org/patients/guidelines/cancers.aspx>

Click on “All Cancer Types” and scroll to Multiple Myeloma.

University of Michigan Resources

- **University of Michigan Rogel Cancer Center Multidisciplinary Multiple Myeloma Clinic**

<http://rogelcancercenter.org/multiple-myeloma>

This site provides information on the clinic, as well as resources for patients and families on multiple myeloma.

Support Organizations & Groups

- **Ann Arbor Multiple Myeloma Support Group**

<http://annarbor.myeloma.org>

Phone: (734) 645-1713

- **Cancer Support Community**

<http://cancersupportcommunity.org>

Cancer Support Helpline: 1-888-793-9355

This organization offers both in-person and online support groups as well as information resources and a helpline. You may call the helpline for support groups in your area.

- **Gilda’s Club Metro Detroit Multiple Myeloma Support Group**

<http://gildasclubdetroit.org/calendar/multiple-myeloma-group-10>

3517 Rochester Road

Royal Oak, MI 48073

1-248-577-0800

- **International Myeloma Foundation (IMF)**

<http://myeloma.org>

Infoline Phone: 1-800-452-2873

Email: infoline@myeloma.org

This organization has online support groups and a directory of local support groups. To find Michigan locations:

- Click **“Support”** from the navigation bar at the top
- Click **“United States”**
- Click **“Michigan”**

- **Leukemia & Lymphoma Society (LLS) – Michigan Chapter**

1412 E. 12 Mile Rd.

Madison Heights, MI 48071

1-800-456-5413

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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