

Are you or a loved one dealing with multiple myeloma?

A diagnosis of multiple myeloma can be overwhelming for you and those closest to you. But, know that you are not alone. There are people and organizations that can help.



You may have questions about:



Treatment Options



Understanding the Diagnosis



Managing Side Effects



Caring for Family



Handling Job Responsibilities



Managing the Cost of Care



Coping With Symptoms



Continuing Daily Activities

BE AN ADVOCATE

Patient advocacy organizations can help you with:

- ✓ Educational Materials
- ✓ Free Professional Counseling Services
- ✓ Understanding Insurance Benefits
- ✓ Financial & Transportation Assistance
- ✓ Finding Clinical Trials Near You
- ✓ Connecting With Other Patients

Resources available for patients & caregivers

ASK QUESTIONS

What are some resources available to me?
Let patient advocacy organizations help. Details on back.



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SELECT MULTIPLE MYELOMA PATIENT & CAREGIVER RESOURCES

CancerCare

cancercares.org
800-813-4673

- Counseling and support groups
- Community in-person and online education workshops
- Financial assistance



CANCERcare®

Cancer Support Community (CSC)

cancersupportcommunity.org
888-793-9355

- Frankly Speaking about multiple myeloma booklets & webinars
- Cancer support helpline telephone support
- In-person support groups, education, healthy lifestyle workshops
- Online cancer experience registry



CANCER SUPPORT
COMMUNITY
A Global Network of Education and Hope

International Myeloma Foundation

Myeloma.org
818-487-7455

- Toll-free Infoline: 800-452-CURE (2873)
- Easy-to-use Clinical Trials Database: matrix.myeloma.org
- 150+ myeloma-specific support groups nationwide
- Patient & Family seminars and Regional Community workshops, hosted worldwide



International
Myeloma
Foundation®

Leukemia & Lymphoma Society

lls.org
800-955-4572

- Speak one-on-one with an information specialist and clinical trial navigator
- Peer-to-peer program and support groups
- Weekly online chat for caregivers
- Travel assistance programs



LEUKEMIA &
LYMPHOMA
SOCIETY®

fighting blood cancers

Multiple Myeloma Research Foundation

Themmr.org
203-229-0464

- Speak to an MMRF nurse specialist 866-603-MMCT(6628)
- Clinical trial finder
- Connect with other MM patients on the MMRF CoMMunity Gateway
- Live and online patient education programs



MULTIPLE MYELOMA
Research Foundation

Patient Advocate Foundation

patientadvocate.org
800-532-5274

- Personalized assistance focused in 3 areas: Insurance/Disability/Financial Stability & Medical Debt
- Multiple Myeloma Transportation Financial Aid Fund providing grants to cover transportation-related expenses connected to treatment appointments
- Educational webinars and publications

PAF Patient Advocate
Foundation

Solving Insurance and Healthcare Access Problems | since 1996

Please remember that the first and best resource for any questions or concerns you may have about living with multiple myeloma is your healthcare team. Bristol-Myers Squibb is not affiliated with nor endorses these organizations, and the contact information above does not suggest endorsement.