

# 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.



Bristol-Myers Squibb

## SELECT MULTIPLE MYELOMA PATIENT & CAREGIVER RESOURCES

### CancerCare

[cancercares.org](http://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](http://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](http://Myeloma.org)  
818-487-7455

- Toll-free Infoline: 800-452-CURE (2873)
- Easy-to-use Clinical Trials Database: [matrix.myeloma.org](http://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](http://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](http://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](http://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.