

# Pathfinder Series: Multiple Myeloma

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This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

## Books & Audiovisual

*Handbook of Multiple Myeloma* / Mohamad Mohty

Call Number: 7.3.3 2015

This is an up-to-date resource covering the existing and emerging practices in the diagnosis and management of multiple myeloma from distinguished experts.

*The Myeloma Survival Guide: Essential Advice for Patients and Their Loved Ones* / Jim Tamkin and Dave Visel.

Call Number: 7.3.5 2014

The Myeloma Survival Guide makes sense of the difficult questions myeloma patients face, dealing with every aspect of life after diagnosis from creating your support team, to navigating treatment options and coping with pain and other side effects, and much more.

*100 Questions & Answers about Myeloma* / Asad Bashey.

Call Number: 7.3.4 2014

Whether you're a newly diagnosed myeloma patient, a survivor, or a friend or relative of either, this book offers help. The only text to provide the doctor's and patient's views, *100 Questions & Answers About Myeloma, Third Edition* gives you authoritative, practical answers to your questions about treatment options, post-treatment quality of life, sources of support, and much more. Written by a hematologist-oncologist specializing in myeloma treatment, and featuring "insider" advice from an actual patient, this book is an invaluable resource for anyone coping with the physical and emotional turmoil of this frightening disease.

*Living with multiple myeloma* / Susan Nessim.

Call Number: 7.3.0 2006 DVD

This program explores the experiences of patients who are living with multiple myeloma. It addresses the disease process, advances in treatment options, and provides coping strategies. The viewer will meet four people who have been diagnosed with multiple myeloma in various stages of treatment. navigating the medical system, making critical treatment decisions and dealing with the psychosocial issues that can confront myeloma patients.

## Websites

Myeloma Canada <https://www.myelomacanada.ca/>

A non-profit organization created by, and for, people living with multiple myeloma. Their goal is to provide educational resources and emotional support to patients, families, and caregivers; increase awareness of the disease and its effects on the lives of patients and families; promote clinical research and access to new drug trials in Canada; advocate for improved access to new therapies, treatment options, and health care resources.

The Leukemia and Lymphoma Society – Myeloma <http://www.lls.org/disease-information/myeloma>

The LLS is an excellent resource for disease information as well as the supportive information that people facing a cancer diagnosis need. The Myeloma section of the site provides information about diagnosis and staging, treatment, possible complications and side effects of treatment, clinical trials information, and much more. The Society also provides free information materials that can be sent to requesters via mail.

Multiple Myeloma Research Foundation <http://www.multiplemyeloma.org/>

This site from the US provides information about multiple myeloma, treatment options, new therapies, current research and more. Articles and information brochures are available to download or read online.

Halton-Peel and Area Myeloma Support Group <http://www.myelomahaltonpeel.org/>

This is a community based group for people affected by myeloma. The mission of the Halton-Peel group is to provide local support, information, and advocacy in a confidential and caring environment while supporting the objectives of Myeloma Canada.

International Myeloma Foundation <http://www.myeloma.org/>

The IMF is committed to providing the most up to date and in-depth information about multiple myeloma. Information includes research and treatment advances, upcoming events and research, education, support and advocacy programs.

Myeloma UK <http://www.myeloma.org.uk/>

Myeloma UK provides information and support to all those affected by myeloma and aims to improve treatment and care through education, research, campaigning and awareness.

National Cancer Institute – *Multiple Myeloma/Other Plasma Cell Neoplasms.*

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

This site provides good information about multiple myeloma treatment, clinical trials, research, statistics, articles and other resources. The National Cancer Institute is an excellent source of information for every aspect of cancer and cancer treatment, coping, etc.

Myeloma Crowd <https://www.myelomacrowd.org/>

This website was created by an American myeloma patient who believes that educated and involved patients can drive better outcomes for themselves. It features a wealth of content contributed by other myeloma survivors including general information on myeloma, information on clinical trials and information on roundtable meetings that have been held and will be held in the future.