

Pathfinder Series: Multiple Myeloma

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

Books & Audiovisual

100 Questions & Answers About Myeloma / Asad Bashey. 7.3.6 2009

Written by a doctor specializing in myeloma treatment, this book features insider advice from a myeloma patient. An excellent resource for anyone coping with this disease.

Autologous Peripheral Stem Cell Transplant: Information for Patients and Families / Juravinski Cancer Centre. 7.13.20 2006

This book was developed to help patients and caregivers understand peripheral stem cell transplants (PSCT). Information about how to prepare for stem cell harvest, what to expect during the transplant is included, as is information on managing side effects, dealing with related issues and more.

Living with Leukaemia, Lymphoma and Myeloma: A Guide for Patients and Their Families / Pam McGrath. 7.13.2 2008

This is a helpful book in which the author offers help with the emotional, social, financial, and spiritual demands on the diagnosed individual and their families. The simple message underpinning the material offered in this book is that if you can hear some of the experiences of others, you will come to feel much more confident about your own ability to cope.

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

Living with multiple myeloma / Susan Nessim. 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 <http://www.myelomacanada.ca/en/index.asp>

Myeloma Canada is 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.leukemia-lymphoma.org/all_page?item_id=7032

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.

