MULTIPLE MYELOMA

Resource Navigator for patients™

From the publishers of CONQUER the patient voice

Getting Started

- Multiple Myeloma (MM) Educational/Support Websites
- Cancer Educational/Support Websites

Connecting with Others

- Peer Mentors
- Support Groups
- Online Communities

Resources During Treatment

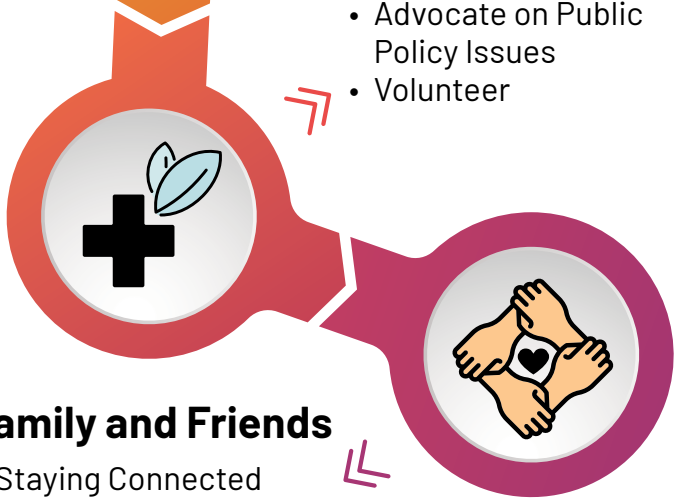
- Tools for Disease Monitoring
- Clinical Trial Resources
- Optimizing Quality of Life and Palliative Care
- Transportation Resources
- Lodging Resources
- Pet Care

Financial and Legal Support Resources

- Financial Counseling
- Legal Counseling
- Employment Counseling

Living Well After a Multiple Myeloma Diagnosis

- Develop Skills
- Health and Wellness
- Local Resources
- Advocate on Public Policy Issues
- Volunteer



Family and Friends

- Staying Connected
- Care Partner Resources

INTRODUCTION

Receiving a diagnosis of multiple myeloma (MM) can be frightening. Learning about MM and the resources available to you, however, can help you feel in control and supported through your myeloma journey. This ***Multiple Myeloma Resource Navigator for Patients*** was developed together with leading patient advocates, who shared their experiences and insight, with the hope that it will help you connect with patient organizations and resources as you and your care partners navigate through your diagnosis and treatment. These organizations provide education and support for your health and well-being, as well as help with practical matters, logistics, and financial and legal concerns.

A good place to begin to learn about MM would be the **Getting Started** section, which includes both cancer and myeloma-specific ***Educational/Support Websites***. These websites provide a variety of educational resources and support services, with several offering assistance in finding an MM treatment center or specialist in your area. This information may help you to better understand how to make decisions about your care and treatment.

Together with your healthcare team, you are encouraged to play an active role in all medical decisions needed regarding workups, treatment, and monitoring and follow-up. Monitoring your myeloma is important in order to see how you are responding to therapy and to address any undetected side effects promptly so that your treatment is not interrupted. Being able to quickly detect any changes in your clinical status is also becoming increasingly important because of the growing number of new treatments available. As such, you will find a section on ***Tools for Disease Monitoring*** under **Resources During Treatment**.

A diagnosis of MM may be a substantial financial burden with or without health insurance, and it may affect your ability to do your job. You may also need to travel for treatment. You will find numerous resources listed in the **Resources During Treatment** and **Financial and Legal Support Resources** sections that may assist with the cost of medication, travel, and housing.

At the back of this resource guide you will find a **Care Team, Medical History, Treatment Summary, and Care Plan Section** that you may choose to use to track the details of your care. The amount of information that you receive during your journey may be overwhelming, so you may find that using a tracking tool like the one provided here may be helpful for your appointments with your care team, your primary care physician, and other specialists.

We hope you will find this ***Multiple Myeloma Resource Navigator for Patients*** helpful now and throughout your myeloma journey.

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Checklist for Support Services

This is an alphabetical listing of multiple organizations mentioned in this Resource, with checkmarks indicating the areas in which the organization may provide services.

Organization	Getting Started	Connecting with Others	Resources During Treatment	Financial and Legal Support Resources	Living Well After an MM Diagnosis	Family and Friends
A Fresh Chapter					✓	
Air Care Alliance			✓			
Airbnb and Cancer Support Community (CSC)			✓			
All4Cure			✓			
American Cancer Society (ACS)	✓	✓	✓			
Calm					✓	
Cancer and Careers (CAC)				✓		
Cancer Financial Assistance Coalition (CFAC)				✓		
Cancer Legal Resource Center (CLRC)				✓		
Cancer Support Community (CSC)	✓					✓
Cancer.Net™	✓				✓	
Cancer*Care*®	✓		✓	✓		
Caregiver Action Network (CAN)						✓
CaringBridge						✓
Center to Advance Palliative Care (CAPC)			✓			
ClinicalTrials.gov			✓			
Corporate Angel Network			✓			
Family Reach Financial Treatment Program				✓		
Findhelp.org					✓	
HealthWell Foundation				✓		
Help for Cancer Caregivers						✓
Imerman Angels		✓				
Inspire™		✓				
International Myeloma Foundation (IMF)	✓	✓	✓		✓	
iTHRIVE Plan					✓	
Joe's House			✓			

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Checklist for Support Services

Organization	Getting Started	Connecting with Others	Resources During Treatment	Financial and Legal Support Resources	Living Well After an MM Diagnosis	Family and Friends
Lazarex Cancer Foundation			✓	✓		
Legal Services Corporation (LSC)				✓		
Leukemia & Lymphoma Society (LLS)	✓	✓	✓	✓	✓	✓
Livestrong at the YMCA					✓	
Lotsa Helping Hands						✓
Mercy Medical Angels®			✓			
Multiple Myeloma Research Foundation (MMRF)	✓	✓	✓			
Myeloma Crowd	✓	✓	✓			
National Cancer Institute (NCI)	✓		✓			
National Center for Complementary and Integrative Health (NCCIH)					✓	
National Coalition for Cancer Survivorship (NCCS)					✓	
National Comprehensive Cancer Network® (NCCN®)	✓					
National Hospice and Palliative Care Organization (NHPCO)			✓			
National Patient Advocate Foundation (NPAF)					✓	
NeedyMeds				✓		
Patient Advocate Foundation (PAF)				✓		
Patient AirLift Services (PALS)			✓			
Patient Services Incorporated (PSI)				✓		
Pharmaceutical Research and Manufacturers of America (PhRMA)				✓		
RxAssist Patient Assistance Program Center				✓		
Smart Patients		✓				
SparkCures			✓			
Springboard Beyond Cancer					✓	
Triage Cancer				✓		
Uber Health			✓			

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Multiple Myeloma (MM) Educational/Support Websites

Knowledge is power and can help you become an informed patient.

International Myeloma Foundation (IMF)

☎ 1-800-452-CURE (2873)
www.myeloma.org

The International Myeloma Foundation (IMF) seeks to improve the quality of life of patients with MM, while working toward prevention and a cure. The IMF provides a variety of educational resources and support services for patients and their care partners, including the following:

- *InfoLine*—the IMF's MM information line
- Patient and Family Seminars and Workshops
- A library of publications on MM
- Educational videos on myeloma research, patient education, and guidance, including a weekly series entitled *Ask Dr. Durie*

Leukemia & Lymphoma Society (LLS)

☎ 1-800-955-4572
www.lls.org/support

The Leukemia & Lymphoma Society (LLS) provides information, resources, and support services for individuals affected by blood cancers, including leukemia, lymphoma, Hodgkin's disease, and MM. The LLS offers a variety of educational and support services, including the following:

- Information specialists
- An educational podcast: *The Bloodline with LLS*
- Live, weekly online moderated chats
- Clinical Trial Support Center (CTSC)
- Nutrition consultations

Multiple Myeloma Research Foundation (MMRF)

☎ 1-888-841-MMRF (6673)
https://themmrf.org

The Multiple Myeloma Research Foundation (MMRF) is a patient-founded, patient-focused nonprofit whose mission is to discover and advance a cure for all individuals who are diagnosed with MM. Patients can access the MMRF *Patient Navigation Center* to connect with a patient navigator, in order to receive myeloma information, guidance, and support. The MMRF also offers *The Right Track*—a personalized program to get patients on the path to the best results, with the right team, the right tests, and the right treatment, including possible clinical trial enrollment. Educational programs include the following:

- The *MMRF Patient Toolkit*, which includes several educational resource booklets
- High-impact topic videos (HITs)
- Expert sessions
- Patient webinars and summits
- Team for Cures program, which brings together the MM community to raise funds for research and to celebrate progress

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Myeloma Crowd by HealthTree

info@crowdcare.org
www.myelomacrowd.org

The Myeloma Crowd is a division of The CrowdCare Foundation—a patient-driven, nonprofit organization that empowers patients with rare diseases at each step of their journey, from diagnosis, through education, to care, and on to a cure. The Myeloma Crowd offers several MM educational and support resources, including the following:

- *Myeloma Crowd Radio*—an online radio series of patient-led interviews with top MM experts
- *Myeloma Crowd Round Tables and Webcasts*—patient education meetings with top MM experts
- *Myeloma Meetups*—social media groups that educate and connect patients, thus seeking to improve outcomes
- *HealthTree*—a patient-powered interactive software platform that helps patients learn about MM (through *HealthTree University* video lectures) and find a myeloma specialist, as well as personally relevant treatment options and clinical trials. *HealthTree* connects patients with others in similar situations, providing them with a platform to share their myeloma story anonymously with others

Cancer Educational/ Support Websites

American Cancer Society (ACS)

1-800-227-2345
www.cancer.org

The American Cancer Society (ACS) offers patients with cancer and their care partners a variety of support programs, services, and resources. Specifically, the ACS offers the following educational and support services:

- *Cancer Information Specialists*
- Referrals to local and national resources
- Patient educational materials
- Community programs and services that provide free information, day-to-day help, and emotional support

Cancer*Care*®

1-800-813-HOPE (4673)
info@cancercare.org
www.cancercare.org

Cancer*Care*® is a national organization that offers free professional support services to anyone affected by cancer. Services are provided by oncology social workers and cancer experts, and include the following:

- Case management
- Counseling
- Support groups
- *CancerCare Connect*® educational workshops, which are accessible via phone or online
- Booklets and fact sheets

Cancer.Net™

www.cancer.net

Cancer.Net™ is the patient information website of the American Society of Clinical Oncology (ASCO)—the voice of cancer physicians and oncology professionals. Cancer.Net provides trusted information for individuals with cancer, their families, and their care partners, covering such topics as the following:

- Treatments and side effects
- Navigating cancer care
- Coping with cancer
- Survivorship
- Research and advocacy

The *Cancer.Net* Blog and Podcasts provide practical tips, research news, guidelines, and more. Content is available in both English and Spanish.

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Getting Started

Cancer Support Community (CSC)

1-888-793-9355

www.cancersupportcommunity.org

The Cancer Support Community (CSC) is a global, professionally led, nonprofit network of cancer support that is dedicated to ensuring that all individuals affected by cancer are empowered by knowledge, strengthened by action, and sustained by community. The organization, which was formed through the merger of Gilda's Club Worldwide and The Wellness Community, provides such educational and support services as the following:

- A *Cancer Support Helpline* that provides guidance, resources, support, and coaching
- Live web chat
- Information about cancer and treatment options
- Radio shows
- Blogs
- *Frankly Speaking About Cancer* educational videos for patients, survivors, and care partners

National Cancer Institute (NCI)

1-800-4-CANCER (1-800-422-6237)

NCIinfo@nih.gov

www.cancer.gov

The National Cancer Institute (NCI)—the federal government's main agency for cancer research and training—is a trusted source for cancer information. Information Specialists at NCI's *Cancer Information Service* (*CIS*) can provide accurate, up-to-date cancer-related information for patients and their care partners, and can answer questions about cancer, clinical trials, and quitting smoking. Patients can reach an Information Specialist by calling, e-mailing, or contacting *LiveHelp*—an online live chat feature. This service is available in both English and Spanish. The NCI website offers the following additional services:

- Information on all aspects of cancer and its treatment
- Downloadable patient education publications
- Information on specific types of cancer, including NCI's *Physician Data Query* (*PDQ*®) evidence-based treatment summaries
- Dictionaries of cancer terms, drugs, and genetic terminology

National Comprehensive Cancer Network® (NCCN®)

www.nccn.org/patients

The National Comprehensive Cancer Network® (NCCN®) is a not-for-profit alliance of 30 leading cancer centers that are dedicated to patient care, research, and education. Based on the expertise of clinical professionals at member institutions, the NCCN develops resources to facilitate high-quality cancer care. Patient and care partner resources that are available include the following:

- *NCCN Guidelines for Patients*®, which help patients talk to their doctor about the best treatment options for their disease
  - Available in multiple languages
  - Available on the website and through the *NCCN Patient Guides for Cancer* app
- *NCCN Quick Guides*™, which summarize key points from the *NCCN Guidelines for Patients*®
- Expert information on various areas of cancer care
- Live and recorded *Know What Your Doctors Know* webinars

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Notes to Myself

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Connecting with Others

Peer Mentors

Peer mentors support patients and care partners through their shared experiences.

Imerman Angels

☎ 1-866-IMERMAN (463-7626)
https://imermanangels.org

Imerman Angels strives to provide comfort and understanding for patients with cancer, survivors, previvors, and care partners by offering a personalized, one-on-one connection with someone who has been there. Individuals using the free service are matched with a Mentor Angel who has experienced the same type of cancer.

Leukemia & Lymphoma Society (LLS): First Connection Program

☎ 1-800-955-4572
www.lls.org/support/peer-to-peer-support

The Leukemia & Lymphoma Society (LLS) provides information, resources, and support services for individuals affected by blood cancers, including leukemia, lymphoma, Hodgkin's disease, and multiple myeloma. The *Patti Robinson Kaufmann First Connection Program* is a free service that matches patients and their loved ones with trained peer volunteers who have shared similar experiences.

Multiple Myeloma Research Foundation (MMRF): Myeloma Mentors

☎ 1-888-841-MMRF (6673)
https://themmrf.org/resources/myeloma-mentors

The Multiple Myeloma Research Foundation (MMRF) is a patient-founded, patient-focused nonprofit whose mission is to discover and advance a cure for all individuals who are diagnosed with MM. The *Myeloma Mentors* program provides patients and their care partners with the opportunity to connect one-on-one with a trained patient and/or care partner mentor, who can share his or her personal experiences to help inform, activate, empower, and support. In the *Myeloma Mentors* program, the patient mentors are individuals who are living with MM in various stages and classifications, and who have undergone a variety of treatments.

Myeloma Crowd: Myeloma Coach Program

https://myelomacoach.org

The Myeloma Crowd is a division of The CrowdCare Foundation—a patient-driven, nonprofit organization that empowers patients with rare diseases at each step of their journey, from diagnosis, through education, to care, and on to a cure. *Myeloma Coach* comprises a team of patients with MM and their care partner volunteers who can help patients find and use the best resources to better navigate their care. Patients can find a Myeloma Coach based on their type of disease, treatment, area of expertise, or geographic location, and can connect with the volunteer by phone, by computer, or in person.

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Support Groups

Support groups serve as a source of information, education, support, and networking for patients and their care partners. They create a community in which patients can share their own experiences and be empowered to be their own best advocate.

International Myeloma Foundation (IMF): Myeloma Support Groups

☎ 1-800-452-CURE (2873)

☞ www.myeloma.org/support-groups

The International Myeloma Foundation (IMF) seeks to improve the quality of life of patients with MM, while working toward prevention and a cure. The IMF has a nationwide network of more than 150 myeloma support groups, enabling patients and their care partners to have local access to support services and resources. Individuals can search for a local support group on the company website, or they can contact the IMF to find or create a local support group, thus allowing them to connect with other patients, survivors, and care partners.

Leukemia & Lymphoma Society (LLS): Family Support Groups

☎ 1-800-955-4572

☞ www.lls.org/support/support-groups

The Leukemia & Lymphoma Society (LLS) provides information, resources, and support services for individuals affected by blood cancers, including leukemia, lymphoma, Hodgkin's disease, and MM. The LLS *Family Support Groups* program provides patients and their families with a place to go where they can share information, education, and their feelings in a comfortable, caring environment. Currently, 130 groups meet monthly near local LLS chapters and in outlying areas, with each group facilitated by 2 credentialed healthcare/mental health professionals. Individuals can search for a local support group on the LLS website.

Myeloma Crowd: Myeloma Meetups

☞ https://meetups.myelomacrowd.org

The Myeloma Crowd is a division of The CrowdCare Foundation—a patient-driven nonprofit organization that empowers patients with rare diseases at each step of their journey, from diagnosis, through education, to care, and on to a cure. *Myeloma Meetups* offer ways in which patients with MM, their family members, and their care partners can get together with other patients in their local area to discuss a variety of subjects, from management of their disease to the latest research. *Myeloma Meetups* also offer up-to-date information on such important topics as immunotherapy, recommended laboratory tests, and clinical trials.

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Connecting with Others

Online Communities

Private online communities allow patients and their families to connect with others, in order to learn, share information, and provide support in a secure environment.

American Cancer Society (ACS): Cancer Survivors Network (CSN)

https://csn.cancer.org

The American Cancer Society (ACS) provides patients with cancer and their care partners with a variety of support programs, services, and resources. The ACS Cancer Survivors Network (CSN)—an online community for individuals whose lives have been touched by cancer—offers discussion boards, announcements, a member resource library, and a chatroom.

Inspire™

www.inspire.com/groups/myeloma

Inspire™ is a social network for health that connects patients and care partners in a safe, moderated, permission-based manner. The Myeloma Support Community connects patients and care partners affected by MM for support and inspiration. This support group and discussion community are sponsored by the Leukemia Research Foundation.

Leukemia & Lymphoma Society (LLS): Community

1-800-955-4572

https://communityview.lls.org/pages/about-us

The Leukemia & Lymphoma Society (LLS) provides information, resources, and support services for individuals affected by blood cancers, including leukemia, lymphoma, Hodgkin's disease, and MM. The LLS offers the *LLS Community*—an online community of patients with blood cancer, survivors, and care partners in which individuals can receive support, stay informed, and let their voices be heard.

Smart Patients

www.smartpatients.com

Smart Patients is an online community for patients with a variety of diseases, including MM, as well as their family members and friends. Through conversations, patients and their families can learn from other patients and care partners about MM, current treatments or therapies being investigated, and the latest scientific developments. On this for-profit site, patients can share their questions and concerns with other members, search for relevant clinical trials, and discuss their findings with the online community.

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Resources During Treatment

Tools for Disease Monitoring

Being able to quickly detect any changes in your clinical status is becoming increasingly important because of the growing number of new treatments available.

All4Cure

www.all4cure.com

All4Cure is a Knowledge Sharing Platform in which patients and their physicians can track their MM, compare themselves with other patients, and learn from the treatments and outcomes of others. When patients join *All4Cure*, they grant permission to obtain their medical records from all of their physicians. All4Cure extracts important laboratory results and patients' treatment history, and displays this information in a graph on a dashboard, along with a written summary. All personal patient data remain secure, and participation in this for-profit platform is anonymous. Clinicians can receive up-to-date information on tests, treatments, real-world results, and clinical trials, thus providing their insights on applying this knowledge to each patient. Insights gained from the platform may also help researchers to design better trials.

International Myeloma Foundation (IMF): Myeloma Manager™ Personal Care Assistant™

www.myeloma.org/resource-library/myeloma-manager

The *Myeloma Manager™ Personal Care Assistant™* is a software program designed for patients with MM and their care partners, in order to help them manage their appointments, check medication schedules, and track their laboratory results. The program also provides real-time news feeds from the IMF website, along with a customizable *Reference Shelf* that offers ready access to website links to useful publications and saved documents. The program is downloaded to a personal computer running Windows (the program does not run on a Mac). Access is password protected and the data are encrypted.

Multiple Myeloma Research Foundation (MMRF): CureCloud®

https://mmrfcurecloud.org

The *MMRF CureCloud®* is a research study that includes an at-home genomic testing program for patients with MM. Patients sign up online, and following a free blood draw at home, their sample undergoes genomic testing to identify genetic variations in their myeloma cells. Patients and their physicians receive a free personal genomic report that may help inform decisions on smarter treatment paths and possible clinical trials. The *MMRF CureCloud®* patient dashboard, which is accessible from a laptop, a tablet, or a phone, keeps medical records and genomic results handy and accessible during doctor visits.

Myeloma Crowd: HealthTree

www.myelomacrowd.org/healthtree

HealthTree is a patient-powered interactive software platform that helps patients navigate their MM over the course of their disease. The tool allows patients to enter and track their myeloma test results and other information in one place, thus helping to identify trends and make their doctor visits more productive. *HealthTree* also educates patients about MM, helps them find personally relevant treatment options, connects them with others in similar situations, and allows them to share their myeloma story anonymously.

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Clinical Trial Resources

ClinicalTrials.gov

https://clinicaltrials.gov

ClinicalTrials.gov is a web-based resource that provides information on publicly and privately supported clinical studies. The website, which is maintained by the National Library of Medicine at the National Institutes of Health (NIH), is updated regularly by the sponsor or principal investigator of the clinical trial. Patients and their care partners can search for MM clinical studies by topic and location, and view information on the intervention being studied, requirements for trial participation, contact information, and more. The website also provides information on how clinical trials are conducted.

Lazarex Cancer Foundation

1-877-866-9523
info@lazarex.org
https://lazarex.org

The Lazarex Cancer Foundation is a nonprofit that focuses on improving the outcomes of cancer care, offering hope, dignity, and life to patients with advanced-stage cancer and the medically underserved. Its *Lazarex CARE* (Creating Access, Reimbursing Expenses) program provides patients and their care partners with access to clinical trial options. The foundation offers assistance with costs associated with US Food and Drug Administration (FDA) clinical trial participation, including transportation, lodging, and medical expenses not covered by insurance.

National Cancer Institute (NCI)

1-800-4-CANCER (1-800-422-6237)
NCIinfo@nih.gov
www.cancer.gov

The National Cancer Institute (NCI), which is the federal government's main agency for cancer research and training, is a trusted source of cancer information. Patients and their care partners can search for NCI-supported clinical trials, learn about clinical research, and determine how to find the right clinical trial for them. Information Specialists at NCI's *Cancer Information Service* (*CIS*) can also provide a tailored clinical trials search that patients can discuss with their physicians. Patients can reach an Information Specialist by calling, e-mailing, or using *LiveHelp*—an online live chat feature. This service is available in both English and Spanish.

SparkCures

1-888-828-2206
https://sparkcures.com

SparkCures helps patients and their care partners find, understand, and connect to clinical trials, treatment options, and myeloma specialists throughout the United States. Patients can call or create a free online account to receive personalized options for MM, smoldering myeloma, or monoclonal gammopathy of undetermined significance (MGUS). The site also provides information on treatments in development for myeloma. The SparkCures clinical trial matching service is free, and the for-profit organization is supported through partnerships with hospitals and pharmaceutical companies.

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Resources During Treatment

Optimizing Quality of Life and Palliative Care

Center to Advance Palliative Care (CAPC): GetPalliativeCare.org

https://getpalliativecare.org

The Center to Advance Palliative Care (CAPC) is a national nonprofit organization dedicated to increasing the availability of quality healthcare for individuals who are facing serious illness. CAPC's *GetPalliativeCare.org* website provides educational information on palliative care, including videos, podcasts, and webinars. It also provides a *Palliative Care Provider Directory*, which can be used to locate palliative care in a patient's area.

National Hospice and Palliative Care Organization (NHPCO): CaringInfo Program

1-703-837-1500

www.nhpco.org/patients-and-caregivers

The National Hospice and Palliative Care Organization (NHPCO) is a leading group that represents hospice and palliative care providers. NHPCO's *CaringInfo* program provides information on hospice and palliative care for adults and children, along with free resources, to help individuals make decisions about end-of-life care and services. Information is available in English, Spanish, and Mandarin Chinese.

Hospice and Palliative Care Are Different

Both hospice and palliative care are intended to provide comfort and pain relief, but in different ways. *Palliative care* aims to ease pain and improve the quality of life of patients with a serious or life-threatening disease. Also called supportive care, palliative care helps patients manage their symptoms and the side effects of their treatment, thus dealing with the overall impact of their disease. In contrast, *hospice* is for individuals who are near the end of their life, with the goal being to control their symptoms, provide comfort, and prepare. Hospice offers physical, emotional, and spiritual support for patients and their families.

Transportation Resources

Rides

American Cancer Society (ACS): Road To Recovery Program

1-800-227-2345

www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html

The *Road To Recovery Program* of the American Cancer Society (ACS) provides transportation to and from cancer-related medical appointments for individuals with cancer who do not have a ride or are unable to drive themselves. Rides are coordinated with an ACS volunteer driver.

Leukemia & Lymphoma Society (LLS): Susan Lang Pay-It-Forward Patient Travel Assistance Program

1-877-557-2672

FinancialAssistance@LLS.org

www.lls.org/support/financial-support/patient-travel-assistance-program

The *Susan Lang Pay-It-Forward Patient Travel Assistance Program* of the Leukemia & Lymphoma Society (LLS) is available to patients with blood cancer who have significant financial need. Patients may qualify to receive $500 in financial assistance for approved expenses, which include ground transportation, tolls, gas, parking, car rental, services, repairs and parts, air transportation, baggage fees, lodging, and ambulance services. Information on the program is available in both English and Spanish. Both national and state funds are listed. National funds include those for blood cancers in general, as well as those specifically for pediatric patients and those with MM.

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Uber Health

www.uberhealth.com

Uber Health provides nonemergency medical transportation services to patients in need. Rides—either on demand or for a future appointment—are free to the patient and are booked directly by healthcare providers who contract for the service. All patients are contacted by text or a phone call with the trip details, both when the ride is booked and again when the driver is on the way to pick them up. Patients will be able to view the driver's information, so they know who will be picking them up.

Flights

Air Care Alliance (ACA)

www.aircarealliance.org

The Air Care Alliance (ACA) is a nonprofit that supports the work of volunteer-based charitable organizations whose pilots provide free air transportation for patients who require transportation to a medical facility. The ACA supports several public benefit flying organizations, including Angel Flight, Pilots N Paws, Operation Angel Planes, the Wolf Aviation Fund, and the Aircraft Owners and Pilots Association (AOPA) Foundation.

Corporate Angel Network (CAN)

1-914-328-1313

www.corpangelnetwork.org/#/home

The mission of the Corporate Angel Network (CAN) is to help transport patients with cancer to the hospital to receive specialized treatment. The organization matches empty seats on private and corporate planes with qualified patients who require transportation, which is provided free of charge.

Mercy Medical Angels®

www.mercymedical.org

Mercy Medical Angels® provides free transportation for patients in financial need and their care partners, so they can reach medical care. This nonprofit provides assistance for ground transportation with gas cards, or with bus or train tickets, or arranges air transportation on commercial airlines or flights flown by volunteer pilots.

Patient AirLift Services (PALS)

1-888-818-1231

info@palservices.org

https://palservices.org

Patient AirLift Services (PALS) is a nonprofit that arranges free air transportation for individuals who require medical diagnosis, treatment, or follow-up and cannot afford the cost of a flight or are unable to fly commercially. It also arranges volunteer flights for family members, to ensure that patients have support when they are away from home for long periods of time. Services are provided by a network of volunteer pilots.

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Resources During Treatment

Lodging Resources

Airbnb and Cancer Support Community (CSC)

1- 877-793-0498 (CSC Airbnb Helpline)
www.cancersupportcommunity.org/cancer-support-helpline

Airbnb has partnered with the Cancer Support Community (CSC) to provide free housing for patients with cancer and their care partners who are traveling for treatment, provided they meet certain geographic and income criteria. The medical stays program is part of Airbnb's *Open Homes* initiative.

American Cancer Society (ACS): Hope Lodge

1-800-227-2345
www.cancer.org/treatment/support-programs-and-services/patient-lodging/hope-lodge.html

The Hope Lodge program of the American Cancer Society (ACS) provides a free home away from home for patients with cancer and their care partners when they must travel out of town for treatment. Each Hope Lodge provides a nurturing, home-like environment where guests can retreat to private rooms or connect with others. There are more than 30 Hope Lodge facilities located throughout the United States and Puerto Rico. Patients must be receiving active cancer treatment and permanently reside more than 40 miles away from the treatment center.

Joe's House

1-877-563-7468
info@joeshouse.org
www.joeshouse.org

Joe's House is a nonprofit organization that helps patients with cancer and their families find a place to stay when traveling for medical treatment. Patients and families can search for cancer treatment centers and hospitals across the country. A list of nearby lodging facilities that offer a discount will be provided.

Pet Care

Cancer*Care*®: Pet Assistance & Wellness (PAW) Program

1-800-813-HOPE (4673)
www.cancercare.org/paw

Cancer*Care*® is a national organization that provides free, professional support services to anyone affected by cancer. The Cancer*Care*® Pet Assistance & Wellness (PAW) program addresses the distinct needs of patients with cancer who are undergoing treatment and share their home with a cat or a dog. The program provides limited financial assistance to qualified individuals, in order to help offset some of the expenses associated with their pet, including the following:

- Food
- Caregiving services
- Boarding
- Veterinary fees

The PAW program also provides educational materials and webcasts specific to pet care during cancer treatment, as well as free counseling services.

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Notes to Myself

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Financial and Legal Support Resources

Financial Counseling

Cancer Financial Assistance Coalition (CFAC)

www.cancerfac.org

The Cancer Financial Assistance Coalition (CFAC) is a group of 14 financial assistance organizations that have joined forces to help patients with cancer experience improved health and well-being by limiting their financial challenges. Patients can search for assistance from organizations that provide financial and practical assistance, as well as view practical tips on how to take control of their finances and find help in their community.

CancerCare®: Co-Payment Assistance Foundation

866-55-COPAY (866-552-6729)

information@cancercarecopay.org

www.cancercare.org/copayfoundation

Cancer*Care*® is a national organization that provides free, professional support services to anyone affected by cancer. The Cancer*Care* Co-Payment Assistance Foundation assists patients with copayments for their prescribed treatments. Information is available in both English and Spanish. Patients can receive same-day approval over the phone or online.

Family Reach Financial Treatment Program (FTP)

https://familyreach.org/ftp

Family Reach is a national nonprofit organization dedicated to removing the financial barriers that often accompany a cancer diagnosis. Their Financial Treatment Program (FTP) offers financial support services to individuals with a cancer diagnosis who are receiving active treatment or have completed treatment within 1 year. Qualified individuals will be assigned a Resource Navigator, who can determine the most appropriate services, create a customized financial road map, and serve as their primary point of contact. Services include the following:

- Financial education, including Family Reach's *Financial Guidebook*
- Financial planning provided by a volunteer Certified Financial Planner™ professional
- The *Financial Planning for Cancer* program
- Financial assistance for everyday, nonmedical living expenses

HealthWell Foundation

1-800-675-8416

www.healthwellfoundation.org

The HealthWell Foundation is a nonprofit that provides financial assistance to adults and children to help with the following:

- Prescription copays
- Health insurance premiums, deductibles, and coinsurance
- Travel costs
- Select out-of-pocket healthcare expenses

Currently, the foundation provides assistance to patients with MM who are on Medicare.

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Financial and Legal Support Resources

Lazarex Cancer Foundation

☎ 1-877-866-9523
✉ info@lazarex.org
https://lazarex.org

The Lazarex Cancer Foundation is a nonprofit that focuses on improving the outcomes of cancer care, offering hope, dignity, and life to patients with advanced-stage cancer and the medically underserved. Its *Lazarex CARE* (Creating Access, Reimbursing Expenses) program provides patients and their care partners with access to clinical trial options. The foundation offers assistance with costs associated with FDA clinical trial participation, including transportation, lodging, and medical expenses not covered by insurance.

Leukemia & Lymphoma Society (LLS): Patient Financial Assistance Programs

☎ 1-800-955-4572
www.lls.org/support/financial-support

The Leukemia & Lymphoma Society (LLS) provides information, resources, and support services to individuals affected by blood cancers, including leukemia, lymphoma, Hodgkin's disease, and MM. The LLS offers several Patient Financial Assistance Programs for eligible patients:

- *Patient Aid Program*, which provides a one-time $100 stipend to help offset expenses (1-877-557-2672)
- *Urgent Need Program*, which provides assistance for nonmedical expenses (eg, rent, mortgage, lodging, utilities, childcare, elder care, food, transportation, car repair, car insurance, phone service) and acute dental work related to treatment. All eligible patients will receive a $500 grant once within a 12-month period (1-877-557-2672)
- *Co-Pay Assistance Program*, which offers financial support toward prescription copays and medical insurance premiums (1-877-557-2672)

NeedyMeds

☎ 1-800-503-6897
www.needymeds.org

NeedyMeds is a national nonprofit that connects individuals to programs that can help them afford their medications and other healthcare costs. NeedyMeds provides a number of resources, including the following:

- A drug pricing calculator and a *NeedyMeds Drug Discount Card*
- Patient information and education on the use of medications through its *BeMedWise Program*
- Information on free, low-cost, sliding scale clinics
- Assistance with medical transportation costs
- Help filling out program applications

Information is available in both English and Spanish.

Patient Advocate Foundation (PAF): Case Management Services & MedCareLines

☎ 1-800-532-5274
www.patientadvocate.org/connect-with-services/case-management-services-and-medcarelines

The Case Management services provided by the Patient Advocate Foundation (PAF) offer one-on-one assistance with a professional case manager to help qualified patients, their families, and their care partners resolve financial, job-related, and healthcare access issues that may be the result of a patient's chronic, debilitating, or life-threatening diagnosis. To qualify, a patient must be receiving active treatment, have received treatment within the past 6 months, or will begin receiving treatment in the next 60 days. PAF's Case Management program provides assistance with the resolution of various concerns, including the following:

- Access to care
- Cost of care
- Cost of living expenses
- Safety net program support
- Employment-related issues

The program identifies sources of assistance, including other charitable organizations and government-sponsored programs, and helps patients in enrolling in these services.

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Financial and Legal Support Resources

Patient Advocate Foundation (PAF): Co-Pay Relief Program

1-866-512-3861

www.patientadvocate.org

The Patient Advocate Foundation (PAF) *Co-Pay Relief* program provides direct financial assistance to qualified patients for copayments, coinsurance, or deductibles associated with prescription drugs. Assistance with insurance premiums and ancillary services associated with a disease may also be available.

Patient Services Incorporated (PSI)

1-800-366-7741

www.patientservicesinc.org

Patient Services Incorporated (PSI) is a nonprofit patient assistance organization that provides financial support and guidance for qualified patients with chronic, rare diseases. PSI offers assistance with insurance premiums, copayments, infusion and nursing services, and travel costs. When funds are available, PSI provides assistance to patients with MM who have public or private insurance.

Pharmaceutical Research and Manufacturers of America (PhRMA): Medicine Assistance Tool (MAT)

https://medicineassistancetool.org

Pharmaceutical Research and Manufacturers of America (PhRMA) represents the country's leading innovative biopharmaceutical researchers and biotechnology companies. PhRMA's Medicine Assistance Tool (MAT) is a search engine designed to help patients, care partners, and healthcare providers learn more about the patient assistance resources that are available through the various biopharmaceutical industry programs. Resources, including medication cost and health insurance information, are available in both English and Spanish. MAT is not its own patient assistance program; rather, it is a search engine for many of the patient assistance resources that are offered by the biopharmaceutical industry.

RxAssist Patient Assistance Program Center

info@rxassist.org

www.rxassist.org

RxAssist is a web-based, comprehensive directory of patient assistance programs run by pharmaceutical companies to provide free medications to individuals who cannot afford to purchase them. RxAssist also offers the following:

- The *RxAssist Prescription Savings Card*
- Medication access resources for patients
- A list of programs that offer free or low-cost medications and other healthcare services

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Financial and Legal Support Resources

Legal Counseling

Cancer Legal Resource Center (CLRC)

☎ 1-866-THE-CLRC (843-2572)
✉ CLRC@drlcenter.org
👉 https://thedrlc.org/cancer

The Cancer Legal Resource Center (CLRC) is a program of the Disability Resource Legal Center (DRLC)—a nonprofit advocacy organization that supports the rights of individuals with disabilities, including those affected by cancer. The CLRC is the only nationally dedicated center for patients, survivors, care partners, and healthcare professionals to access free confidential cancer-related legal information and resources. The CLRC provides the following:

- Phone and online assistance
- Outreach programs and community activities
- In-person and online trainings
- A resource library, which includes its *Patient Legal Handbook*
- Attorney referrals for those requiring legal counsel

Legal Services Corporation (LSC)

☎ 1-202-295-1500
👉 www.lsc.gov

Legal Services Corporation (LSC) is an independent nonprofit established by Congress that provides civil legal aid for low-income Americans. LCS funds more than 130 independent, nonprofit programs in every US state, the District of Columbia, and the US territories. These programs offer assistance for individuals, families, seniors, the disabled, veterans and military families, and individuals living in rural areas who have legal matters regarding the following:

- Health
- Family law
- Housing
- Natural disasters

Triage Cancer

☎ 1-424-258-4628
✉ info@triagecancer.org
👉 https://triagecancer.org

Triage Cancer is a national nonprofit that provides free educational materials on practical and legal issues that may impact individuals with cancer and their care partners, such as health insurance, financial toxicity, disability insurance rights, employment, and estate planning. Triage Cancer provides the following resources:

- In-person and online educational webinars
- Educational materials, including quick guides, checklists, a blog, and a newsletter
- *Cancer Finances*—a toolkit for navigating finances after cancer
- Animated videos on cancer survivorship issues
- One-on-one assistance

Employment Counseling

Cancer and Careers (CAC)

☎ 1-646-929-8032
✉ cancerandcareers@cew.org
👉 www.cancerandcareers.org

Cancer and Careers (CAC) empowers and educates patients with cancer to thrive in the workplace. CAC's programs for survivors and healthcare professionals provide expert advice, support, interactive tools, and educational events to help navigate through the practical and legal challenges that follow a cancer diagnosis. These include programs, events, and online content, such as the following:

- A resource library of free workbooks, guides, and toolkits
- Help with job interviews
- A free resume review service
- Consultations with a professional career coach

Resources are available in both English and Spanish.

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Develop Skills

iTHRIVE Plan

www.ithriveplan.com

The iTHRIVE Plan program allows cancer survivors to create free online, personalized, physician-approved wellness plans. Patients complete a health and lifestyle survey, with their answers determining their ability, experience, and knowledge in 5 areas of wellness: diet, movement, environment, rejuvenation, and spirit. The iTHRIVE Plan then offers individualized recommendations to help patients transform from a survivor to a thriver. Patients receive daily reminders and can customize their plan throughout their iTHRIVE journey, thus helping them heal from treatment and achieve optimal wellness.

National Coalition for Cancer Survivorship (NCCS): Cancer Survival Toolbox®

https://canceradvocacy.org/resources/cancer-survival-toolbox

The *Cancer Survival Toolbox*® is a free audio program created by leading cancer organizations to help patients with cancer develop skills to better meet and understand the challenges of their disease. Produced through a collaboration among the National Coalition for Cancer Survivorship (NCCS), the Oncology Nursing Society (ONS), the Association of Oncology Social Workers (AOSW), and the National Association of Social Workers (NASW), the program contains a set of basic skills and special topics. Each scenario in the program has been inspired by a true story from a real patient with cancer. Patients can listen to the individual audio programs, which are available in both English and Spanish, directly on the website or as free podcasts on iTunes. The full *Cancer Survival Toolbox*® can also be downloaded for free.

Springboard Beyond Cancer

www.hhs.gov/blog/2017/02/02/survivors-springboard-beyond-cancer.html

Springboard Beyond Cancer is a free, mobile-friendly web tool developed by the National Cancer Institute and the American Cancer Society that helps empower cancer survivors and those undergoing treatment to play an active role in the management of their health. This includes dealing with their illness and treatment, their relationships, emotional and psychological stressors, and healthy lifestyle behaviors. The mobile-friendly tool provides information on the following:

- Symptoms
- Emotions
- Self-care during and after treatment
- Receiving support from family and friends

Patients can also create their own *Action Deck*, which comprises a collection of information related to a cancer topic or treatment, to help them manage their health and well-being during their cancer journey. In addition, patients can also create their own *Vision Board*, in order to remain focused on staying positive and hopeful.

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Health and Wellness

Calm

www.calm.com

Calm offers a variety of tools and resources for meditation, sleep, and relaxation through its website and downloadable app. Free offerings include guided meditations, sleep stories, gratitude practices, music soundscapes, and resources for children. It also offers journals, calendars, and workbooks designed to invite more awareness and peace into your life. Individuals can sign up for a free trial of Calm Premium, a paid subscription that unlocks Calm's entire content library. Content is available in several languages.

Cancer.Net™: Counseling

www.cancer.net/coping-with-cancer/finding-social-support-and-information/counseling

Cancer.Net™ is the patient information website of the American Society of Clinical Oncology (ASCO)—the voice of cancer physicians and oncology professionals. Cancer.Net provides trusted information for individuals with cancer, their families, and their care partners, including how they can find social support and information. This page provides a wealth of information about counseling, including when and how it can help individuals cope with the challenges that come with a cancer diagnosis, the different types of counseling and kinds of counselors available, and how to find and choose a counselor. It also provides a list of organizations that can help individuals find a counselor.

Livestrong at the YMCA

www.livestrong.org/what-we-do/program/livestrong-at-the-ymca

The Livestrong Foundation is a nonprofit that has served individuals affected by cancer, identifying those areas in which patients and survivors are not being supported, then investing in advocacy, programs, and services that address their unmet needs. Livestrong has partnered with the YMCA to create *Livestrong at the YMCA*—a 12-week physical activity program designed to get survivors back on their feet. Survivors can search for a participating facility near their home and partake in free or low-cost customized exercise regimens from certified fitness instructors who have been trained in cancer survivorship, postrehabilitation exercise, and supportive cancer care.

National Center for Complementary and Integrative Health (NCCIH)

https://www.nccih.nih.gov

The National Center for Complementary and Integrative Health (NCCIH) is the government's lead agency for research on non-mainstream health approaches. These include mind and body practices such as acupuncture, massage, and meditation; nutritional approaches, such as diets and supplements; and integrative health, which is the use of complementary approaches together with conventional medicine in a coordinated way. Part of the National Institutes of Health, the NCCIH's mission is to conduct and support research and provide information about the usefulness and safety of complementary health products and practices. The NCCIH website provides a wealth of health information, including the following:

- *Health Topics A-Z*, which provides detailed information on complementary approaches and their use in specific conditions
- *Know the Science*, a series of interactive modules, quizzes, and videos to help you better understand topics related to health research
- How to be an informed consumer
- Safe use of complementary health products and practices
- How to find a complementary health practitioner

Some information resources are available in Spanish.

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Volunteer

A Fresh Chapter

info@afreshchapter.com
https://afreshchapter.com

A Fresh Chapter (AFC) is a nonprofit organization that aims to heal the emotional scars of cancer for patients and their care partners. AFC programs help individuals gain new perspectives through life-changing volunteer, personal growth, and leadership experiences. Users can access tools, resources, support, and the community to help them reclaim their lives and plan their futures. Programs are available across the United States, internationally, and online.

Local Resources

Findhelp.org – The Social Care Network

www.findhelp.org

Formerly known as auntbertha.com, findhelp.org is a social care network that connects individuals with local nonprofits offering help and verified social services. The for-profit site provides free access to individuals to search the network for such services as the following:

- Food assistance
- Assistance with paying bills
- Free or reduced-cost programs
- Programs for the coronavirus disease 2019 (COVID-19) pandemic

Advocate on Public Policy Issues

International Myeloma Foundation (IMF): Myeloma Advocacy Action Center

www.myeloma.org/myeloma-cancer-advocacy-center

The International Myeloma Foundation (IMF) seeks to improve the quality of life of patients with MM, while working toward prevention and a cure. The IMF's *Multiple Myeloma Advocacy Program* provides training and support to patients, care partners, and friends and family, to advocate on critical health issues that affect the MM community. The program supports state- and federal-level legislation that betters the lives of patients with MM. Individuals can subscribe to the *Advocacy Newsletter* to receive alerts and campaign notices.

Leukemia & Lymphoma Society (LLS): Office of Public Policy

www.lls.org/policy-advocacy

The Leukemia & Lymphoma Society (LLS) provides information, resources, and support services for individuals affected by blood cancers, including leukemia, lymphoma, Hodgkin's disease, and MM. The LLS Office of Public Policy advocates on behalf of patients with blood cancer and their families, to enact policies that break down barriers to care and accelerate the development of new treatments for these diseases. Ways in which patients can participate include the following:

- Sign up to be an advocate to engage with elected officials
- Join the *LLS Mobile Action Network* to receive text updates and tips
- Share their story to convince lawmakers to support a bill

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Notes to Myself

National Patient Advocate Foundation (NPAF)

www.npaf.org

The National Patient Advocate Foundation (NPAF) is the advocacy affiliate of the Patient Advocate Foundation (PAF). The NPAF represents the patient voice, working at the local, regional, and national levels to promote access to affordable, quality healthcare for individuals with chronic, debilitating, or life-threatening illnesses.

The NPAF holds Policy Consortiums and an annual Patient Congress, and offers such resources as the following:

- *Advocacy Toolkit*
- *Advocates in Action* podcast
- *Patient Voices* blog
- *Skilled Communications in Shared Decision-Making Toolkit*

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Staying Connected

Cancer Support Community (CSC): MyLifeLine

☎ 1-888-793-9355

👉 www.cancersupportcommunity.org/mylifeline

The Cancer Support Community (CSC) is a global, professionally led, nonprofit network of cancer support that was formed through the merger of Gilda's Club Worldwide and The Wellness Community. CSC's *MyLifeLine* was developed to easily connect patients with cancer and their care partners with family and friends, in order to reduce stress, anxiety, and isolation. Patients can create their own private website to document their journey, keep everyone up to date, and receive emotional, social, and practical support from family and friends. Other features include the following:

- A *Helping Calendar*, with the ability to assign a Care Coordinator
- Discussion boards
- Helpful resources, such as a dashboard, an interactive blog, and a downloadable keepsake

CaringBridge

👉 www.caringbridge.org

CaringBridge is a nonprofit whose mission is to "build bridges of care and communication providing love and support on a health journey." CaringBridge allows individuals to create a personal website where they can share news and health updates with everyone at the same time, communicating in a private, ad-free place. Patients can also do the following:

- Let family and friends know how they can help
- Post photos
- Link to a personal fundraiser or a calendar

Lotsa Helping Hands

👉 https://lotsahelpinghands.com

Lotsa Helping Hands allows participants to create a central place to coordinate meals and help for family and friends in need. Using the free website or app, individuals can create a community with such features as the following:

- *Care Calendar*
- *Well Wishes* to offer support
- Announcements
- Photo gallery

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Family and Friends

Care Partner Resources

Caregiver Action Network (CAN): Caregiver Help Desk

☎ 1-855-227-3640

https://caregiveraction.org

The Caregiver Action Network (CAN) is a nonprofit that provides free education, peer support, and resources to family care partners nationwide. These care providers can contact the Caregiver Help Desk via phone, online chat, or e-mail to connect with caregiving experts on the Care Support Team who can assist with finding free information to help them navigate complex caregiving challenges. The CAN website also offers the following:

- Instructional videos
- Information tailored to specific conditions
- *Family Caregiver Toolbox*
- *Care Community*—a place where care partners can share information and speak with other care partners
- *iCAN Tech*—a resource that provides information on tech products and services for care partners

Help for Cancer Caregivers

www.helpforcancercargivers.org

The Help for Cancer Caregivers website provides information, education, and support for cancer care partners. It is not meant to be medical advice. By answering 6 short questions based on how things have been for them over the past 7 days, care partners will receive a Personal Caregiver Guide that is intended to help them improve their well-being. In addition, the website offers a library of resources to help care partners cope with specific challenges. The website is a collaboration among Anthem, Inc., Cancer*Care*®, Caregiver Action Network, Indiana University, and Michigan State University.

Leukemia & Lymphoma Society (LLS): Caregiver Support

☎ 1-800-955-4572

www.lls.org/support/caregiver-support

The Leukemia & Lymphoma Society (LLS) provides information, resources, and support services for individuals affected by blood cancers, including leukemia, lymphoma, Hodgkin's disease, and MM. The LLS offers a variety of educational and support resources for care partners, including the following:

- *Caregiver Workbook*
- *LLS Community*—an online support community
- Webcasts
- Podcasts
- Online chats
- Educational videos

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Care Team, Medical History, Treatment Summary, and Care Plan Section

You may find it helpful to use these pages to keep track of major aspects of your myeloma treatment and recommendations for your follow-up care. Though these pages will likely not contain complete records of your care, you may find that completing them provides you with a helpful resource in discussions with members of your care team.

Personal Information

Name _____ Date of birth _____

Address _____

_____

Home phone _____ Cell phone _____

E-mail _____

Notes

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Care Team, Medical History, Treatment Summary, and Care Plan Section

Care Team

Name _____ Date of birth _____

Hematologist/Oncologist

Radiation Oncologist

Nurse Practitioner

Patient Navigator

Social Worker

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Care Team, Medical History, Treatment Summary, and Care Plan Section

Medical History

Name _____ Date of birth _____

Diagnosis

Type of myeloma _____ Date of diagnosis _____

Stage _____

Genomic test results

Date _____ Result _____

_____

Date _____ Result _____

_____

Medical History

Other medical conditions

_____

_____

_____

_____

Past surgeries (Date, Surgery)

_____

_____

_____

_____

Smoking history

_____

Relevant family history

_____

_____

_____

_____

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Care Team, Medical History, Treatment Summary, and Care Plan Section

Treatment Summary

Name _____ Date of birth _____

Current Treatment

Date started _____ Agent(s) _____

_____

Treatment History

Initial therapy

Date _____ Agent(s) used _____

_____

_____

Autologous stem-cell transplant (if applicable)

Date _____ Where performed _____

_____

_____

Subsequent therapy

Date _____ Agent(s) used _____

_____

_____

Date _____ Agent(s) used _____

_____

_____

Date _____ Agent(s) used _____

_____

_____

Date _____ Agent(s) used _____

_____

_____

Persistent symptoms or side effects of treatment (if applicable)

_____

_____

_____

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Care Team, Medical History, Treatment Summary, and Care Plan Section

Care Plan

Name _____ Date of birth _____

Follow-up Care

Your follow-up care with your cancer team will vary according to your current disease state. You may wish to discuss the following topics with your team:

1. How often will I have follow-up visits?
2. Is there any other provider who I have seen during my cancer treatment that I should continue to follow up with regularly?
3. Are there any late or long-term side effects that may occur as a result of my treatment that may affect my follow-up care?
4. If I have not already done so, is it appropriate for me to return to my primary care physician (PCP) at this time for all my other routine healthcare and screenings?

Follow-up Tests

Often patients treated for multiple myeloma will have various laboratory tests throughout their disease process and during follow-up care. You may find it helpful to ask your oncology team the following questions at your next clinic visit:

1. How often will I have laboratory tests done?
2. How often will I have my myeloma-specific labs done?
3. How often will I have bone marrow biopsies?
4. If appropriate, how often will I have diagnostic tests such as PET scans, MRIs, skeletal surveys, etc?

The following may be signs that you should contact your healthcare team:

- A new symptom
- A change in a persistent/chronic symptom that is affecting your daily activities
- Any concerns about how you feel physically or emotionally

You may also wish to ask your healthcare team:

- What symptoms may be signs of potential progression/recurrence of my disease?

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