

MULTIPLE MYELOMA YOU **ARE NOT** ALONE



**SUPPORT GROUPS EMPOWER
PATIENTS & CAREGIVERS!**





HERE'S WHAT SUPPORT GROUPS DO

Support groups bring together myeloma patients, caregivers, family members & friends. Patients involved in a support group experience more positive outcomes due to their understanding of treatment options and enables them to have key conversations with their healthcare team.



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KNOWLEDGE IS POWER!

HOW DO SUPPORT GROUPS HELP PATIENTS AND CAREGIVERS?

- Serve as a source of information, education, support, and networking.
- Create a connected community of patients and caregivers to share experiences and hope.
- Feature key speakers on a range of beneficial topics.
- Provide opportunity for one-on-one interaction and support.
- Offer a comprehensive library of updated myeloma publications and resources from the IMF.
- Empower patients and caregivers to be knowledgeable and to be their own best advocate.



REAL QUOTES FROM PATIENTS & CAREGIVERS

"As a newly diagnosed patient, I felt like I found people who care and understand."

"Caregivers need care too, and myeloma support groups include support to our caregivers."

"Camaraderie with people who understand."

"Sharing of real life stories, experiences, challenges and tips."

"Key guest speakers providing updates and resources."

"Being in this together and learning from one another how to have productive conversations with our healthcare team."

"As a long survivor of myeloma, I am able to share my experiences to help others."

"Myeloma Support Group Members care about each other. We don't sit around and complain, we figure out how to live as best we can with myeloma."

BENEFITS OF ATTENDING A MYELOMA SUPPORT GROUP

Information Empowerment Hope Sharing Camaraderie



THE IMF IS HERE TO HELP

- Founded in 1990, the International Myeloma Foundation (IMF) is the first and largest organization focusing specifically on multiple myeloma.
- The IMF's reach extends to more than 525,000 members in 140 countries worldwide. The IMF is dedicated to improving the quality of life of myeloma patients while working toward prevention and a cure through our four founding principles: Research, Education, Support and Advocacy.
- The signature project of the IMF's Research division is the **Black Swan Research Initiative**®, a groundbreaking and collaborative effort to develop the first definitive cure for myeloma.
- The IMF's International Myeloma Working Group (IMWG), comprised of more than 200 leading myeloma researchers, has developed myeloma guidelines that are followed by physicians around the world.
- The IMF's extensive library of publications for patients and caregivers is updated annually in English. Selected titles are also available in other languages. All IMF publications are free of charge and can be viewed, downloaded, or ordered at **publications.myeloma.org**

WHAT IS MULTIPLE MYELOMA?

Multiple myeloma is a cancer of the bone marrow plasma cells. Plasma cells make antibodies against infectious agents such as viruses and bacteria. A cancerous or malignant plasma cell is called a myeloma cell. Myeloma is called "multiple" because there are frequently multiple patches or areas in bone marrow where it grows.

HOW COMMON IS MYELOMA?

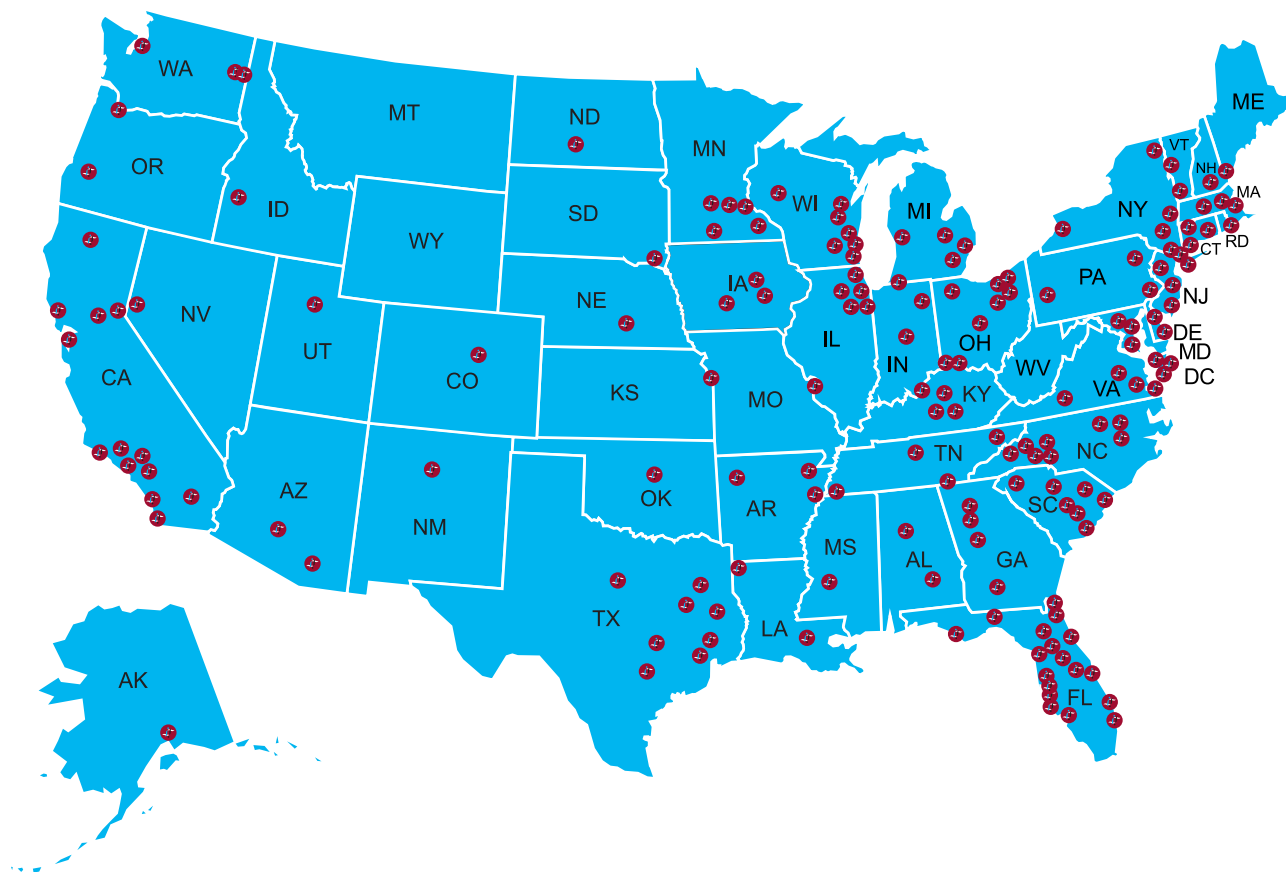
Myeloma is most frequently diagnosed in individuals who are 65-74 years old, but it is now also being diagnosed in people younger than 50. Men are more likely than women to develop myeloma. The disease is twice as common in people of African descent.

WHY YOU SHOULD SEE A SPECIALIST

Myeloma is a highly individual disease. Often, it is slow moving. Sometimes, it can be very aggressive. A skilled myeloma specialist can tailor a treatment approach best suited to each patient's individual situation.

NATIONWIDE SUPPORT GROUPS IN OUR NETWORK

Through a network of over 150 myeloma support groups, the IMF ensures that patients and caregivers have local access to support and resources.



THE IMF SUPPORT GROUP TEAM IS HERE TO HELP!



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THE IMF CAN HELP YOU START AND SUSTAIN A LOCAL GROUP

Contact us to find or to start a local support group.

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