



MULTIPLE MYELOMA MARCH

The Multiple Myeloma March, inaugurated in 2009, is a yearly event planned to raise funds to support Myeloma Canada's patient programs and further Canadian myeloma research. The Multiple Myeloma March takes place in September in cities across Canada and brings together patients, families and friends to advance our mission of making myeloma matter.

For more information on the Multiple Myeloma March visit www.myelomamarch.ca or call (888) 798-5771



How can you Help?

- I would like to make a donation to Myeloma Canada. (see reverse)
- I would like to Volunteer with Myeloma Canada.
- I would like to receive additional educational material to distribute to other patients.
- I want to organize a fundraising event in my community.

Educational Resources

Myeloma Canada publications are a valuable resource for patients, family members and medical professionals.

Our most popular publication, the **Multiple Myeloma Patient Handbook**, is the first and only resource that addresses the unique aspects of living with myeloma in Canada.

The **Myeloma Canada InfoGuide series** features other educational resources: *Myeloma Bone Disease*, *Understanding Your Blood and Blood Tests* and *Myeloma Kidney Disease*.

Our online newsletter, **Myeloma Matters**, provides news and information on events, conferences, clinical research, new treatment options and other topics of interest to the Canadian myeloma community. To ensure you receive the latest Myeloma Canada news, visit our website www.myeloma.ca and click on the "Join our Community" link.

Presentations from Myeloma Canada including, the annual National Conference, patient InfoSessions and lectures, provides valuable and timely information and are available on our website at www.myeloma.ca.

Support Groups

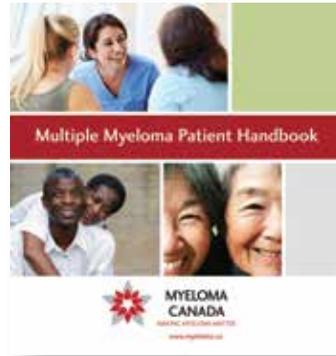
There is a Canadian network of over twenty local and regional myeloma support groups that hold regular meetings for members of the myeloma community. These support groups provide people living with myeloma an ideal environment to meet other patients and caregivers, share information and learn about the different aspects of living with the disease.

To locate a support group in your area, go to the Myeloma Canada website www.myeloma.ca and click on "find support" for locations and local contact information.

Science & Research

Myeloma Canada's **Scientific Advisory Board** is comprised of recognized Canadian leaders in the field of myeloma. The goals of the board are to provide valuable counsel and support Myeloma Canada's mission to promote awareness, education, access & advocacy and research for the Canadian myeloma community.

The **Myeloma Canada Research Network**, established in 2010, seeks to promote collaborative research to improve patient outcomes and to provide scientifically valid and peer-reviewed consensus opinions on the diagnosis and treatment of multiple myeloma.



CONTACT INFORMATION



MYELOMA CANADA

MAKING MYELOMA MATTER

Telephone: 1-888-798-5771 or 579-934-3885

Mailing Address: Myeloma Canada
1800 Le Corbusier Blvd,
Suite 138
Laval QC H7S 2K1

Email: contact@myeloma.ca

Website: www.myeloma.ca

International Myeloma Foundation



Myeloma Canada is affiliated with the International Myeloma Foundation (IMF), the oldest and largest myeloma organization, reaching more than 135,000 members in 113 countries worldwide.

The IMF Patient InfoLine is staffed by trained specialists, ready to answer myeloma-related questions. The hotline is open from Monday to Friday between 9 am and 4 pm Pacific Time.

Telephone: 1-800-452-CURE (1-800-452-2873)

Email: TheIMF@myeloma.org

Website: www.myeloma.org

Please note that the information contained in this brochure is not intended to replace the advice of a qualified healthcare professional.



MYELOMA CANADA



MAKING MYELOMA MATTER



www.myeloma.ca

One of the challenges facing the myeloma patient community is the general lack of awareness of this relatively unknown cancer. Consequently, many patients are not well-informed about the resources that are available to them and often feel alone in their battle.

To address this concern, **Myeloma Canada**, a non-profit registered charity, was created in 2005 by and for people living with multiple myeloma to :



- Provide educational resources to patients, families and caregivers
- Increase awareness of the disease and its effects on the lives of patients and their families
- Facilitate access to new therapies, treatment options and healthcare resources

- Advance clinical research and promote access to new drug trials in Canada

Working with leading myeloma researchers and clinicians as well as other cancer organizations and local support groups across Canada, Myeloma Canada seeks to strengthen the voice of the Canadian myeloma community and improve the quality of life of myeloma patients, their caregivers and families through education, awareness, advocacy and research.

Myeloma Canada is the only national organization uniquely devoted to the Canadian myeloma community. Our affiliation with the International Myeloma Foundation (IMF), the world's oldest and largest myeloma patient organization, enables access to a global network of expertise and resources.

What is Multiple Myeloma?

Multiple myeloma (commonly referred to as myeloma) is a cancer of the plasma cells, a type of cell found in the bone marrow. Plasma cells are part of the immune system and make antibodies to help fight infections. Because plasma cells are found in the blood, myeloma is referred to as a hematologic or blood cancer. The word "multiple" is often used because the malignant cells are typically not limited to one area of the body but affect multiple areas of the bone marrow.

Although there is no known cure to date, myeloma is treatable, with many patients going on to lead full lives for years after diagnosis. With increasing research and emerging treatments the overall outlook for patients is improving steadily.

What Causes Multiple Myeloma?

Despite the tremendous amount of work that has gone into the search for the cause of myeloma, to date no cause for this disease has been identified. However, a possible link between exposure to chemicals, pollutants, radiation or other environmental risk factors can suggest a greater risk of developing myeloma.

How Common Is It?

Multiple myeloma affects approximately 7,500 Canadians; it is estimated that in 2015, 2,700 new cases of myeloma were diagnosed in Canada.

Myeloma makes up 1.3 percent of all new cancer cases in Canada and 1.9 percent of all cancer deaths. It is most often diagnosed between 65 and 70 years of age and is slightly more common in men than in women.

Characteristics of Multiple Myeloma

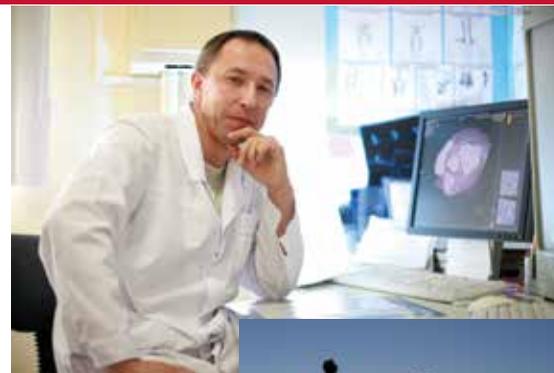
There are often no symptoms in the early stages of myeloma. In some cases, myeloma may be discovered by accident during routine blood testing. When present, symptoms may be vague and similar to those of other conditions.

The growth of malignant plasma cells in the bone marrow crowd out healthy blood cells and impact the body in a number of ways, including:

- Producing fewer red blood cells, which can result in anemia and fatigue
- Suppressing healthy white blood cell production, which can lead to recurrent infections
- Attacking and weakening of bones, which may lead to osteoporosis and result in considerable pain and potential fractures
- Affecting normal kidney and nerve functions



Because myeloma is a very complex disease, patients may experience all or none of the above symptoms.



Treatment Options

In recent years there have been many significant advances in the treatment of myeloma. Patients today have many treatment options, including chemotherapy, radiation, stem cell transplantation, and novel and emerging therapies. Treatment options will depend on the patient's age, disease stage, other health conditions, overall general health and personal preferences.

It is important to understand that myeloma is a disease that affects each individual in a different way. It is therefore essential to be well informed about the disease and available treatments to get the best care. Patients should



ask questions, evaluate treatment options and work closely with their doctor and the healthcare team to decide upon the best treatment decisions, including clinical trials. Every patient is entitled to a second opinion and has every right to ask for one.

Your generous support will help Myeloma Canada achieve its mission and extend its services to the myeloma community.

Donations can be made online at www.myeloma.ca or by mail using this donation form.

PLEASE PRINT Please detach and mail to Myeloma Canada.

Mr. Ms. Mrs.

First Name

Family Name

Mailing Address

City/Town

Province

Postal Code

Telephone

Email

I would like to receive news and updates from Myeloma Canada. To help reduce cost, kindly provide your email address

I wish to help the Canadian myeloma community.

By making a donation:

Other

\$250 \$100 \$50 \$25 \$ _____

I wish to receive a tax receipt (for donations of \$20 and more)

By buying a Myeloma Canada bracelet.

1 for \$5 5 for \$20

PAYMENT METHOD

Cheque Credit card

Visa Mastercard American Express

Card number

Expiry Date

Card holder's name

Signature

If paying by cheque, please make cheque payable to Myeloma Canada and mail to: Myeloma Canada
1800 Le Corbusier Blvd
Suite 138
Laval QC H7S 2K1