



MULTIPLE MYELOMA  
Research Foundation

# MANAGING MY MYELOMA

*Resources to get the best care possible*

[themmrf.org](http://themmrf.org)



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## ABOUT THE **MMRF**

The Multiple Myeloma Research Foundation (MMRF) is the largest nonprofit in the world solely focused on accelerating a cure for each and every multiple myeloma patient. We drive the development and delivery of next-generation therapies, leverage data to identify optimal and more personalized treatment approaches, and empower myeloma patients and the broader community with information and resources to extend their lives.

Central to our mission is our commitment to advancing health equity so that all myeloma patients can benefit from the scientific and clinical advances we pursue. Since our inception, the MMRF has committed over \$500 million for research, opened nearly 100 clinical trials, and helped bring 15+ FDA-approved therapies to market, which have tripled the life expectancy of myeloma patients.

To learn more about the MMRF, visit [themmrf.org](https://themmrf.org).

To speak to a patient navigator at the Patient Navigation Center, call **1-888-841-6673** or email [patientnavigator@themmrf.org](mailto:patientnavigator@themmrf.org).



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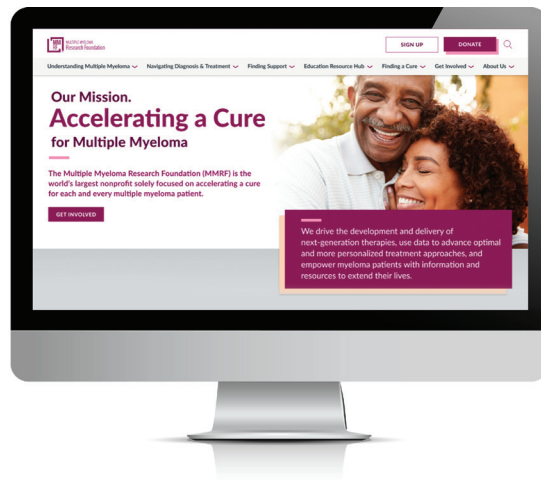
# WELCOME to knowledge, actionable resources, and support from the MMRF

*Finding the right myeloma specialist and understanding your treatment are important parts of your patient journey. We are here to help you through every step of your journey with these resources.*

## MMRF WEBSITE

**Empowers you by putting knowledge at your fingertips**

- The premier destination for multiple myeloma patients and their families
- Information you can trust on the latest developments, research discoveries, and more
- Locate a best-in-class treatment center, find open clinical trials, stay up to date on the latest research progress driven by the MMRF



Visit us at [themmr.org](http://themmr.org) and be sure to sign up for our e-newsletter and other resources.

## CLINICAL TRIAL FINDER

**Participating in a clinical trial could be an important step in your treatment.**

This option is available to many patients at any stage in their disease. Use our Clinical Trial Finder to look for trials in your area, and check with your doctor to see if they are right for you.

To find a clinical trial near you, visit [themmr.org/resources/clinical-trial-finder](http://themmr.org/resources/clinical-trial-finder).



Information & resources

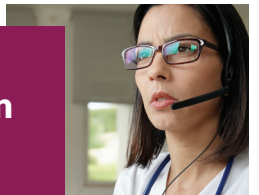


Expert advice



Support

**Patient Navigation Center**



## MMRF PATIENT NAVIGATION CENTER

**An invaluable source of information and support**

- Benefit from assistance and insight from specially trained patient navigators
- Receive answers to your most urgent questions
- Get a referral to a myeloma treatment center
- Find clinical trials that may be right for you

Call **1-888-841-6673**, Monday to Friday, 9 AM to 7 PM ET.

Or email [patientnavigator@themmr.org](mailto:patientnavigator@themmr.org).

## MMRF PATIENT SUPPORT GROUPS

We understand how important it is to have support and encouragement from other patients living with multiple myeloma. Finding the right support can make all the difference, so you aren't going through this alone.

Visit [themmr.org/resources/find-a-support-group](http://themmr.org/resources/find-a-support-group) to find a support group near you.

## MMRF WEBINAR SERIES

**Hear the latest in myeloma research and treatments directly from the experts**

- Webinars on various topics important to patients and their caregivers
- All programs are recorded and archived

See the webinar schedule, registration, and recordings of past webinars at [themmr.org/resources/education-programs](http://themmr.org/resources/education-programs).



## MMRF PATIENT SUMMITS

**An invaluable opportunity to gain knowledge, comfort, and confidence**

- FREE informative, inspiring, indispensable day-long live events led by leading myeloma clinicians and researchers
- Get insights on disease management, treatment options, supportive care, and more
- Held in cities throughout the U.S. in partnership with leading myeloma centers
- May participate virtually via online streaming

**See the live event schedule or watch videos of past events at [themmrf.org/resources/education-programs](https://themmrf.org/resources/education-programs).**

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## YOUR OPPORTUNITY TO MAKE WELL-INFORMED DECISIONS

You have found us at a time when treatment options for multiple myeloma are advancing at an exciting pace, and there are many reasons to be encouraged and hopeful. A lot more is known about myeloma today than in the past. At the Multiple Myeloma Research Foundation (MMRF) we have seen evidence that the more knowledgeable you become, the more empowered you are to make decisions and choices that lead to better care. This kit will help you find the information and opportunities available to you.



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Contact the Patient Navigation Center  
at 1-888-841-6673

# Don't miss out on the latest myeloma updates! Sign up today to receive news updates and notice of educational programs.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Telephone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Or sign up at **themmrf.org**

I AM A:

- Myeloma Patient
- Myeloma Patient Caregiver
- Myeloma Patient Family Member (non-caregiver)
- Health Care Professional or Researcher
- Biopharma, Medical Device, or Health Care Technology Industry Professional

*\*Please tear off reply card and tape all three sides before mailing.*

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Name \_\_\_\_\_

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City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Place  
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here



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PRG 04/2023

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