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Uniquely devoted to the Canadian myeloma community

MYELOMA CANADA TODAY

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The Year in Review: An Update from our President

The past year has proven to be a notable one for Myeloma Canada, with expanded educational programs, the publication of the first-ever Canadian Multiple Myeloma Patient Handbook, the initiation of our quarterly newsletter *Myeloma Canada Today*, the development of an awareness campaign (to be launched early in 2008) and a growing membership base across the country.

Our presence at professional conferences has raised our profile and helped spread the word of our unique organization to healthcare professionals across Canada.

Myeloma Canada is a patient-driven, patient-focused, grass-roots organization run by volunteers whose only focus is to address the needs of the myeloma community in Canada. Our strength is the passion and commitment of patient leaders and volunteers across the country who are the driving force that powers our efforts to achieve our organizational goals and objectives.

Building on our achievements this year, the theme for 2008 is *Accelerating the Momentum*. The highlights of our 2008 strategic plan call for an expansion of current patient programs and the introduction of new initiatives with healthcare professionals, the launch of a national awareness campaign and a new website.

Fundraising will become a focus for Myeloma Canada in 2008. Local initiatives such as the recent *Toast & Jam* benefit held in Toronto (see story below) will be the foundation of our efforts. A fundraising guide to help you with ideas on how you can help Myeloma Canada and the Canadian myeloma community is being prepared and will be available early in the year.

The unprecedented intensity of research activity and promising new treatments bode well for improved patient outcomes and increased survival rates. Myeloma Canada, with its unique focus on the myeloma community, will play an increasingly important role in improving the lives of myeloma patients across the country. Your support is needed to ensure that the foundation that has been laid will become stronger and help accelerate the realization of our patient-focused goals and objectives.

Myeloma Canada Bracelet

Wear one in honour, celebration, or in memory of a loved one, and when people ask you what it's for, it's a perfect opportunity to spread the word about multiple myeloma.

They're only \$20 for a set of 5, so you can get one for everyone in your family. Order yours today on our web site, www.myelomacanada.ca. For more information, email us at myelomacanada@gmail.com or call (514) 570-9769.



John F. Lemieux, President of Myeloma Canada, is a Senior Partner with Fraser, Milner, Casgrain LLP, an active board member of several community organizations in the Montreal area and a nine-year myeloma patient.

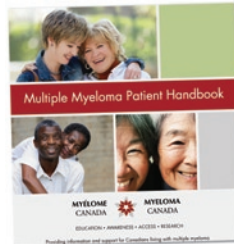


Myeloma Canada Patient Handbook and DVD Available

The first-ever Canadian Multiple Myeloma Patient Handbook was published this fall, swiftly winning praise from patients, doctors, nurses and cancer patient educators for its comprehensive, easy-to-read style. It has quickly become an indispensable guide for all members of the myeloma community.

If you haven't yet received your free copy, ask your local support group leader or simply send us an email with your address and phone number at myelomacanada@gmail.com or call us at (514) 570-9769.

A DVD of the London Patient, Family & Healthcare Professionals Seminar featuring renowned myeloma experts Dr Morie Gertz, Dr Donna Reece and Dr Keith Stewart is also available. Presentations include Myeloma 101: An Introduction to Multiple Myeloma, Myeloma Management in 2007 and Individualized Therapy and New Drugs for Myeloma, along with a Question & Answer discussion. You can order your free copy along with the Handbook.



Third Annual MM5K Walk/Run for the Princess Margaret Hospital Multiple Myeloma Research Program – A Complete Success!

Early in the morning of Sunday October 14, 2007, 300 dedicated MM5K Walk/Run participants, wearing their burgundy baseball caps, arrived from across Southern Ontario and Montreal, to join forces in raising funds for multiple myeloma research at Princess Margaret Hospital (PMH).

By Race Day, the *M-Moving Together Toward the Cure* Team had exceeded its fundraising goal of \$160,000. The funds raised will help support breakthrough myeloma clinical research and trial studies at PMH.

Donations can be submitted until **December 31, 2007** by contacting Wendy Howze, Special Events Coordinator at the PMH Foundation at (416) 946-4661 or mailed to Wendy at: PMH Foundation, 610 University Avenue, TO, M5G 2M9. Please make sure to note on your cheque "for MM Research – 5K Walk".

To date, the M-Moving Together Toward the Cure team has raised almost half a million dollars for research.

Congratulations and many thanks to everyone involved in making the 3rd Annual MM5K Walk

our most successful event to date. We could never have done this without the enthusiasm, dedication and ongoing support of each every one of our committed fundraisers, donors, corporate sponsors, patients, families, friends, volunteers and the PMH medical/support staff.



A few of the 300 participants in the MM5K Walk/Run.

MYELOMA CANADA TODAY

Special thanks to the 2007 MM5K Walk Committee – Jennifer McLaughlin, Marsha McWhinnie, Cindy Leder, Bonnie Arbus, Helen Hadcock, Carolyn Henry, Catherine Geiger and Jillian Fleming

Toast & Jam Fundraiser

The 7th Biannual Toast & Jam event in memory of David Norris-Elye was recently held in Toronto to raise funds to support Myeloma Canada. Guests were treated to the music of "Slice of Life" featuring the "905 Band" Horns, many of whom were friends of David and volunteered their time to the event. Guests enjoyed a full-course dinner and an evening of great music. Over \$5,000 was raised to help Myeloma Canada fund its educational programs.

Myeloma Canada wishes to thank Dr David Saslove and Dr Cheryl Ackerman for their hard work in organizing the event and making it such a success!

Calgary Myeloma Education Day

The first Myeloma Education Day was held in Calgary on October 26 and attracted a capacity audience from across Alberta and British Columbia to hear myeloma experts present the latest news on myeloma management. Dr Vincent Rajkumar from the Mayo Clinic joined Dr Nizar Bahlis from The Tom Baker Cancer Centre along with Jeanne Westphal from the IMF Nurse Leadership Board and Cheryl Howe from the Alberta Cancer Board to provide information on current and future treatments and side effects management.



Dr Vincent Rajkumar and Dr Nizar Bahlis, featured speakers at the recent Calgary Myeloma Education Day.

Myeloma Canada wishes to thank Mr Loring Gimbel of the Tom Baker Cancer Centre and Carol Westberg, Calgary Support Group Leader, for their guidance and support in ensuring the overwhelming success of the program.

Edmonton Myeloma Education Day

Myeloma Canada will be participating in the Edmonton Education Day to be held on February 7, 2008 at the Cross Cancer Institute. Among the featured speakers are Dr Tony Reiman from the Cross Cancer Institute and Teresa Miceli from the Mayo Clinic and a member of the IMF Nurse Leadership Board.

For more information and registration, please contact Linnie Chamberlin, Edmonton Support Group leader at (780) 435-0438 or by email at linniec@shaw.ca



Dr Tony Reiman of the Department of Medical Oncology at the Cross Cancer Institute in Edmonton, will be a featured speaker at the Edmonton Myeloma Education Day.

Myeloma Canada at CANO Conference

The 19th Annual CANO (Canadian Association of Nurses in Oncology) Conference was recently held in Vancouver and Myeloma Canada was there to raise myeloma awareness and promote the new Canadian Multiple Myeloma Patient Handbook. Oncology nurses from across Canada stopped by our display, expressing their enthusiasm for Myeloma Canada's educational initiatives and their unanimous praise of our new Handbook.



Pictured are Carolyn Henry representing Myeloma Canada and Devi Ahuja, Advanced Practice Nurse, Fatigue and Anemia Program, Princess Margaret Hospital, who stopped by to receive her copy of the Patient Handbook.

Support for the Canadian Amyloidosis Community

The Canadian Amyloidosis Support Network, Inc (CASN) was formed in Canada in 2006 as a joint effort in providing support services to those affected by amyloidosis and raising community awareness in the medical field about this rare disease. Amyloidosis has many variations, but primary amyloidosis is the most common and is a result of increased protein of a type that tends to accumulate in organs. Treatment centres on stem cell transplant and many of the same drugs as myeloma. In fact some 20% of amyloidosis patients will also be diagnosed with MM. However being much rarer, amyloidosis affects only 8 persons per million.

Since its inception, support group meetings have been held in Toronto at the Princess Margaret Hospital for patients and family members. These meetings provide the participants with an opportunity to share stories and learn more about amyloidosis and coping mechanisms, through a variety of guest speakers. There has also been a similar type meeting held in Calgary. Our goal is to offer these meetings across the country wherever they are needed.

Our website www.thecasn.org is available for those interested to register to receive notice of upcoming events. Our goal is to register medical professionals and health practitioners as well as patients and families, as there are still many unknowns where this disease is concerned.

For more information, please email: info@thecasn.org
Or call: (905) 477-0530 (Marsha McWhinnie); (905) 883-5448 (Jodi Dewar); (403) 255 1730 (Norma Gilbert)

New Myeloma Support Group forms in Campbell River, BC

The North Island Multiple Myeloma Support Group is in the process of forming in Campbell River, BC. Interested patients, family members, and friends are encouraged to contact Beth Hamilton at (250) 286-1955 or by email at bnhamilt@telus.net

The inaugural meeting will take place on Saturday, January 12th, 2008 at 1pm at the Canadian Cancer Society Office, Unit B-1423, 16th Ave. Campbell River, BC.

Upcoming Events

- Edmonton Myeloma Education Day: February 7. Contact Linnie Chamberlin at (780) 435-0438 or by email at linniec@shaw.ca for information and registration.
- Halifax Education Day: March 1, Halifax World Trade Centre. Agenda and registration details will be posted on the Myeloma Canada website as they are finalized.
- The Fourth Annual Myeloma Canada Patient, Family & Healthcare Professionals Seminar will be held in Toronto in September. Emphasizing education, advocacy and support, these seminars empower patients by providing invaluable information on the latest advances in myeloma treatment and care. Details to follow.
- Myeloma Education Days are also being planned for Quebec City and Winnipeg. Details to follow in our next newsletter. **MC**

Contact Information

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