

CENTRAL NEW JERSEY MULTIPLE MYELOMA SUPPORT GROUP MEETING RECAP FOR JUNE 6, 2018

REMINDER!! THERE WILL BE NO SUPPORT GROUP MEETING ON JULY 4, 2018

At our June 6, 2018 meeting, we were very fortunate to have Dr. Noa Biran, Multiple Myeloma Specialist from the Hackensack University Medical Center, as our guest speaker. Dr. Biran spoke to the group about “Bone Health in Patients with Multiple Myeloma”, and “Immunotherapy – CAR-T Cell Therapy”.

Bone Health

- Multiple Myeloma patients should have a DEXA Scan or Bone Density Scan every 2-3 years
- Multiple Myeloma patients should receive bone strengthening medication...either Aredia, Zometa, or Xgeva
- Patients receiving Zometa should visit their Dentist 3-4 times a year
- Calcium supplementation should be based upon bloodwork results
- If a patient has had a compression fracture(s), they are more prone to additional fracture(s), and arthritis in the area of the fracture

Immunotherapy

Most of Dr. Biran’s discussion was on CAR-T Cell Therapy, specifically BB2121 now in clinical trials for Multiple Myeloma. She also discussed Daratumumab (Dara, Darzalex), a monoclonal antibody.

Dr. Biran is a gifted speaker, who has the ability to take topics that are difficult to understand, and provide explanations using her diagrams. She also took the time to answer all our questions.

****AS ALWAYS, THIS IS JUST A SIMPLE SUMMARY, AND ANY AND ALL QUESTIONS SHOULD BE ANSWERED BY YOUR PHYSICIAN****

UPCOMING EVENTS

June 20, 2018

“THE IMPORTANCE OF BONE HEALTH AND TREATMENT UPDATES”

LIVING WELL WITH MYELOMA – Teleconference Living Well with Myeloma - Bone Health 2018

Date: Wednesday, June 20, 2018

Time: 4:00 PM - 5:00 PM

<https://www.myeloma.org/videos/importance-bone-health-and-treatment-updates>

June 20, 2018

“ANTIBODY THERAPY AND ITS EXPANDING ROLE IN MYELOMA TREATMENT”

Webinar

Date : Jun 20 2018

Time : 1:00 PM EDT

<https://beacon360.content.online/xbcs/S1531/catalog/product.xhtml?eid=7365>

July 17, 2018

“CAR T-Cell Therapy for Multiple Myeloma”

Webinar

Date : July 17, 2018

Time : 1:00 PM EDT

<https://beacon360.content.online/xbcs/S1531/catalog/product.xhtml?eid=7549>

October 7, 2018

The MMRF Team for Cures: Washington DC 5K Walk/Run

<https://walkrun.themmrp.org/washingtondc18>

September 22, 2018

6th Annual Miracles for Myeloma 5K Race/Walk

The sixth Annual **Miracles for Myeloma 5K** run/walk will take place on Saturday, September 22, 2018! Our fifth run/walk last year became an unbelievable event for all, and we raised over \$78,000 in pursuit of the cure for multiple myeloma. As a matter of fact, a Senior **Brian D. Novis Research Grant** were awarded to the entire Miracles for Myeloma event and was presented to a researcher helping to find that cure at the ASH (American Society of Hematologists) conference in December! It is once again our goal to raise awareness and money in our ongoing fight against this deadly disease.

THIS EVENT IS A MAIN FUNDRAISER FOR OUR GROUP TO RAISE MONEY FOR A RESEARCH GRANT! PLEASE MARK YOUR CALENDARS TO JOIN US, AS THIS IS A TRULY INSPIRATIONAL DAY FOR ALL. YOU CAN ALSO VISIT THEIR WEBSITE TO MAKE A DONATION.

Event Details

Where: Oak Ridge Park Clark, New Jersey

Starts: 09/22/2018 @ 9:30 am

Ends: 11:30 am

Check-in Time: 8:00 am to 9:15 am

Schedule: Registration 8:00am, 5K Run - 9:30am, 5K Walk - 9:45am

Registration Cutoff: 09/18/2018 12:01 am

Donation Cutoff: 12/18/2018 12:00 pm

Contact: Ron Pask

Phone: 732-574-9182

Email Address: miracles4mm@comcast.net

http://give.myeloma.org/site/TR/M4M/2017M4M?pg=entry&fr_id=1560#.WyGJHqdKg2w

IMPORTANT NEWS

[Co-pay assistance programs update \(6/12/18\)](#)

<https://www.myeloma.org/article/co-pay-assistance-programs-update>

[BB2121 Continues to Impress As Potential New Multiple Myeloma Therapy \(ASCO 2018\)](#)

<http://myelomabeacon.org/news/2018/06/08/bb2121-continues-to-impress-potential-multiple-myeloma-therapy-asco-2018/>

[Amgen, MD Anderson Collaborate to Advance Early-stage Treatments for Myeloma, Other Cancers](#)

<https://myelomaresearchnews.com/2018/06/11/amgen-md-anderson-collaborate-advance-therapies-myeloma-other-cancers/>

[Pomalyst Triple Combo Delays Disease Progression in Relapsed or Refractory Myeloma Patients, Phase 3 Data Show](#)

<https://myelomaresearchnews.com/2018/06/01/pomalyst-triple-combo-myeloma-patients-extends-survival-phase-3-trial/>

[Trial Data Supports Darzalex Combo as Potentially Effective in Myeloma Patients Who Don't Respond to Revlimid](#)

<https://myelomaresearchnews.com/2018/05/25/darzalex-combo-may-be-effective-in-multiple-myeloma-patients-refractory-to-revlimit-trial-suggests/>

Takeaways from ASCO 2018

<https://www.myeloma.org/blog/dr-duries/takeaways-asco-2018>

#ASKDRDURIE

How can myeloma patients protect themselves from infections?

<https://www.myeloma.org/videos/how-can-myeloma-patients-protect-themselves-infections-0>

How should myeloma patients eradicate or reduce diarrhea that may result from Revlimid® (lenalidomide) treatment?

<https://www.myeloma.org/videos/how-should-myeloma-patients-eradicate-or-reduce-diarrhea-may-result-revlimid-lenalidomide>

Proteasome Inhibitors in Multiple Myeloma

<https://www.myeloma.org/videos/proteasome-inhibitors-multiple-myeloma>

OTHER INFORMATION

VETERANS AGAINST MYELOMA

<https://www.myeloma.org/veterans-against-myeloma-0>

Interesting Article

“Once quickly lethal and still humbling, multiple myeloma may be in a ‘golden age’ of treatment...”

<https://www.statnews.com/2018/05/29/multiple-myeloma-drug-development/>

Our next meeting will be Wednesday, August 1, 2018. Until then, stay well enjoy the summer months, and Happy 4th of July!!

Debbie Morelli