

# **CENTRAL NEW JERSEY MULTIPLE MYELOMA SUPPORT GROUP INFORMATIONAL UPDATE MAY 2019**

On Wednesday, May 1, 2019 in lieu of our regular support group meeting, we gathered together for the Spring Celebration of Life Event. Over 45 members and their families attended the Celebration for an evening of friendship, support, and to Celebrate Life!

Attached is a listing of web page links for the latest news and information on multiple myeloma.

**PLEASE CONSULT WITH YOUR PHYSICIAN IF  
YOU ARE INTERESTED IN ANY OF THE  
INFORMATION CONTAINED IN THESE LINKS**

Also, below is information and the link for the Miracles for Myeloma 5k Run/Walk, to be held on Saturday September 21, 2019

**MARK YOUR CALENDARS!**

## **Miracles for Myeloma 5k 2019**

<http://give.myeloma.org/miracles2019>

The Seventh Annual Miracles for Myeloma 5K run/walk will take place on Saturday, September 21, 2019! Last year's run/walk was an unbelievable event, and over \$80,000 was raised in pursuit of the cure for multiple myeloma. Miracles 5K is the main fundraising event for our support group. You can visit their website and join the support group's team, the Central Jersey Memorial Team, start up your own team, run/walk as an individual, or make a donation.

Where: Oak Ridge Park Clark, New Jersey

Starts: 09/21/2019 @ 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 Cost: Adult Runners and Walkers \$30

Children 12 and Under \$20

Registration Cutoff: 09/17/2019 12:01 am

Donation Cutoff: 12/18/2019 12:00 pm

Contact: Ron Pask

## **INFORMATIONAL LINKS**

### **International Myeloma Foundation**

[www.myeloma.org](http://www.myeloma.org)

#### **Ask Dr. Durie Video**

- Why is 17p deletion (17p-) considered to be a poor prognostic factor for myeloma patients?
- Is MRD testing routinely recommended for myeloma patients?
- What imaging studies, or scans, should myeloma patients undergo?
- What new information is there about myeloma drugs in clinical trials?

#### **Cure Blog**

A Celebration of Science and Knowledge!

#### **Hope Blog**

- Myeloma Voices: Thomas Goode
- Of mice and men: research gone awry

- Resilience in action

## **Myeloma Hub**

<https://multiplemyelomahub.com/>

## **The Myeloma Beacon**

<https://myelomabeacon.org/>

## **The Multiple Myeloma Research Foundation**

<https://themmrf.org/>

## **Cure**

[www.curetoday.com/tumor/myeloma](http://www.curetoday.com/tumor/myeloma)

**SPECIAL ALERT:** *CURE*<sup>®</sup> and the **Multiple Myeloma Research Foundation** are looking for patients, caregivers, physicians and more to join them for one or more upcoming events! Both powerful events build teams which represent a microcosm of the myeloma community to take on epic events to raise funds and awareness for myeloma research. Nearly all participant expenses are covered.

## **Moving Mountains for Multiple Myeloma**

“In its fourth year, MM4MM challenges those with a direct connection to myeloma to take on mountains, canyons and challenging terrain. The overcoming of such obstacles empowers the community constantly battling an incurable disease. We are currently recruiting individuals to join us for one of three treks”

- Mt. Washington – June 29-30
- Iceland – August 7-11
- Patagonia – November 9-19

**If you were at our Spring Celebration of Life Event, and had the opportunity to meet our guest from Celgene, Vik Ram, he will be participating in the Patagonia Trek!! Go Vik!!!**

## **Moving Mountains for Multiple Myeloma**

**[www.movingmountainsformultiplemyeloma.com](http://www.movingmountainsformultiplemyeloma.com)**

## **Myeloma Central**

**<https://www.myelomacentral.com/>**

## **Myeloma Crowd**

**<https://www.myelomacrowd.org/>**

## **Myeloma Crowd Radio**

<http://www.blogtalkradio.com/myelomacrowdradio>

## **Myeloma Research News**

<https://myelomaresearchnews.com/>

## **Health Tree/Myeloma Crowd**

<https://www.healthtree.org/>

## **OncLive**

[www.onclive.com/specialty/myeloma](http://www.onclive.com/specialty/myeloma)