



**MYELOMA**  
SUPPORT GROUP

## IMF SUPPORT GROUP LEADER

## Monthly Newsletter

Welcome to the December 2019 issue of the IMF Support Group Leader Monthly Newsletter! We hope this helps you to prepare for meetings and to share updated resources with your group members.

**Don't forget to register for [Best of ASH 2019](#) on January 9<sup>th</sup>  
[Register here!](#)**

### Ask Dr. Durie Video

- December 5<sup>th</sup>: Can bone lesions progress even when all other tests look good? [Find out here.](#)
- December 12<sup>th</sup>: Is minimal residual disease (MRD) testing routinely recommended? [Find out here.](#)
- December 19<sup>th</sup>: Should I have an autologous stem cell transplant (ASCT)? [Find out here.](#)

### IMF Blogs

- December 12<sup>th</sup>: Takeaways from ASH 2019. [Read about it here.](#)
- December 18<sup>th</sup>: Celebrating the holidays and the 30<sup>th</sup> anniversary of the IMF. [Read about it here](#)

### Other Myeloma Updates and Information

- December 3<sup>rd</sup>: International Myeloma Foundation presents research, video reports, social media coverage at 2019 American Society of Hematology Meeting (ASH). [Read more here](#)
- December 10<sup>th</sup>: Co-pay Assistance Programs Update (12/10/19) [Learn more here!](#)
- December 20<sup>th</sup>: "BLUE ZONE" Advice for the Holidays. [Read more here.](#)
- See all of the Videos from ASH [here!](#)

### REMINDERS:

As a thank you, and to continue to keep support group leaders up to date regarding the IMF and myeloma, we offer leaders free registration at our Patient & Family Seminars. For leaders to receive free registration, please call us at 800-452-2873.

Choose the International Myeloma Foundation as the organization you are supporting as part of the Amazon Smile program. Then, for any of your purchases made on their site, Amazon will donate to the IMF at *no added cost to you*. It's a win-win! [smile.amazon.com](#)

Myeloma Merchandise is available to purchase: [Myeloma Merchandise click here](#)



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