

CENTRAL NEW JERSEY MULTIPLE MYELOMA SUPPORT GROUP
MEETING RECAP FOR MAY 7, 2025 VIRTUAL MEETING

The Central New Jersey Multiple Myeloma Support Group met virtually on May 7, 2025 and there were 34 members in attendance.

Guest Speaker: Dr. Terry Golombick PhD Nutrition from Sydney, Australia

Topic: Integrative medicine for patients with MGUS, SMM and MM: Focus on curcumin, diet, MGUS & SMM

Terry gave a very interesting and informative presentation on her studies on the use of Curcumin and the MGUS, Smoldering, and MM patient. She also spoke on her studies with Ribraxx or Biobran as it is known in the USA, Vitamin D, and Dr. Urvi Shah's studies on diet and the MM patient. The link to her webpage is below as well as a link to the slides from the presentation.

Should any of this information interest you, please contact your healthcare team to be sure that this would benefit you.

<https://www.mgustherapy.com/>

<https://www.dropbox.com/scl/fi/dm7460yx0usdt62ruznc0/Biomedica-presentation-2.pptx?rlkey=mw7me5rielnnicf97t7tyal3e&st=5objwo73&dl=0>

Upcoming Events:

International Myeloma Foundation

- <https://www.myeloma.org/>
- Supplemental Myeloma Support Groups
 - **Multiple Myeloma Care Partner Support Group (virtual)**
 - **May 8 @ 7:00 pm ET**
 - **Las Voces de Mieloma**
 - **May 20 @ 1:00 pm ET**
 - **Living Solo and Strong with Myeloma**
 - **May 26 @ 5:00 pm ET**
 - **Living Well with High Risk Multiple Myeloma**
 - **Meets 3rd Thursday of each month, alternating daytime/evening hours. Odd months, 12:00 pm ET, even months 7:00 pm ET. Next meeting May 15 @ 12:00 pm ET**
 - **MGUS 4 US**
 - **Please email Emily Gordon at erg2172@cumc.columbia.edu if you have questions or for meeting information**
 - **Smolder Bolder**
 - **May 12 @ 7:30-9:30 pm ET**
 - **Strength Through Inspiration: A Virtual Support Group for Multiple Myeloma Patients & Caregivers who have Young Children (every other month)**

- **May 13 @ 8:00-9:00 pm ET**
- **The Veterans with Myeloma Special Interest Group (Virtual)**
 - **New Group!**
 - **Meets the 4th Wednesday of the month. For more information or to sign up for group emails please reach out to veterans@IMFsupport.org or visit our webpage at veterans.support.myeloma.org.**
 - **Next meeting May 28 @ 5:00 pm ET**
- **Caregivers, or Care Partners, for Myeloma Patients**
 - <https://www.myeloma.org/caregivers-or-care-partners-myeloma-patients>

Triage Cancer

<https://tragecancer.org/>

- Events
 - **Triage Cancer Conference Registration | Online**
 - **Saturday, May 17, 2025 @ 10am-6:30pm ET**

Support Group News:

In-Person Support Group Meeting

- Our first in-person support group meeting of 2025 will be held Wednesday, May 14 5:30-7:30 pm EDT at Steeplechase Cancer Center, Somerville NJ. A separate email will be sent on this topic.

Miracles for Myeloma 5K Run/Walk Hybrid Edition

- The Miracles for Myeloma 5K will be held on September 13th at Oak Ridge Park, in Clark NJ. I will be the captain of the Central NJ Support Group Team again this year. You can sign up to run, walk, donate, or purchase a Remembrance Path Placard at the website below
 - <https://fundraise.myeloma.org/event/miracles-for-myeloma-virtual-in-person-5k-run-walk-clark-nj/e640168>
- You may also create your own team, join another team, or register as an individual walker or runner. The race is USATF Certified.
- Being hybrid, if you are not available to join us in Clark, you can register as a “Hybrid Participant” and participate virtually.
- All proceeds go towards funding a Brian D. Novis Research Grant through the International Myeloma Foundation.

Somerset Patriots Baseball Game

- Reminder, we recently applied for free box seat tickets at a Somerset Patriots baseball game, and we are pleased to let you know that we have been awarded the tickets again this year!! The date of the game is Wednesday, September 3, 2025 at 6:30 pm. The Somerset Patriots offer a raffle to non-profit organizations for 30 free tickets. Some of the seats are in the box and some are right outside. More information to follow as we get closer to game day.
- ****Please note: This event will push our regularly scheduled virtual support group meeting forward a week to September 10th****

Speakers

- June 4 – Meghan Mastrangelo, Nurse Educator from J&J will present on the topic “Bispecific Drugs for MM”
- July – No meeting
- August 6 – International Myeloma Foundation Advocacy Team
- September 13 – (Note Date) TBD
- October 8 – (Note Date, Yom Kippur) Brian McMahon, Spark Cures
- November 5 – TBD
- December 3 - TBD

CENTRAL NEW JERSEY MULTIPLE MYELOMA SUPPORT GROUP MAY 7, 2025 VIRTUAL MEETING RECAP INFORMATIONAL MYELOMA LINKS

International Myeloma Foundation

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

- “Myelo” – AI Powered Support Chat
- **Supplemental Myeloma Support Groups**
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- News

- European Commission Approves J&J's Subcutaneous DARZALEX®-Based Four-Drug Regimen for Newly Diagnosed Multiple Myeloma, With or Without Transplant
- Over 53 Million Myeloma Milestones Shared During 2025 Myeloma Action Month
- The International Myeloma Foundation Congratulates Medical Student Scholar Tyra Grischke and Her Mentor Dr. Ben Derman for Their Blood Cancer Journal Publication
- UK MHRA Approves GSK's BLENREP® in Combination with BVd and BPd for the Treatment of Adult RRMM Patients
- April 2025 – Myeloma News from the Journals
- European Commission Grants Conditional Marketing Approval of Lynozyfi (linvoseltamab) for Relapsed/Refractory Multiple Myeloma
- Events
- Blogs
 - Fix Needed to Avoid Double Financial Jeopardy for New Medicare Enrollees
 - Key Takeaways from the Facebook Live Q&A on 'Ask Me Anything About Myeloma' with Dr. Saad Usmani
 - Top Takeaways from the Facebook Live Q&A with IMF Chief Medical Officer Dr. Joseph Mikhael and IMF VP of Development Sylvia Dsouza
 - A Deep Dive into the IMF's iStopMM Study
- IMF Videos
 - ASCO/EHA
 - ASH
 - Ask Dr. Durie

- Black Swan Research Initiative
 - Should We Screen for MGUS? | How the iStopMM Study Could Stop Myeloma Before It Begins
- Community Workshops
- Emerging Therapies
 - High-Risk vs. Standard-Risk Multiple Myeloma: What Patients Need to Know in 1 Minute
 - CAR T-Cell Therapy Explained in Under 1 Minute | Multiple Myeloma Treatment Breakthroughs
- Facebook Live
- Health Equity
- IMF History
- IMWG
- Inspirational
 - Navigating Multiple Myeloma with Patient and Care Partner Team Todd and Diane Kennedy
- Living Well With Myeloma
- Myeloma Made Simple
- Myeloma University
- NLB Webcasts
- Patient and Family Webinars
- Regional Community Workshops
- Treatments
- Emerging Therapies
- What is Multiple Myeloma
 - Newly Diagnosed
 - Tests and Staging
 - Treatment
- Publications and Broadcasts
 - IMF Publications

- IMF Broadcasts
- Healthcare Professional Resource
- Resources and Support
 - IMF Support Network
 - Diversity, Equity, Inclusion
 - **External Resources**
 - **Drug Reimbursement Information and Assistance**
 - **Financial Assistance**
 - **Government Assistance**
 - **Guidance and Support**
 - **Housing and Travel Assistance**
 - **International Support**
 - **Legal Assistance**
 - **Pain Management**
 - **Transplant Resources**
 - **Other Cancer Resources**
- Veterans Against Myeloma
 - <https://www.myeloma.org/veterans-against-myeloma>
- M-Power
- **IMF's Infoline**
 - <https://www.myeloma.org/infoline>
 - **800-452 CURE (2873)**
 - **Email: infoline@myeloma.org**
- IMF Medical Research
 - Black Swan Research Initiative
 - International Myeloma Working Group
 - Asian Myeloma Network
 - Road to the Cure

- Nurse Leadership Board
 - Nurse Leadership Board Members
 - Nurse Leadership Board Publications
 - Nursing Resources

Multiple Myeloma Research Foundation

<https://themmrf.org/>

- Blogs
 - Miami Myeloma MRD 2025 Meeting
- Press Release
 - Opna Bio Receives Orphan Drug Designation for OPN-6602, an Oral EP300/CBP Bromodomain Inhibitor, for Multiple Myeloma
- Navigating Diagnosis & Treatment
- Understanding Multiple Myeloma
- Navigating Diagnosis & Treatment
- Finding Support
- Patient Navigation Center
- Myeloma Mentors
- Education Resource Hub
 - Myeloma Matters Podcast
 - Events
 - MMRF Patient Toolkit
- Resources on Demand

- Video
- Finding a Cure
- Patient Navigation Center
 - **Monday–Friday, 9 AM–7 PM ET 1-888-841-MMRF (6673)**
 - Information and Resources
 - Perspective on Treatments
 - Support
 - Get on the Right Path for You
 - Right Team
 - Right Tests
 - Right Treatment
 - Meet the Patient Navigators
 - Connect with a Myeloma Mentor

Myeloma Matters – MMRF Podcast

<https://www.youtube.com/playlist?list=PL6YqSpftWXYZht7lBSsLFkyvKsWAZSGq4>

- Great Topics!

HeathTree Foundation for Multiple Myeloma

<https://healthtree.org/>

- Education
 - News Articles
 - Conference Updates
- Educational Resources
 - University

- Patient Guides
- Expert Webinars
 - Many upcoming interesting webinars
- Learn from Specialists
 - Find a Specialist
 - Podcasts
 - HealthTree Roundtables
- Additional Resources
 - Myeloma 101
 - Newly Diagnosed Guide
 - Financial Resources
 - Medications
 - Understanding Labs
- Community
 - Join the Conversation
 - Connect
 - Join a social platform specifically for Multiple Myeloma
 - Patient-to-Patient Connections
 - Coach
 - Find a personal coach to help navigate your Myeloma
 - Moves
 - Tackle challenges and crush your fitness goals together
 - Community Events
 - All Events
 - Join Educational Groups
 - Attend Topic Based Events to Further Your Cancer Education

- Community Support Groups
 - Black and Hispanic Support
 - Black Myeloma Health
 - Resources in Spanish
- Cure Hub
 - Join Cure Hub
 - Track Your Disease
 - Connect Medical Records
 - See Tracked Labs
 - Record Side Effects
 - Find the Best Treatments
 - Treatment Options
 - Clinical Trial Finder
 - Twin Machine
 - Find Support
 - Find Side Effect Solutions
 - My Journal
 - Journal Your Multiple Myeloma Story
 - Register for Cure Tour

HealthTree University – YouTube

<https://www.youtube.com/c/HealthTreeUniversity>

SparkCures

<https://sparkcures.com/>

- Myeloma Support...Personalized.

- “Whether it's clinical trials, treatments or finding a myeloma specialist, we help you understand your myeloma options”
- 888-828-2206
- Now featuring trial options for MDS (Myelodysplastic Syndromes) and NTRK Gene Fusion Cancers

Myeloma Central

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

- Standing in the Gaap
 - Resources for African Americans
- Multiple Myeloma Resources for Nurses

Cure

<https://www.curetoday.com/tumor/myeloma>

- Latest News
 - Understanding the Use of Bispecific Antibodies in Multiple Myeloma
 - Overcoming Challenges and Advancing CAR-T Therapy for Myeloma

Video Series

Video Interviews

Podcasts

Other News

Cure – Cancer Horizons

<https://www.curetoday.com/cancer-horizons/myeloma>

CureTalks

<https://www.curetalks.com/?s=myeloma>

OncLive/OncLive Videos

<https://www.onclive.com/>

- Search “Myeloma”
- Many great articles and videos!

Multiple Myeloma Hub

<https://multiplemyelomahub.com/>

- News
 - EC grants conditional marketing authorization to livoseltamab for RRMM
 - MRD-guided Dara-KRd induction in NDMM: A phase II trial
 - CELMoDs for the treatment of MM: Latest clinical trial data
 - Efficacy and prognostic indicators of IsaPd in Dara-refractory multiple myeloma: A real-world study
 - What are the current treatment recommendations and unmet needs in early RRMM?
 - <https://multiplemyelomahub.com/medical-information/what-are-the-current-treatment-recommendations-and-unmet-needs-in-early-rrmm>
 - Multiple Myeloma Hub spotlight: Mechanism of action for CELMoDs in MM

- <https://multiplemyelomahub.com/medical-information/multiple-myeloma-hub-spotlight-mechanism-of-action-for-celmods-in-mm>
- Multiple Myeloma Hub spotlight: CD38 as a therapeutic target for MM
 - <https://multiplemyelomahub.com/medical-information/multiple-myeloma-hub-spotlight-cd38-as-a-therapeutic-target-for-mm>
- What is the rationale for treating early RRRM with targeted therapies?
 - <https://multiplemyelomahub.com/medical-information/what-is-the-rationale-for-treating-early-rrrm-with-targeted-therapies>
- Drug Updates
- Most Read
- Congresses
- Newly Diagnosed Myeloma
- 2024 Symposium
- Podcasts
 - <https://shows.acast.com/mm-hub>
 - What is the impact of elranatamab on quality of life in relapsed/refractory multiple myeloma?
 - Plus many other great topics

Patient Power

<https://www.patientpower.info/multiple-myeloma>

American Society of Hematology (ASH)

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

The ASCO Post

<https://ascopost.com/search-results/?q=myeloma>

- Use of Ruxolitinib to Resolve Ciltacabtagene Autoleucel–Induced Parkinsonism in Patients With Multiple Myeloma
- Addition of Daratumumab to Treatment Regimen in Transplant-Ineligible, Newly Diagnosed Multiple Myeloma
- ADAR1 Gene and Response to Lenalidomide in Patients With Multiple Myeloma

Blood

<https://ashpublications.org/blood>

- Daratumumab: a game changer in early myeloma
 - <https://ashpublications.org/blood/article/145/15/1595/536483/Daratumumab-a-game-changer-in-early-myeloma>
- Tumor burden quantified by soluble B-cell maturation antigen and metabolic tumor volume determines myeloma CAR-T outcomes
 - <https://ashpublications.org/blood/article-abstract/145/15/1645/534402/Tumor-burden-quantified-by-soluble-B-cell?redirectedFrom=fulltext>
- Efficacy and safety of daratumumab in intermediate/high-risk smoldering multiple myeloma: final analysis of CENTAURUS
 - <https://ashpublications.org/blood/issue/145/15>
- The decline of transplant for relapsed myeloma

- <https://ashpublications.org/blood/article/145/16/1711/536650/The-decline-of-transplant-for-relapsed-myeloma>
- Recycling is “bad to the bone” in patients with myeloma
 - <https://ashpublications.org/blood/article/145/17/1832/536786/Recycling-is-bad-to-the-bone-in-patients-with>
- Salvage autologous transplant in relapsed multiple myeloma: long-term follow-up of the phase 3 GMMG ReLApsE trial
 - https://ashpublications.org/blood/article/145/16/1780/535069/Salvage-autologous-transplant-in-relapsed-multiple?utm_source=twitter&utm_medium=org

Blood Cancer Talks - Podcast

<https://podcasts.apple.com/us/podcast/blood-cancer-talks/id1633724992>

Healio

<https://www.healio.com/search?q=myeloma&sort=relevancy>

The Patient Story

<https://thepatientstory.com/patient-stories/multiple-myeloma/>

Targeted Oncology

<https://www.targetedonc.com/clinical/multiple-myeloma-rc>

- Latest News

- CRS and ICANS Show Low Severity With Bispecifics in Multiple Myeloma
- Talquetamab Shows Promise for High-Risk Relapsed/Refractory Myeloma
- Optimizing CAR T-Cell Therapy Prep in Multiple Myeloma After Relapse
- Italian Study Highlights Real-World Data for Melphalan Flufenamide in Myeloma
- Promising Trials Expand Approaches Across Multiple Myeloma Settings
- Video Series
- Video Interviews
- Podcasts
- More News
 - Real-World Study Confirms Teclistamab’s Efficacy in Heavily Pretreated RRMM, Aligning with MajesTEC-1 Findings
 - Follow-Up With Teclistamab Shows Durability and Optimization of Dosing
 - Teclistamab Combo Yields Deep Responses in Newly Diagnosed Myeloma

Cancernetwork

<https://www.cancernetwork.com/>

- Many great articles!
- Search “Myeloma”

Patient Empowerment Network

<https://powerfulpatients.org/help-by-cancer-diagnosis/multiple-myeloma/>

Managing Myeloma

<https://managingmyeloma.com/>

- Many great articles!

Smart Patients

<https://www.smartpatients.com/>

Blood Cancers Today

<https://www.bloodcancerstoday.com/page/myeloma>

- With More Experience, CAR T-cell Therapies Come Into Better Focus
 - <https://www.bloodcancerstoday.com/post/with-more-experience-car-t-cell-therapies-come-into-better-focus>

Many other great articles

Blood & Marrow Transplant Information Network

<https://bmtinfonet.org/>

- “Blood & Marrow Transplant Information Network (BMT InfoNet) is not-for-profit 501 (c) 3 organization dedicated to providing transplant and CAR T-cell therapy recipients and their loved ones with emotional support and high quality, easy-

to-understand information about bone marrow, peripheral blood stem cell and cord blood transplant, and CAR T-cell therapy.”

Leukemia/Lymphoma Society

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

- CAR T-Cell Therapy: A Path of Hope and Healing Docuseries
 - <https://www.lls.org/news/new-lls-docuseries-car-t-cell-advances-aims-educate-and-empower-blood-cancer-patients>
- “How Do I” Video Series
 - https://lls.org/patient-education-videos/how-do-i-video-series?c_src=email&c_src2=sfmc&utm_source=sfmc&utm_medium=email&utm_campaign=How+to+Videos+April+2025&utm_term=button&utm_id=664885&sfmc_id=223805198
- The Bloodline with LLS
 - <https://thebloodline.org/>
 - Podcast
- Video Podcast

New Weekly Online Chat:

- **Veterans Living with Blood Cancer**
- **Every Tuesday Evening @ 8:00-10:00pm EDT**
- **Online Chat for Caregivers:**
 - **Every Monday Evening @ 8:00-10:00 pm EDT**

- **Online Chat Living with Myeloma:**
 - **Every Monday Evening @ 8:00-10:00 pm EDT**

*****Visit <https://www.lls.org/support-resources/online-chats>**

to register for the Chat you would like to attend***

Download or order our new materials for free

- **Mental Health**
- **Hospice Care**
- **Blood and Marrow Stem Cell Transplantation**
- **Podcasts**
- **LLS Community**
- **Peer-to-peer support**
- **On-Line Chat**
- **Speak To An Information Specialist**
- **Monday - Friday 9 am to 9 pm ET**
- **Call: (800) 955-4572**
- **Financial Support**
- **Co-pay Assistance Program**

Oncology Nursing News

<https://www.oncnursingnews.com/clinical/multiple-myeloma>

- **Latest News**

- Daratumumab Combo Maintains Benefit in Transplant-Ineligible NDMM
- Cilta-Cel Improves QOL, Extends Treatment Breaks vs SOC in R/R Myeloma
- Daratumumab Decreased Progression Risk in High-Risk Smoldering MM
- Study Findings Support D-VRd for Transplant-Ineligible or -Deferred MM
- Early Infection Post Cilta-Cel Emphasizes Need for TRAE Monitoring in MM
- Videos
- Video Interviews
- Podcasts
- More News

Nature

<https://www.nature.com/search?q=myeloma&journal=>

- Extramedullary disease but not paraskelatal disease portends inferior outcomes after CAR T cell therapy in multiple myeloma
- Establishing measurable residual disease trajectories for patients on treatment for newly diagnosed multiple myeloma as benchmark for deployment of T-cell redirection therapy

VJHemonc (Video Journal of Oncology)

<https://www.vjhemonc.com/subject/multiple-myeloma/>

- The Multiple Myeloma Channel

- Latest Videos
- Myeloma Sessions
- Conferences
- Topics
- Podcasts
- Features
- VJ today

American Journal of Managed Care

<https://www.ajmc.com/>

- Search “Myeloma”
 - Considerations for Real-World MM Treatment: Ajai Chari, MD
 - Tailored Dosing for MM Matters More Than Drug Count: Ajai Chari, MD

Triage Cancer

<https://tragecancer.org/>

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 - **Triage Cancer Conference Registration | Online**
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- Resources
- Materials
- Support

Blood Advances

- Solitary plasmacytoma: single-institution experience, and systematic review and meta-analysis of clinical outcomes
 - <https://ashpublications.org/bloodadvances/article/9/7/1559/535369/Solitary-plasmacytoma-single-institution>

X

- Dr. Joseph Mikhael, Chief Medical Officer of the IMF, breaks down the difference between high-risk and standard risk myeloma in a minute or less.
 - <https://x.com/IMFmyeloma/status/1912526455436640407>

Science Direct

- Practical guidance on the prevention and management of infection in multiple myeloma patients: A case-based approach
 - <https://www.sciencedirect.com/science/article/pii/S0268960X25000323>