

**CENTRAL NEW JERSEY MULTIPLE MYELOMA SUPPORT  
GROUP  
VIRTUAL MEETING RECAP FOR  
DECEMBER 3, 2025**

**There were 33 members at this virtual meeting.**

**Guest Speaker:** Jenna Kerry, Program Manager and Liqiang Yang, Chief Strategic Officer, from EasyM

**Topic:** EasyM

- EasyM is a blood based test to check for MRD (Minimal Residual Disease) negativity
- This is a Canadian Company
- Uses the Clonotypic Sequencing of the M-Protein in MM and can detect higher than 10 to the minus 6 sensitivity
- Tests currently being used...ClonoSEQ and Next-generation flow (NGF) cytometry

- Technician is sent to your home for blood draw, then sample sent to their Canadian Laboratory
- EasyM test can predict relapse around 2 months prior as compared to bone marrow biopsy testing if relapse is suspected
- Cannot at this time measure M-Protein in non- secretory patients
- From National Library of Medicine...
  - Monitoring Minimal Residual Disease in Patients with Multiple Myeloma by Targeted Tracking Serum M-Protein Using Mass Spectrometry (EasyM)
    - <https://pubmed.ncbi.nlm.nih.gov/38170583/>
- Slides from the presentation are attached
- Jenna has also sent additional information which we will send out in a separate email
- Jenna Kerry contact information
  - +1 (855) 899-9990 ext. 710
  - [jenna.kerry@easym.com](mailto:jenna.kerry@easym.com)

### **Upcoming Events:**

International Myeloma Foundation

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

- **Supplemental Myeloma Support Groups**
  - **Multiple Myeloma Care Partner Support Group (virtual)**
    - **December 11 @ 7:00 pm ET**
  - **Las Voces de Mieloma**

- December 16 @ 1:00 pm ET
- Living Solo and Strong with Myeloma
  - December 2 @ 6:00 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 December 18 @ 7:00 pm ET
- MGUS 4 US
  - Please email Emily Gordon at [erg2172@cumc.columbia.edu](mailto:erg2172@cumc.columbia.edu) if you have questions or for meeting information
- Smolder Bolder
  - January 12, 2026 @ 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)
  - December 9 @ 8:00-9:00 pm ET
- The Veterans with Myeloma Special Interest Group (Virtual)
  - Meets the 4th Wednesday of the month. For more information or to sign up for group emails please reach out to [veterans@IMFsupport.org](mailto:veterans@IMFsupport.org) or visit our webpage at [veterans.support.myeloma.org](http://veterans.support.myeloma.org).
  - December 24 @ 5:00 pm ET
- LIVE from the 2025 American Society of Hematology (ASH) Meeting
  - Facebook Live

- **December 8 @ 8:00pm ET**
- **IMWG Conference Series: Making Sense of Treatment**
  - **December 17 @ 6:00 ET**
- **Top Myeloma Research Presented at ASH 2025: Easy-to-Understand Insights for Patients and Care Partners**
  - **January 7, 2026 @ 6:00 pm ET**

### **American Society of Hematology (ASH)**

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

- **The 67th ASH Annual Meeting and Exposition will take place December 6-9, 2025, in Orlando, Florida, and online**

### **Support Group News:**

- Thank you to those of you who have donated to the support group and Miracles for Myeloma 5K. Miracles will be accepting donations until December 28
  - <https://fundraise.myeloma.org/event/miracles-for-myeloma-virtual-in-person-5k-run-walk-clark-nj/e640168>
- Frank and I have already begun planning out the speakers for 2026. If you have any suggestions for speakers or topics, please let us know. Here is what is scheduled so far...

**January 7 2026** – Becky Bosley, RN, BSN, Director of Support Groups, IMF

- Emotional Health – The Unseen Impacts of MM

**February 4 2026** – Dr. Hillengass, MM Specialist Roswell NY

- Bone Health, Imaging, and Exercise

**March 4 2026** – Open Meeting

**April 1 2026** – No meeting, Passover

**April 8 2026** – Matt Mundy, LMSW Oncology Social Worker, NY Presbyterian/Weill Cornell Medical Center NYC

- MM diagnosis, relapse, Q&A

**April 15 2026** – Weather permitting, in-person meeting Steeplechase Cancer Center, Somerville

We also have a lawyer who will speak to the group on Estate Planning, Advanced Directives, Etc. We are just waiting to confirm a date.

## **CENTRAL NEW JERSEY MULTIPLE MYELOMA SUPPORT GROUP**

### **VIRTUAL MEETING RECAP FOR DECEMBER 3, 2025**

#### **INFORMATIONAL MYELOMA LINKS**

**International Myeloma Foundation**

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

- Myeloma Voices at the American Society of Hematology Meeting
  - Myeloma Care Partner Support and Resources
    - <https://www.myeloma.org/caregivers-or-care-partners-myeloma-patients>
  - Join Us LIVE from the 2025 American Society of Hematology (ASH) Meeting
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    - December 8 @ 8:00 pm ET
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  - **December 24 @ 5:00 pm ET**

#### News

- US FDA Approves Darzalex Faspro (daratumumab and hyaluronidase-fihj) for High-Risk Smoldering Multiple Myeloma
- 35 Years of Defying Boundaries and Redefining Possibilities

#### Events

- **LIVE from the 2025 American Society of Hematology (ASH) Meeting**
  - **Facebook Live**
  - **December 8 @ 8:00pm ET**
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  - **January 7, 2026 @ 6:00 pm ET**

#### Blogs

- Finding My Voice as a Black Woman Diagnosed with Myeloma

#### IMF Videos

- Top Takeaways from the 2025 IMWG, ASCO, and EHA Annual Meetings
- October and November 2025: What's New in Myeloma?

## Videos

- ASCO/EHA
- ASH
  - **Top Myeloma Research Presented at ASH 2025: Easy-to-Understand Insights for Patients and Care Partners**
    - **January 7, 2026 @ 6:00 pm ET**
- Ask Dr. Durie
- Black Swan Research Initiative
- Community Workshops
- Emerging Therapies
  - Will Myeloma Ever Be Curable? Answering Real Multiple Myeloma Patient Questions
- **Facebook Live**
  - **Join Us LIVE from the 2025 American Society of Hematology (ASH) Meeting**
  - **December 8 @ 8:00 pm ET**
- Health Equity
- IMF History
- IMWG
  - **IMWG Conference Series: Making Sense of Treatment**
    - **December 17 @ 6:00 ET**
- Inspirational
  - Iceland Cycling Expedition: A Journey to End Myeloma: Award Winning Doc
- Living Well With Myeloma
- Myeloma Made Simple

- Myeloma University
- NLB Webcasts
- Patient and Family Webinars
- Regional Community Workshops
- Treatments
  - Your Myeloma Questions Answered: PET Scans, Side Effects, and New Treatment Options
- 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](mailto: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
  - Darzalex Faspro® Now FDA-Approved for Patients with High-Risk Smoldering Myeloma
- Press Release
- Navigating Diagnosis & Treatment
- Understanding Multiple Myeloma
- Navigating Diagnosis & Treatment
- Finding Support

- Patient Navigation Center
- Myeloma Mentors
- Education Resource Hub
  - Videos
  - New Myeloma Downloadable Fast Fact Cards
  - MMRF Patient Toolkit
- Resources on Demand
- Videos
- 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>

- Cytogenetic Testing in Myeloma: What It Reveals About Risk and Therapy
  - <https://www.youtube.com/watch?v=4b67LQPLVy8>
- Antibody-Drug Conjugates Explained: A Promising New Option in Myeloma Care
  - <https://www.youtube.com/watch?v=HMP0gof25M0>

## **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
  - The Sub-Q Therapy That Cut Hours Off Treatment Time

- Understanding Stage 2 Myeloma with Treatment and Next Steps Explained
- Myeloma Advocate Stresses Support for Caregivers in Black Community
- **FDA Approves Darzalex Faspro in High-Risk Smoldering Multiple Myeloma**
- Covering Every FDA Oncology Approval From October 2025
- Video Series
- Video Interviews
- Podcasts
- More News

### **Cure – Cancer Horizons**

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

- Choose “Myeloma”
  - Understanding the Use of Bispecific Antibodies in Multiple Myeloma
  - Communication is Key When Transitioning Multiple Myeloma Care
  - What Is CAR-T Cell Therapy, and What Can Patients With Cancer Expect?

### **Cure Talks**

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

### **OncLive/OncLive Videos**

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

## Choose “Myeloma”

- Latest News
  - Cevostamab-Based Combos Could Represent Next Bispecific Antibody Approach in R/R Myeloma
  - Modified Daratumumab-Based Quadruplet Shows Feasibility in Older Multiple Myeloma
  - FDA Grants 510(k) Clearance to EXENT System for Multiple Myeloma Diagnosis
- Video Series
- Latest Videos
- Shorts
- Podcasts
- More News
  - Allogenic CAR T-Cell Therapy CB-011 Drives Responses in R/R Myeloma
  - FDA Approves Subcutaneous Daratumumab for High-Risk Smoldering Multiple Myeloma
  - At 3 Years, Eque-Cel Displays Deep and Durable Responses in Relapsed Multiple Myeloma
  - Anito-Cel Emerges as Potential Novel Option in R/R Multiple Myeloma
  - Community Administration of Bispecific Antibodies in Myeloma Hinges on Consensus and Guidance

## Multiple Myeloma Hub

<https://multiplemyelomahub.com/>

- News

- LUMMICAR STUDY 1: A phase II trial of zevor-cel in Chinese patients with RRMM
- AURIGA: A post hoc analysis of post-transplant D-R
- DREAMM-8: Patient-reported outcomes with belantamab mafodotin + Pd for RRMM maintenance in NDMM
- FDA approves daratumumab + VCd for the treatment of newly diagnosed AL amyloidosis
- Recent Content
  - CAMMA 1: Phase 1B dose-expansion results for cevostamab Pd in RRMM
  - FDA approves daratumumab for the treatment of high-risk smoldering MM
  - TRIMM-2 phase Ib trial: Talquetamab + daratumumab in RRMM
  - SWOG S1702 phase II trial: Isatuximab in R/R AL amyloidosis
- Most Read
- Multiple Myeloma Hub Symposiums
- Steering Committee Meetings
- Drug Updates

### **Multiple Myeloma Hub Podcast**

<https://podcasts.apple.com/tz/podcast/multiple-myeloma-hub/id1513939744>

### **Patient Power**

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

## American Society of Hematology (ASH)

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

- **The 67th ASH Annual Meeting and Exposition will take place December 6-9, 2025, in Orlando, Florida, and online**

## The ASCO Post

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

- Reducing the Barriers to Receiving CAR T-Cell Therapy for Patients With Hematologic Malignancies
- Patient Immune System Characteristics and Long-Term Remission From CAR T-Cell Therapy in Multiple Myeloma
- FDA Approves Daratumumab and Hyaluronidase-fihj for High-Risk Smoldering Multiple Myeloma

## Blood

<https://ashpublications.org/blood>

- Breaking T-cell tolerance to fight multiple myeloma
  - <https://ashpublications.org/blood/article/146/19/2277/547976/Breaking-T-cell-tolerance-to-fight-multiple>
- Artificial intelligence in hematology
  - <https://ashpublications.org/blood/article/146/19/2283/546859/Artificial-intelligence-in-hematology>
- A BCMA-mRNA vaccine is a promising therapeutic for multiple myeloma

- <https://ashpublications.org/blood/article/146/19/2322/546316/A-BCMA-mRNA-vaccine-is-a-promising-therapeutic-for>
- Deciphering neutrophil dynamics in the focal lesion tumor microenvironment to overcome immunosuppression in multiple myeloma
  - <https://ashpublications.org/blood/article/146/20/2392/546480/Deciphering-neutrophil-dynamics-in-the-focal>
- A T-cell-based metric of immune age predicts outcomes in older patients with myeloma receiving daratumumab-based therapy
  - <https://ashpublications.org/blood/article-abstract/146/21/2517/546767/A-T-cell-based-metric-of-immune-age-predicts?redirectedFrom=fulltext>
- Challenging the concept of functional high-risk myeloma through transcriptional and genetic profiling
  - <https://ashpublications.org/blood/article/146/22/2670/546810/Challenging-the-concept-of-functional-high-risk>

### **Blood Cancer Talks - Podcast**

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

- Episode 67. Management of CMV in Hematologic Malignancies

### **The Patient Story**

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

## Targeted Oncology

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

- Latest News
  - FDA Approval of SC Daratumumab: A Turning Point in High-Risk SMM
  - STOMP Trial Analysis Reveals Immunomodulatory Effects of Selinexor in RRMM
  - BMI in CAR T: Overweight Status Predicts Poorer Outcomes
  - FDA Approves 2 New Denosumab Biosimilars
  - Isatuximab Shows Efficacy, Safety in R/R Systemic Light Chain Amyloidosis
- Video Series
- Latest Videos
- Shorts
- Podcasts
- More News
  - Talquetamab Combo Yields High Responses in Heavily Pretreated Myeloma
  - FDA Approves Subcutaneous Daratumumab for Smoldering Multiple Myeloma
  - Five-Year CAR T Data Reflect Long-Term PFS in Multiple Myeloma
  - FDA Authorizes EXENT System to Aid Myeloma Diagnosis
  - T-Cell–Redirecting Strategies Emerge in Myeloma From 2025 ASCO, EHA, and IMS

**Cancernetwork**

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

- “Cancer Focus – choose myeloma”
- Latest News
- Video Series
- Video Interviews
- Shorts
- Podcasts
- More news

### **Patient Empowerment Network**

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

### **Smart Patients**

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

### **HemOnc Pulse (Podcast)**

<https://www.bloodcancerstoday.com/page/the-hemonc-pulse>

- [M](#)any great podcasts on Myeloma

### **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.”

## **Blood Cancer United (formerly LLS)**

<https://bloodcancerunited.org/>

- The Bloodline with Blood Cancer United Podcast  
<https://thebloodline.org/>
- Podcast
  - Supporting the Supporter: Real Talk for Caregivers
- **Weekly Online Chat:**
  - **Veterans Living with Blood Cancer**
    - **Every Tuesday Evening @ 8:00-10:00pm EDT**
    - **Online Chat for Caregivers:**
  - **Every Thursday Evening @ 8:00-10:00 pm EDT**
  - **Online Chat Living with Myeloma:**
    - **Every Monday Evening @ 8:00-10:00 pm EDT**
  - **Online Chat for Patients and Caregivers - Banding Together: Feeling Good Fridays**
    - **Every Friday @ 1:00-3:00 pm EDT**

**Visit** <https://bloodcancerunited.org/resources/patients/online-chats>

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

- About Us
  - About Blood Cancer United
  - Featured Programs

- Partners and Suppliers
- Stories and News
- Financial Assistance
  - Financial Support
  - Additional Financial Assistance
  - Claims
- Local Groups
  - Find your Region
- Blood Cancers
  - Types of Blood Cancer
- Navigating Your Care
  - Adults
  - Young Adults
  - Children and Teens
- Resources
  - Patient Resources
  - Caregiver Resources
  - Healthcare and Professional Resources
  - Educational Resources
  - Support Resources
    - Blood Cancer Information Specialist
      - 1-800-955-4572
    - Clinical Trial Nurse Navigators
    - Registered Dietitian
  - Newsroom

## **Oncology Nursing News**

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

- Latest News
  - Relapsed/Refractory Multiple Myeloma Treatment: Personalized Sequencing
  - FDA Approves Subcutaneous Daratumumab in High-Risk Smoldering Myeloma
- Video Series
- Video Interviews
- Podcasts
- More News

## **Nature**

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

## **VJHemonc (Video Journal of Oncology)**

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

- The Multiple Myeloma Channel (Great information)
  - Latest Videos
  - Myeloma Sessions
  - Conferences
  - Topics
  - Podcasts
  - Features
  - VJ today

## **Triage Cancer**

<https://trriagecancer.org/>

- Events
- Resources
- Materials
- Support

## **IMSound (International Myeloma Society Audio Short Series)**

<https://www.myelomasociety.org/imsound/>

- “IMSound, the latest audio series from the International Myeloma Society! Each episode brings insights from top experts on crucial issues in the myeloma community”

## **Oncology Central**

<https://www.oncology-central.com/?s=myeloma>

- Interesting Articles

## **YouTube**

- Can We Prevent Multiple Myeloma? | IMWG Dr. Shaji Kumar (Mayo Clinic) on Risk, MGUS, Early Treatment
  - <https://www.youtube.com/watch?v=8Vvv2OLyXAg>