

CENTRAL NEW JERSEY MULTIPLE MYELOMA SUPPORT GROUP

MARCH 4, 2026 VIRTUAL MEETING RECAP

No Virtual Support Group Meeting on April 1 due to the Passover Holiday. The next virtual meeting will be held on April 8

The Central New Jersey Multiple Myeloma Support Group met virtually on March 4, 2026 and there were 27 members at this meeting.

This was an open meeting with no guest speaker

Upcoming Events:

International Myeloma Foundation

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

Living Well with Myeloma Webinar

- **Tuesday, March 10 @ 7:00 pm ET**

Supplemental Myeloma Support Groups

- **Multiple Myeloma Care Partner Support Group (virtual)**
 - **March 12 @ 7:00 pm ET**
- **Las Voces de Mieloma**
 - **March 17 @ 1:00 pm ET**
- **Living Solo and Strong with Myeloma**
 - **April 7 @ 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 March 19 @ 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**
 - **March 9 @ 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)**
 - **March 10 @ 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 or visit our webpage at veterans.support.myeloma.org.**
 - **March 25 @ 5:00 pm ET**
- **Myeloma in the Middle**
 - **March 17 @ 7:30 pm ET**
- **Living Well With Myeloma: Movement for Myeloma Patients and Care Partners**
 - **Tue, 03/10/2026 - 7:00pm ET**

- **Facebook Live**
 - **Sat, 03/14/2026 - 12:00pm ET**
 - **Drs. Joseph Mikhael and Melissa Alsina Answer Your Myeloma Questions During Myeloma Action Month**
 - **Live Q & A**

- **Facebook Live**
 - **Wed, 03/25/2026 - 7:00pm ET**
 - **Dr. Sagar Lonial Answers Your Myeloma Questions During Myeloma Action Month**
 - **Live Q & A**

Blood Cancer United (formerly LLS)

<https://bloodcancerunited.org/>

Key Insights: Treating Myeloma

- **March 11 @ 3:30 –5:00 pm ET**
 - <https://bloodcancerunited.org/resources/educational-resources/webcast/key-insights-treating-myeloma>

Tri State Blood Cancer Conference

- <https://na.eventscloud.com/website/91698/>
 - **Please note: In person event only in NYC**
 - **Saturday, March 14 @ 9:00 am - 2:15 pm EDT**
 - **New York Marriott Marquis, 1535 Broadway, NY**

Triage Cancer

<https://trriagecancer.org/>

- Events
 - **Steps to Navigate Common Insurance Hurdles**
 - **March 24 @ 1pm ET**

Myeloma News:

- **Proposed Definition of Cure – Myeloma**
 - <https://x.com/HadidiSamer/status/202527292589785099>
[1](#)
- FDA Accepts Application for Iberdomide in Multiple Myeloma Treatment
 - FDA Approval Sought for Iberdomide Plus Daratumumab/Dexamethasone in R/R Multiple Myeloma
- Why 'MRD Negative' is the New Goal in Cancer Remission – Dr. Saad Usmani
- Noninvasive Blood Test Launched for Myeloma MRD Monitoring
- KTX-1001 Elicits Responses in Some With Multiple Myeloma
- FDA clears an Investigational New Drug application for HLX15-SC, a subcutaneous daratumumab biosimilar
- Ramantamig (JNJ-79635322), a novel T-cell-engaging trispecific antibody targeting BCMA, GPRC5D, and CD3, in multiple myeloma models
- New ASCO Guideline Offers Recommendations for Smoldering Multiple Myeloma

Support Group News:

Miracles for Myeloma 5K Run/Walk

- September 19, 2026 at Oak Ridge Park, Clark NJ. Website opens in April. This is the 14th annual race and Miracles is on target to raise over **One Million Dollars** for myeloma research!!
- #Myeloma Action Month
 - This is worldwide initiative to raise awareness for Multiple Myeloma
 - A separate email will be sent out regarding #Myeloma Action Month, and how you can take action!
- Next meeting April 8th (April 1st is Passover Holiday)
 - Guest Speaker: Matt Mundy, LMSW, Oncology Social Worker, Weill Cornell NYC
- Next in person meeting at Steeplechase Cancer Center, Somerville will be on April 15. More info to follow

CENTRAL NEW JERSEY MULTIPLE MYELOMA SUPPORT GROUP

VIRTUAL MEETING RECAP FOR MARCH 4, 2026

INFORMATIONAL MYELOMA LINKS

International Myeloma Foundation

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

- January and February 2026: What's New in Myeloma?
- **Living Well with Myeloma Webinar**

- **Tuesday, March 10 @ 7:00 pm ET**

Supplemental Myeloma Support Groups

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News

- **FDA Accepts New Drug Application for Iberdomide as Treatment for RRMM**
- February 2026 – Myeloma News from the Journals
- The International Myeloma Foundation Invites the Myeloma Community to Demonstrate the Spirit of #MoreThanMyeloma for 2026 Myeloma Action Month

Events

- **Living Well With Myeloma: Movement for Myeloma Patients and Care Partners**
 - **Tue, 03/10/2026 - 7:00pm ET**
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Blogs

- **Frequently Asked Questions (FAQ): The Updated ASCO Living Guideline for Multiple Myeloma**

- Dr. Joseph Mikhael's Top 10 Myeloma Abstracts from ASH 2025
- From MGUS to Multiple Myeloma Remission
- January and February 2026: What's New in Myeloma?

Videos

About the IMF

ASCO/EHA

ASH

Ask Dr. Durie

Black Swan Research Initiative

Community Conversations

Community Workshops

Emerging Therapies

Facebook Live

- **Facebook Live**
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Health Equity

IMF History

IMWG

Inspirational

Living Well With Myeloma

- **Living Well With Myeloma: Movement for Myeloma Patients and Care Partners**
- **Tue, 03/10/2026 - 7:00pm ET**

M-Power

Myeloma in a Minute

Myeloma Made Simple

- What Is Multiple Myeloma? Explained Clearly for Those Who Are Newly Diagnosed

Myeloma University

NLB Webcasts

Patient and Family Webinars

Q&A

Recent News and Developments

- Top 5 CAR T-cell Therapy Breakthroughs from ASH 2025
- ASH 2025 Myeloma Update: Bispecific Antibodies & 3-Year Remission Data

Treatments

Trending Searches in Myeloma

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
 - Groundbreaking New MMRF-Led Studies Shed Light on Immune System's Role in Multiple Myeloma
- Press Release
- Understanding Multiple Myeloma
- Navigating Diagnosis & Treatment
 - Clinical Studies and Emerging Therapies
- Finding Support
 - Patient Navigation Center
 - Myeloma Mentors
 - Education Resource Hub
 - Videos
 - Understanding Your Test Results: Key Insights for Multiple Myeloma Patients
 - New Myeloma Downloadable Fast Fact Cards
 - MMRF Patient Wellness Guide - Dietary Supplements and Myeloma: What You Need to Know
 - MMRF Patient Wellness Guide - Coping with Multiple Myeloma: Managing Stress & Anxiety
 - MMRF Patient Wellness Guide - Staying Physically Active with Multiple Myeloma

- MMRF Patient Toolkit
 - Events
- 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>

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
 - [FDA Accepts Application for Iberdomide in Multiple Myeloma Treatment](#)
 - Explaining MGUS, A Precursor Condition for Multiple Myeloma
- Video Series
- Video Interviews
- Shorts
 - [Why 'MRD Negative' is the New Goal in Cancer Remission – Dr. Saad Usmani](#)
- Podcasts
- More News

- Noninvasive Blood Test Launched for Myeloma MRD Monitoring
- KTX-1001 Elicits Responses in Some With Multiple Myeloma

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?

OncLive/OncLive Videos

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

- Latest News
 - CELMoDs May Represent Next Wave of Immunomodulation Approaches in Multiple Myeloma
 - FDA Approval Sought for Iberdomide Plus Daratumumab/Dexamethasone in R/R Multiple Myeloma
- Video Series
- Latest Videos
- Shorts
- Podcasts
- More News
 - Many great articles

Multiple Myeloma Hub

<https://multiplemyelomahub.com/>

- News
 - FDA accepts new drug application for Iberdomide + Dd for RRMM
 - CANOVA: Vd vs Pd for t(11;14)-positive RRMM
 - Mechanisms of acquired GPRC5D resistance following talquetamab in RRMM
 - Impact of t(11;14) on MRD dynamics in NDMM
- Recent Content
- Most Read
 - Impact of ocular toxicities associated with belantamab mafodotin treatment in patients with RRMM
- Multiple Myeloma Hub Symposiums
- Steering Committee Meetings
- Drug Updates
 - FDA clears an Investigational New Drug application for HLX15-SC, a subcutaneous daratumumab biosimilar
 - FDA accepts new drug application for iberdomide, an oral cereblon E3 ligase modulator, in combination with daratumumab + dexamethasone (IberDd) for relapsed/refractory myeloma

Multiple Myeloma Hub Podcast

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

- Symposium | BCMA-directed therapies in MM: Current applications and the evolving clinical landscape
- Symposium | Real-world insights and clinical experience with BCMA-directed therapies
- Symposium | Future directions with novel and established BCMA-DT in the MM treatment paradigm
- Symposium | Practical considerations when sequencing novel agents and managing AEs with BCMA-directed therapies

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>

- **Early Findings From First Human Study of In Vivo CAR T in Myeloma**

Blood

<https://ashpublications.org/blood/issue-covers>

- One ball, two hits

- <https://ashpublications.org/blood/article/147/8/802/566473/One-ball-two-hits>
- **Ramantamig (JNJ-79635322), a novel T-cell-engaging trispecific antibody targeting BCMA, GPRC5D, and CD3, in multiple myeloma models**
 - <https://ashpublications.org/blood/issue/147/8>
- **At a crossroads: circulating tumor cells in myeloma**
 - <https://ashpublications.org/blood/article/147/9/906/566640/At-a-crossroads-circulating-tumor-cells-in-myeloma>
- **Circulating tumor cells in myeloma are a compound biomarker for bone marrow high-risk genomic alterations and tumor load**
 - <https://ashpublications.org/blood/issue/147/9>

Blood Cancer Talks - Podcast

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

The Patient Story

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

Targeted Oncology

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

- Latest News
 - Phase 2a Trial Initiated For Continuous SC Lenalidomide in R/R Myeloma

- Interpreting Outcomes With Dose-Reduced Selinexor in Relapsed Myeloma
- Key Considerations for the FDA’s Guidance on MRD End Point in Myeloma
- Considering Sequence of Talquetamab and BCMA Therapy in Multiple Myeloma
- Video Series
- Latest Videos
- Shorts
- Podcasts
- More News
 - Progression Remains Low in CARTITUDE-4 at 3 Years in R/R Myeloma
 - Preliminary Gintemetostat Outcomes Draw Attention to t(4;14) in R/R MM
 - FDA Accepts NDA for Iberdomide-Based Regimen in Multiple Myeloma
 - Role of ASCT, Transplant, and MRD Are Examined in NDMM
 - Carfilzomib Restores BCMA Expression After BCMA CAR T in R/R Myeloma

Cancernetwork

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

- “Cancer Focus – choose myeloma”
- Latest News

- How Might Daratumumab Approval Influence Frontline Multiple Myeloma Care?
- Autologous Stem Cell Transplantation in Multiple Myeloma: Is It Still the Gold Standard?
- How KTX-1001 May Address Gap in Unique Multiple Myeloma Biologic Subtype
- FDA Accepts NDA for Iberdomide Combination in R/R Multiple Myeloma
- Phase 2 Trial Begins Dosing of Cemsidomide Combo in R/R Multiple Myeloma
- Video Series
- Video Interviews
- Shorts
 - How Does KTX-1001 Target Genetic Abnormalities in Multiple Myeloma?
- Podcasts
 - Exploring the Bone Marrow Microenvironment's Influence on NDMM Trajectory
- More news
 - Trispecific Antibody Earns FDA Fast Track Designation in Multiple Myeloma
 - The FDA has granted fast track designation to IBI3003, an investigational trispecific antibody
 - FDA Approves Subcutaneous Daratumumab Combination in NDMM
 - The FDA has approved subcutaneous daratumumab and hyaluronidase-fihj (Darzalex Faspro) plus bortezomib (Velcade), lenalidomide (Revlimid), and dexamethasone (VRd) among adult patients with

newly diagnosed multiple myeloma (NDMM) who cannot undergo autologous stem cell transplant

- **New ASCO Guideline Offers Recommendations for Smoldering Multiple Myeloma**
- How Would the Teclistamab Combo Approval Transform Multiple Myeloma?

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>

- MRD at the Regulatory Crossroads in Multiple Myeloma
- Many other 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/episodes/>
 - Inside CAR T-Cell Therapy: How Innovation Is Changing Lives
- Blood Cancer United Vodcasts
<https://bloodcancerunited.org/resources/educational-resources/video/bloodline-breakthroughs-innovations-inspiration>
- Blood Cancer United Video and Webcasts
 - <https://bloodcancerunited.org/resources/educational-resources/webcasts-videos>
 - **Key Insights: Treating Myeloma**
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 - **New York Marriott Marquis, 1535 Broadway, NY**
- **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
- Video Series
- Video Interviews
- Podcasts
- More News

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

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- Events
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- 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

Blood Cancers Today

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

- Cilta-cel Delivers Overall Survival Benefit in Lenalidomide-Refractory Myeloma in CARTITUDE-4 Update
 - <https://www.bloodcancerstoday.com/post/cilta-cel-delivers-overall-survival-benefit-in-lenalidomide-refractory-myeloma-in-cartitude-4-update>

X

- “Smoldering myeloma and kidney disease” – Dr. Joe Mikhael
 - <https://x.com/IMFmyeloma/status/2022415628913508835>
- Proposed Definition of Cure – Myeloma
 - <https://x.com/HadidiSamer/status/2025272925897850991>

The Fellow on Call Podcast

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

- Myeloma Series – Parts 1-6

HemeTalks (Podcast)

- Interpreting Abnormal SPEP – Is it just MGUS?

- <https://podcasts.apple.com/us/podcast/interpreting-abnormal-spep-is-it-just-mgus/id1705947675?i=1000750522312>