CENTRAL NEW JERSEY MULTIPLE MYELOMA SUPPORT GROUP

NOVEMBER 4, 2026 VIRTUAL MEETING RECAP

There were 35 members at this virtual meeting.

November is National Family Caregivers Month

Special Guest: Jim Gano, MM Patient, author, business owner, MM Mentor with the "Cancer Hope Network". Jim is a very, upbeat, positive, and funny person. His new book I'm Not Done Yet – One Man's Journey as a Cancer Survivor and Thriver", shows off his positivity and personality perfectly. The group thoroughly enjoyed hearing him speak about his MM story and what keeps him positive, how he sees life through a new "lens".

Here is the book review at TAPinto Morristown…

https://www.tapinto.net/towns/morristown/columns/beths-book-review-1/articles/i-m-not-done-yet-by-jim-gano

Upcoming Events:

International Myeloma Foundation

https://www.myeloma.org/

- **Multiple Myeloma Care Partner Support Group (virtual)**
  - **Nov 12 @7:00 pm EDT**
- **Las Voces de Mieloma**
  - **Nov 17 @ 1:00 pm EDT**
- **Living Solo and Strong with Myeloma**
  Dec 1 @ 6:00 pm EDT
- **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 EDT. Next meeting Nov 19 @ 12:00 pm EDT**
- **MGUS 4 US**
  - **Please email Emily Gordon at erg2172@cumc.columbia.edu if you have questions or for meeting information**
- **Smolder Bolder**
  - **Nov 9 @ 7:30-9:30 pm EDT**
- **Strength Through Inspiration: A Virtual Support Group for Multiple Myeloma Patients & Caregivers who have Young Children (every other month)**
  - **Nov 10 @ 8:00-9:00 pm EDT**
- **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 visit**
    - https://www.myeloma.org/support-group/veterans-myeloma-special-interest-group

- Nov 25 @ 5:00 pm EDT
- Myeloma in the Mix (Previously Myeloma in the Middle)
  - Nov 19 @ 7:30 pm EDT

- Virtual Myeloma Community Workshop: What's the Right Answer? - Controversies in Myeloma
  - Nov 16 @ 6:00 pm ET

Multiple Myeloma Research Foundation

https://themmrf.org/

- Myeloma Symptoms and Side Effects: What to Expect and How to Manage Them
  - Nov 18
  - No additional info at this time

Blood Cancer United (formerly LLS)

https://bloodcancerunited.org/

Weekly Online Chat:

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

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    - **Online Chat for Patients and Caregivers - Banding Together: Feeling Good Fridays**
        - **Every Friday @ 1:00-3:00 pm EDT**

Myeloma News:

- The International Myeloma Foundation Launches US Myeloma Network to Accelerate Clinical Trials, Expand Access, and Improve Patient Care
- The International Myeloma Foundation Plays a Role in the Introduction of the CARE for Blood Cancer Act (H.R. 10858)
- Phase 3 MagnetisMM-32 Trial Results: Elrexfio (Elranatamab) Monotherapy Shows Statistically Significant PFS Benefit vs Three Standard Regimens in Relapsed/Refractory Myeloma
- Elranatamab Meets Phase 3 PFS End Point in R/R Myeloma After Anti-CD38 Therapy and Lenalidomide
- FDA Receives BLA (biologics license application) for Etentamig in R/R Multiple Myeloma
- CD38-Targeted Immuno-PET Helps Detect Active Multiple Myeloma
    - Imaging the Invisible: A New Precision Approach to Detecting Multiple Myeloma
        - https://news.med.miami.edu/immunopet-multiple-myeloma-targeted-imaging/

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INFORMATIONAL MYELOMA LINKS

International Myeloma Foundation

https://www.myeloma.org/

- September and October 2026: What's New in Myeloma?

Resources and Support

- Find a Support Group
- **Multiple Myeloma Care Partner Support Group (virtual)**
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- **Las Voces de Mieloma**
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    - **https://www.myeloma.org/support-group/veterans-myeloma-shared-experience-group**

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  - **Nov 19 @ 7:30 pm EDT**

Contact the Info Line
https://www.myeloma.org/infoline

Care Partner Resources

Find a Clinical Trial

Myeloma Knowledge Platform

Patient /Family Seminars

Community Workshops

Weekly Newsletter

Mind, Body, Wellness

Patient Perspective at ASH

Diversity, Equity, and Inclusion

External Resources

- Drug Reimbursement and Co-Pay Assistance Resources
- Financial Resources
- Government Resources
- Counseling and Support Resources
- Housing and Travel Resources
- International Support
- Legal Resources
- Pain Management Resources
- Transplant Resources
- Other Cancer Resources

News

- CHMP Recommends Earlier-Line Use of Talvey (Talquetamab) Plus Daratumumab for Relapsed/Refractory Myeloma
- The International Myeloma Foundation Launches US Myeloma Network to Accelerate Clinical Trials, Expand Access, and Improve Patient Care
- October 2026 – Myeloma News from the Journals
- The International Myeloma Foundation Plays a Role in the Introduction of the CARE for Blood Cancer Act (H.R. 10858)
- Phase 3 MagnetisMM-32 Trial Results: Elrexfio (Elranatamab) Monotherapy Shows Statistically Significant PFS Benefit vs Three Standard Regimens in Relapsed/Refractory Myeloma

Events

- **Virtual Myeloma Community Workshop: What's the Right Answer? - Controversies in Myeloma**
    - **Nov 16 @ 6:00 pm ET**

Blogs

- FAQs on the FDA Accelerated Approval of Zenbexus (Iberdomide) in Combination with Daratumumab and Dexamethasone for Relapsed/Refractory Multiple Myeloma
- Living With Myeloma: Joyce’s Story of Hope, Access, and Advocacy
- September and October 2026: What's New in Myeloma?
- A Conversation with 2026 Brian G.M. Durie Outstanding Achievement Awardee, Dr. Noopur Raje

Videos (***New Page Design***)

- Myeloma Made Simple
- Myeloma in a Minute
- Emerging Therapies
- Symptom Management
- Facebook Live
- Living Well with Myeloma
- Myeloma University
- Community Workshop

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
  - Making Sense of MRD: One Tool for Monitoring Myeloma
  - Highlights from IMS 2026 for Healthcare Providers – Advancing Myeloma Care: Better Management, Broader Access, Earlier Treatment
  - Important New MMRF-Led Study Reveals Previously Unknown Immune Features in Multiple Myeloma Patients with African Ancestry
  - MMRF Data and Programs Drive New Insights Presented at 2026 IMS Annual Meeting
- Navigating Diagnosis & Treatment
- Finding Support
  - Patient Navigation Center
  - Myeloma Mentors
  - Education Resource Hub
    - Videos
      - Understanding Clinical Trials: The Role and Benefits for Multiple Myeloma Patients
    - New Myeloma Downloadable Fast Fact Cards

        - MMRF Patient Toolkit
        - Events
            - **Myeloma Symptoms and Side Effects: What to Expect and How to Manage Them**
                - **Nov 18**
                - **No additional info at this time**
- 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://music.youtube.com/channel/UCQVbiTmG0D6KIt1l49vV6bA

- Great Topics!

HeathTree Foundation for Multiple Myeloma

https://healthtree.org/

- HealthTree has reformatted their website. To receive the most benefit, you can create a free account. For the purposes of this recap, here is the information from my feed…
- https://healthtree.org/myeloma/my-feed

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
- Video Series
- Latest Videos
- Shorts
- Podcasts
- More News

Cure – Cancer Horizons

https://www.curetoday.com/cancer-horizons

- 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

- Elranatamab Meets Phase 3 PFS End Point in R/R Myeloma After Anti-CD38 Therapy and Lenalidomide
- FDA Receives BLA (biologics license application) for Etentamig in R/R Multiple Myeloma
- Outpatient Models and Prophylactic Measures Help Bring Bispecifics Into Community Practice for R/R Myeloma
- Tocilizumab Prophylaxis, Caregiver Readiness, and Chair Time Shape Community Bispecific Programs in R/R Myeloma

- Video Series
- Latest Videos
- Shorts
- Podcasts
- More News
    - Many great articles

Multiple Myeloma Hub

https://multiplemyelomahub.com/

- News
    - How is belantamab mafodotin currently used in clinical practice for MM?
    - BRIDGE-2M: Consensus recommendations for bridging therapy prior to CAR T-cell therapy in RRMM

        - Etentamig in triple-class exposed RRMM: Primary results from the phase III CERVINO study
    - Recent Content
        - Cilta-cel in RRMM: Real-world single-center experience and best practices
        - IACH 2026 | Live congress coverage from the Multiple Myeloma Hub
        - Final survival analysis of the phase III MAIA trial: DRd vs Rd for NDMM
        - How are ocular toxicities associated with belantamab mafodotin managed in MM?
    - Most Read
- Steering Committee Meetings
- Drug Updates

Multiple Myeloma Hub Podcast

https://podcasts.apple.com/us/podcast/multiple-myeloma-hub/id1513939744

- Targeting FcRH5 in MM: Rationale and emerging dual-targeting strategies
- How are ocular toxicities associated with belantamab mafodotin managed in MM?
- How is belantamab mafodotin currently used in clinical practice for MM?

Patient Power

https://www.patientpower.info/community/multiple-myeloma

American Society of Hematology (ASH)

https://www.hematology.org/

- The 68th ASH Annual Meeting will be held in person at the Ernest N. Morial Convention Center in New Orleans, Louisiana, and virtually from December 12-15, 2026.

The ASCO Post

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

- Anitocabtagene Autoleucel Shows High Response Rate in Heavily Pretreated Relapsed/Refractory Multiple Myeloma
- Iberdomide Triplet Improves MRD-Negative Complete Response in Relapsed/Refractory Multiple Myeloma

ASCO Daily News

https://dailynews.ascopubs.org/action/doSearch?AllField=myeloma

ASCO Daily News Podcasts

https://dailynews.ascopubs.org/podcasts

Blood

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

- Neurotoxicity with CAR T cells in myeloma deciphered?
  - https://ashpublications.org/blood/article/148/16/1947/571438/Neurotoxicity-with-CAR-T-cells-in-myeloma
- T cells targeting immunoglobulin in myeloma: a way forward?
  - https://ashpublications.org/blood/article/148/16/1950/571436/T-cells-targeting-immunoglobulin-in-myeloma-a-way
- One CAR is good; are 2 CARs better?
  - https://ashpublications.org/blood/article/148/17/2089/571565/One-CAR-is-good-are-2-CARs-better
- MRD is a journey, not a snapshot
  - https://ashpublications.org/blood/article/148/19/2319/571826/MRD-is-a-journey-not-a-snapshot

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

- Oncologists Debate Role of On-Body Injector for Transplant-Ineligible Myeloma
- Insurance Delays and Travel Strain CAR T Referral in Early Relapsed Myeloma
- BLA Submitted for Etentamig in Relapsed/Refractory Myeloma
- Elranatamab Improves PFS in Relapsed/Refractory Multiple Myeloma

Video Series

Latest Videos
Shorts

- Telehealth Brings Myeloma Expertise Closer to Home

Podcasts
More News

- Many articles

Cancernetwork

https://www.cancernetwork.com/

- "Cancer Focus – choose myeloma"
- Latest News
    - Elranatamab Improves PFS vs Standard Regimens in R/R Multiple Myeloma

    - FDA Receives BLA for Etentamig in Relapsed/Refractory Multiple Myeloma
    - The Next Frontier of Cellular Therapy in Oncology
    - Can a Selinexor Quadruplet Treat Myeloma After T-Cell Redirecting Therapy?
    - CD38-Targeted Immuno-PET Helps Detect Active Multiple Myeloma
- Video Series
- Video Interviews
- Shorts
- Podcasts
    - Discussing Guidelines, New Data, and Earlier Referrals in Multiple Myeloma
- More news
    - Many articles

Patient Empowerment Network

https://powerfulpatients.org/cancer-diagnosis/multiple-myeloma/

Smart Patients

https://www.smartpatients.com/site

HemOnc Pulse (Podcast)

https://www.bloodcancerstoday.com/category/hemonc-pulse

    - 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/

- Hematology Horizons Vlog Series
- https://bloodcancerunited.org/resources/educational-resources/video/hematology-horizons-vlog-series
    - Blood cancer care close to home

The Bloodline with Blood Cancer United Podcast
https://thebloodline.org/

- Navigating Challenges as They Come: Resilience for Caregivers

Blood Cancer United Video/Webcasts

https://bloodcancerunited.org/resources/educational-resources/webcasts-videos

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

- 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

VJHemonc (Video Journal of Oncology)

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

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

Triage Cancer

https://triagecancer.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

- Targeted immunoPET scan detects hidden multiple myeloma missed by standard imaging
- Other Interesting Articles

Blood Cancers Today

https://www.bloodcancerstoday.com/category/myeloma

Many great articles and videos!

Hemonc Pulse – Podcast

https://www.bloodcancerstoday.com/category/hemonc-pulse

The Fellow on Call Podcast
https://www.thefellowoncall.com/

Dr. Rafael Foncesca's Substack

https://rafaelfonseca.substack.com/

- Great articles and diagrams!

OncoDaily

https://oncodaily.com/hematology

- Great Articles!

Pfizer

- Press Release
  - **Pfizer's ELREXFIO Outperforms Standard Regimens and Meets Primary Endpoint in Phase 3 Study in Relapsed or Refractory Multiple Myeloma**
    - https://www.pfizer.com/news/press-release/press-release-detail/pfizers-elrexfio-outperforms-standard-regimens-and-meets