CENTRAL NEW JERSEY MULTIPLE MYELOMA SUPPORT GROUP

OCTOBER 7, 2026

VIRTUAL MEETING RECAP

There were 27 members at this virtual meeting, and we welcomed 1 new member.

In person support group meeting Wednesday, October 14 @5:30-7:15 pm EDT at Steeplechase Cancer Center, Somerville

Special Guest Speaker: Tom Whitehead, father of Emily Whitehead, the first pediatric patient to receive CAR t-cell Therapy in 2012. Tom is also the co-founder of the Emily Whitehead Foundation

Topic: Emily's amazing story. You can read it here...

https://www.chop.edu/stories/relapsed-leukemia-emilys-story

There is also a book that tells of her amazing journey

Praying for Emily: The Faith, Science, and Miracles that Saved Our Daughter by Tom Whitehead, Kari Whitehead, and Emily Whitehead

There are various short movies made about her journey as well.

Here is the link to The Emily Whitehead Foundation

https://www.emilywhiteheadfoundation.org/

Myeloma News:

- The 23rd International Myeloma Society (IMS) Annual Meeting & Exposition took place from September 23–26, 2026 at the Scottish Event Campus (SEC) in Glasgow, Scotland.

  Focus Areas: Basic, preclinical, and clinical aspects of multiple myeloma, including four main thematic sessions…

  Newly Diagnosed Multiple Myeloma
  How to Treat First Relapse
  Blood-Based Technology for Diagnosis and Monitoring
  Monitoring the Immune System and Preventing Infections/Adverse Effects

- Country group, Lady A, band member diagnosed with myeloma
  - https://variety.com/2026/music/news/lady-a-charles-kelley-shares-blood-cancer-diagnosis-1236878685/

Support Group News:

- 14th Annual Miracles for Myeloma 5k Run/Walk Hybrid Edition
  - The Miracles 5k was a huge success! Over the past 14 years, Miracles has raised over $1 million dollars for research and is on its way to fund another Brian D. Novis

Research Grant through the International Myeloma Foundation.

- Thank you to everyone who created a team, donated to a team, donated to the race, purchased a Remembrance Path Placard, and joined us September 19. Over $75K has been raised this year alone.
- The website will remain open for donations until December 28.
- Visit https://fundraise.myeloma.org/event/2026-miracles-for-myeloma-virtual-in-person-5k-run-walk-clark-nj/e772793 to view photos, speeches, and the Remembrance Path.
- Below are the Teams from the support group and their monies raised. Grand total, support group teams $48,393.00!!!!!
  - Nassar's Cure Crew $21,981.87
  - Team Believe $10,864.07
  - Central NJ Support Group Team $7,111.37
  - Paddy Power $5,071.82
  - Guys Guys $1,480.52
  - Novs Journey $1,203.88
  - Team Paula $680.13

Upcoming Events

International Myeloma Foundation

https://www.myeloma.org/

- Find a Support Group
- **Multiple Myeloma Care Partner Support Group (virtual)**
  - **October 8 @7:00 pm EDT**
- **Las Voces de Mieloma**
  - **October 20 @ 1:00 pm EDT**
- **Living Solo and Strong with Myeloma**
  - **November 3 @ 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 October 15 @ 7:00 pm EDT**
- **MGUS 4 US**
  - **Please email Emily Gordon at erg2172@cumc.columbia.edu if you have questions or for meeting information**
- **Smolder Bolder**
  - **November 12 @ 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)**
  - **October 13 @ 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

- **October 28 @ 5:00 pm EDT**

- **Myeloma in the Middle**
  - **October 20 @ 7:30 pm EDT**

- **Living Well with Myeloma: Beyond Survival: Embracing Sexuality Through the Cancer Journey**
  - **October 20 @ 7:00pm EDT**

Multiple Myeloma Research Foundation

https://themmrf.org/

- **Patient Summit in Partnership with UCSF Health**
  - **October 24 @ 11:00 am EDT**
- **Understanding Clinical Trials: The Role and Benefits for Multiple Myeloma Patients**
  - **October 28 @ 4:00 pm EDT**
- **Patient Summit in Partnership with University of Miami**
  - **November 5 @4:00pm EDT**

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:**
  - **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**

NEXT VIRTUAL MEETING NOVEMBER 4, 2026 - Jim Gano, author, motivation speaker, myeloma patient

CENTRAL NEW JERSEY MULTIPLE MYELOMA SUPPORT GROUP

OCTOBER 7, 2026 VIRTUAL MEETING RECAP

INFORMATIONAL MYELOMA LINKS

International Myeloma Foundation

https://www.myeloma.org/

- Day 2: Highlights of the 12th Annual IMF Global Myeloma Action Network Summit
- Living Well with Myeloma: Beyond Survival: Embracing Sexuality Through the Cancer Journey
  - Oct 20 @ 7:00 pm EDT

Resources and Support

- Find a Support Group
- **Multiple Myeloma Care Partner Support Group (virtual)**
  - **October 8 @7:00 pm EDT**
- **Las Voces de Mieloma**
  - **October 20 @ 1:00 pm EDT**
- **Living Solo and Strong with Myeloma**
  - **November 3 @ 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 October 15 @ 7:00 pm EDT**
- **MGUS 4 US**
  - **Please email Emily Gordon at erg2172@cumc.columbia.edu if you have questions or for meeting information**
- **Smolder Bolder**
  - **November 12 @ 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)**
  - **October 13 @ 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

        - **October 28 @ 5:00 pm EDT**
    - **Myeloma in the Middle**
        - **October 20 @ 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

- Rural Barriers to Myeloma Care
- NCCN Updated Myeloma Guidelines: New Recommendations Include NDMM Treatment Updates, Changes to Treatment Strategies for RRMM, and MRD Testing
- Myeloma May Be Curable for Some. Experts Are Working to Arrive at a Definition for Cure
- September 2026 – Myeloma News from the Journals
- Riding with Purpose
- Phase 3 EXCALIBER-RRMM Trial Results: Zenbexus (Iberdomide) in Combination with Daratumumab and Dexamethasone Showed Longer Progression-Free Survival vs Standard of Care in Relapsed/Refractory Myeloma

Events

- Living Well with Myeloma: Beyond Survival: Embracing Sexuality Through the Cancer Journey
    - October 20 @ 7:00pm EDT

Blogs

- Son Faces Long-Distance Caregiving Challenges to Help Father with Cancer
- Coping with Myeloma: Insights from a Social Worker
- August and September 2026: What's New in Myeloma?
- One Mom’s Story of Living with Myeloma While Raising Two Children

- Day 2: Highlights of the 12th Annual IMF Global Myeloma Action Network Summit

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
    - MMRF Data and Programs Drive New Insights Presented at 2026 IMS Annual Meeting
    - IMS 2026, Part 1: Myeloma Treatment Is Evolving

    - IMS 2026, Part 2: What Does It Mean to be Cured of Myeloma?
    - IMS 2026, Part 3: New Treatment Approaches for Patients Early in Their Myeloma Journey
    - IMS 2026, Part 4: What Happens When Current Treatments Stop Working?
    - Important New MMRF-Led Study Reveals Previously Unknown Immune Features in Multiple Myeloma Patients with African Ancestry

- Navigating Diagnosis & Treatment
- Finding Support
    - Patient Navigation Center
    - Myeloma Mentors
    - Education Resource Hub
        - Videos
            - Learn Your Labs
        - New Myeloma Downloadable Fast Fact Cards
        - MMRF Patient Toolkit
        - Events
            - Patient Summit in Partnership with UCSF Health
                - October 24 @ 11:00 am EDT
            - Understanding Clinical Trials: The Role and Benefits for Multiple Myeloma Patients
                - October 28 @ 4:00 pm EDT

        - Patient Summit in Partnership with University of Miami
            - November 5 @4:00pm EDT
- 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/

- 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
    - Many great videos from IMS 2026

- In His Own Words: How Dr. Robert Kyle Became a Multiple Myeloma Doctor
    - https://www.youtube.com/watch?v=ahO4CmIQkAY

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
    - Myeloma Guidelines Call for Yearly Measurable Residual Disease Testing
    - Zenbexus Combo Nearly Doubles Deep Responses in Relapsed Myeloma
    - Six Years Later, Most Myeloma Patients on a Darzalex Regimen Are Still Progression-Free
    - African American Patients With Myeloma Received Fewer Bone Drug Doses
- 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

- Cilta-Cel Shows Long-Term Treatment-Free Remissions in Lenalidomide-Refractory Myeloma
  - https://www.onclive.com/view/cilta-cel-shows-long-term-treatment-free-remissions-in-lenalidomide-refractory-myeloma

- Latest News
  - Talquetamab Demonstrates Preserved Activity in MonumenTAL-1–Ineligible Patients With Relapsed/Refractory Myeloma
  - Etentamig, Iberdomide, and Long-Term PERSEUS Data Headline Key Myeloma Findings From IMS 2026
  - Iberdomide Plus Daratumumab/Dexamethasone Yields Significant PFS Benefit in R/R Myeloma

- Video Series
- Latest Videos
- Shorts
- Podcasts

- More News
    - Many great articles

Multiple Myeloma Hub

https://multiplemyelomahub.com/

- News
    - Targeting FcRH5 in MM: Rationale and emerging dual-targeting strategies
    - IMS 2026 | CARTITUDE-2 Cohort A: ≥5-year remission and survival with cilta-cel in RRMM
    - Cilta-cel for RRMM after 1–3 prior LOT: Long-term results from CARTITUDE-2

- Recent Content
    - 2026 update on MM: Diagnosis, risk stratification, and management
    - Masterclass | Treating MM in the community: Bispecific antibodies
    - IMS 2026 | Congress coverage: Newly diagnosed multiple myeloma
    - IMS 2026 | Congress coverage: Relapsed/refractory multiple myeloma
- Most Read
- Steering Committee Meetings
- Drug Updates

Multiple Myeloma Hub Podcast
https://podcasts.apple.com/us/podcast/multiple-myeloma-hub/id1513939744

- How to manage toxicities associated with bispecific antibody therapy for MM in community practice
- Belantamab mafodotin in RRMM: Latest updates and practical considerations
- How to optimize outpatient delivery of bispecific antibody therapy for MM
- IMS 2026 | UKMRA ProMMise D interim results: VRAT-guided belantamab mafodotin dosing in RRMM
- IMS 2026 | CARTITUDE-2 Cohort A: ≥5-year remission and survival with cilta-cel in RRMM

Patient Power

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

American Society of Hematology (ASH)

https://www.hematology.org/

The ASCO Post

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

- OPTIMUM Trial Reports 5-Year Outcomes With Extended Therapy in High-Risk Multiple Myeloma

- Ultra–Low-Dose Radiation Therapy May Relieve Bone Pain From Multiple Myeloma

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

- GPRC5D-Targeted Therapies and Cerebellar Toxicity: An Emerging Neurologic Syndrome in Multiple Myeloma

ASCO Daily News Podcasts

https://dailynews.ascopubs.org/podcasts

- CAR T Cells and Bispecific Antibodies: Navigating the New Era in Multiple Myeloma Management

Blood

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

- PKMYT1 as an Achilles' heel in TP53-deficient myeloma
  - https://ashpublications.org/blood/article/148/12/1518/570800/PKMYT1-as-an-Achilles-heel-in-TP53-deficient
- Degrading NSD2 rewires the myeloma niche
  - https://ashpublications.org/blood/article/148/13/1644/570996/Degrading-NSD2-rewires-the-myeloma-niche

- From specialized centers to community care: expanding the reach of CAR T-cell therapy
    - https://ashpublications.org/blood/issue/148/15
- Seeing the myeloma bone marrow through an ecological lens
    - https://ashpublications.org/blood/article/148/15/1862/571314/Seeing-the-myeloma-bone-marrow-through-an

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

- IMS Day 1 Recap: Bispecific and CAR T Data Shape Myeloma Treatment
    - https://www.targetedonc.com/view/ims-2026-recap-mezigdomide-elranatamab-anito-cel-linvoseltamab

Latest News

- Iberdomide Doubles MRD-Negative CR Rate in Phase 3 EXCALIBER-RRMM Trial
- Anito-Cel Delivers Durable Responses With Low Neurotoxicity in RRMM
- Telehealth May Offer a Path to More Equitable Myeloma Transplant Access
- Iberdomide Triplet Improves PFS by 51% in Phase 3 Myeloma Trial

Video Series
Latest Videos
Shorts
Podcasts
More News

- Many articles

Cancernetwork

https://www.cancernetwork.com/

- "Cancer Focus – choose myeloma"
- Latest News
    - Considering Talquetamab and Emerging Bispecifics in R/R Multiple Myeloma
    - Iberdomide Combination Doubles PFS vs SOC Therapy in R/R Multiple Myeloma
    - How Do Long-Term MAIA and CEPHEUS Data Reinforce Daratumumab Use in NDMM?

    - Sequencing Bispecifics and CAR T-Cell Therapy in Myeloma and AL Amyloidosis
    - Building an Outpatient Bispecific Program in Community Oncology Practice
- Video Series
- Video Interviews
- Shorts
- Podcasts
- More news
    - NCCN Guidelines Strengthen MRD Testing Recommendations in Multiple Myeloma
    - Optimizing Cilta-Cel Sequencing and Community Coordination in Multiple Myeloma
    - Sustained MRD Negativity With DVRd Signals Long-Term Survival in NDMM

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

The Bloodline with Blood Cancer United Podcast

https://thebloodline.org/episodes/

- Myeloma, Fatherhood, and Moving Forward

- 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

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**

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

Oncology Nursing News

https://www.oncnursingnews.com/search?oncnurse_sanity_data%5Bquery%5D=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
        - IMS 2026 | Whole genome sequencing of circulating tumor cells in multiple myeloma
        - IMS 2026 | DART trial: dasatinib and quercetin in patients with R/R multiple myeloma receiving CAR-T therapy
        - IMS 2026 | Recognizing and managing delayed enterocolitis after CAR T-cell therapy in multiple myeloma
    - The Myeloma Sessions
    - Conferences
    - Topics
    - Features
    - Podcasts
        - IMS 2026 highlights: advances in multiple myeloma treatment and the path towards cure

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

- ASTRO 2026: Ultralow dose radiation shown to provide pain relief for multiple myeloma patients
- Other Interesting Articles

Blood Cancers Today

https://www.bloodcancerstoday.com/

- The Role of Plant-Based Diets in MGUS and Smoldering Myeloma (Video)
    - Dr. Urvi Shah
    - https://www.bloodcancerstoday.com/videos/the-role-of-plant-based-diets-in-mgus-and-smoldering-myeloma
- Multiple Myeloma Advances With Bispecific and Trispecific Antibodies
    - Dr. Joshua Richter
    - https://www.bloodcancerstoday.com/videos/multiple-myeloma-advances-with-bispecific-and-trispecific-antibodies
- Managing Neutropenia Helps Preserve Mezigdomide Efficacy in RRMM
    - https://www.bloodcancerstoday.com/post/managing-neutropenia-helps-preserve-mezigdomide-efficacy-in-rrmm

Plus, many great articles!

Hemonc Pulse – Podcast

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

International Myeloma Society

https://www.myelomasociety.org/ims-news-room/myeloma-cure/

- Global Myeloma Experts Define Cure for a Disease Long Considered Incurable

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!