

Multiple Myeloma

Multiple Myeloma, commonly known as myeloma, is a cancer of the plasma cells. A plasma cell is a type of immune cell that produces antibodies to fight infection. Plasma cells are found in the bone marrow, the “blood factory” located within the hollow area of bones.

This disease can cause numerous complications throughout the body. It is not yet curable, but thanks to recent medical research, it is increasingly treatable.

The Toronto & District Multiple Myeloma Support Group is comprised of myeloma patients, their caregivers, families, and friends. It grew out of a need for information and support in dealing with this rare cancer in a relaxed, informal and confidential environment.

If myeloma is affecting your life, you do not have to feel alone. There are others in the Toronto area who are going through the same journey.



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Toronto & District Multiple Myeloma Support Group



**A support group for multiple
myeloma patients, their
family and friends**

www.myelomatoronto.ca



Canada's First Myeloma Support Group -
Est. 1997

WHAT WE OFFER:

IN-PERSON AND VIRTUAL MEETINGS

We meet, either virtually using Zoom video conferencing software, or in person every month. We meet in person at Jubilee United Church, at 40 Underhill Drive, near The Don Valley Parkway and Lawrence Ave. East. Check out our website www.myelomatoronto.ca or follow the QR code on the cover of this brochure using the camera of your smartphone or tablet, to get details of upcoming meetings. Some meetings include a presentation by an expert in the field of myeloma or a related topic. Other meetings are "Share and Care" meetings, where we share experiences and information from our myeloma journeys with each other. We also record most of our speaker presentations and place them on the Myeloma Canada website. We also sometimes have luncheons at a restaurant, and informal social gatherings and events at other locations.

NEWSLETTER

We publish a newsletter every second month which provides information on meetings, a transcript of the last meeting if we had an expert speaker, a description of developments in the

myeloma community, and an opportunity to hear from other patients and caregivers. Please contact anyone listed under "Contacts" if you wish to be added to our mailing list, which includes our newsletter distribution. You can also access the latest newsletter on our website.

OPPORTUNITY TO SPEAK WITH OTHER PATIENTS AND CAREGIVERS

Many patients benefit from speaking one-on-one with another myeloma patient who has navigated the myeloma journey for some time and is willing to share their experience. The people listed in the Contacts are patients who would be pleased to speak with you, answer questions, and help you source additional information.

INFORMATION

We offer printed information at our meetings. We also work closely with Myeloma Canada. Their website contains a wealth of information, including the Myeloma Patient Handbook, an excellent overview of the disease and treatments.

The "Contacts, Links and Archived Newsletters" page of our website also contains information on other valuable sources of information and support.

OTHER MYELOMA SUPPORT GROUPS IN SOUTHERN ONTARIO

In case you live in Southern Ontario but outside the GTA, it may be more convenient to access a more local support group. There are over 11 other myeloma support groups in Southern Ontario, who meet virtually and in person. Contact details can be found on the Myeloma Canada website at:

<https://myeloma.ca/en/find-support/find-support-group>

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**THE JOURNEY IS MADE
EASIER BY THE COMPANY
WE KEEP**