



Smarter Therapies: **The Future of Myeloma Treatment**

DR. EDWARD STADTMAUER, MYELOMA EXPERT

“These last few years have been the best time to be a physician treating patients with myeloma,” says Dr. Edward Stadtmauer, Director of the Bone Marrow and Stem Cell Transplant Program at the Abramson Cancer Center of the Hospital of the University of Pennsylvania. “Today, because of new therapies, we fully expect patients to respond to therapy and to do well for many years.” Dr. Stadtmauer will discuss more about advances in myeloma therapy during the LLS free telephone education program on Tuesday, April 22, 2008.

Improving Outcomes with Stem Cell Transplantation

“There is a very important role for high-dose melphalan followed by stem cell transplantation in the first line of therapy for many patients with myeloma,” explains Dr. Stadtmauer. “Stem cell transplantation is designed to first reduce active myeloma symptoms, and then push the myeloma into a deep remission.” Over the past several years, clinical trials have shown that a series of therapies, which includes high doses of melphalan, followed by autologous (using the patient’s own marrow) stem cell transplantation and long-term maintenance therapy, improves the duration of remission and overall survival for patients with myeloma. Factors such as a patient’s age and

overall health help physicians determine who will most benefit from stem cell transplantation. Researchers are continuing to study ways to make this an option for more patients with myeloma.

Targeting Myeloma Cells and Stimulating the Immune System

“We have learned so much about the biology of the myeloma cell and the dynamic interaction between it and the body’s immune system and bone marrow,” says Dr. Stadtmauer. New and “smarter” therapies for myeloma work on that interaction. These therapies can target myeloma cells without killing the body’s healthy cells, eliminating many of the side effects common to traditional treatments. One such therapy, bortezomib (Velcade®), works by blocking the enzymes within myeloma cells that control cell function and growth. Another therapy, lenalidomide (Revlimid®), stimulates the immune system and the microenvironment of the bone marrow to reject the cancer cells and prevent them from growing. “These new drugs don’t just target the ‘bad guys’; they enhance the whole environment in the body to be anti-myeloma,” explains Dr. Stadtmauer. Clinical trials are showing that combining these therapies with other drugs, like dexamethasone or thalidomide, or with stem cell

transplantation, can lead to even better outcomes for patients.

Moving Forward

“I am always reminded that we are where we are today because of the courageous patients who entered clinical trials with the hope that new therapies would lead to improved outcomes—and they have,” explains Dr. Stadtmauer. The next step for researchers is to look at different combinations of these therapies to determine the most effective way to deliver them. “I have no doubt that as we continue on this road we will ultimately defeat this disease,” says Dr. Stadtmauer. **Dr. Stadtmauer will discuss more about current and emerging therapies for myeloma during the LLS live telephone education program, *Stem Cell Transplantation for Myeloma in the Era of Drug Therapy*.**

**FREE UPCOMING TELEPHONE
EDUCATION PROGRAM**

**TUESDAY
APRIL 22, 2008
2:00 PM – 3:30 PM ET**

**Stem Cell Transplantation
for Myeloma in the Era of Drug Therapy**

Speaker: Edward Stadtmauer, MD

Two easy ways to register:

Call toll-free (866) 992-9950 (x304)

Visit www.LLS.org/myelomaeducation

*Extended
Time for
Questions
and Answers*

OUTLOOK on
MYELOMA

The LLS Outlook on Myeloma program includes:

★ *Myeloma News* ★ *Outlook on Myeloma Telephone Education Series* ★ *New Directions in Myeloma Therapy Education Program* ★ *First Connection* ★ *Myeloma Booklet* ★ *Myeloma: A Guide for Patients and Caregivers Easy-to-Read Booklet* ★ *Co-Pay Assistance Program*

*Volume 1, Issue 2, is available in English and Spanish. **Available in English and Spanish.



Finances Matter: Finding Resources When You Need Them the Most

“The Leukemia & Lymphoma Society is here for you. No patient should ever feel that they have to travel this journey alone,” says Anita Welborn, LMSW, LLS Senior Director, Patient Services

Reimbursement Programs. Many patients face financial and insurance challenges along their myeloma journey. Ms. Welborn and Beth Darnley, Chief Program Officer for the Patient Advocate Foundation, discussed these challenges, and the resources available to help, during a recent LLS free telephone education program titled *Cancer Survivorship: Practical Tips for Managing Your Financial and Insurance Issues*.

Ms. Welborn explains, “For many years we have been able to help patients with treatment-related expenses, such as prescription drugs and transportation costs to medical appointments, through our Patient Financial Aid Program. It was through this program that we realized that patients were also facing an enormous burden in paying insurance co-pays and deductibles.” The LLS *Co-Pay Assistance Program*, which began just over a year ago, was developed to help alleviate that burden.

Through the program, assistance of up to \$1,500 per year is available for patients with myeloma living in the United States or Puerto Rico, whose household income is at or within 500% above the U.S. federal poverty guidelines, and who have existing prescription insurance. In addition to helping with prescription, hospital, and doctor’s visit co-pays, the program can help reimburse patients for the costs of private insurance or Medicare premiums. Ms. Welborn

explains that because the income guideline for this program is more inclusive than many other programs, most patients who apply are approved for assistance. “Being able to send someone an approval package for the *Co-Pay Assistance Program* is one of the best parts of doing this work. It has been a literal lifesaver for people who are not able to pay for medications or make their basic living expenses.”

“No patient should ever feel that they have to travel this journey alone.”

Patients with myeloma across the country are utilizing the *Co-Pay Assistance Program* to help alleviate the financial stress they feel as a result of their diagnosis. Yvonne, a recent beneficiary of the program, says, “I feel so blessed that this was offered to me and I would encourage other people with myeloma to apply for this help.” She has used the program to help pay for her Medicare premiums and plans to draw on it in the future to help pay her prescription co-payments.

During the teleconference, Ms. Welborn and Ms. Darnley also discussed strategies to help patients preserve their finances, as well as local, state and national programs available to assist patients.

You can access the entire program, *Cancer Survivorship: Practical Tips for Managing Your Financial and Insurance Issues*, by visiting www.LLS.org/survivorship. An audio replay and written transcript are available now. Check this Web site for other survivorship programs, including *Sexuality and Intimacy After Cancer*, soon to be available in an audio replay and written transcript.



HELP IS JUST A CLICK OR A PHONE CALL AWAY

LLS Information Resource Center (IRC)

Information Specialists in the IRC are available to assist you with insurance and financial concerns and can help you understand helpful resources. You can reach the IRC by calling toll-free (800) 955-4572, Monday through Friday, 9 AM through 6 PM ET, or visit www.LLS.org from 10 AM to 5 PM ET to access LIVE PATIENT HELP online.

Financial Health Matters

This comprehensive and easy-to-read LLS publication offers information on insurance and financial resources and money management, and is available free through the IRC.

LLS Co-Pay Assistance Program

You can reach a *Co-Pay Assistance Program* specialist by phone at (877) LLS-COPAY [(877) 557-2672] or you can visit www.LLS.org/copay.