



The Future of Myeloma Therapy: Creating More Options for Better Outcomes

new!

Over the past few years, myeloma research has yielded many exciting discoveries in the form of newly approved drugs and a better understanding of their appropriate use. On Wednesday, October 25, 2006, Robert Z. Orlowski, MD, PhD, Associate Professor in the Division of Hematology/Oncology of the Lineberger Comprehensive Cancer Center, will address these advances and discuss promising clinical trials when he presents, “Understanding Myeloma: Current Issues and a Look Ahead,” a free telephone education program.

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“This is an exciting time in myeloma research,” said Dr. Orlowski in an interview with *Myeloma News*. He explained how advances in myeloma research impacts patients. “We have a lot more treatment options than in the past. We’re reducing side effects. We’re keeping people in remission longer and people are living longer. Often we are finding that there is an even greater benefit to mixing and matching drugs in different combinations, giving patients even more options.” Many of these combination therapies are being studied in clinical trials.

Clinical trials are a crucial step in the FDA-approval process and provide valuable and varied information in myeloma research.

Dr. Orlowski mentioned that there are promising clinical trials for patients who are older, newly diagnosed, or no longer responding to treatment. Patients have greater access than ever before because clinical studies are often available at smaller hospitals and through many private practice groups.

In addition to studying combination therapy, clinical trials are also focusing on promising new drugs. Dr. Orlowski said, “We are beginning to be able to personalize therapy.” Where is all of this research leading? Doctors will soon be able to choose what works best for a particular patient based on the genetic makeup of an individual’s disease. Dr. Orlowski emphasized that all of these things “create more options for treatment and provide better outcomes.” ■

Volume I ■ Issue I ■ 2006

FREE TELEPHONE EDUCATION SERIES

OUTLOOK on
MYELOMA



The Leukemia & Lymphoma Society is pleased to introduce our free telephone education series, *Outlook on Myeloma*. Participate in these 3 telephone programs to hear the latest updates from myeloma experts and have your questions answered, *LIVE*.

To register, call toll-free
(866) 992-9950 (x302) or visit
www.lls.org/myelomaeducation.

UPCOMING PROGRAMS

OCTOBER 25, 2006

1:00 PM – 2:00 PM ET

Understanding Myeloma:
Current Issues and a Look Ahead
Dr. Robert Z. Orlowski

JANUARY 24, 2007

1:00 PM – 2:00 PM ET

Latest Advances in Myeloma
Therapies: Update from the
American Society of Hematology
(ASH) Annual Meeting
Dr. Seema Singhal

APRIL 4, 2007

1:00 PM – 2:00 PM ET

Myeloma Treatment:
Exploring Your Options
Dr. Asher A. Chanan-Khan

MYELOMA TERM YOU SHOULD KNOW Bence Jones protein

A protein made by myeloma cells. It is found in the urine of many patients with myeloma. It is also called a light chain protein.

To register for upcoming programs or to access transcripts or audio files of past programs, visit www.lls.org/myelomaeducation.

Progress in Managing Side Effects

Communication and education are keys to maintaining a good quality of life while living with myeloma. Talking with your healthcare team and asking them questions about what you are feeling can relieve stress. Staying knowledgeable about what to expect from myeloma and its treatments can improve your quality of life and boost your emotional outlook. Try to eat well, get enough rest and exercise – but be sure to check with your doctor before taking any vitamin supplements or starting an exercise program such as walking or swimming.

In addition to advances in therapy for myeloma, progress has been made in developing medications to manage some of the more common side effects of the disease and its treatments: bone loss, anemia, and infection. For instance, bone-related side effects can be treated with bisphosphonates, a family of drugs

that can effectively prevent and treat bone loss and pain in some patients. Another example is the treatments available to stimulate red blood cell production and fight anemia. These treatments may help to reduce the fatigue associated with anemia and increase energy. Supportive therapies can have some side effects as well. Ask your doctor how to best manage your side effects.

Short-term side effects of myeloma treatment might include a lower white blood cell count and higher risk for infection. Always let your healthcare team know if you experience any symptoms of infection, including low-grade fever, so that treatment can begin promptly.

Tapping the resources of your healthcare team before, during and after treatment is important in dealing with the side effects of myeloma. You don't need to go through this by yourself – seek out support. ■

Finding Information and Support is Only a Call or Click Away

Once diagnosed with myeloma, where do you turn for support?

Support is available in many forms, and you don't have to face your diagnosis alone.

HOW THE SOCIETY'S INFORMATION RESOURCE CENTER (IRC) CAN HELP

"Information and support are only a call or a click away," says Mary Grace Pagaduan, MPH, Manager of the Society's IRC.

Staffed by eight master's level oncology professionals, the IRC can help you make an informed decision by providing information about myeloma treatment options, emerging treatments, side effects, quality of life issues and financial aid. You can also speak to an IRC specialist live over the Internet

by clicking on "Live Patient Help" at www.LLS.org. This program provides an opportunity to communicate in real-time, one-on-one with a trained information specialist.

The IRC maintains a comprehensive listing of myeloma clinical trials that are open for enrollment. IRC specialists provide guidance about clinical trials, help you find clinical trials to match your individual needs and explain how to work with your healthcare team to find out if a specific clinical trial is right for you.

The IRC can also help link you with your local chapter. The Leukemia & Lymphoma Society has 66 chapters across the United States and Canada. Each chapter

The IRC can help you make an informed decision.

offers community-based support groups, education programs and an opportunity to connect with other patients and caregivers.

To find the chapter closest to you, you may call the IRC or visit www.LLS.org.

"Myeloma and its treatments can be difficult to understand. We urge you to call the IRC with your questions and concerns," says Mary Grace. IRC specialists are available Monday to Friday 9 AM to 6 PM (eastern time) by phone, **(800) 955-4572**, email, infocenter@lls.org, or web, www.LLS.org. All services are free and confidential. ■



The Leukemia & Lymphoma Society®
Fighting Blood Cancers

The Leukemia & Lymphoma Society's mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families.

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