



Hear the Latest Myeloma News Live from an Expert

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DR. ROBERT Z. ORLOWSKI, MYELOMA EXPERT

Dr. Robert Orlowski of The University of Texas M.D. Anderson Cancer Center recently attended the American Society of Hematology (ASH) 50th Annual Meeting. He will share the latest discoveries from this meeting during The Leukemia & Lymphoma Society's upcoming live telephone education program. "The ASH Annual Meeting is a place where the most updated information about myeloma is shared. Over the next few months I expect there will be some exciting myeloma news, both in terms of new therapies and new combinations of therapies for first-line treatment and relapsed disease," Dr. Orlowski explains.

Partnering to Find a Cure
Dr. Orlowski points out that these discoveries are only possible through clinical trials. Clinical trials involve a unique partnership and commitment among researchers, physicians, patients and caregivers, each sharing a common goal—to find new and better therapies to fight and eventually cure myeloma. Clinical trials can be an option both for patients who are newly diagnosed and also for patients who have previously been treated. Many myeloma clinical trials offer patients the standard treatment with the addition of a new therapy, or a new combination of therapies. "Well-designed trials give patients the

potential to have a better response than they would have if they received the standard treatment alone," says Dr. Orlowski.

An Exciting Target for Researchers
Today, myeloma is one of the first diseases that new drugs and new combinations of drugs are being studied in, largely because of the success of myeloma clinical trials over the past several years.

Dr. Orlowski says that in the last decade, myeloma has become a best practice for translational research, which is the process of taking research done in the laboratory and translating it into improved therapies for patients. Researchers are excited about studying new therapies in myeloma, and there are several reasons why. Dr. Orlowski explains, "In recent years, we have learned a great deal about the biology and genetics of myeloma. As you learn what causes a disease, you can identify targets, which allows you to better use the drugs that you have and develop new drugs to hit those targets." Researchers also have better ways to test new therapies in the laboratory so that only those that look most promising are taken into clinical trials. Dr. Orlowski credits organizations like LLS for supporting myeloma clinical trials, and for educating patients about their benefits. He expects this trend to continue, with new therapies being tested and

approved for treatment, resulting in better outcomes for patients.

Looking to the Future

"We are not yet at the point where we are curing patients with myeloma, but we are definitely improving overall survival as well as quality of life. We have to keep pushing the envelope until we are at the point where 100 percent of patients have a complete response to therapy." Listen live on February 3, 2009 as Dr. Orlowski discusses these exciting and hopeful new discoveries in myeloma.



FREE UPCOMING TELEPHONE EDUCATION PROGRAM

**TUESDAY,
FEBRUARY 3, 2009
1:00 PM – 2:30 PM ET**

Speaker:
Robert Z. Orlowski, MD, PhD

Extended
Time for
Questions
and Answers

Two easy ways to register:
Call toll-free (866) 992-9950 (x304) or
visit www.LLS.org/myelomaeducation

When you register online or by phone, you can submit your question for Dr. Orlowski. He will answer the most frequently asked questions during his presentation. You will also have the opportunity to ask questions live during the program.

**Want to receive *paperless* e-mail
invitations to our free programs?**
Visit www.LLS.org/email

Check Out TrialCheck®

The LLS-supported TrialCheck Web site is a clinical trial search service that gives immediate access to listings of all myeloma clinical trials. Visit www.LLS.org/clinicaltrials and follow the link to TrialCheck. By answering a few simple questions, you will receive a list of available clinical trials.

For more information, contact the LLS Information Resource Center at (800) 955-4572.



A Community of Caring

Cornelia Miller has made it her mission to give back to those who helped her when she was diagnosed with myeloma five years ago. Cornelia, the mother of

three sons and grandmother of 10, is an Elder in the Sault Tribe of Chippewa Indians. She says that friends and neighbors in her community in rural upstate Michigan were always there to help—whether it was preparing meals, driving her to appointments or staying with her at her home. Always an independent person, she was not accustomed to accepting help from others. Her aunt, a 24-year survivor of non-Hodgkin lymphoma, gave her this sound advice: “Don’t deny your friends and family the chance to serve.”

It was not long before she was again the one serving others. She heard about The Leukemia & Lymphoma Society’s Mother’s Day Tea in which volunteers send invitations asking family and friends to “have a cup of tea at the hour of three” to commemorate the lives of those touched by cancer and support the efforts of The Leukemia & Lymphoma Society (LLS). LLS assisted Cornelia with transportation costs when she received a stem cell transplant, and she saw this as a way to give back. She also wanted a way to thank the many friends who had helped her, so she invited them to her home for tea and a piano recital by her granddaughter and simply asked attendees to make a donation to LLS. The tea has grown into an annual fundraising event in her community, now held at her church hall. Cornelia also uses the event as an opportunity to educate people about myeloma. “People are afraid of what they don’t know, and most people have never heard of myeloma. When they see the things that I am able to do, I hope that it makes it less frightening for them.”

Cornelia also feels that it is important to stay educated about the most recent advances in myeloma by participating in the LLS *Outlook on Myeloma* telephone education programs. She explains, “When I call into the programs, I feel like I’m right there with the doctor and he’s telling me as simply as possible what’s going on and what to expect.” She encourages others living with myeloma to participate in the calls. “Tuck the information away in the back of your mind because someday you might need it. If you know what to expect, you can be more involved in your care.” As a volunteer for the LLS *First Connection* program, she speaks one-on-one with others living with myeloma to share that message. She says “*First Connection* is a way to give back, but it also helps me to know that I can encourage someone else to feel more hopeful.”

“Reach out to your family and your friends for help when you need it, and then look beyond yourself and find someone else to help.”

When Cornelia was first diagnosed, she was told that because of advances made in myeloma therapy, patients were feeling better and living longer than they were just a few years prior. She says “Myeloma may not be curable but it’s definitely treatable. I have had to make some adjustments to the way I live, but I’m not just going to sit around waiting for this to take my life—I’ve got too much to do.”

Her advice to others living with myeloma? “Reach out to your family and your friends for help when you need it and then look beyond yourself and find someone else to help.”

The LLS *Outlook on Myeloma* program includes:

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

*Two Spanish issues available. **Available in English and Spanish.

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Visit www.LLS.org (scroll to the bottom, right-hand side of the home page) to subscribe to *MyelomaLinks*, the LLS free monthly eNewsletter offering up-to-date information on myeloma clinical trials, research and other LLS news and events.

The Leukemia & Lymphoma Society’s Co-Pay Assistance Program

is available to help eligible patients pay for health insurance premiums and meet co-pay obligations.

For more information, call (877) LLS-COPAY [(877) 557-2672] or visit www.LLS.org/copay.



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