

MANAGING MY MYELOMA

Resources to get the best care possible

Welcome to knowledge, actionable resources and support from the MMRF.

Finding the right doctor, understanding your treatment, or participating in a clinical trial can be very important to the course of your care. We are here to help you through your journey every step of the way with these resources.

MMRF nurse specialists

An invaluable source of information and support

- Benefit from assistance and insight from knowledgeable and experienced nurse practitioners
- Get answers to your most urgent questions
- Get referrals you can trust to treatment centers
- Find clinical trials for you

Call 1-866-603-6628, Monday to Friday, 9am to 7pm ET.
Or email patientnavigator@themmrf.org

MMRF website

Puts knowledge and empowerment at your fingertips

- The premier destination for multiple myeloma patients and their families
- Authoritative information you can trust on latest developments, research discoveries, and more
- Locate a best-in-class treatment center, find open clinical trials, stay up to date on all facets of the MMRF precision medicine model

Visit us at themmrf.org and be sure to sign up for our e-newsletter and other resources

MMRF CoMMunity Gateway

Connects you to peers and professionals

- You're not alone! Connect with fellow patients, nurses and knowledgeable experts
- Share your journey, join conversations, and learn about clinical trials and other developments
- Get access to data and insights based on your treatment, disease subtype, and more

Visit MMRFCommunityGateway.org now to join the community

MMRF Live Patient Summits

An invaluable opportunity to gain knowledge, comfort and confidence

- FREE informative, inspiring, indispensable day-long live events led by leading myeloma clinicians and researchers
- Get insights on disease management, treatment options, supportive care and more
- Held in cities throughout the U.S. in partnership with leading myeloma centers

See the live event schedule or watch videos of past events at themmrf.org/education and much more

About Us

The Multiple Myeloma Research Foundation

The Multiple Myeloma Research Foundation (MMRF) was established in 1998 by identical twin sisters Kathy Giusti and Karen Andrews soon after Kathy's diagnosis of multiple myeloma. The cancer research system was broken, and myeloma patients had few treatment options. It was time to accelerate change.

Today, with our partners in research and academia, the MMRF has helped to launch ten new treatments in the last ten years — almost tripling the life expectancy for myeloma patients. Together, we're changing the way cancer research is conducted.

Learn more at themmrf.org



Receive 2 FREE MMRF wristbands

when you register online at
themmrf.org/mymmrfreg

We thank Amgen Inc., Bristol-Myers Squibb, Celgene Corporation, Genentech, Janssen Global Services, LLC and Takeda, our partners in the pharmaceutical industry, for their generous support.