

Multiple Myeloma

Multiple Myeloma, commonly referred to as myeloma, is a cancer of the plasma cells found in the bone marrow. A plasma cell is a type of immune cell that produces antibodies to fight infection. This disease can cause numerous complications throughout the body. It is not yet curable, but thanks to recent medical research, it is increasingly treatable.

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

The Toronto & District Multiple Myeloma Support Group is for myeloma patients and their spouses, caregivers, loved ones, significant others, family members and friends. It grew out of a need for information and mutual support in dealing with this unusual disease.

We have members across the Greater Toronto area.

We invite you to join us as we share support, comfort, information and friendship.

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

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Or visit our website:
www.myelomatoronto.ca

Information Resources:

Myeloma Canada
Tel: 1-888-798-5771
email: info@myeloma.ca
Website: www.myeloma.ca

International Myeloma Foundation
Website: www.myeloma.org

Toronto & District Multiple Myeloma Support Group



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

Canada's First Myeloma Support Group -
Est. 1997

ABOUT THE TORONTO & DISTRICT MULTIPLE MYELOMA SUPPORT GROUP

The purpose of the group is to explore and discuss the wide range of treatment options and to give myeloma patients and their loved ones the support and information they need to live longer, stronger lives.

Great progress has been made in the last few years in the understanding of, and treatment for, this rare blood cancer. We have speakers on a regular basis to update us on these advances, with topics such as:

- New and existing treatment approaches.
- Emerging therapies for myeloma.
- Various aspects of living with myeloma and the side effects.

We issue an informative newsletter every second month. We also record most of our speaker presentations, and place them on the Myeloma Canada website.

ACKNOWLEDGEMENTS:

We are grateful for and appreciate the support of **Myeloma Canada**. We also appreciate the invaluable assistance of the Princess Margaret Cancer Centre, Multiple Myeloma team, lead by Dr. Donna Reece.

MEETING INFORMATION

The group meets once every two months on a Saturday from 2:00pm to 4:30pm. The meeting is usually the first Saturday of the month, unless this is on a long weekend, in which case the meeting will occur on the second Saturday. You are most welcome to join us any time after 1:30pm.

We meet in the following months:

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| February | April |
| June | August |
| October | December |

For specific meeting topics and dates, see our website at www.myelomatoronto.ca, or call one of our contacts listed in this brochure.

Meeting agenda:

There is usually a guest speaker who is invited to address a topic relating to aspects of care and treatment options, and answer questions from the group. A group discussion is held at some meetings.

An intermission with refreshments allows participants to meet other myeloma patients and caregivers, and engage in informal discussion.

As well, educational materials on multiple myeloma and treatment options, group newsletters, and DVDs are available at each meeting for attendees.

Where we meet

We meet at the Jubilee United Church, 40 Underhill Drive, Toronto, Ontario. Please enter the church by the north door.

How to get there:

Driving: Take the Don Valley Parkway, exit east on Lawrence Ave. Turn left at the first intersection, Underhill Drive and continue north two blocks to the church. There is ample free parking.

Public Transportation: Take the Lawrence Ave. bus Route#54 from the Yonge and Eglinton subway station. Exit the bus at Underhill Drive and walk two blocks north to the church.

Or take the Woodbine 91C bus from the Woodbine Station on the Bloor-Danforth subway line. This bus goes up Underhill Drive, past the church.



Google maps link:
<https://goo.gl/maps/WkNhDr6kGVy>