

With Myeloma UK

Patients, family members and carers can...

Call our Myeloma Infoline on 0800 980 3332 or 1800 937 773 from Ireland

For information, practical advice, emotional support and a listening ear.

Monday to Friday, 9am – 5pm. Calls are free from the UK and Ireland. From outside the UK and Ireland call + 44 (0) 131 557 9988 (charged at normal rate).

Get free Essential Guides, Infoguides and Infosheets

These provide a range of information on all aspects of the treatment and management of myeloma. They are presented in three different formats depending on the level of detail required.

Attend Patient and Family Myeloma Infodays

Learn about myeloma from experts and meet others affected by myeloma by attending Patient and Family Myeloma Infodays.

Subscribe free to Myeloma Matters

The only myeloma-specific newsletter in the UK provides you with up-to-date information on the latest developments in myeloma treatment and research; open, frank and honest experiences from myeloma patients and articles on living with myeloma.

Visit our website www.myeloma.org.uk

A comprehensive and interactive website providing immediate 24-hour access to information about myeloma. It enables people affected by myeloma to connect to others in a similar situation through our online Discussion Forum.

Join a Myeloma Support Group

There are over 50 Myeloma Support Groups across the UK and Ireland. To find one near you, visit www.myeloma.org.uk

With Myeloma UK

Healthcare professionals can...

Sign-up to the Myeloma Academy™

This is a unique online learning resource designed to meet the educational needs of healthcare professionals involved in the treatment and care of myeloma patients.

It contains designated sections for hospital doctors, nurses, GPs and allied healthcare professionals and includes a range of targeted and relevant educational opportunities and resources including tutorials, challenging cases and much more.

It focuses on the practical aspects of myeloma and the 'what you need to know' information critical to the delivery of a high standard of treatment and care in modern and challenging NHS and Primary Care environments. CPD points are available across the majority of educational opportunities and resources.

The Myeloma Academy is free and easily accessed at www.myeloma-academy.org.uk

Sign-up to the Myeloma Nurse Learning Programme®

- Free and available to all nurses with an interest in myeloma
- Flexible to fit around nurses' busy schedules
- Credit-rated by Edinburgh Napier University
- Interactive and complete with animations and online media
- Up-to-date with relevant evidence and best practice

For more information call +44 (0) 131 557 3332 or visit www.myeloma.org.uk

"The Myeloma Academy represents a great tool for busy healthcare workers. The fact that this programme has CPD accreditation makes it very attractive." *Dr Gordon Cook, Consultant Haematologist, St James's University Hospital, Leeds*

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Myeloma UK

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Charity No. SC 026116

Myeloma Awareness Week 21 – 28 June



About Myeloma UK



www.myeloma.org.uk

About Myeloma UK

Myeloma UK is the only organisation in the UK dealing exclusively with myeloma.

Our broad and innovative range of services cover every aspect of myeloma from providing information and support, to improving standards of treatment and care through research, education, campaigning and raising awareness.

Our strategy is to take an integrated approach to systematically address the barriers and challenges that are slowing down myeloma research and the development of, and access to, new treatments, optimal care, information and support.

Myeloma UK works with:

- **Patients, carers and family members**, to help them cope with everything a diagnosis of myeloma brings
- **Doctors and GPs**, to find better ways of diagnosing and treating myeloma
- **Nurses and other healthcare professionals**, to improve care for patients
- **Researchers**, to improve treatments, reduce side-effects and develop preventative and curative strategies
- **Other charities, government and the pharmaceutical industry**, to ensure patients have access to and receive the best possible treatment and care when they need it

At Myeloma UK we are passionate and dedicated about what we do and have a relentless commitment to achieving our goals. We are staffed by a small but effective team, managed by an expert Board and guided by professional advisory boards.

We receive no government funding and rely almost entirely on voluntary donations and fundraising activities; our administration and running costs are kept to an absolute minimum.

What is myeloma?

Myeloma is an increasingly common cancer of plasma cells. Plasma cells are found in the bone marrow and are responsible for protecting the body against infection.

In myeloma, a single defective plasma cell (a myeloma cell) multiplies rapidly, displacing the healthy bone marrow.

Myeloma usually appears in several areas of the body, which is why it is sometimes referred to as multiple myeloma.

Did you know?

- The most common symptoms of myeloma include bone pain, bone fractures, infection and fatigue
- It can be effectively treated but it cannot yet be cured
- There are approximately 4,000 new cases of myeloma every year in the UK
- It is the second most common form of bone marrow cancer and represents 1% of all cancers
- Public awareness is low: 97% of people in a recent survey did not know what it was
- Improvement in treatments has meant that survival rates in myeloma are increasing at the fastest rate among all cancer types in the UK
- Myeloma is mostly a cancer of older people, although it appears to be on the increase in people under the age of 55
- The causes of myeloma are uncertain but there are thought to be multiple trigger factors, including exposure to certain petroleum-based chemicals and also some pesticides

Currently Myeloma UK is...

- **Funding** a personalised medicine research programme at the Institute of Cancer Research, London which will lead to better and more effective treatments in the future
- **Funding** a genome-wide association study (GWAS) to identify risk and protective factors associated with myeloma
- **Recruiting** patients to the first of our clinical studies as part of the Myeloma UK Early Phase Clinical Trial Network to test promising new drugs for myeloma
- **Expanding** the range of and improving access to our printed information – including a new Information Pack for newly diagnosed patients
- **Setting** quality standards for the treatment and care of myeloma patients
- **Launching** the Myeloma Academy™ – a unique online learning resource designed to meet the educational needs of healthcare professionals involved in the treatment and care of myeloma patients
- **Launching** our PEER Network. PEER members are patients, family members and carers who are willing to share and communicate with people affected by myeloma who are seeking information, support and reassurance from someone in a similar situation
- **Working** on further phases of development to our new website, including fundraising tools and healthcare professional initiatives such as a Clinical Trials Tracker

“Being able to phone for advice is a lifeline, whoever I speak to is always helpful and informative. Thank you.” *Mrs G Davidson (patient)*

“Thank you for tirelessly campaigning on behalf of myeloma patients.” *Mr A Woodstock (patient)*

“We look forward to reading *Myeloma Matters* each time it arrives in the post. Well done.”
Ms E McLandry (carer)

I would like to donate to Myeloma UK

Name.....

Address.....

.....Postcode.....

Tel (day).....(evening).....

Email.....

I would like to donate:

£10 £25 £50 Other £.....

I enclose a cheque for £.....

Please debit my **MasterCard/Visa/Maestro**
(please circle) £.....

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Expiry date

Issue no.

CCV no.

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Maestro only

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Make your donation go further if you are a UK taxpayer.

Do you pay tax? If so, by ticking the box below you can boost the value of your gift by 25p for every £1 you give.

I am a UK taxpayer and I would like Myeloma UK to treat all donations I have made for the four years prior to this year and all donations I make in the future as Gift Aid Donations until I notify you otherwise. I understand that I must have paid an amount of income tax and/or capital gains tax for each year (6 April one year to 5 April the next) that is at least equal to the amount of tax that Myeloma UK will reclaim on my donations for that year.

Signature.....Date.....

Please tick here if you would prefer not to receive further information from Myeloma UK

Please return this form to:

Myeloma UK

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