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pina@myeloma.org.au

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From the President

Research is an important part of our Mission and Vision however because we have had a focus on patient services we have left research to our Medical and Scientific Advisory Group (MSAG) committee. The Board of Myeloma Australia has decided to concentrate our efforts to raise funds for myeloma research in Australia to complement our nursing and patient services. Over the years we have funded a small number of research projects and grants. In the future, we hope to have a major impact in the area of myeloma research and the search for a cure.

We have now registered the name Myeloma Australia Research Fund and intend to promote this to raise funds. We will be then requesting our MSAG to allocate funds to appropriate research projects and studies annually.

I would like to thank everyone who supported our recent successful donation drive and those who have participated in the recent fun runs raising important funding. As I mentioned above we are now a fully National organisation with Myeloma Support Nurses spread around Australia. There are still centres that we would like to add nurses to but this will need to wait until we can raise further funding. In the meantime, we have a team of fantastic Myeloma Support Nurses who are working extremely hard.

The number of Information and Support Groups has increased dramatically as well as the number of seminars being held around Australia helping to educate our community in the latest treatments for myeloma.

There has been a number of articles in our daily newspapers about a new cancer treatment called CAR-T Cell Therapy and how a number of patients have travelled to the USA for treatment. Thanks to a large Government grant to the VCCC Hospital in Melbourne research has started there in the novel treatment and hopefully not too far in the future, trialling this for myeloma. In the meantime, we are currently waiting on the Pharmaceutical Benefits Advisory Committee decisions regarding a number of myeloma treatments which if approved will make a big difference in how our doctors can treat myeloma in Australia.

I find it exciting when I read the various international myeloma newsletters and see the number of research projects being done both in Australia and overseas and this gives me great hope for the future.

Brian Rosengarten
President
Myeloma Australia

Proud Grandparents

I am proud to share that my grand-daughter Sari, just celebrated her bat mitzvah and she requested donations in place of presents from those attending her party. A bat mitzvah is when a Jewish girl turns 12 and in Sari’s case her parents put on a party for family and friends to celebrate this occasion special event.

She raised over $3000 for Myeloma Australia as well as a further $3000 for another charity. We were all very proud of her for firstly preferring the donations over presents and for choosing Myeloma Australia. During her preparation for her bat mitzvah she learnt about the importance of charity and doing voluntary work within the community.

Brian Rosengarten
President
Myeloma Australia

Pictured Brian and Roslyn Rosengarten with their grand-daughter Sari Rosengarten
Myeloma and the kidneys

Some facts about kidneys:
- Most people are born with 2 kidneys, they are part of the body’s urine system
- Kidneys are vital to life however, people can live healthily with one kidney
- They are located in middle of the back, and are about the size of a fist
- Kidneys filter waste products from the blood that accumulate from bodily processes
- Recyclable products are returned to the blood for re-use in the body whilst non-recyclable waste is removed in the urine

What do kidneys do?

Toxin & fluid removal
- One million tiny filters (nephrons) remove extra water, salts and waste products from the blood

Bone health
- Control calcium concentration in blood & activate vitamin D to maintain bone strength

Blood
- Produce erythropoietin (EPO), a hormone that tells the bone marrow to make more red blood cells

Blood pressure
- Make hormones that control blood pressure

Myeloma can damage kidneys by:

Light chain cast nephropathy
- At diagnosis or relapse, abnormal proteins made by myeloma cells and released into the blood can block the kidney’s filters
- Blockages cause backup of toxins, salts, waste products and water in the blood and kidney causing kidney cells to fail and start dying
- Myeloma cast nephropathy is a medical emergency, if untreated it leads to irreversible kidney failure and permanent dialysis

Hypercalcemia
- Uncontrolled myeloma bone disease causes release of calcium from bones into the blood
- High blood calcium levels (hypercalcaemia) damage kidney cells
- Loss of kidney function makes hypercalcaemia worse, causing more kidney damage

Dehydration
- Drinking enough water keeps blood vessels open and delivering blood to kidneys
- Not drinking enough concentrates wastes products in the blood which can block the kidneys and cause cast nephropathy
- Increases risk of urinary infections
- Can cause kidney stones to form in urine with high concentration of waste products
Infection

- Kidneys damaged by myeloma and its treatment can be further damaged from a blood infection (sepsis)
- Organ failure is a hallmark of sepsis, as the body is overwhelmed its organs begin to shut down with the kidneys often first affected
- Some antibiotics used to treat infection can further damage the kidneys as they leave the body in the urine

Non-Steroidal Anti-inflammatory Drugs (NSAIDs)

- NSAIDs containing ibuprofen, naproxen sodium and ketoprofen are commonly used for pain relief
- NSAIDs can reduce blood flow to the kidney and increase the risk of progressive kidney damage and sudden kidney failure
- NSAIDs increase likelihood that myeloma light chains will precipitate and block kidney tubules

Other risk factors for kidney damage not myeloma related

Looking after the kidneys:
There are simple ways to keep kidneys as healthy as possible

Hydration

- Drink plenty of fluids and respond to thirst
- Make water the first choice, it has no kilojoules, is inexpensive and available
- Sugary soft drinks contain a lot of sugar but have no nutritional value
- Some fruit juices are high in sugar and do not contain the fibre of whole fruit
- Clear and pale-yellow coloured urine is a sign that the kidneys are well hydrated
- Dark yellow or amber urine can indicate dehydration and the need to drink more water

Mobility and exercise

- Build movement into the day
- Try to do at least 30 minutes of physical activity most days of the week – being mobile leads to increased strength, stamina and energy
- Start slowly and gradually increase the time and intensity of movement
- Break down physical activity into three 10 minute bursts, increase as fitness improves

Healthy eating

- Maintain a healthy weight, food eaten and the amount of activity done should be balanced
  - Eat lots of fruit, vegetables, legumes and wholegrain bread and rice
  - Include lean meat such as chicken and fish at least weekly
  - Choose foods that have a low percentage of sugar, salt and saturated fats
  - Limit take-away and fast food meals

Quit smoking

- People who smoke are 3x more likely to have reduced kidney function and have a 4-5x greater risk of heart attack and stroke
  - To stop smoking, take the first step, call the Quitline on 13 78 48 or visit www.quitnow.gov.au
We invite people living with myeloma and their carers to join us for a national perspective on the latest in multiple myeloma care and treatment from experts in the field.

**Professor Doug Joshua**  
Welcome Address  
Professor Emeritus in Hematology at the University of Sydney and Consultant Hematologist, Royal Prince Alfred Hospital, NSW

**Professor Joy Ho**  
Research Update – Immunotherapies  
Senior Staff Specialist in Haematology, Director of Research, Head of the Multiple Myeloma Research Unit, Royal Prince Alfred Hospital, NSW

**A/Prof Hang Quach**  
Clinical Trials update  
Consultant clinical and laboratory Haematologist, St Vincent’s Hospital & The University of Melbourne, VIC

**A/Prof Simon Harrison**  
Research Update - CAR-T cells  
Clinician scientist, Haematologist and disease group lead, Myeloma at the VCCC and Peter McCallum Cancer Centre & The University of Melbourne, VIC

**Dr Christian Bryant**  
Myeloma – Not All One Disease  
Clinical Hematologist, Royal Prince Alabt Hospital, NSW

**Dr Nicole Wong Doo**  
How to Treat Myeloma  
Consultant Hematologist & Senior Lecturer, Concord Hospital & The University of Sydney, NSW

**Ms Jacqui Keogh**  
Workshop Co-Chair  
Senior Myeloma Nurse, State Manager, Myeloma Australia, NSW

**Dr Ben Teh**  
Infection and Immunity  
Clinician Scientist, Peter McCallum Cancer Centre, VIC

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Infection and Immunity  
Clinician Scientist, Peter McCallum Cancer Centre, VIC

**RSVP by Monday 22nd September**

Bookings: https://www.trybooking.com/524729

For enquiries contact: support@myeloma.org.au Toll Free: 1300 632 100

**SECURE PARKING – GOULBURN STREET CAR PARK**

$12 Flat Rate  
101 Goulburn Street SYDNEY

Registrations open at 9:30 am • Seminar 10:00 am - 3:30 pm  
Morning tea & lunch provided
Upcoming Event

2019 Adelaide City-Bay Fun Run

Team Myeloma will be hitting the streets of Adelaide on Sunday 15th September as we participate in the 2019 Adelaide City-Bay Fun Run. Our participation is specifically aimed at increasing awareness of myeloma whilst continuing to build the myeloma community and raising funds for Myeloma Australia.

Will you consider joining Team Myeloma and help to spread the word about the Team throughout your networks?

All the relevant details for registering and joining the Team can be found here: https://city-bay.org.au When you register it will ask if you are a part of a team, click ‘yes’ and choose Team Myeloma which I have registered as an official team for the day.

I have created the following Team Myeloma fundraising page for the City-Bay Fun Run https://citybay2019.everydayhero.com/au/team-myeloma Please feel welcome to use this page to encourage people to donate, or you might like to create your own personal page by visiting: https://www.everydayhero.com/au/

The choice of events on the day are 3km, 6km, 12km and a half marathon. Personally, I have chosen to participate in the 12km walk. Jo Gardiner, our SA nurse will attempt to run the 12km for the first time in over 10 years. Please feel most welcome to join me, Jo or choose the distance that suits you best!

Matt Maudlin  
Community Engagement & Fundraising Manager  
E matt.maudlin@myeloma.org.au

Myeloma Australia

Program Myeloma Clinical Education Workshop
Sydney Masonic Centre - 66 Goulburn Street - SYDNEY NSW 2000

SAT  
Oct 5  
2019

PATIENTS & CARERS STREAM

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SESSION 1: The Multiple Myelomas

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SESSION 2: Living with Myeloma

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SESSION 3: Research Update

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Christian Bryant (Haematologist, Royal Prince Alfred Hospital, NSW) and guest speaker

Nicole Wong Doo (Haematologist, Concord Hospital, NSW) and guest speaker

Ben Teh (Infectious Diseases Physician)

Caoimhe Scales (Exercise Physiologist)

Dr Alex Withers (Clinical Psychologist)

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Program subject to change without notice
My myeloma journey

“\textit{It became part of life}”

Ann is 80 years old in 2011 she was diagnosed with multiple myeloma at the age of 72. Her health had suffered an earlier setback in 2004 when she was diagnosed with coronary artery disease (angina), she continues to take medication for this condition, which has remained stable for many years. Ann has four children, two sons and two daughters.

She has enjoyed reading other people’s stories in the MyeNews and hopes you find her story interesting. Ann, her son and her haematologist were interviewed to share her story.

\textit{How did you feel when you were told you had multiple myeloma?}

Ann: “I had excruciating back pain for about 2 years before I was referred to a surgeon who referred me straight to the hospital where I stayed for 3 weeks until I found out that I had myeloma. I had never even heard of it before.

Haematologist: In 2011, while in hospital an MRI showed problems with her lumbar (lower back) and a bone marrow biopsy and other tests revealed multiple myeloma.

Ann: “I felt quite calm about the diagnosis. I think it’s the way I am. I can cope with quite a lot and take each day as it comes.

I was told that if I had been diagnosed 10 years earlier there was nothing that they could have done for me.”

Ann’s son: “We were very apprehensive as Mum has always been the glue which held the family together.”

\textit{After the diagnosis, what treatment did you receive?}

Ann: “They started off by giving me thalidomide tablets, which made my legs numb from my knees down to my toes. I wasn’t happy and I had to be very careful walking otherwise I’d trip. I had 2 or 3 falls in that period. And I was upset that I couldn’t continue with my favourite hobby, which is gardening, in case I took a fall.

Although I got a good response to the thalidomide, I had to stop it after 7 months due to the numbness in my legs and that is when I swapped to lenalidomide tablets.”

Haematologist: While on lenalidomide, her serum free light chains dropped from 1300 to about 600 mg/L and they stayed at that level. Other blood counts, however, kept falling too low. Eventually Ann had to stop lenalidomide due to additional complications, including infection and bleeding.

\textit{How did you feel when you were offered the opportunity to take part in the trial on carfilzomib therapy?}

Ann: “I was happy to trial carfilzomib. Hopeful. My doctor was also happy that I got on the trial and I think I was number 7 in the whole of Australia!”

Haematologist: Ann was pleased to hear that she received carfilzomib in the trial as there was a 50% chance she would receive the placebo.

\textit{How did you manage with the demands of being in the trial – visiting the hospital twice-weekly for 3 weeks each month for over 4 years?}

Ann: “It was something that I had to do for my own benefit and for the benefit of my family. I just accepted that this was now part of my daily routine, and we liked the routine as it gave us a sense of control over the whole thing. It was comforting. It was also a bit of me time too.

The clinic staff were all very helpful and everyone is very lovely there.”

\textit{How did you manage with the travel to and from the hospital?}

Ann: “My husband would take me in. [He] would drop me off and go and park the car.”

Haematologist: The high cost of hospital parking (about $10 an hour) meant that, Anne’s husband parked the car in the street. He would then return to the hospital to stay with her during her infusion – which could take up to 5 hours on some (very busy) days at the clinic.

\textit{What did your husband do during your treatment?}

Ann: “He was happy to sit and do his crosswords.”

\textit{Your myeloma markers went down over this time – was that motivating?}

Ann: “The counts coming down gave me hope and I would phone my family and tell them that they were going down and that the results were good.

My doctor was happy that it worked and that my counts came down. Even now I ask [my doctor] what the counts are each time.”

\textit{How did you feel when the trial was closing after all this time?}

Ann: “I was happy when I heard that carfilzomib had been PBS listed. And because I had done so well in the trial it meant that I could access this on the PBS. I was worried that it would stop being available and then I don’t know what
What advice would you have for someone who was just starting a new treatment for myeloma?

Ann: “Have courage and look on the bright side. Take each day as it comes, and make the most of every minute you have.

Hang in there. Try and get it into a routine. The first couple of months is always going to be a struggle, try and get over that hump and get into a routine; that would be my recommendation.

The clinic visits give you stability. It is a ‘known’ amongst a whole heap of ‘unknowns’. The routine and the predictability helps you in all the chaos of everything else going on at that time.”

Thinking about the support material you received from Myeloma Australia and the Cancer Council, which parts were most helpful for you?

Ann: “We looked at all of the Cancer Council books that were available to us about how to cope as a family with cancer. I really liked the personal stories in the MyeNews. I think it helps to give you a bit of courage, a bit of an uplift. I remember one lady had gone back to playing squash so that was inspiring.”

In her nursing home today, Ann is an active member of the community, taking part in various activities and enjoying the friendship of other residents. She tries to help other people as much as she can and feels that she can help those less fortunate than her.

Myeloma Support Line
Monday – Friday 9am – 5pm (AEST)
1800 MYELOMA (1800 693 566)

A confidential service providing those living with myeloma, their family and friends and health professionals access to specialist myeloma nurses. Open to anyone with a question about myeloma or just to have a chat.
Marmalade Gardens

I am pleased to produce a transcript of the conversation I recently held with Marnie Walshe from Marmalade Gardens, an online jewellery store that is supporting the work of Myeloma Australia.

**Matt:** Marnie, welcome, please tell me about your connection to myeloma?

Marnie: My Mum was diagnosed with myeloma in 2007. Ever since then myeloma has been a big part of my family’s life.

**Matt:** And your connection to Myeloma Australia stems from this time?

Marnie: Yes indeed. The nurses and staff from Myeloma Australia were a great help to Mum when she was diagnosed. At that time there was not nearly the amount of literature around that there is nowadays and there was not much of a presence on-line. The help of the nurses and the organisation was invaluable.

**Matt:** You’re at uni, yes?

Marnie: Yep, I am studying Gold and Silversmithing at RMIT (Royal Melbourne Institute of Technology)

**Matt:** And what precisely does that mean??!!

Marnie: Basically, it’s learning how to become a jeweller and understanding the jewellery trade.

**Matt:** And you’ve created your own business and brand whilst still being at Uni?

Marnie: I actually started it whilst in year 12!

**Matt:** And it has this wonderful title of Marmalade Gardens – quite some name, please tell me how the name came about.

Marnie: I always loved the ‘marmalade skies’ line from The Beatles song Lucy in the sky with Diamonds. Much of my work incorporates pressed flowers …. This being where the ‘gardens’ bit comes from; hence .. Marmalade Gardens.

**Matt:** Got it. Great name! And please tell me how Marmalade Gardens is supporting Myeloma Australia at this time?

Marnie: I donate $1 from each online order or from a sale at a market to Myeloma Australia. Every 6 months I have been choosing a different charity to support and at the end of each period I have usually ended up donating about $400 to the charity. Starting July 1st this year I will be supporting Myeloma Australia with this project until the end of 2020.

In addition, I have created some limited editions earrings in the Myeloma Australia colours (pictured) that will be available on my website www.marmaladegardens.com I will be donating 50% of the profits from these limited edition items to Myeloma Australia. These earrings retail at $30 per pair, half of that going to Myeloma Australia.

**Matt:** Thank you Marnie for your support of our work. I should also add that a selection of your products will shortly be available in the Myeloma Australia web shop.

And now a few words from Marnie’s Mum, Anne Walshe …..

‘I am very proud that Marnie is giving back to the community that helped me out so much, particularly in the very early days of my diagnosis.

I was diagnosed with non-secretory multiple myeloma in May 2007. When first diagnosed, I wanted to find out as much as I could about the disease – I hadn’t even heard of multiple myeloma. I remember there wasn’t a lot of information online back then, but I came across a website for the Myeloma Australia Foundation. I rang and spoke to someone and they sent me out some information brochures and from that point in time I was informed of upcoming events, one of which my husband and myself attended in Melbourne to learn more about the latest treatment options and to meet some other people with myeloma. We also attended two Masters of Rock concerts (Myeloma Australia fundraisers) to support this great organisation. I love receiving the ‘MyeNews’ and hearing other people’s stories and being updated with what is happening with the latest treatments.

I was the only person in the town where I live when I was first diagnosed with myeloma (Yarrawonga/Mulwala), so felt very isolated with regards to a connection with other people with myeloma, but after time, because of Myeloma Australia, in conjunction with the Leukeamia Foundation days I attended locally in Albury, I was connected with other people that were in the same boat as me, which helped me to cope with the emotional and physical rollercoaster of dealing with this disease. We are so lucky to have such an organisation in Australia, which offers support and help to myeloma patients and their families, and as I said, I am very proud of what Marnie is doing to raise funds for such a wonderful organisation, who has helped me and my family so much.’

Anne Walshe
BayRun 2019

On 4th August I organised a group to participate in the BayRun 2019 fundraiser. This is a walk/run in the inner west of Sydney. It is 7km long and includes fun categories such as dog and owner, best dressed and a 2km walk/run for children. It was a very crisp morning which made it more enticing to get the walk started! We had 37 participants in the Myeloma Australia team, which was amazing. After announcing we would be fundraising via everydayhero.com.au we started to receive some donations. We set a goal to raise $1,500 and we managed to raise a whopping $5,237.50!

I am so humbled and encouraged by this and was genuinely surprised at people’s generosity, not only with fundraising, but offering words of encouragement or just checking in to see if they could help out in any way. Also, it was an opportunity to raise awareness in regards to multiple myeloma. Many people in our team hadn’t even heard of this cancer before and were keen to understand a little more about it. The success of this event has given me the confidence to maybe consider doing something more in the future and to also continuing posting about myeloma on Instagram at @deebergs, so follow along if you are interested.

Donna Bergamin
RECRUITMENT UPDATE

Congratulations! Thanks to participating patients and sites, the MRDR has now accrued 3000 patients! This is an important milestone and could not have happened without your support. Our regional representation in the registry is growing with Border Medical Oncology Cancer Centre in Albury Wodonga, the latest site to join. Welcome to new sites and a big thank you to everyone involved in the registry for your continued support.

INTERNATIONAL ACTIVITIES

Asia-Pacific MRDR (APAC MRDR)
The APAC MRDR, now has eleven hospitals with ethics approval to participate. Currently, hospitals in Korea and Singapore are actively enrolling participants and 180 have been enrolled so far. The registry will be expanding to include hospitals from Malaysia and China. This is a Janssen-funded parallel project to the MRDR, which was established in 2018 to monitor access to and patterns of care and their outcomes in patients living in the APAC region. The APAC MRDR has its own steering committee and country-specific databases.

MRDR PUBLICATIONS AND PRESENTATIONS

An MRDR paper by Professor Joy Ho was recently published in the journal “Clinical Lymphoma, Myeloma and Leukemia”. It is titled “Renal impairment at diagnosis in myeloma: patient characteristics, treatment and impact on outcomes. Results from the Australia and New Zealand Myeloma & Related Diseases Registry”. It is pleasing to see registry data in use with findings of interest.

The MRDR recently had 3 submissions accepted for presentation at the International Myeloma Workshop in Boston, USA. The presentations are:

- Patient Reported Outcome Measures in multiple myeloma: real-time reporting to improve care (My-PROMPT) – a pilot randomised controlled trial
- Pacific Islanders with multiple myeloma are younger and have inferior survival when compared to other ethnicities: a study from the Australian and New Zealand Myeloma and Related Diseases Registry (MRDR)
- Receiving four or less cycles of therapy predicts poor survival in newly diagnosed transplant ineligible patients with myeloma who are treated with bortezomib-based induction

In addition to this, four submissions from the MRDR were made for presentation at the Blood 2019 conference in Perth in October. We look forward to hearing the outcome of these submissions.

MRDR: HOW CAN YOUR HOSPITAL BE INVOLVED?

Ask your treating specialist if your hospital contributes data to the MRDR and if you are eligible to participate. If so, you will receive a patient information sheet about the registry including how to opt out if you change your mind.

TO CONTACT THE MRDR:

Phone: 1800 811 326
Email: sphpm-myeloma@monash.edu
Website: mrdr.net.au
What’s happening

Community Engagement & Fundraising

It’s Winter and Team Myeloma has been participating in community fun runs (I once heard a ‘fun run’ described as an oxymoron – I will leave this for you as the reader to make up your own mind on this one!) The Team has been represented in Perth, Melbourne and at two separate events in Sydney, the city2bay in Adelaide and Melbourne Marathon Festival conclude our Winter program for 2019. These events have seen our community coming together, sharing stories and coffees and pizzas whilst raising awareness about the work of Myeloma Australia alongside raising valuable funds.

Our progress towards the Charity TV/Myeloma Australia filming in early February 2020 continues well. Our Ambassadors are doing a wonderful job in raising funds as the adventure becomes ever closer. Sadly, a couple of Ambassadors have had to withdraw from the process. At this stage I am now re-opening the search for an additional two Ambassadors. If you are keen to find out more, please drop me an email. Ambassadors can come from any realm of the myeloma community.

By the time this edition of MyeNews hits the streets you might well already be aware of the Zero October campaign we are running. CEO Steve Roach and I have had this idea brewing for several months and we are delighted that we are now in a position to introduce it for October 2019. We trust that it will be a great success and will indeed, as the tagline says, really help all of us within the Australian myeloma community ‘Zero in on Myeloma.’ If you have questions or comments regarding the campaign, do please send me an email.

I’m delighted in this edition to feature stories from Donna and Marnie – two ladies raising both dollars and our profile through very different fundraising efforts. As per usual there are too many fundraising and community engagement events to feature in this edition; but do please know that your efforts are tremendously appreciated by all of us at Myeloma Australia.

To conclude, if you are based in NSW please contact our NSW Community Engagement & Fundraising Manager, Santosh Ojha … for the rest of Australia, please contact me. We love hearing about your community engagement and fundraising ideas and we are always happy to help you bring these ideas to life.

Matt Maudlin
Community Engagement & Fundraising Manager
E: matt.maudlin@myeloma.org.au

Will you do nothing…?
Or
will you do something…?
As I write this we are gearing up (or lacing up) for the City to Surf which is on this Sunday 11th August. This is the second year for Team Myeloma in NSW and we have over 25 people registered in our team which is amazing. We hope to raise a little money but more importantly raise community awareness of multiple myeloma. I look forward to reporting on our experiences in the next edition.

Our regular face to face groups in Liverpool, Westmead, RPA, Gosford and Newcastle have continued to meet and provide a welcoming environment for support and discussion. Sometimes speakers are invited but often the myeloma nurses will present a topic for discussion relevant to the group. We are always looking for your suggestions and comments to assist us. The Myeloma Telephone Support Group had also continued to meet (over the phone) every fortnight with a regular communicative group participating.

In addition to this we have been doing lots of brainstorming and planning within the NSW office. We are looking at ways to increase our presence within the myeloma community by way of new face to face groups and contacts with local hospitals and health professionals. Over the next few months we have “Meet and Greets” organised in Blacktown, Nepean, Tamworth and Orange. This is an ideal opportunity to come along and meet Geo or myself as well as connecting with other individuals living with myeloma in your local area. From these events we hope to start a local information and support group. Details will be advertised shortly and also will be available on our website. Otherwise please call us for any information or if you would like to discuss establishing a group in your area. As well as these groups we have started a new group in Bowral, please contact Geo Sobrio geo.sobrio@myeloma.org.au M: 0426 404 766 for details.

Rachel and Juliet have been busy in the Newcastle area since their fantastic seminar in May. They have expanded the support groups available in the Newcastle and surrounding areas. Dr Wojt Janowski spoke with those attending the Newcastle support group in July with a question and answer session which was enjoyed by all. We cannot thank Dr Janowski enough for his support of Myeloma Australia in the Newcastle area.

Last week we had a successful meet and greet in Forster meeting patients from Old Bar, Mitchell’s Island, Tuncurry and Forster. An overwhelming response was received for a regular support group in the area, alternating between venues in Taree and Forster. Myeloma Australia will be back for the next cuppa on October 10th.

Next in our sights is Tamworth! We have just confirmed a “Meet and Greet” at Tamworth Community Health Centre for September 19th from 1pm-3pm. We look forward to seeing you there but please get in touch and let us know what Myeloma Australia can do for Tamworth.

As well as these events I am just securing a venue for our first Younger Persons Support group which will be held in the Wentworthville Leagues Club on Tuesday September 17th. This is something I have been hoping to establish for some time. It will be an important opportunity for individuals who may be still working, have younger children etc to get together in the early evening and share their experiences. I will provide more information as I confirm the details but if you want to discuss this or want further information please contact me Jacqui.keogh@myeloma.org.au M: 0426 404 230.

As always I look forward to meeting with many of you over the coming months.

Jacqui Keogh
NSW State Manager/Senior Myeloma Nurse NSW
The Myeloma Australia team in Queensland is continuing its quest to reach out to our myeloma community in the Sunshine State. We have regular Information and Support Groups held at Buderim, North Lakes, Alderley, The Gap (After Hours), Woolloongabba, Princess Alexandra Hospital and Labrador.

I was lucky enough to travel a little further north to the beautiful Hervey Bay, where I met with the nurse unit manager of the newly opened Forbes Cancer Care Centre. The team at St Stephen's Hospital provide treatments for myeloma patients in the region. It is great to see the care and treatments delivered to myeloma patients in this region and we hope to see this growth of services continue for myeloma patients throughout the state.

We held a “Meet and Greet” for myeloma patients at the Hervey Bay Neighbourhood Centre. The facilities were perfect for our group and we were grateful for the support from the friendly staff.

In our meeting we discussed the myeloma journey and some of the barriers in receiving treatment outside of the major cities, as I mentioned previously are being overcome. The group shared their experiences and strategies to handle some of the common side effects of myeloma treatments. I look forward to meeting again in September with the myeloma community for another information session and learning more about them.

Whilst in Hervey Bay, I was also able to connect with a local hero by the name of Elaine Gamer. Elaine has been advocating for haematology patients in rural areas for almost 40 years. Her spirit and enthusiasm is infectious and I look forward to joining her in supporting myeloma patients in the Fraser Coast.

Megan McDowell
Myeloma Support Nurse QLD

From little things – Big things grow

Tash and Megan were lucky enough to attend the “The Nature of The Trio” exhibition opening night at the Redland Yurara Art Gallery on Friday the 19th of July. A collaboration with three wonderful artists including local GP, Dr Karen Munster. Dr Karen is generously donating all proceeds from the sale of her works to Myeloma Australia in support of a close friend of hers.

Tash and Megan enjoyed viewing Karen’s bright and peaceful art work which was selling like hot cakes. On behalf of Myeloma Australia, we thank Karen for her kind donations which will go directly towards supporting patients with Myeloma around Australia.

If you have a fundraising idea or opportunity, please contact our head office via phone or email as we would love to hear from you!

Megan McDowell & Tash Clarke
Myeloma Support Nurses QLD

“The fundraising art exhibition ‘The Nature of The Trio’ I had in the last 2 weekends of July was a success. We had over 60 people (including nurses Megan and Tash) attend Opening night and then another 70 visitors to the Redland Yurara Gallery at Thornlands over the following 2 weekends that the exhibition was open. The information and magazines that Megan and Tash brought to Opening Night greatly helped promote awareness of myeloma with many visitors asking about what myeloma was and taking home the flyers and information cards to find out more.

At the conclusion of the exhibition I was able to raise $545 from the sale of my artwork and visitors’ kind donations which I have donated to Myeloma Australia.”

Karen Munster
We were warmly hosted by the research staff for a tour of the Myeloma Research Laboratory and giving us an insight into their research activities. The technology supporting their research is impressive, enabling myeloma cells and other cells in the bone marrow to be individually characterised to help understand how they behave and interact with each other. Each scientist, undergraduate, post graduate or post doctorate, summarised their own area of inquiry, all aiming to identify and target opportunities for development of drugs to treat myeloma. Integral to this work is access to bone marrow from people who have myeloma, donated from bone marrow samples, taken during diagnosis and treatment, to the South Australian Cancer Research Bio-Bank (SACRB). Over a cuppa our group and the staff chatted in small groups which was so positive for all. This is an annual event and we appreciate the generosity of the staff who host us.

Information & Support Group News:
As the planned meeting in May was postponed, our Mid-North group held a less formal meeting in the Little Red Grape Cafe at Clare, on 3rd July. Nine of our members made the trip from as far as Port Pirie. It was a warm and friendly discussion group, over coffee/tea and cake. A celebration was in order as the mid-north group has been meeting for 10 years, being inaugurated on 14th May 2009 (thanks Geoff for providing the exact date!). Bronwyn, our coordinator thoughtfully provided little cards for us to sign to send to one of our group members who could not attend due to a recent stay in hospital.

Our Southern Adelaide group known as Flinders met on 18th July to hear from Vanessa at Resthaven about navigating and applying for assistance provided through My Aged Care. It was great to hear about the entitlements available to people who are over 65 years, clearly explained. Vanessa said how helpful the My Aged Care phone service on 1800 200 422 is with assistance to apply and alternatively the service providers listed on the website can give personal assistance.

Other news:
Jo joined Jacqui Keogh, Nella Combe, Hayley Beer and Steve Roach for a planning day for Myeloma Australia, held in the Melbourne office at the end of June. Strategies for each of our programs were made for the next 12 months looking at opportunities and challenges. With the expanded nursing group, it is an important exercise which helps define forthcoming services to meet the needs of the myeloma community.

Jo is joining Team Myeloma for this year’s City to Bay fun run in Adelaide. She is planning to do the 12km run, you can support her efforts at: https://citybay2019.everydayhero.com/au/team-myeloma https://citybay2019.everydayhero.com/au/team-myeloma

Jo Gardiner
Senior Specialist Myeloma Nurse; MSN SA/NT
Hello from Tasmania!

I’m pleased to report our Myeloma Information and Support Groups are going well. At the meeting in Sandy Bay in July, although the Clinical Trials Nurse I had organised could not attend, Margie, a Support Coordinator at the Cancer Council, very kindly stepped in and discussed advanced care planning from a recent workshop she had attended. This was very well received as a few of the guests had not come across this concept before and went away with valuable new information.

At the next meeting in August held at the Clarence Integrated Care Centre in Bellerive, James Watson, a pharmacist at the Royal Hobart Hospital shared some really useful titbits especially around the use of herbs and supplements. He recommended an online site – ‘About Herbs, Botanicals and other Products’ from the Memorial Sloan Kettering Cancer Centre in the United States. They have a database called ‘About Herbs’ which helps patients along with their health care professional consider the value of taking common herbs and supplements with treatment.

The first Information and Support Groups in the north were held in August at the Launceston and Devonport Cancer Council Centres. It was great to work with the Cancer Support Coordinators – Stan, Kris, Ros and Megan. It was a long day trip from Hobart but a few coffee stops along the way helped. These first sessions were a ‘meet & greet’ with a view to hearing what the group would like to gain from future meetings.

Working at the Royal Hobart Hospital as the Haematology Nurse Coordinator allows me to readily contact myeloma patients and for myeloma patients to be referred to me and therefore Myeloma Australia. This will not be such an easy process in the north of the state so I am very grateful for people to spread the word in the north/north west of Tasmania so we can reach as many myeloma patients as possible and let them know of the support we offer.

Pictured is a photo of myself and the other clinical nurse consultants at the Royal with whom I not only share an office, but a Powerball ticket every week. It looks like we’ll be here for a lot longer yet!

Deborah Thompson
Myeloma Support Nurse TAS
As the newest member of the Support Nurse team, I have had the pleasure of meeting the members of several groups during the last few months since commencing my role at Myeloma Australia. The groups have had some great speakers present. The Younger Persons group welcomed the wonderful Daniel Riazati. Daniel gave a fantastic presentation on peripheral neuropathy and the role of the Myotherapist. Geelong invited Optometrist Rowan Prendergast and Wangaratta had an artistic session with Arts Psychotherapist Rykie Smith. The topics which arise at each of the groups differs greatly, but the focus is always on education and support of the members.

With winter coming to an end, Elli and I will be welcoming the warmer weather and the growth of yet another new Information and Support Group in Shepparton Victoria. We have been busy planning and are excited to announce our meeting which will be held on Thursday 31st of October 2019 at the Shepparton Community Centre from 10am until 12pm.

The St Vincent’s Clinical Trials Information session was held on Friday 16th of August 2019 which we were invited to present at and display our resources. This event covered all blood cancers and highlighted the interest and need for information regarding clinical trials. The feedback that we have received has been overwhelming and we are looking forward to running a similar session in the future for the myeloma community.

Thirty-five keen and eager walkers and runners took to the Run Melbourne course on Sunday 28th of July. At the start of July Myeloma Australia Head Office staff threw some sausages on the barbie at Bunnings Hawthorn. Despite the cold weather and rain the team put in a tidy effort. Elli and Matt were welcomed to speak at the Lara CWA to educate the group on Myeloma and Myeloma Australia. In turn the CWA held a Mad Hatters Tea party for Myeloma Australia which Elli and Matt attended. They had a fabulous day with lots of laughs and all these events have raised much awareness and brought our community together.

Emma-Jane Furphy
Myeloma Support Nurse VIC

Vale

Aldo Del Col

We are deeply sad to announce the passing of a dear friend, Aldo Del Col on August 6, 2019 due to unforeseen complications related to myeloma.

Aldo was a co-founder of Myeloma Canada, a board member of the International Myeloma Foundation, an early member of Global Myeloma Action Network (GMAN) and dear friend to Myeloma Australia. Over the years, Aldo has provided guidance and support to our organisation and his passion for improving the lives of those with myeloma and his friendship will always be remembered. Our condolences to all the myeloma communities, especially those in Canada, Aldo’s family, and friends.

We will never forget you Aldo, and thank you for all that you have done for people living with myeloma around the world.

Brian Rosengarten, Steve Roach, Hayley Beer, Nella Combe and the Myeloma Australia team.
As we move into the spring weather we reflect on our activities since the last MyeNews as well as how far we have come since starting as WA Myeloma Support Nurses 2 years ago in October. The myeloma community here continues to grow and it is great to see new faces attending our Information and Support Groups and information events. We have also had some fabulous opportunities to promote Myeloma Australia within the health professional community through hosting and attending education events. We are looking forward to promoting Myeloma Australia when the annual conference Blood is hosted in Perth in October later this year.

**Information and Support**

National Myeloma day was a successful event and we have now had an opportunity to read through the feedback which was overwhelmingly positive. There have been a number of suggestions for future topics which will guide the future planning of our information events.

Our Information and Support Groups continue to be well attended in the hills, south metro, and north metro areas and it is great to see the ongoing support these groups provide to attendees. We also hosted a Coffee&Chat in the last week of July in Cottesloe with just over 30 people attending. The Coffee&Chat is a great way to find out more about myeloma and gives attendees an opportunity to chat to the Myeloma Australia Support Nurses. At the event in July, there was a broad range of people sharing their experiences with myeloma; from carers, to those who have recently had transplants as well as some who have been through several therapies. We encourage anyone in the myeloma community who is interested to come along to the next Coffee & Chat event which will be held on the 20th September 2019.

The latter half of 2019 sees some exciting new events and groups commencing in addition to our ongoing programs in WA. Our next seminar will be held on the 23rd August in the Conference Hall at the Cancer Wellness Centre in Cottesloe with Dr Andrew McQuillan attending to speak about myeloma and treatment decisions. In September, we will hold our inaugural Younger Persons Information and Support Group on the evening of the 9th September, also at Cottesloe. We also are planning an information session for carers that will likely be held in December this year.

**Health Professional**

On the 27th July, we were lucky enough to host a display at the Cancer Nurses Society of Australia WA Regional Group Haematology Study Day. The event was attended by more than 80 cancer nurses from around the state and we had the chance to promote our support services. This was a great opportunity to let more people know about Myeloma Australia and the services we offer to support and educate in the WA myeloma community.

Signing off, we just want to say we are really excited about the future in WA and look forward to providing you all more opportunities to access our services through our events.

*Kerin Young and Narelle Smith*

*Myeloma Support Nurses WA*

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**Did you know that you can donate to us through your pay?**

It’s easy and quick, tax benefits are immediate and there’s no need to organise receipts at the end of June. It even has the possibility to double your donation to us!

We’re listed on the Good2Give workplace giving Platform. Scroll to the bottom of www.good2give.ngo and see if your employer is one of the 150 companies in the scroll bar. If your company isn’t yet on Good2Give, direct your corporate responsibility or payroll teams to www.good2give.ngo and suggest they request a demo.

Workplace giving streamlines our financial management of corporate donations and reduces our administration. Ninety nine per cent of all donations reach charities on the Platform, and 70 per cent of the companies match their employee donations!

You can even fundraise for us if your employer is listed on Good2Give, and channel your donations through workplace giving, again, potentially doubling your result!

**Any questions? Please contact Matt at Myeloma Australia:**

matt.maudlin@myeloma.org.au
New Therapies:

Future Prospects of CAR T Cell Therapy for Multiple Myeloma
Carlos Fernandez de Larrea; Sham Mailankody; Ola Landgren; Eric Smith

ADVANCES IN CELL AND GENE THERAPY; First published: 05 July 2019; https://doi.org/10.1002/acg2.72

Abstract:

Although multiple myeloma (MM) remains an incurable hematological malignancy, the introduction of autologous stem cell transplantation, proteasome inhibitors, and immunomodulatory agents have increased the survival of patients. However, most patients will still relapse and become refractory to medical management. Moreover, conventional strategies have shown limited benefit in high-risk patients with adverse cytogenetics. Therefore, novel strategies including immunotherapy are needed to improve the outcomes of these patients. Immunotherapy includes a range of strategies to redirect the immune system to attack tumor cells. Here, we review the most promising immunotherapy strategy published to date for many hematologic malignancies, chimeric antigen receptor (CAR) T cells. Most clinical studies of CAR T cell therapy for MM target B cell maturation antigen (BCMA) on malignant plasma cells. The initial studies using BCMA targeted CAR T cells are devoted to patients with advanced relapsed/refractory MM. Eventual relapse after CAR T cell therapy remains an issue. We present the most recent clinical data, as well as relevant pre-clinical data demonstrating novel strategies with the potential to improve clinical outcomes of cellular therapy for MM. Further, we present a proposal for how CAR T cell therapy may fit into the future therapeutic landscape of MM as adoptive cellular therapy moves beyond the currently studied multiply relapsed/refractory setting.


Background: VTD is a standard of care for transplant-eligible newly diagnosed multiple myeloma (NDMM) patients. Daratumumab (DARA), a CD38 monoclonal antibody, significantly reduced the risk of progression or death and improved complete response (CR) and minimal residual disease (MRD)-negative rates in relapsed refractory multiple myeloma or transplant-ineligible NDMM in phase 3 studies.

Aims: We report the primary and final analysis of Part 1 of the CASSIOPEIA trial for NDMM

Summary/Conclusion: D-VTD in induction prior to and consolidation after ASCT improved depth of response (sCR, ≥CR, and MRD negativity) and PFS with acceptable safety. The favorable benefit-risk profile supports the use of D-VTD in transplant-eligible NDMM. CASSIOPEIA is the first study to demonstrate the clinical benefit of daratumumab plus standard of care in transplant-eligible NDMM patients.

Phase 3 study of subcutaneous bortezomib, thalidomide, and prednisolone consolidation after subcutaneous bortezomib-based induction and autologous stem cell transplantation in patients with previously untreated multiple myeloma: the VCAT study.
Dr Noemi Horvath, Prof Andrew Spencer, Prof Douglas Joshua, Dr Anna Kalff, Prof Miles Prince. Leukemia & Lymphoma, 19 February 2019, p.1-12.

Efficacy and safety of bortezomib-based consolidation following ASCT were investigated in newly diagnosed multiple myeloma patients from Australia, Korea, and China. Patients received three cycles of bortezomib-cyclophosphamide-dexamethasone induction followed by high-dose therapy/ASCT, then were randomized (1:1) to consolidation with TP (thalidomide ≤12 months/until disease progression; prednisolone indefinitely/until disease progression; n=100) or VTP (subcutaneous bortezomib every 2 weeks for 32 weeks, plus TP; n=103). The hypothesized difference in CR + VGPR rate (after ≤12 months consolidation therapy) was not met. The rate of CR + VGPR was numerically higher with VTP versus TP; however, this was not statistically significant. Secondary efficacy outcomes were similar between treatment arms. Addition of bortezomib to TP consolidation was associated with limited additional toxicity but did not significantly improve efficacy versus TP.

Diagnosis and Disease Monitoring:

Whole-Body Imaging of Multiple Myeloma: Diagnostic Criteria

Published Online:Jul 8 2019https://doi.org/10.1148/rg.2019180096

Abstract: Bone disease is one of the most prominent features of MM, and imaging has an important role in diagnosis and follow-up, with each whole-body imaging modality having different indications in distinct disease situations. Skeletal survey has been the standard imaging procedure used during the past decade, but it should no longer be used unless it is the only option. Whole-body low-dose CT is a reasonable and cost-effective initial imaging approach. Whole-body MRI is the most sensitive technique for detecting bone involvement and assessing painful complications. PET/CT is the best tool for evaluating treatment response. The importance of radiologists has increased in this scenario. Therefore, to properly assist hematologists and improve the care of patients with MM, it is essential that radiologists know the updated diagnostic criteria for MM, indications for and limitations of each imaging option, and recommendations for follow-up.
Supportive Care:
A retrospective analysis of the prevalence and clinical outcomes of vitamin D deficiency in myeloma patients in tropical Australia
Karthik Nath; Vibooshini Ganeshalingam; Barbara Ewart; Elizabeth Heyer; Kerrianne Watt; Andrew Birchley; John Casey; Hock Choong Lai; Edward Morris; Georgina Hodges
Supportive Care in Cancer; First Online: 21 June 2019
Purpose: This study aimed to assess the prevalence of vitamin D deficiency in patients on active therapy for multiple myeloma in a tropical climate. They also tested for the association of vitamin D status on clinical outcomes. This was a single centre, observational study performed in Townsville, Australia, which has a sunlight heavy, tropical climate. Patients on active therapy for multiple myeloma underwent testing of serum 25-hydroxyvitamin D (25(OH)D). Information on disease stage, skeletal morbidity and symptoms of peripheral neuropathy were collected from medical records and self-reported patient questionnaires.
Conclusion: There is a relatively high prevalence of vitamin D deficiency in patients with myeloma in the study. This is despite a sunlight heavy, tropical climate. We report an association between vitamin D deficiency and peripheral neuropathy. Prospective interventional trials are required to further assess this.

Autologous Stem Cell Transplant
Pros and cons of frontline autologous transplant in multiple myeloma: the debate over timing
Shaji K. Kumar, Francis K. Buadi, and S. Vincent Rajkumar; Mayo Clinic, Rochester, MN; Review Series: ADVANCES IN MULTIPLE MYELOMA; www.bloodjournal.org; April 2, 2019
Conclusion: After nearly 3 decades of debate and several randomized phase 3 trials, it is clear that ASCT as a treatment modality has stood the test of time. It continues to be an effective modality to provide durable disease control for myeloma even with the introduction of novel agents. Given the depth of response and the PFS advantage seen in phase 3 trials, ASCT should be considered as part of the initial therapy. However, without a clear OS advantage to early ASCT based on the data available today, a delayed ASCT is a reasonable approach should the patient and the treating physician desire to pursue that approach after a thorough discussion of the pros and cons of either approach, as discussed in this article.

Editors note: According to our MSAG Clinical Practice Guidelines for the treatment of myeloma in Australia, upfront autologous stem cell transplant is the standard of care for those who are eligible. Eligibility is assessed considering several factors including an individuals’ general health, age, personal circumstances and the nature of the myeloma.
The impact of multiple myeloma induction therapy on hematopoietic stem cell mobilization and collection: 25-year experience
Amarilis Figueiredo et al; Hematology, Transfusion and Cell Therapy; Available online 14 June 2019
Abstract: While first-line induction therapy for patients with multiple myeloma has changed over the years, autologous stem cell transplantation still plays a significant role improving both depth of response and progression-free survival of myeloma patients. Our 25-year experience in mobilizing hematopoietic stem cells (HSPC) for 472 transplant-eligible myeloma patients was retrospectively reviewed. Patients were stratified according to the remission induction therapy received, and the outcomes were compared among the cohorts that received vincristine, adriamycin and dexamethasone (VAD) (n = 232), bortezomib and dexamethasone (BD) (n = 86), cyclophosphamide, bortezomib and dexamethasone (CyBorD) (n = 82) and other regimens (n = 67). Cyclophosphamide plus granulocyte colony-stimulating factor (CTX-GCSF) the most common mobilizing regime given. A greater number of CD34+ cells (9.9 x 10E6/kg, p = 0.026) was collected with less hospital admissions in BD patients (13%, p = 0.001), when compared to those receiving VAD (7.5 x 10E6/kg, 29%), CyBorD (7.6 x 10E6/kg, 19%), or other regimens (7.9 x 10E6/kg, 36%). Induction therapy did not influence the overall rate of unscheduled visits or the length of hospitalization because of complications following mobilization. The myeloma response was not significantly deepened following the cyclophosphamide administered for mobilization. This analysis demonstrates the importance of monitoring the impact of initial treatment on downstream procedures such as HSPC mobilization and collection.

Common abbreviations used in Medical Corner
Adverse events: any untoward medical occurrence in a patient receiving treatment. It may or may not have a causal relationship with the treatment
ASCT: autologous stem cell transplantation
BM: bone marrow
Consolidation: short duration of treatment given after ASCT to intensify response
CR: complete response (no abnormal blood or urine myeloma markers, disappearance of any soft tissue plasmacytomas and < 5% plasma cells in BM)
IMiD: Immunomodulatory drug (ie Lenalidomide, Thalidomide, Pomalidomide)
Induction: first line treatment after diagnosis for fast disease control with minimal toxicity
ISS stage: international staging system to stage myeloma at diagnosis (Stage 1, 2, or 3)
Maintenance: long term treatment given after induction +/- ASCT to maintain response from induction
MoAB: monoclonal antibody (ie: daratumumab, elotuzumab, isatuximab)
**NDMM:** newly diagnosed multiple myeloma

**ORR:** overall response rate

**OS:** overall survival

**PFS:** progression free survival

**PI:** proteasome inhibitor (i.e., Bortezomib, Carfilzomib)

**Phase 1 trial:** accrue small numbers (tens) of patients to evaluate safety (a safe dose range and identify side effects)

**Phase 2 trial:** accrue larger numbers (hundreds) of patients to determine if the study drug/s work as intended (efficacy)

Phase 3 trial: accrue large numbers (thousands) of patients to confirm efficacy and monitor long-term effects of the study drug/s

**PR:** partial response to treatment (>50% reduction in myeloma markers)

**PD:** progressive disease (increase of > 25% from lowest response value of myeloma markers)

**Prospective study:** real-time study accruing patients as they are diagnosed or relapse

**Randomized study:** one cohort gets the active drug and the other does not

**Retrospective study:** one that looks back at cohorts of patients with similar characteristics

**RR/MM:** relapsed or refractory to therapy multiple myeloma

**sCR:** stringent complete remission (as for CR plus normal blood light chain ratio and absence of clonal cells in bone marrow)

**Tandem transplant:** 2 ASCT performed to intensify treatment

**Triplet:** 3 drugs used in combination

**VGPR:** very good partial remission (>90% reduction in myeloma markers)

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**The “Living Well with Myeloma” book is now available from head office and your local Myeloma Support Nurse**

This resource is written for people who are living with myeloma, it will also be helpful for their families, friends and health professionals. It provides information about various aspects of living with myeloma including building a team, managing side effects, maximising wellness and practical help. Information about other useful resources and organisations are also included throughout the book.

Please contact Head Office for your hard copy T: (03) 9428 7444 or E: support@myeloma.org.au

The guide is also available for download on our website [https://myeloma.org.au/resources/](https://myeloma.org.au/resources/)

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https://beatcancer.world/?rfsn=2982772.03e35f3
## Calendar of Events 2019

**Victoria**

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<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Geelong Information and Support Group</td>
<td>Fri Sep 13th</td>
<td>63 Degrees Cafe \ 140 Pakington St Geelong West</td>
<td>10:30am – 12:30pm</td>
<td>Myeloma Australia</td>
<td>Elli Foley E: <a href="mailto:elli.foley@myeloma.org.au">elli.foley@myeloma.org.au</a> M: 0426 404 233</td>
</tr>
<tr>
<td>Traralgon Information and Support Group</td>
<td>Wed Sep 18th</td>
<td>Gippsland Rotary Centenary House 39 Valley Dve, Traralgon</td>
<td>10am - 12 noon</td>
<td>Myeloma Australia</td>
<td>Emma Jane Furphy E: <a href="mailto:EJ.Furphy@myeloma.org.au">EJ.Furphy@myeloma.org.au</a> M: 0451 404 203</td>
</tr>
<tr>
<td>Sunshine Information and Support Group</td>
<td>Thur Sep 19th</td>
<td>Braybrook Community Centre 107 – 139 Churchill Ave, Braybrook</td>
<td>10am – 12 noon</td>
<td>Myeloma Australia</td>
<td>Elli Foley E: <a href="mailto:elli.foley@myeloma.org.au">elli.foley@myeloma.org.au</a> M: 0426 404 233</td>
</tr>
<tr>
<td>Ballarat Information and Support Group</td>
<td>Fri Sep 20th</td>
<td>1 Drummond St North Ballarat</td>
<td>10am – 12 noon</td>
<td>Myeloma Australia</td>
<td>Elli Foley E: <a href="mailto:elli.foley@myeloma.org.au">elli.foley@myeloma.org.au</a> M: 0426 404 233</td>
</tr>
<tr>
<td>Coburg Information and Support Group</td>
<td>Wed Oct 2nd</td>
<td>Coburg North Meeting Room Shop 19/180 Gaffney St (Coles site) Coburg</td>
<td>10am – 12 noon</td>
<td>Myeloma Australia</td>
<td>Emma Jane Furphy E: <a href="mailto:EJ.Furphy@myeloma.org.au">EJ.Furphy@myeloma.org.au</a> M: 0451 404 203</td>
</tr>
<tr>
<td>Beaumaris Information and Support Group</td>
<td>Thur Oct 3rd</td>
<td>Beaumaris Theatre 82 Wells Road, Beaumaris</td>
<td>10am – 12 noon</td>
<td>Myeloma Australia</td>
<td>Elli Foley E: <a href="mailto:elli.foley@myeloma.org.au">elli.foley@myeloma.org.au</a> M: 0426 404 233</td>
</tr>
<tr>
<td>Bendigo Information and Support Group</td>
<td>Wed Oct 9th</td>
<td>Bendigo Cancer Centre, Bendigo Hospital 100 Barnard St, Bendigo</td>
<td>11am – 1pm</td>
<td>Myeloma Australia</td>
<td>Emma Jane Furphy E: <a href="mailto:EJ.Furphy@myeloma.org.au">EJ.Furphy@myeloma.org.au</a> M: 0451 404 203</td>
</tr>
<tr>
<td>Kew Information and Support Group</td>
<td>Thur Oct 10th</td>
<td>Kew Library Corner Charles St &amp; Cotham Rd Kew</td>
<td>10am – 12 noon</td>
<td>Myeloma Australia</td>
<td>Emma Jane Furphy E: <a href="mailto:EJ.Furphy@myeloma.org.au">EJ.Furphy@myeloma.org.au</a> M: 0451 404 203</td>
</tr>
<tr>
<td>Warragul Information and Support Group</td>
<td>Thur Oct 10th</td>
<td>Rotating at local venues, details published closer to date</td>
<td>6pm – 8pm Dinner</td>
<td>Myeloma Australia</td>
<td>Emma Jane Furphy E: <a href="mailto:EJ.Furphy@myeloma.org.au">EJ.Furphy@myeloma.org.au</a> M: 0451 404 203</td>
</tr>
<tr>
<td>Geelong Information and Support Group</td>
<td>Fri Oct 11th</td>
<td>Andrew Love Cancer Wellness lounge, Meeting Room 70 Swanston Street, Geelong</td>
<td>10am – 12 noon</td>
<td>Myeloma Australia</td>
<td>Elli Foley E: <a href="mailto:elli.foley@myeloma.org.au">elli.foley@myeloma.org.au</a> M: 0426 404 233</td>
</tr>
<tr>
<td>Berwick Information and Support Group</td>
<td>Fri Oct 25th</td>
<td>St John of God Hospital Level 1, 55 Kangan Dv, Berwick</td>
<td>10am – 12 noon</td>
<td>Myeloma Australia</td>
<td>Elli Foley E: <a href="mailto:elli.foley@myeloma.org.au">elli.foley@myeloma.org.au</a> M: 0426 404 233</td>
</tr>
<tr>
<td>Shepparton Information and Support Group &quot;New Group&quot;</td>
<td>Thur Oct 31st</td>
<td>South Shepparton Community Centre 11 Service St, Shepparton</td>
<td>10am – 12 noon</td>
<td>Myeloma Australia</td>
<td>Emma Jane Furphy E: <a href="mailto:EJ.Furphy@myeloma.org.au">EJ.Furphy@myeloma.org.au</a> M: 0451 404 203</td>
</tr>
<tr>
<td>Wangaratta Information and Support Group</td>
<td>Thur Nov 7th</td>
<td>Wangaratta Library Seminar Room 21 Docker St, Wangaratta</td>
<td>11am – 1pm</td>
<td>Myeloma Australia</td>
<td>Emma Jane Furphy E: <a href="mailto:EJ.Furphy@myeloma.org.au">EJ.Furphy@myeloma.org.au</a> M: 0451 404 203</td>
</tr>
</tbody>
</table>

DATES AND EVENTS ARE SUBJECT TO CHANGE AT SHORT NOTICE. For a more accurate events calendar please go to http://myeloma.org.au/events/

...Victoria list continues over page
### Victoria – continued

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Albury Information and Support Group</td>
<td>Fri Nov 8th</td>
<td>Albury Wodonga Regional Cancer Centre, Wellness Room, 201 Borella Rd, East Albury</td>
<td>10am – 12 noon</td>
<td>Myeloma Australia</td>
<td>Emma Jane Furphy, E: <a href="mailto:EJ.Furphy@myeloma.org.au">EJ.Furphy@myeloma.org.au</a>, M: 0451 404 203</td>
</tr>
<tr>
<td>Geelong Information and Support Group</td>
<td>Fri Nov 8th</td>
<td>63 Degrees Cafe 140 Pakington St Geelong West</td>
<td>10:30am</td>
<td>Myeloma Australia</td>
<td>Elli Foley, E: <a href="mailto:elli.foley@myeloma.org.au">elli.foley@myeloma.org.au</a>, M: 0426 404 233</td>
</tr>
<tr>
<td>Traralgon Information and Support Group</td>
<td>Wed Nov 20th</td>
<td>(Festive lunch) TBA</td>
<td>12 noon – 2pm</td>
<td>Myeloma Australia</td>
<td>Emma Jane Furphy, E: <a href="mailto:EJ.Furphy@myeloma.org.au">EJ.Furphy@myeloma.org.au</a>, M: 0451 404 203</td>
</tr>
<tr>
<td>Sunshine Information and Support Group</td>
<td>Thur Nov 21st</td>
<td>(Festive lunch) TBA</td>
<td>12 noon – 2pm</td>
<td>Myeloma Australia</td>
<td>Elli Foley, E: <a href="mailto:elli.foley@myeloma.org.au">elli.foley@myeloma.org.au</a>, M: 0426 404 233</td>
</tr>
<tr>
<td>Ballarat Information and Support Group</td>
<td>Fri Nov 22nd</td>
<td>(Festive lunch) TBA</td>
<td>12 noon – 2pm</td>
<td>Myeloma Australia</td>
<td>Elli Foley, E: <a href="mailto:elli.foley@myeloma.org.au">elli.foley@myeloma.org.au</a>, M: 0426 404 233</td>
</tr>
<tr>
<td>Younger Persons Information and Support Group</td>
<td>Thur Nov 21st</td>
<td>Myeloma Australia Head Office 333 Swan St, Richmond</td>
<td>6pm – 8pm</td>
<td>Myeloma Australia</td>
<td>Elli Foley, E: <a href="mailto:elli.foley@myeloma.org.au">elli.foley@myeloma.org.au</a>, M: 0426 404 233</td>
</tr>
<tr>
<td>Coburg Information and Support Group</td>
<td>Wed Dec 4th</td>
<td>(Festive lunch) TBA</td>
<td>12 noon – 2pm</td>
<td>Myeloma Australia</td>
<td>Emma Jane Furphy, E: <a href="mailto:EJ.Furphy@myeloma.org.au">EJ.Furphy@myeloma.org.au</a>, M: 0451 404 203</td>
</tr>
<tr>
<td>Beaumaris Information and Support Group</td>
<td>Thur Dec 5th</td>
<td>(Festive lunch) Vincent’s Café Restaurant</td>
<td>12 noon – 2pm</td>
<td>Myeloma Australia</td>
<td>Elli Foley, E: <a href="mailto:elli.foley@myeloma.org.au">elli.foley@myeloma.org.au</a>, M: 0426 404 233</td>
</tr>
<tr>
<td>Wangaratta Information and Support Group</td>
<td>Thur Dec 5th</td>
<td>(Festive lunch) TBA</td>
<td>12 noon – 2pm</td>
<td>Myeloma Australia</td>
<td>Emma Jane Furphy, E: <a href="mailto:EJ.Furphy@myeloma.org.au">EJ.Furphy@myeloma.org.au</a>, M: 0451 404 203</td>
</tr>
<tr>
<td>Albury Information and Support Group</td>
<td>Fri Dec 6th</td>
<td>(Festive lunch) TBA</td>
<td>12 noon – 2pm</td>
<td>Myeloma Australia</td>
<td>Emma Jane Furphy, E: <a href="mailto:EJ.Furphy@myeloma.org.au">EJ.Furphy@myeloma.org.au</a>, M: 0451 404 203</td>
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### New South Wales

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<tr>
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<tr>
<td>Rutherford-Maitland Information and Support Group</td>
<td>Thur Sep 12th</td>
<td>Cahill Room, Rutherford Community Centre 13 Arthur Street, Rutherford</td>
<td>10:30 am – 12:30 pm</td>
<td>Myeloma Australia</td>
<td>Juliet Hill, E: <a href="mailto:juliet.hill@myeloma.org.au">juliet.hill@myeloma.org.au</a>, M: 0433 511 554, 1800 MYELOMA (693 566)</td>
</tr>
<tr>
<td>Tamworth Meet &amp; Greet</td>
<td>Thur Sep 19th</td>
<td>Tamworth Community Centre 3A Darling Street, Tamworth</td>
<td>1 pm – 3 pm</td>
<td>Myeloma Australia</td>
<td>Rachel McCann, E: <a href="mailto:rachel.mccann@myeloma.org.au">rachel.mccann@myeloma.org.au</a>, M: 0433 511 606, 1800 MYELOMA (693 566)</td>
</tr>
<tr>
<td>Liverpool Information and Support Group</td>
<td>Tues Oct 8th</td>
<td>Liverpool Hospital The Wellness Centre (Entrance N off Campbell St) Level 1, Cnr Elizabeth &amp; Goulburn Sts, Liverpool</td>
<td>10am – 12 noon</td>
<td>Myeloma Australia / RPAH</td>
<td>Jacqui Keogh, E: <a href="mailto:jacqui.keogh@myeloma.org.au">jacqui.keogh@myeloma.org.au</a>, M: 0426 404 230</td>
</tr>
</tbody>
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...New South Wales list continues next page
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</thead>
</table>
| RPAH Information and Support Group         | Tues Oct 8th | Royal Prince Alfred Hospital Kerry Packer Education Centre, Seminar Room 4.5 John Hopkins Dve, Camperdown | 10am – 12 noon | Myeloma Australia / RPAH                    | Tracy King  
  E: tracy.king1@health.nsw.gov.au  
  P: (02) 9515 7310 pager: 87524                                           |
| Forster-Taree Information and Support Group| Thur Oct 10th| Taree West Bowling Club, 116 Edinburgh Dr, Taree West                     | 10:30am – 12:30pm | Myeloma Australia                          | Rachel McCann  
  E: rachel.mccann@myeloma.org.au  
  M: 0433 511 606  
  1800 MYELOMA (693 566)                                                   |
| Westmead Information and Support Group     | Thur Oct 17th| Wentworthville Leagues Club Magpie Meeting Room 1 50 Smith St, Wentworthville | 10am – 12 noon | Myeloma Australia                          | Jacqui Keogh  
  E: jacqui.keogh@myeloma.org.au  
  M: 0426 404 230                                                          |
| Central Coast Information and Support Group| Thur Oct 31st| Central Coast Leagues Club Dane Drive, Gosford                          | 6 – 8pm        | Gosford Hospital & Myeloma Australia       | Jacqui Jagger  
  E: jacqueline.jagger@health.nsw.gov.au  
  P: (02) 4320 9641  
  1800 MYELOMA (693 566)                                                   |
| Newcastle Information and Support Group    | Mon Nov 4th  | Cancer Council Office Level 1/215 Pacific Highway, Charlestown            | 3pm – 5pm      | Myeloma Australia                          | Juliet Hill  
  E: juliet.hill@myeloma.org.au  
  M: 0433 511 554  
  1800 MYELOMA (693 566)                                                   |
| Newcastle Information and Support Group    | Sunday Dec 1st| (Xmas Lunch) TBA                                                          | 12 noon – 4pm  | Myeloma Australia                          | Juliet Hill  
  E: juliet.hill@myeloma.org.au  
  M: 0433 511 554  
  1800 MYELOMA (693 566)                                                   |
| Liverpool Information and Support Group    | Tues Dec 10th| Liverpool Hospital The Wellness Centre (Entrance N off Campbell St) Level 1, Cnr Elizabeth & Goulburn Sts, Liverpool | 10am – 12 noon | Myeloma Australia                          | Jacqui Keogh  
  E: jacqui.keogh@myeloma.org.au  
  M: 0426 404 230                                                          |
| RPAH Information and Support Group         | Tues Dec 10th| Royal Prince Alfred Hospital Kerry Packer Education Centre, Seminar Room 4.5 John Hopkins Dve, Camperdown | 10am – 12 noon | Myeloma Australia                          | Tracy King  
  E: tracy.king1@health.nsw.gov.au  
  P: (02) 9515 7310 pager: 87524                                           |
| Central Coast Information and Support Group| Thur Dec 12th| (Xmas lunch) TBC                                                          | 12 noon – 4pm  | Gosford Hospital & Myeloma Australia       | Jacqui Jagger  
  E: jacqueline.jagger@health.nsw.gov.au  
  P: (02) 4320 9641  
  1800 MYELOMA (693 566)                                                   |
| Westmead Information and Support Group     | Thur (TBC)   | TBC                                                                       | 12 noon – 4pm  | Myeloma Australia                          | Jacqui Keogh  
  E: jacqui.keogh@myeloma.org.au  
  M: 0426 404 230                                                          |

## Tasmania

<table>
<thead>
<tr>
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</thead>
</table>
| Southern Tasmania Information and Support Group | Tues Oct 1st | Cancer Council Tasmania 15 Princes St, Sandy Bay                  | 10am – 12 noon | Myeloma Australia                          | Deborah Thompson  
  E: deborah.thompson@myeloma.org.au  
  M: 0433 511 689  
  1800 MYELOMA (693 566)                                                   |
| Southern Tasmania Information and Support Group | Tues Nov 5th | Clarence Integrated Health Centre (CICC) Meeting Room 2 16-22 Bayfield St Bellerive | 10am – 12 noon | Myeloma Australia                          | Deborah Thompson  
  E: deborah.thompson@myeloma.org.au  
  M: 0433 511 689  
  1800 MYELOMA (693 566)                                                   |
| Southern Tasmania Information and Support Group | Tues Dec 3rd | Glenorchy Community Health Centre Art Room Level 3 404 - 408 Main Rd Glenorchy | 10am – 12 noon | Myeloma Australia                          | Deborah Thompson  
  E: deborah.thompson@myeloma.org.au  
  M: 0433 511 689  
  1800 MYELOMA (693 566)                                                   |
### South Australia

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<th>Event</th>
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</thead>
</table>
| Flinders Information and Support Group | Thur Sep 19th  | Living Kaurna Cultural Centre Function Room Warriparinga Way, Bedford Park | 10am – 12 noon  | Myeloma Australia     | Jenny Naylor  
E: Jenny.Naylor1@gmail.com  
M: 0405 391 616  
1800 MYELOMA (693 566) |
| Fullarton Information and Support Group | Wed Oct 9th *Date Change | Fullarton Park Centre 411 Fullarton Rd, Fullarton | 10am – 12 noon  | Myeloma Australia     | Ian Driver  
E: sandrian7@bigpond.com  
M: 0417 874 252  
1800 MYELOMA (693 566) |
| Mid North Seminar               | Sat Nov 2nd     | Snowtown Hospital 70 Railway Terrace E, Snowtown | 12 noon – 2pm   | Myeloma Australia     | Bronwyn Gerschwitz  
E: graemebronwynv@gmail.com  
P: (08) 8664 0682  
1800 MYELOMA (693 566) |
| South East Information and Support Group | Thur Nov 7th | Katnook Estate Riddoch Highway, Coonawarra | 11.30 am – 2.30 pm | Myeloma Australia     | Carol Koch  
E: clk@live.com.au  
M: 0427 659 014  
1800 MYELOMA (693 566) |
| Flinders Information and Support Group | Thur Nov 21st | Living Kaurna Cultural Centre Function Room Warriparinga Way, Bedford Park | 10am – 12 noon  | Myeloma Australia     | Jenny Naylor  
E: Jenny.Naylor1@gmail.com  
M: 0405 391 616  
1800 MYELOMA (693 566) |
| Fullarton Information and Support Group | Wed Dec 4th *Date Change | Fullarton Park Centre 411 Fullarton Rd, Fullarton | 10am – 12 noon  | Myeloma Australia     | Ian Driver  
E: sandrian7@bigpond.com  
M: 0417 874 252  
1800 MYELOMA (693 566) |

### Western Australia

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<tr>
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<th>Contact</th>
</tr>
</thead>
</table>
| Coffee & Chat       | Fri Sep 20th    | Solaris Cancer Centre, Wanslea Room 80 Railway Road, Cottesloe | 9:30am – 11:30am | Myeloma Australia     | Narelle Smith  
E: narelle.smith@myeloma.org.au  
M: 0426 404 280  
1800 MYELOMA (693 566) |
| South Metro Information and Support Group | Mon Sep 23rd | Mary Davis Library & Community Centre 17 Settlers Av, Baldivis | 10am – 12 noon  | Myeloma Australia     | Kerin Young  
E: kerin.young@myeloma.org.au  
M: 0426 404 310  
1800 MYELOMA (693 566) |
| North Metro Information and Support Group | Mon Oct 14th | Wanneroo Library Group Study Room, Level 1 3 Rocca Way, Wanneroo | 1pm – 3pm       | Myeloma Australia     | Narelle Smith  
E: narelle.smith@myeloma.org.au  
M: 0426 404 280  
1800 MYELOMA (693 566) |
| Perth Hills Information and Support Group | Mon Oct 28th | Zig Zag Cultural Centre 50 Railway Rd, Kalamunda | 10am – 12 noon  | Myeloma Australia     | Kerin Young  
E: kerin.young@myeloma.org.au  
M: 0426 404 310  
1800 MYELOMA (693 566) |
| Myeloma Seminar      | Fri Nov 15th    | Solaris Cancer Centre, Wanslea Room 80 Railway Road, Cottesloe | 9:30am – 12 noon | Myeloma Australia     | Kerin Young  
E: kerin.young@myeloma.org.au  
M: 0426 404 310  
1800 MYELOMA (693 566) |
| South Metro Information and Support Group | Mon Nov 25th | Mary Davis Library & Community Centre 17 Settlers Av, Baldivis | 10am – 12 noon  | Myeloma Australia     | Kerin Young  
E: kerin.young@myeloma.org.au  
M: 0426 404 310  
1800 MYELOMA (693 566) |
| Coffee & Chat       | Fri Dec 13th    | Solaris Cancer Centre, Wanslea Room 80 Railway Road, Cottesloe | 9:30am – 11:30am | Myeloma Australia     | Narelle Smith  
E: narelle.smith@myeloma.org.au  
M: 0426 404 280  
1800 MYELOMA (693 566) |
## Labrador Information and Support Group
- **Date:** Wed Sep 11th
- **Location:** Labrador Community Centre, 57 Billington Street, Labrador
- **Time:** 10:30am – 12:30pm
- **Organisation:** Myeloma Australia
- **Contact:**
  - Megan McDowell  
  - E: megan.mc.dowell@myeloma.org.au  
  - M: 0416 019 022  
  - 1800 MYELOMA (693 566)

## Woolloongabba Information and Support Group
- **Date:** Tues Sep 24th
- **Location:** Woolloongabba Senior Citizens Centre, 22 Qualtrough St, Woolloongabba
- **Time:** 10am – 12 noon
- **Organisation:** Myeloma Australia
- **Contact:**
  - Tash Clarke  
  - E: natasha.clarke@myeloma.org.au  
  - M: 0416 019 585  
  - 1800 MYELOMA (693 566)

## Buderim Information and Support Group
- **Date:** Tues Oct 1st
- **Location:** Bloomhill Cancer Centre, 58 Ballinger Road, Buderim
- **Time:** 2pm – 4pm
- **Organisation:** Myeloma Australia
- **Contact:**
  - Tash Clarke  
  - E: natasha.clarke@myeloma.org.au  
  - M: 0416 019 585  
  - 1800 MYELOMA (693 566)

## PAH Information and Support Group
- **Date:** Wed Oct 9th
- **Location:** Princess Alexandra Hospital, 199 Ipswich Rd, Annerley
- **Time:** 11am – 1pm
- **Organisation:** Myeloma Australia
- **Contact:**
  - Megan McDowell  
  - E: megan.mc.dowell@myeloma.org.au  
  - M: 0416 019 022  
  - 1800 MYELOMA (693 566)

## Alderley Information and Support Group
- **Date:** Fri Oct 18th
- **Location:** Alderley Arms, 2 Samford Road, Alderley
- **Time:** 10am – 12 noon
- **Organisation:** Myeloma Australia
- **Contact:**
  - Tash Clarke  
  - E: natasha.clarke@myeloma.org.au  
  - M: 0416 019 585  
  - 1800 MYELOMA (693 566)

## PAH Information and Support Group
- **Date:** Sat Oct 19th
- **Location:** Princess Alexandra Hospital, 199 Ipswich Rd, Annerley
- **Time:** 11am – 1pm
- **Organisation:** Myeloma Australia
- **Contact:**
  - Megan McDowell  
  - E: megan.mc.dowell@myeloma.org.au  
  - M: 0416 019 022  
  - 1800 MYELOMA (693 566)

## North Lakes Information and Support Group
- **Date:** Fri Nov 1st
- **Location:** North Lakes Health Conference Centre, Oncology 7 Endeavour Bvd, North Lakes
- **Time:** 10am – 12 noon
- **Organisation:** Myeloma Australia
- **Contact:**
  - Tash Clarke  
  - E: natasha.clarke@myeloma.org.au  
  - M: 0416 019 585  
  - 1800 MYELOMA (693 566)

## Buderim Information and Support Group
- **Date:** Tues Nov 5th
- **Location:** Bloomhill Cancer Centre, 58 Ballinger Road, Buderim
- **Time:** 2pm – 4pm
- **Organisation:** Myeloma Australia
- **Contact:**
  - Tash Clarke  
  - E: natasha.clarke@myeloma.org.au  
  - M: 0416 019 585  
  - 1800 MYELOMA (693 566)

## Labrador Information and Support Group
- **Date:** Wed Nov 6th
- **Location:** Labrador Community Centre, 57 Billington Street, Labrador
- **Time:** 10:30am – 12:30pm
- **Organisation:** Myeloma Australia
- **Contact:**
  - Megan McDowell  
  - E: megan.mc.dowell@myeloma.org.au  
  - M: 0416 019 022  
  - 1800 MYELOMA (693 566)

## Woolloongabba Information and Support Group
- **Date:** Tues Nov 26th
- **Location:** Woolloongabba Senior Citizens Centre, 22 Qualtrough St, Woolloongabba
- **Time:** 10am – 12 noon
- **Organisation:** Myeloma Australia
- **Contact:**
  - Megan McDowell  
  - E: megan.mc.dowell@myeloma.org.au  
  - M: 0416 019 022  
  - 1800 MYELOMA (693 566)

## Alderley Information and Support Group
- **Date:** Fri Dec 13th
- **Location:** Alderley Arms, 2 Samford Road, Alderley
- **Time:** 10am – 12 noon
- **Organisation:** Myeloma Australia
- **Contact:**
  - Tash Clarke  
  - E: natasha.clarke@myeloma.org.au  
  - M: 0416 019 585  
  - 1800 MYELOMA (693 566)

### National Telephone Support Group (Cancer Council NSW)
- **Event:** Telephone Support
- **Date:** 2nd & 4th Monday every month
- **Time:** Available to those with myeloma 1.30 pm - 2.30 pm (AEST)
- **Organisation:** Cancer Council NSW with MA NSW
- **Contact:** Cancer Council NSW 1300 755 632  
  E: tsg@nswcc.org.au

**DATES AND EVENTS ARE SUBJECT TO CHANGE AT SHORT NOTICE.**
For a more accurate events calendar please go to http://myeloma.org.au/events/
Myeloma Australia is the only myeloma specific support organisation in Australia

Call our Myeloma Support Line for advice, and emotional support 1800 693 566

Learn about myeloma from experts and meet others at our patient and family seminar workshops

Find your nearest myeloma support group to meet other people

Visit www.myeloma.org.au to download the latest information, find support and seminar events etc

Myeloma Support Nurses are on call at

Freecall: 1800 693 566 (1800MYELOMA)

Mon – Fri 9am – 5pm AEST

E: nurses@myeloma.org.au  W: www.myeloma.org.au