

To Stay in the Game, Maintain Your Frame



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Finding Support

Receiving a diagnosis of cancer, such as multiple myeloma, which is an incurable blood cancer of the plasma cells found in the bone, can be difficult. Luckily, there are several resources available to help patients after getting diagnosed.

Please visit www.MaintainYourFrame.com or www.naltblackchurch.com for additional information on multiple myeloma. Please note this content is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Church

The National Black Church Initiative (NBCI), a faith-based coalition of 34,000 churches throughout the United States comprised of 15 denominations and 15.7 million African Americans, is committed to providing critical wellness information to patients. Clergy are available to guide a patient through a diagnosis and provide counsel and prayer. The church can also help connect patients with healthcare professionals, such as physicians, nurses and social workers, to ensure patients get proper care.

Diagnosis and Treatment Options

It is natural for new cancer patients to struggle understanding their disease. Additionally, many people find the diagnosis overwhelming and experience anxiety about choosing a course of action. These often cause added stress to an already challenging diagnosis. Patients should consult closely with their physician to determine an appropriate treatment course. Physicians are also there to answer any treatment-related questions patients may have, which may help lessen the stress and anxiety of a diagnosis.

Financial Burden

Cancer is an expensive illness, with multiple doctor appointments, procedures, testing, hospital stays and treatments. Often the financial burden and questions regarding cost of care, especially for those without health insurance, adds more stress and worry. Social workers, as well as caseworkers at insurance companies, are great resources to help sort out any financial concerns associated with treatment. Some cancer advocacy organizations, such as CancerCare, have social workers on staff to help address your specific financial concerns. Additionally, clergy or members of the community may be able to help with making arrangements for transportation to and from cancer treatments, to decrease financial costs.

Emotional Response

A cancer diagnosis can be as emotionally challenging as it is physically challenging. Many patients turn to their church, family or friends for emotional support; others find solace in community support groups. Support groups are a forum for patients to talk with others facing similar circumstances and can often be found at local hospitals. In addition, below are examples of cancer organizations and websites, which you can visit to locate local support groups, and get detailed disease information on multiple myeloma.

- **International Myeloma Foundation**
www.myeloma.org
- **CancerCare**
www.cancercare.org
- **Patient Advocate Foundation**
www.patientadvocate.org
- **The Leukemia & Lymphoma Society**
www.lls.org
- **National Cancer Institute**
www.cancer.gov
- **Bone and Cancer Foundation**
www.boneandcancerfoundation.org

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- **Multiple Myeloma Research Foundation**
www.themmr.org
- **American Cancer Society**
www.cancer.org
- **Cancer Survivors Network**
csn.cancer.org

References

1. National Cancer Institute Website. "Sources of Support."
<http://www.cancer.gov/cancertopics/wyntk/myeloma/page12>. Accessed August 1, 2012
2. CancerCare Website. "Multiple Myeloma." http://www.cancercare.org/diagnosis/multiple_myeloma.
Accessed August 1, 2012.