At our June 6, 2018 meeting, we were very fortunate to have Dr. Noa Biran, Multiple Myeloma Specialist from the Hackensack University Medical Center, as our guest speaker. Dr. Biran spoke to the group about “Bone Health in Patients with Multiple Myeloma”, and “Immunotherapy – CAR-T Cell Therapy”.

**Bone Health**

- Multiple Myeloma patients should have a DEXA Scan or Bone Density Scan every 2-3 years
- Multiple Myeloma patients should receive bone strengthening medication...either Aredia, Zometa, or Xgeva
- Patients receiving Zometa should visit their Dentist 3-4 times a year
- Calcium supplementation should be based upon bloodwork results
- If a patient has had a compression fracture(s), they are more prone to additional fracture(s), and arthritis in the area of the fracture

**Immunotherapy**

Most of Dr. Biran’s discussion was on CAR-T Cell Therapy, specifically BB2121 now in clinical trials for Multiple Myeloma. She also discussed Daratumumab (Dara, Darzalex), a monoclonal antibody.

Dr. Biran is a gifted speaker, who has the ability to take topics that are difficult to understand, and provide explanations using her diagrams. She also took the time to answer all our questions.

**AS ALWAYS, THIS IS JUST A SIMPLE SUMMARY, AND ANY AND ALL QUESTIONS SHOULD BE ANSWERED BY YOUR PHYSICIAN**
**UPCOMING EVENTS**

June 20, 2018
“THE IMPORTANCE OF BONE HEATH AND TREATMENT UPDATES”
LIVING WELL WITH MYELOMA – Teleconference Living Well with Myeloma - Bone Health 2018
Date: Wednesday, June 20, 2018
Time: 4:00 PM - 5:00 PM
https://www.myeloma.org/videos/importance-bone-heath-and-treatment-updates

June 20, 2018
“ANTIBODY THERAPY AND ITS EXPANDING ROLE IN MYELOMA TREATMENT”
Webinar
Date: Jun 20 2018
Time: 1:00 PM EDT
https://beacon360.content.online/xbcs/S1531/catalog/product.xhtml?eid=7365

July 17, 2018
“CAR T-Cell Therapy for Multiple Myeloma”
Webinar
Date: July 17, 2018
Time: 1:00 PM EDT
https://beacon360.content.online/xbcs/S1531/catalog/product.xhtml?eid=7549

October 7, 2018
The MMRF Team for Cures: Washington DC 5K Walk/Run
https://walkrun.themmr.org/washingtondc18

September 22, 2018
6th Annual Miracles for Myeloma 5K Race/Walk
The sixth Annual **Miracles for Myeloma 5K** run/walk will take place on Saturday, September 22, 2018! Our fifth run/walk last year became an unbelievable event for all, and we raised over $78,000 in pursuit of the cure for multiple myeloma. As a matter of fact, a Senior **Brian D. Novis Research Grant** were awarded to the entire Miracles for Myeloma event and was presented to a researcher helping to find that cure at the ASH (American Society of Hematologists) conference in December! It is once again our goal to raise awareness and money in our ongoing fight against this deadly disease.

**THIS EVENT IS A MAIN FUNDRAISER FOR OUR GROUP TO RAISE MONEY FOR A RESEARCH GRANT! PLEASE MARK YOUR CALENDARS TO JOIN US, AS THIS IS A TRULY INSPIRATIONAL DAY FOR ALL. YOU CAN ALSO VISIT THEIR WEBSITE TO MAKE A DONATION.**

**Event Details**

**Where:** Oak Ridge Park Clark, New Jersey  
**Starts:** 09/22/2018 @ 9:30 am  
**Ends:** 11:30 am  
**Check-in Time:** 8:00 am to 9:15 am  
**Schedule:**  
Registration 8:00am, 5K Run - 9:30am, 5K Walk - 9:45am  
**Registration Cutoff:** 09/18/2018 12:01 am  
**Donation Cutoff:** 12/18/2018 12:00 pm  
**Contact:** Ron Pask  
**Phone:** 732-574-9182  
**Email Address:** miracles4mm@comcast.net  

[http://give.myeloma.org/site/TR/M4M/2017M4M?pg=entry&fr_id=1560#.WyGJHqdKg2w](http://give.myeloma.org/site/TR/M4M/2017M4M?pg=entry&fr_id=1560#.WyGJHqdKg2w)

**IMPORTANT NEWS**

**Co-pay assistance programs update (6/12/18)**

[https://www.myeloma.org/article/co-pay-assistance-programs-update](https://www.myeloma.org/article/co-pay-assistance-programs-update)

**BB2121 Continues to Impress As Potential New Multiple Myeloma Therapy (ASCO 2018)**
Amgen, MD Anderson Collaborate to Advance Early-stage Treatments for Myeloma, Other Cancers

Pomalyst Triple Combo Delays Disease Progression in Relapsed or Refractory Myeloma Patients, Phase 3 Data Show

Trial Data Supports Darzalex Combo as Potentially Effective in Myeloma Patients Who Don’t Respond to Revlimid

Takeaways from ASCO 2018

#ASKDRDURIE

How can myeloma patients protect themselves from infections?

How should myeloma patients eradicate or reduce diarrhea that may result from Revlimid® (lenalidomide) treatment?
Proteasome Inhibitors in Multiple Myeloma

https://www.myeloma.org/videos/proteasome-inhibitors-multiple-myeloma

OTHER INFORMATION

VETERANS AGAINST MYELOMA

https://www.myeloma.org/veterans-against-myeloma-0

Interesting Article

“Once quickly lethal and still humbling, multiple myeloma may be in a ‘golden age’ of treatment…”


Our next meeting will be Wednesday, August 1, 2018. Until then, stay well enjoy the summer months, and Happy 4th of July!!

Debbie Morelli