

Preview of the Medifocus Guidebook on: Multiple Myeloma

Updated June 21, 2017



This document is only a SHORT PREVIEW of the **Medifocus Guidebook on Multiple Myeloma**. It is intended primarily to give you a general overview of the **format and structure** of the Guidebook as well as select pages from each major Guidebook section listed in the Table of Contents.

To purchase the COMPLETE Medifocus Guidebook on Multiple Myeloma (188 pages; Updated June 21, 2017), please:

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1 - Background Information

Introduction

Chronic or life-threatening illnesses can have a devastating impact on both the patient and the family. In today's new world of medicine, many consumers have come to realize that they are the ones who are primarily responsible for their own health care as well as for the health care of their loved ones.

When facing a chronic or life-threatening illness, you need to become an educated consumer in order to make an informed health care decision. Essentially that means finding out everything about the illness - the treatment options, the doctors, and the hospitals - so that you can become an educated health care consumer and make the tough decisions. In the past, consumers would go to a library and read everything available about a particular illness or medical condition. In today's world, many turn to the Internet for their medical information needs.

The first sites visited are usually the well known health "portals" or disease organizations and support groups which contain a general overview of the condition for the layperson. That's a good start but soon all of the basic information is exhausted and the need for more advanced information still exists. What are the latest "cutting-edge" treatment options? What are the results of the most up-to-date clinical trials? Who are the most notable experts? Where are the top-ranked medical institutions and hospitals?

The best source for authoritative medical information in the United States is the National Library of Medicine's medical database called PubMed®, that indexes citations and abstracts (brief summaries) of over 7 million articles from more than 3,800 medical journals published worldwide. PubMed® was developed for medical professionals and is the primary source utilized by health care providers for keeping up with the latest advances in clinical medicine.

A typical PubMed® search for a specific disease or condition, however, usually retrieves hundreds or even thousands of "hits" of journal article citations. That's an avalanche of information that needs to be evaluated and transformed into truly useful knowledge. What are the most relevant journal articles? Which ones apply to your specific situation? Which articles are considered to be the most authoritative - the ones your physician would rely on in making clinical decisions? This is where *Medifocus.com* provides an effective solution.

Medifocus.com has developed an extensive library of *MediFocus Guidebooks* covering a wide spectrum of chronic and life threatening diseases. Each *MediFocus Guidebook* is a

high quality, up- to-date digest of "professional-level" medical information consisting of the most relevant citations and abstracts of journal articles published in authoritative, trustworthy medical journals. This information represents the latest advances known to modern medicine for the treatment and management of the condition, including published results from clinical trials. Each *Guidebook* also includes a valuable index of leading authors and medical institutions as well as a directory of disease organizations and support groups. *MediFocus Guidebooks* are reviewed, revised and updated every 4-months to ensure that you receive the latest and most up-to-date information about the specific condition.

About Your MediFocus Guidebook

Introduction

Your *MediFocus Guidebook* is a valuable resource that represents a comprehensive synthesis of the most up-to-date, advanced medical information published about the condition in well-respected, trustworthy medical journals. It is the same type of professional-level information used by physicians and other health-care professionals to keep abreast of the latest developments in biomedical research and clinical medicine. The *Guidebook* is intended for patients who have a need for more advanced, in-depth medical information than is generally available to consumers from a variety of other resources. The primary goal of a *MediFocus Guidebook* is to educate patients and their families about their treatment options so that they can make informed health-care decisions and become active participants in the medical decision making process.

The *Guidebook* production process involves a team of experienced medical research professionals with vast experience in researching the published medical literature. This team approach to the development and production of the *MediFocus Guidebooks* is designed to ensure the accuracy, completeness, and clinical relevance of the information. The *Guidebook* is intended to serve as a basis for a more meaningful discussion between patients and their health-care providers in a joint effort to seek the most appropriate course of treatment for the disease.

Guidebook Organization and Content

Section 1 - Background Information

This section provides detailed information about the organization and content of the *Guidebook* including tips and suggestions for conducting additional research about the condition.

Section 2 - The Intelligent Patient Overview

This section of your *MediFocus Guidebook* represents a detailed overview of the disease or condition specifically written from the patient's perspective. It is designed to satisfy the basic informational needs of consumers and their families who are confronted with the illness and are facing difficult choices. Important aspects which are addressed in "The Intelligent Patient" section include:

- The etiology or cause of the disease
- Signs and symptoms
- How the condition is diagnosed
- The current standard of care for the disease
- Treatment options

- New developments
- Important questions to ask your health care provider

Section 3 - Guide to the Medical Literature

This is a roadmap to important and up-to-date medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest developments and breakthroughs in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new clinical developments, and advances in research. To facilitate your review and analysis of this information, the articles are grouped by specific categories. A typical *MediFocus Guidebook* usually contains one or more of the following article groupings:

- *Review Articles*: Articles included in this category are broad in scope and are intended to provide the reader with a detailed overview of the condition including such important aspects as its cause, diagnosis, treatment, and new advances.
- *General Interest Articles*: These articles are broad in scope and contain supplementary information about the condition that may be of interest to select groups of patients.
- *Drug Therapy*: Articles that provide information about the effectiveness of specific drugs or other biological agents for the treatment of the condition.
- *Surgical Therapy*: Articles that provide information about specific surgical treatments for the condition.
- *Clinical Trials*: Articles in this category summarize studies which compare the safety and efficacy of a new, experimental treatment modality to currently available standard treatments for the condition. In many cases, clinical trials represent the latest advances in the field and may be considered as being on the "cutting edge" of medicine. Some of these experimental treatments may have already been incorporated into clinical practice.

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Article title
- Author Name(s)
- Institution where the study was done
- Journal reference (Volume, page numbers, year of publication)

- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the corresponding URL address that is provided for each cited article. If you purchased a printed copy of a *MediFocus Guidebook*, you can still access the article abstracts online by entering the individual URL address for a particular article into your web browser.

Section 4 - Centers of Research

We've compiled a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of the specific medical condition. The "Centers of Research" directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of the condition.

Inclusion of the names of specific doctors, researchers, hospitals, medical centers, or research institutions in this *Guidebook* does not imply endorsement by Medifocus.com, Inc. or any of its affiliates. Consumers are encouraged to conduct additional research to identify health-care professionals, hospitals, and medical institutions with expertise in providing specific medical advice, guidance, and treatment for this condition.

Section 5 - Tips on Finding and Choosing a Doctor

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver high-level, quality medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it. This section of your *Guidebook* offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Section 6 - Directory of Organizations

This section of your *Guidebook* is a directory of select disease organizations and support groups that are in the business of helping patients and their families by providing access to information, resources, and services. Many of these organizations can answer your questions, enable you to network with other patients, and help you find a doctor in your geographical area who specializes in managing your condition.

2 - The Intelligent Patient Overview

MULTIPLE MYELOMA

Introduction to Multiple Myeloma

What is Multiple Myeloma?

Multiple myeloma is one of several diseases that are collectively known as *plasma cell dyscrasias*. In general, the term *myeloma* refers to cancer of special types of white blood cells called *plasma cells*. Plasma cells are important components of the immune system that help the body fight infections caused by microorganisms such as bacteria, viruses, and fungi. Plasma cells are found primarily in the bone marrow and develop from white blood cells called *B-lymphocytes*. When microorganisms invade the body, B-lymphocytes respond by transforming into plasma cells which, in turn, produce proteins called *antibodies* that help to destroy the invading microorganisms and, thereby, eradicate the infection. There are five types (classes) of antibodies (immunoglobulins) produced by plasma cells: IgG, IgM, IgA, IgD, and IgE. Each plasma cell produces a specific class of antibodies.

Under normal conditions, the body only produces plasma cells when they are needed to help fight off infections. Once the infection has been eliminated from the body, the old plasma cells die off. Certain genetic mutations can cause plasma cells to become abnormal and continue to divide over and over again and, eventually, form a tumor. These abnormal plasma cells, called *myeloma* cells are cancer cells that produce a specific type of antibody (monoclonal antibody) called *M proteins*. The monoclonal antibody that is typically overproduced by the myeloma cells is usually of the IgG or IgA variety. Most commonly, a whole monoclonal antibody is produced, however, in about 20% of cases, only a partial antibody called a *light chain* is produced by the myeloma cells. Light chains do not remain in the circulation and are found mainly in the urine. The M proteins in patients with multiple myeloma can be detected in the blood and/or urine by specialized techniques known as *protein electrophoresis* and *immunofixation*.

Since plasma cells originate from the bone marrow, when plasma cells grow out of control, become abnormal myeloma cells, and produce tumors, the tumors usually develop in the bone marrow. If only a single tumor is present, it is called a *solitary plasmacytoma*. Typically, however, several tumors can be found throughout the bone marrow and, in these cases, the condition is called *multiple myeloma*.

In patients with multiple myeloma, the number of myeloma cells in the bone marrow increases significantly and usually accounts for more than 20% of the total population of cells found in the bone marrow. The abundance of cancerous plasma cells in the bone marrow can lead to complications including:

- Anemia - an abnormally low number of red blood cells in the bloodstream that can cause severe fatigue and weakness.
- Thrombocytopenia - an abnormally low number of platelets in the circulation that can lead to bleeding and/or bruising problems.
- Leukopenia - an abnormally low number of white blood cells in the circulation that increases the risk for developing severe, life-threatening infections.
- Myeloma bone disease - myeloma cells produce a variety of substances (mediators) that stimulate cells called *osteoclasts* to resorb (dissolve) bone at a much faster rate than cells called *osteoblasts* can produce new bone. This increased rate of bone resorption in patients with myeloma can cause weak, brittle bones (osteoporosis) and, thereby, increase the risk for developing fractures.

What Causes Multiple Myeloma?

The exact cause of multiple myeloma is unknown. In some cases, multiple myeloma is preceded by a condition known as *monoclonal gammopathy of undetermined significance* (MGUS). Like multiple myeloma, MGUS is characterized by the uncontrolled growth of plasma cells in the bone marrow and the overproduction of the M protein monoclonal antibodies. Unlike multiple myeloma, however, MGUS does **not** produce tumors nor is it associated with any signs or symptoms. The condition is usually detected by a routine blood test for another suspected disease. Approximately 20% of patients with MGUS will eventually develop multiple myeloma or non-Hodgkin's lymphoma. Although people with MGUS do not require treatment for the condition, due to the risk of progression to multiple myeloma or non-Hodgkin's lymphoma, close monitoring of patients with MGUS, to include blood tests and imaging studies, is recommended.

Multiple Myeloma Statistics

- Multiple myeloma represents only about 1% of all cancers, however, it accounts for about 10% of all hematologic malignancies (cancers of the blood).
- The annual incidence of multiple myeloma in the United States is about 6 cases per 100,000 people.
- According to the American Cancer Society:
 - approximately 20,000 new cases of multiple myeloma were diagnosed in the United States in 2010;
 - approximately 10,650 deaths from multiple myeloma were expected to occur in the United States in 2010.
- Multiple myeloma occurs slightly more frequently in men than in women. The ratio of men to women affected by multiple myeloma is 1.2 to 1.0, respectively.
- The incidence of multiple myeloma is twice as high in African Americans than in white

persons. The disease is rarely observed in individuals of Asian descent.

- Multiple myeloma is considered a disease of older persons with a mean age of disease onset of 66 years. It is rarely observed in people under age 40, who only account for about 2% of all cases.
- The 5-year relative survival rate for multiple myeloma is about 35%. In general, higher rates of survival are seen in younger people with multiple myeloma as compared to elderly patients with the disease.

Risk Factors for Multiple Myeloma

The exact cause of multiple myeloma (MM) remains unknown. It appears, however, that exposure to certain chemicals or radiation may play a role in the development of multiple myeloma in predisposed individuals.

Some occupational or environmental risk factors for multiple myeloma may include:

- Occupation exposures: (with the exception of the nuclear industry, most of these associations are weak and unproven)
 - nuclear industry
 - sheet metal industry
 - agriculture (herbicides and fertilizers, especially DDT)
 - wood dust
 - leather tanning
- Other possible exposure risk factors include:
 - formaldehyde
 - benzene
 - hair dye
 - spray paint
 - asbestos

The **Intelligent Patient Overview** in the complete **Medifocus Guidebook on Multiple Myeloma** also includes the following additional sections:

- **Diagnosis of Multiple Myeloma**
- **Treatment Options for Multiple Myeloma**
- **The Role of Complementary and Alternative Therapies in Cancer**
- **Quality of Life Issues in Cancer**
- **Questions to Ask Your Health Care Provider about Multiple Myeloma**

To Order the Complete **Guidebook on Multiple Myeloma** [Click Here](#)

Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

3 - Guide to the Medical Literature

Introduction

This section of your *MediFocus Guidebook* is a comprehensive bibliography of important recent medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest advances in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new developments, and advances in research.

To facilitate your review and analysis of this information, the articles in this *MediFocus Guidebook* are grouped in the following categories:

- Review Articles - 66 Articles
- General Interest Articles - 21 Articles
- Drug Therapy Articles - 23 Articles
- Clinical Trials Articles - 55 Articles
- Stem Cell Transplantation Articles - 2 Articles

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Title of the article
- Name of the authors
- Institution where the study was done
- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the URI that is provided for each cited article. If you purchased a printed copy of the *MediFocus Guidebook*, you can still access the abstracts online by entering the individual URI for a particular abstract into your computer's web browser.

Recent Literature: What Your Doctor Reads

Database: PubMed <January 2014 to January 2018>

Review Articles

1.

Efficacy and safety of bortezomib, thalidomide, and lenalidomide in multiple myeloma: An overview of systematic reviews with meta-analyses.

Authors: Aguiar PM; de Mendonca Lima T; Colleoni GWB; Storpirtis S
Institution: Department of Pharmacy, University of Sao Paulo, Sao Paulo, Brazil.
Electronic address: aguiar.pm@usp.br. University of Sao Paulo, Sao Paulo, Brazil.
Journal: Crit Rev Oncol Hematol. 2017 May;113:195-212. doi: 10.1016/j.critrevonc.2017.03.014. Epub 2017 Mar 16.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=HM008&ID=28427509>

2.

Allogeneic Hematopoietic Cell Transplantation for Myeloma: When and in Whom Does It Work.

Authors: Bashir Q; Qazilbash MH
Institution: Division of Cancer Medicine, Department of Stem Cell Transplantation and Cellular Therapy, UT MD Anderson Cancer Center, Houston, TX, 77030, USA. qbashir@mdanderson.org.
Journal: Curr Hematol Malig Rep. 2017 Apr;12(2):126-135. doi: 10.1007/s11899-017-0374-1.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=HM008&ID=28285435>

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4 - Centers of Research

This section of your *MediFocus Guidebook* is a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition. The *Centers of Research* directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of this disorder.

Use the *Centers of Research* directory to contact, consult, or network with leading experts in the field and to locate a hospital or medical center that can help you.

The following information is provided in the *Centers of Research* directory:

- **Geographic Location**

- United States: the information is divided by individual states listed in alphabetical order. Not all states may be included.
- Other Countries: information is presented for select countries worldwide listed in alphabetical order. Not all countries may be included.

- **Names of Authors**

- Select names of individual authors (doctors, researchers, or other health-care professionals) with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition, who have recently published articles in leading medical journals about the condition.
- E-mail addresses for individual authors, if listed on their specific publications, is also provided.

- **Institutional Affiliations**

- Next to each individual author's name is their **institutional affiliation** (hospital, medical center, or research institution) where the study was conducted as listed in their publication(s).
- In many cases, information about the specific **department** within the medical institution where the individual author was located at the time the study was conducted is also provided.

Centers of Research

United States

AL - Alabama

Name of Author

Costa LJ

Institutional Affiliation

Division of Hematology, Mayo Clinic, Rochester, Minnesota.
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Suite 317, West Hollywood, CA, USA. jberenson@imbcr.org.

The **Centers of Research** in the complete **Medifocus Guidebook on Multiple Myeloma** includes the following sections:

- Centers of Research for relevant states in the United States
- Centers of Research listed for relevant countries outside the United States

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5 - Tips on Finding and Choosing a Doctor

Introduction

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver a high level and quality of medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it.

The process of finding and choosing a physician to manage your specific illness or condition is, in some respects, analogous to the process of making a decision about whether or not to invest in a particular stock or mutual fund. After all, you wouldn't invest your hard earned money in a stock or mutual fund without first doing exhaustive research about the stock or fund's past performance, current financial status, and projected future earnings. More than likely you would spend a considerable amount of time and energy doing your own research and consulting with your stock broker before making an informed decision about investing. The same general principle applies to the process of finding and choosing a physician. Although the process requires a considerable investment in terms of both time and energy, the potential payoff can be well worth it--after all, what can be more important than your health and well-being?

This section of your Guidebook offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Tips for Finding Physicians

Finding a highly qualified, competent, and compassionate physician to manage your specific illness or condition takes a lot of hard work and energy but is an investment that is well-worth the effort. It is important to keep in mind that you are not looking for just any general physician but rather for a physician who has expertise in the treatment and management of your specific illness or condition. Here are some suggestions for where you can turn to identify and locate physicians who specialize in managing your disorder:

- **Your Doctor** - Your family physician (family medicine or internal medicine specialist) is a good starting point for finding a physician who specializes in your illness. Chances are that your doctor already knows several specialists in your geographic area who specialize in your illness and can recommend several names to you. Your doctor can also provide you with information about their qualifications, training, and hospital affiliations.

The **Tips on Finding and Choosing a Doctor** in the complete **Medifocus Guidebook on Multiple Myeloma** includes additional information that will assist you in locating a highly qualified and competent physician to manage your specific illness.

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6 - Directory of Organizations

American Cancer Society

1599 Clifton Road NE; Atlanta, GA 30329-4251

800.227.2345; 404.486.0100

www.cancer.org

American Institute for Cancer Research; Nutrition Hotline

1759 R St., NW.; Washington, DC 20009

202.328.7744; 800.843.8114

www.aicr.org

Association of Cancer Online Resources

www.acor.org

Cancer Care

275 Seventh Avenue; New York, NY 10001

800.813.4673; 212.712.8400

info@cancercares.org

www.cancercares.org

Cancer Caring Center

4117 Liberty Avenue; Pittsburgh, PA 15224

412.622-1212

info@cancercaring.org

www.cancercaring.org

Cancer Hope Network

2 North Road; Chester, NJ 07930

877.467.3638; 908.879.4039

info@cancerhopenetwork.org

www.cancerhopenetwork.org

Cancer Information Service; National Cancer Institute

6116 Executive Blvd.; Room 3036A; Bethesda, MD 20892

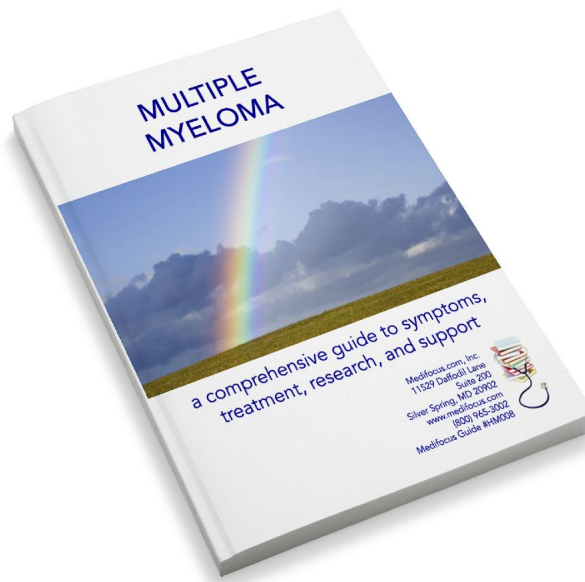
301.496.8664 800.422.6237; 800.332.8615 (TTY)

cancergovstaff@mail.nih.gov

www.cancer.gov

The **Directory of Organizations** in the complete **Medifocus Guidebook on Multiple Myeloma** includes a list of selected disease organizations and support groups that are helping people diagnosed with Multiple Myeloma.

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