Multiple Myeloma - Patient Resource Assistance (PRA)

The purpose of this PRA is to help cancer patients and their family locate reliable sources of cancer information, including the area of emotional support.

This list is not meant to be comprehensive, but rather to provide a quick reference of available resources at Beaumont and in the community.

Beaumont Cancer Resource Centers

The Cancer Resource Centers provide patients and their family education, guidance and support to help optimize their cancer treatment and survivorship. Oncology nurse navigators, lending library, brochures and resource center assistance is available.

Rose Cancer Resource Center – Royal Oak (248) 551-1339
Wilson Cancer Resource Center - Troy (248) 964-3430
Grosse Pointe patients call Royal Oak (248) 551-1339

Resource Center hours: Monday through Friday from 8:00 a.m. – 4:15 p.m. Call one of our resource centers to learn about the lending libraries and support information.

Multiple Myeloma web information

American Cancer Society
Multiple Myeloma

International Myeloma Foundation
What is Multiple Myeloma?
  o [https://www.myeloma.org/what-is-multiple-myeloma](https://www.myeloma.org/what-is-multiple-myeloma)

National Comprehensive Cancer Network (NCCN)
NCCN guidelines for patients
  o [https://www.nccn.org/patients/guidelines/cancers.aspx](https://www.nccn.org/patients/guidelines/cancers.aspx)
  Click on view all cancer types

Beaumont Cancer Resource Centers

Notice

This material is intended to provide general information. Some material may contain information that is the opinion of the author and not necessarily that of your physician. This material does not represent all that is available on the subject and may not apply specifically to your condition. This material should be used to formulate questions for discussion with your physician or other health care professional.
Support Material

Please call the Rose or Wilson Cancer Resource Center for brochures and a list of available support material from our lending libraries. Grosse Pointe patients can request booklets from the Rose Cancer Center and most items can be mailed. The Grosse Pointe hospital has partnered with the Grosse Pointe Library for books.

Books

For you
NCCN guidelines for patients multiple myeloma (2018)
Multiple Myeloma handbook for patients, families and friends (2012)

Your partner
And in health: a guide for couples facing cancer together (2013)

Your children
It's okay if my mommy changes (2017)
Why did my dad get cancer? (2013)

Inspiration
Miracle survivors (2014)
Faith, hope, and healing: inspiring lessons learned from people living with cancer (2009)

Nutrition
The cancer-fighting kitchen (2017)

Support

Beaumont Health System Support/Resources

Cancer Resource Centers
https://www.beaumont.org/services/oncology/centers-clinics-and-locations/cancer-resource-centers
Rose Cancer Center 248-551-1339
Wilson Cancer Center 248-964-3430

Medical Oncology Social Work
https://www.beaumont.org/services/oncology/classes-support-resources/counseling-social-work
Royal Oak 248-551-5255
Troy 248-964-3430
Social workers help patients, family and friends find support to manage the day-to-day challenges of living with cancer.
As part of its community service to patients, Beaumont Cancer Institute offers individualized nutrition counseling. A dietitian is available to assist patients in optimizing their health through diet therapy.

Look Good…Feel Better (for women only) Pre-registration required
http://lookgoodfeelbetter.org/programs/women/
Royal Oak 248-551-1339
Second Monday of the month 4:30-6:30 pm
Troy 248-964-3430
Second Monday of the month 10-12 noon
Grosse Pointe
Call 313-473-2097 for dates and times
This program provides information and cosmetic advice to women battling cancer. The training includes hands-on instruction on makeup, skin care, and suggestions for using wigs, turbans, and scarves.

Integrative Medicine
https://www.beaumont.org/services/integrative-medicine
248-964-9200
Programs are offered by highly skilled & specially trained practitioners who understand the unique needs of patients. Services are safe & do not interfere with medical treatment.

Spiritual Care
http://www.beaumont.edu/centers-services/spiritual-care-pastoral-care/
Beaumont chaplains are professionally trained to provide spiritual and emotional care to patients and families who are dealing with a stressful situation.

Physical Therapy and Occupational Therapy
https://www.beaumont.org/services/rehabilitation
Royal Oak 248-655-5695
Troy 248-964-0700
Grosse Pointe 586-447-4070
Rehabilitation services’ physical therapists and occupational therapists are cancer specialists who help to prevent and treat issues related to cancer, including weakness, fatigue and pain, lymphedema swelling and returning to daily activities in a safe, healthy manner. Therapists will also work with you to gain fitness and return to your preferred recreational activities.
Beaumont Center for Mindfulness
https://www.beaumont.org/services/center-for-mindfulness
947-522-1674
Mindfulness is the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally. Mindfulness training has been shown to positively impact overall well-being, mental health and physical health. Additional information on the website or call the office.

Clinical Trials
https://www.beaumont.org/clinical-trials
248-551-7835
Since 1999, the Cancer Clinical Trials Office (CCTO) at Beaumont Hospitals has offered personalized service to those seeking care through clinical trials.

Cancer Genetics
https://www.beaumont.org/services/oncology/genetics-programs
248-551-3388
The program’s goal is to provide patients with the most up-to-date guidelines for cancer screening and treatment. It is important to identify families with a hereditary susceptibility to cancer because in many cases, they may take steps to reduce their risk or prevent cancer from occurring.

Survivorship Program
https://www.beaumont.org/services/oncology/classes-support-resources/survivorship-program
Royal Oak 248-551-1339
Troy 248-964-3430
Grosse Pointe 586-447-4070
The Cancer Survivorship Program brings together patients and health care providers to promote optimized health and healing of the mind, body and spirit, through integrative practices and education before, during and after treatment.

Other Support Resources

Gilda’s Club
www.gildasclubdetroit.org
248-577-0800
3517 Rochester Road, Royal Oak, MI 48073
Facilitated by licensed mental health professionals, the groups provide an opportunity for participants to meet with others and share first hand experiences. Even though many people receive support from friends and family, it can be very beneficial to receive support from those going through similar experiences. New member meeting required to learn about available services. Call Gilda’s Club for additional details.
The Lake House
http://milakehouse.org/
586-777-7761
23500 Pare St, St. Clair Shores, MI 48080
The Lake House welcomes and encourages all who are touched by cancer to benefit from our free cancer support groups, one-on-one cancer support consultations and guidance, health and wellness talks and activities, stress management activities, and social events.

**Telephone Support**

Leukemia & Lymphoma Society
http://www.lls.org/support/peer-to-peer-support
800-955-4572

Imerman Angels
http://www.imermanangels.org
877-274-5529
Imerman Angels partners a person fighting cancer with someone who has beaten the same type of cancer.

Cancer Hope Network
https://www.cancerhopenetwork.org/
800-552-4368
The program is available to all cancer patients, and will match you with a survivor of the same of similar type & stage of cancer.

Lance Armstrong Foundation
www.livestrong.org
855-220-7777
Free, confidential, one-on-one support to anyone affected by cancer—whether you have cancer or are a loved one, friend, health care professional or caregiver of someone diagnosed.

**On-line Support/Resources**

Cancer Care
http://www.cancercare.org/support_groups/41-blood
15 week online support group is for people diagnosed with a blood cancer who are currently receiving treatment.
**Caregiver Resource**

Caregiver Action Network  
http://caregiveraction.org/  
202-454-3970  
General E-mail: info@caregiveraction.org  
CAN (formerly the National Family Caregivers Association) is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

**Transportation Service**

Road to Recovery – American Cancer Society  
http://www.cancer.org/treatment/supportprogramsservices/road-to-recovery  
800-227-2345  
The American Cancer Society Road to Recovery program provides transportation to and from treatment for people who have cancer who do not have a ride or are unable to drive themselves. Volunteer drivers donate their time and the use of their cars so that patients can receive the life-saving treatments they need.

**Mobile “Apps”**

Cancer .Net  
http://www.cancer.net/multimedia/mobile-applications  
Cancer.Net Mobile is a free app for iOS (iPhone, iPad) and Android and features:  
- Guides on 120 types of cancer  
- An interactive tool to keep track of questions to ask healthcare providers and record voice answers.

**Communication websites for patients**

Caring Bridge  
www.caringbridge.org  
Free, personal and private websites that connect people experiencing a significant health challenge to family and friends, making each health journey easier.

My Lifeline  
http://www.mylifeline.org/index.cfm  
MyLifeLine.org is a 501(c) (3) nonprofit organization that encourages cancer patients and caregivers to create free, customized websites. Our mission is to empower patients to build an online support community of family and friends to foster connection, inspiration, and healing.

Beaumont Cancer Resource Centers
Organizations/Websites

The Multiple Myeloma Research Foundation
http://www.themmrf.org/

International Myeloma Foundation (IMF)
www.multiplemyeloma.org

Leukemia & Lymphoma Society (Michigan)
http://www.lls.org/michigan
248-581-3900
1471 E. Twelve Mile Road
Madison Heights, MI 48071

Leukemia & Lymphoma Society (national)
http://www.lls.org/

American Cancer Society
www.cancer.org
800-227-2345

American Society of Clinical Oncology (ASCO)
https://www.asco.org/
888-282-2552

National Cancer Institute (NCI)
www.cancer.gov
800-4-CANCER

Navigating Cancer
www.navigatingcancer.com

National Coalition for Cancer Survivorship (NCCS)
www.canceradvocacy.org
888-650-9127

Cancer Support Community
https://www.cancersupportcommunity.org/

Dana-Farber Cancer Institute (Nutrition information)
https://www.dana-farber.org/health-library/recipes/

Look Good…Feel Better
http://lookgoodfeelbetter.org/

Notice
Support group information provided as information only. Beaumont Health System only endorses support groups located at Beaumont. Dates and times are subject to change. Call support group for additional information before attending. Revised 4/2019

Beaumont Cancer Resource Centers