Myeloma Pathfinder

Key Information for Patients & Care Partners

Pathfinders are quick access guides to credible health information. The healthcare team at WRHN Cancer Centre has approved these resources. Find out more by clicking on blue underlined text or scanning QR codes with your cellphone camera.

Websites

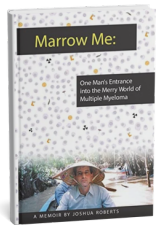
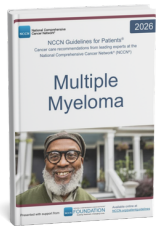
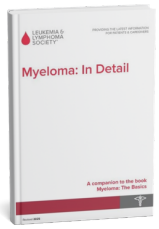
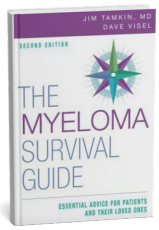
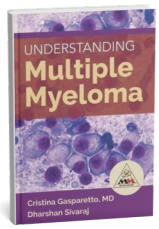
Links to key websites for more information about myeloma.

Blood Cancer United bloodcancerunited.org Offers support and resources for blood cancer patients.	
Canadian Cancer Society - Multiple Myeloma cancer.ca/en/cancer-information/cancer-types/multiple-myeloma Offers detailed information on multiple myeloma, including risk factors, symptoms, diagnosis, treatment options, and support resources.	
Myeloma Canada myeloma.ca Offers news, educational material, and support for the Canadian myeloma community.	
Leukemia and Lymphoma Society of Canada - Myeloma bloodcancers.ca/i-have-blood-cancer/myeloma Provides an overview of myeloma, including symptoms, treatment options, and resources for patients and caregivers.	

Waterloo Wellington
Regional Cancer Program
Ontario Health (Cancer Care Ontario)

Books

Use the legend at the bottom of this page to see where a book can be found.

	**Marrow Me** **Joshua Roberts; 2022** goodreads.com/book/show/149446850-marrow-me A memoir that will educate and touch anyone affected by cancer.	
	**NCCN Guidelines for Patients Multiple Myeloma** **National Comprehensive Cancer Network; 2026** nccn.org/search-result?indexCatalogue=nccn-search-index&searchQuery=NCCN%20Guidelines%20for%20Patients%20Myeloma Designed to help patients understand their condition and treatment options.	
	**Myeloma: In Detail** **Leukemia and Lymphoma Society of Canada; 2025** bloodcancerunited.org/blood-cancer/myeloma A comprehensive booklet on myeloma includes a glossary of terms and details on what to expect during each stage of diagnosis, treatment, and follow-up care.	
	**The Myeloma Survival Guide** **Jim Tamkin and Dave Visel; 2017** goodreads.com/book/show/34890329-the-myeloma-survival-guide Makes sense of the difficult questions myeloma patients face, dealing with every aspect of life after diagnosis, from creating a wellness team to navigating treatment options to building a financial safety net.	
	**Understanding Multiple Myeloma** **Cristina Gasparetto and Dharshan Sivaraj; 2017** goodreads.com/book/show/36743188-understanding-multiple-myeloma Provides a comprehensive overview of symptoms, diagnosis, treatment options, supportive care, and much more.	

LEGEND

- **Buy Online**
- **Kitchener Public Library**
- **J. Wesley Graham Resource Centre**
- **Audiobook**
- **Free Electronic Book**

Print-Friendly Online Resources

All of the links below will lead you to printer-friendly, online handouts. If you don't have a printer, visit or email the J. Wesley Graham Patient & Family Resource Centre to get a free copy.

Cancer Support Community - Myeloma cancersupportcommunity.org/search?search=Myeloma&ctype=resources Provides several multiple myloma resources.	
Leukemia and Lymphoma Society of Canada - Resource Library bloodcancers.ca/resource-library?text_search=&field_audience_type_target_id=All&field_topic_target_id=321&field_publication_format_target_id=48 Offers fact sheets, guides, and other resources to learn about myeloma symptoms, statistics, and treatment options.	
Myeloma Canada - Resources to help you navigate life with myeloma myeloma.ca/recently-diagnosed/resource-library-2/ Provides a comprehensive library of educational resources, including informative videos, personal journey videos, and educational videos. These resources are free and available for download, making them accessible for print and offline use.	
Waterloo Wellington Regional Cancer Program - Autologous Stem Cell Transplant wrhn.ca/resources/asct-introduction Introduction for patients getting an autologous stem cell transplant at WRHN Cancer Centre.	

J. Wesley Graham Patient & Family Resource Centre

Volunteers can help you find more information about your cancer, symptoms, or care. They can print or email resources. Find the resource centre on the 3rd floor (main floor) of WRHN Cancer Centre.

info@jwesleygrahamrc.ca

519-749-4380 x2080

Programs & Group Classes

In-person or online support groups/classes that help you connect to others with similar experience.

Canadian Cancer Society - Cancer Connection cancerconnection.ca/s/ A safe, online, peer support community for people with cancer to connect, learn, and share experiences. Care partners welcome.	
Cancer Care - Multiple Myeloma cancercare.org/diagnosis/multiple_myeloma Provides free, professional support services for people affected by multiple myeloma, as well as multiple myeloma treatment information and additional resources.	
Myeloma Canada - Find Support myeloma.ca/recently-diagnosed/find-support/#local Offers a network of support groups across Canada, providing a safe space for individuals to share experiences and coping strategies.	
Multiple Myeloma - Patient Navigation Center themmrf.org A nonprofit organization, providing resources such as publications, videos, podcasts, and patient navigation services to guide individuals through treatment and diagnosis.	
HopeSpring Cancer Support Centre hopespring.ca A community-based, charitable organization dedicated to supporting individuals and families impacted by cancer.	

Use this resource for your information only. It does not replace medical advice from your doctor or other healthcare professionals.

cancerpatiented@wrhn.ca

cancerwaterloowellington.ca