

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer. Pathfinders can be found at www.bccancer.bc.ca/library.

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient and Family Counselling, or the BC Cancer website (www.bccancer.bc.ca). While BC Cancer does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

MULTIPLE MYELOMA

Multiple myeloma is a cancer that starts in plasma cells (a type of white blood cell which develops from B Lymphocytes). Plasma cells are made in the bone marrow and their normal function is to produce antibodies that help fight infection. If you are dealing with multiple myeloma, or if you are a friend, family member, or caregiver of a myeloma patient, you may be looking for information to help you understand and cope with the disease, searching for reliable online resources, or wanting to connect with someone going through a similar journey. This Pathfinder can help with these needs and more.

LIBRARY/CANCER INFORMATION CENTRE RESOURCES

The names and call numbers of popular books/DVDs available for loan from the BC Cancer Library are listed below. Visit your local BC Cancer Library or go to www.bccancer.bc.ca/library to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

100 questions & answers about myeloma (Book)	WH540 B299 2013
2012 edition available online at http://site.ebrary.com/lib/bccancer/reader.action?docID=10739355 . Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.	
Facing multiple myeloma together (DVD)	WH540 F141 2008
High-dose therapy and autologous stem cell transplantation	WH380 M997 2019
Myeloma survival guide (Book)	WH540 T158 2017
Understanding multiple myeloma (Book)	WH540 G249 2018

PAMPHLETS

This list provides the names of just a few of the many pamphlets that are available at BC Cancer centres or online.

BC blood cancer resource guide (Leukemia & Lymphoma Society of Canada)

Available online at www.llscanada.org/bcyukon-region/british-columbia-blood-cancer-resource-guide

Multiple myeloma patient handbook (Myeloma Canada)

Available online at <http://myelomacanada.ca> or pick up a copy from the BC Cancer Library.

RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BC Cancer librarians. For more recommended websites, go to www.bccancer.bc.ca and click on Our Services→Services→Library→Recommended Websites→Types of Cancer Websites→ Myeloma Websites.

Canadian Cancer Society

www.cancer.ca

Click on Cancer Information→Cancer Types→More Cancer Types→Multiple Myeloma.

There is a wealth of information on this website including a general overview of your healthcare team, information about treatment and coping skills as well as current statistics and a section explaining myths related to cancer. In addition, information is available in number of different languages.

International Myeloma Foundation

<http://myeloma.org>

This website provides information about treatment options, support, videos, meetings, and advocacy.

Leukemia/Bone Marrow Transplant Program of BC

<http://leukemiabmtprogram.org>

This web site provides information about the Leukemia/Bone Marrow Transplant Program of British Columbia including: Treatment Options provided by the Program; Issues around coping and support — both emotional and financial aspects; Available resources for patients and families; Information for stem cells and marrow donors; and Cancer Management Guidelines.

Leukemia & Lymphoma Society of Canada

www.llscanada.org

Provides information for patients and caregivers about leukemia, lymphoma, and myeloma and managing cancer. Includes a contact number for information and support and a live chat.

Myeloma Canada

<http://myelomacanada.ca>

Provides information about living with myeloma, as well as topics such as research, clinical trials, and drug coverage and access. Includes access to the Multiple Myeloma Patient Handbook.

SUPPORT PROGRAMS

This section provides a list of relevant support programs offered by community organizations or BC Cancer. BC Cancer centres generally offer monthly support groups, sometimes specific to particular types of cancer. Also offered are facilitated groups to help with stress reduction, including mindfulness based stress reduction, relaxation and stress management, and therapeutic touch. Support programs offered at each BC Cancer location can be found on the BC Cancer website at:

www.bccancer.bc.ca/our-services/services/support-programs

BC Cancer Patient & Family Counselling

This service is available to anyone in BC who has received a diagnosis of cancer, as well as those supporting them. Counselling is available to individuals, couples, and families, either in person or over the phone. The services are solution-focused and are limited to addressing challenges related to cancer.

Get more information at www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling

Cancer Chat Canada

www.cancerchatcanada.ca

An online support group for people with cancer.

Call 1.844.725.2476 for information.

CancerConnection.ca (Canadian Cancer Society)

www.cancerconnection.ca

An online community for cancer patients, caregivers, friends and family. A safe place to connect and find support. Regular webcasts are available on demand on a series of topics relevant to people with cancer including physical activity, relationships and complementary therapies.

Peer Support (Canadian Cancer Society)

<https://match.cancer.ca>

A service that allows people with cancer to match with a trained cancer survivor volunteer. Patients can select their match online based on criteria important to them (eg. cancer type, gender, age, etc.). Once the match is made, volunteers listen and provide support via the telephone.

Call 1.888.939.3333.

If you would like more information about these or other resources, please contact one of the BC Cancer Libraries.

Abbotsford

604.851.4710, ext. 646825 or toll-free 1.877.547.3777

Kelowna

250.712.3900 ext. 686821 or toll-free 1.888.563.7773

Prince George

Toll-free 1.888.675.8001, ext. 8001

Surrey

604.930.2098 ext. 654576 or toll-free 1.800.523.2885

Vancouver

604.675.8001 or toll-free 1.888.675.8001, ext. 8001

Victoria

250.519.5517 or toll-free 1.800.670.3322