



# I AM RESILIENT



**#IAMRESILIENT2020**  
**MAM.MYELOMA.ORG**

## *May 2020 issue of the IMF Support Group Leader Monthly Newsletter!*

We are grateful to all support group leaders for taking the necessary steps to stay safe. Please remember that the IMF offers to all myeloma support groups free virtual meetings using the GoToMeeting platform. Please contact your IMF Support Group Team for details.

**One Page Resource for all COVID-19 & Myeloma Updates:** [Click Here](#)

### **Ask Dr. Durie Video**

- April 30: COVID-19 FAQ #5: What are the risk factors that could lead to develop serious consequences from COVID-19 infection? [Click here](#)
- May 6: COVID-19 FAQ #6: What precautions should myeloma patients take when getting their groceries? [Click here](#)
- May 7: COVID-19 FAQ #7: Is it safe for myeloma patients to take walks? [Click here](#)
- May 14: COVID-19 FAQ #8: Is physical distancing still recommended for myeloma patients? [Click here](#)
- May 18: COVID-19 FAQ #9: Can myeloma patients avoid contracting the COVID-19 infection? [Click here](#)
- May 21: COVID-19 FAQ #10: Should myeloma patients undergo routine COVID-19 antibody testing? [Click here](#)
- May 26: COVID-19 FAQ #11: Are MGUS and smoldering multiple myeloma (SMM) patients considered to be high risk for severe consequences from a COVID-19 infection? [Click here](#)
- May 27: COVID-19 FAQ #12: If a myeloma patient takes Revlimid (Lenalidomide) as maintenance treatment, should this patient continue with this treatment during the pandemic? [Click here](#)

### **IMF Blogs**

- May 7: Re-focusing on myeloma care in a COVID-19 world [Click here](#)
- May 14: COVID-19 Update: TRUTH, TESTING, AND THE FUTURE [Click here](#)
- May 21: Patient safety more important as ever as States begin to reopen: COVID-19 UPDATE. [Click here](#)
- May 28: Virtual ASCO and real pandemic. [Click here](#)

### **Other Myeloma Updates and Information**

- Dr. Durie has started a new podcast, Conversations with Dr. Durie! Listen to his first two episodes [here!](#)
- Co-Pay assistance programs update 5/15/20. [Learn more here!](#)
- COVID-19 Emergency Food Assistance Program. [Learn more here!](#)
- Takeda has updated their assistance program from Takeda Oncology 1Point to Takeda Oncology Here2Assist. [Learn more here](#)
- Building resilience during COVID-19 with yoga! [Watch here!](#)

### **Educational Programs**

- May 8-9: The IMF Seattle Patient & Family Seminar is now an On-Line Free Webinar. [Watch the replay here!](#)
- If you are interested in a virtual presentation to your support group from the Binding Site, please contact Robin Tuohy: [rtuohy@myeloma.org](mailto:rtuohy@myeloma.org)