

## Leaning on Our Communities for Multiple Myeloma Support



# A Healthy You Means a Healthy Us

They say it takes a village, and when it comes to multiple myeloma (MM), a rare blood cancer, it's going to take all of us to help change its impact on our community.

We know all too well that changing the course for future generations takes courage — the courage to open up about our health and the courage to let in those who care about us.

***Sharing our truth*** helps build awareness for MM.

***Knowing our truth*** helps us to get the treatment we deserve.

### BUILDING A SUPPORT SYSTEM

We thrive when we look out for one another. In fact, many people who support us along our MM journey may find it very rewarding to give back and show love.

It's important to have a support network to help you stay on track with your health and MM care. Ask yourself:

- Who do I trust?
- Who will be there for me if I get sick?
- How will this affect my future and the people I care about?



***Depending on what we feel comfortable revealing, we could share different parts of our lives with different people. Either way, the payoff is worth the effort.***

## THE BEST CARE REQUIRES A CIRCLE OF TRUST

Take some time to think about the people in your life who are the most important to you — the ones who have been there for you through thick and thin. The special people in your care circle might assume certain responsibilities and provide a range of support to help you with your health.



*Who are the top 3 people that currently come to your mind?*

NAME

RELATIONSHIP TO YOU

THEIR BEST QUALITY

CONTACT INFORMATION

PHONE: EMAIL:

NAME

RELATIONSHIP TO YOU

THEIR BEST QUALITY

CONTACT INFORMATION

PHONE: EMAIL:

NAME

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CONTACT INFORMATION

PHONE: EMAIL:

## CONNECTING WITH OUR MM COMMUNITIES

Our family and friends will do everything within their power to see us healthy and happy. At times, we may find we need more support than they may be able to offer when it comes to multiple myeloma (MM) information or personal experiences and stories with MM.

Below are a few organizations and groups if you need additional support. Click a logo to visit their site:



Free cancer support services



Support and advocacy for MM patients



Health and well-being information for Black communities



Health resources for Black communities



Largest nonprofit focused on finding a cure for MM



Patient education and support



Community

Connect with us and others on social media to make your Multiple Myeloma Promise and learn more.

@thatsmywordmm

