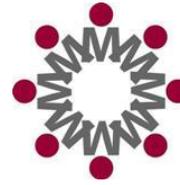

Newsletter

October 2016



Myeloma Alberta
Support Society

OCTOBER 1ST MEETING

Open Forum will be a discussion paper regarding the various forms of treatment and your personal experiences with the treatments. This will be very informative and the more people that attend will vary the learning. Please note your attendance on your calendar and we look forward to seeing you there!!!

Lorelei will also present what she learned at the latest Myeloma Canada Scientific Round Table.

FACING MYELOMA TOGETHER EDUCATION CONFERENCE

October 29 & 30 2016

Registration is Open
Early Bird Rate until September 30



Knowledge is power. Information is liberating.
Kofi Annan



MARK YOUR CALENDARS IMPORTANT DATES

Oct 1	Support Meeting* Open Forum – Forms of Multiple Myeloma Treatment & Update from the Scientific Roundtable
Oct 29&30	Facing Myeloma Together - Education Conference
Nov 8	Myeloma Awareness Day Alberta Legislature
Dec 3	Support Meeting* Christmas Potluck
Jan 7	Support Meeting* Household Products and Your Health – Bettina Mueller, Environmental Engineer
Feb 4	MASS Annual General Meeting

*Support Meetings held at Holy Spirit Lutheran Church, 11223-51 Avenue, 10:00 am – 12:00 noon.

Arm yourself with knowledge and motivation. The Education Conference offers 15 sessions filled with information on how to manage your journey with Multiple Myeloma.

- Motivational keynote speakers each day
- Presentations from the doctors at the Cross Cancer Institute and Tom Baker Cancer Clinic
- Update from Myeloma Canada
- Caregiver support
- Networking opportunities – meet new friends and learn from each other
- Connect with other resources to support your journey

The conference schedule and registration details are available on the MASS website

www.multiplemyeloma.ca

PO Box 76135 Southgate, Edmonton, AB, T6H 5Y7

www.multiplemyeloma.ca

info@multiplemyeloma.ca

<https://www.facebook.com/MyelomaAlbertaSupportSociety/>

Volunteering - Good for Body & Mind

We already knew about the mental health benefits of volunteering. Studies have shown that volunteering helps people who donate their time feel more socially connected, thus warding off loneliness and depression. But volunteering also has positive implications that go beyond mental health. A growing body of evidence suggests that people who give their time to others might also be rewarded with better *physical* health—including lower blood pressure and a longer lifespan.

Evidence of volunteerism's physical effects can be found in a recent study from Carnegie Mellon University, published this month in *Psychology and Aging*. Adults over age 50 who volunteered on a regular basis were less likely to develop high blood pressure than non-volunteers. High blood pressure is an important indicator of health because it contributes to heart disease, stroke, and premature death.

It's impossible for this study to prove that volunteering was directly responsible for the lower blood pressure readings. People who volunteer may be more likely to do other things, like eat a healthy diet or exercise, that lower blood pressure. But the results are in line with other findings on the topic.

The Benefits of Volunteering

How might volunteering contribute to lower blood pressure? Performing volunteer work could increase physical activity among people who aren't otherwise very active, says lead study author Rodlescia Sneed, a doctoral candidate in social and health psychology at Carnegie Mellon University. It may also reduce stress. "Many people find volunteer work to be helpful with respect to stress reduction, and we know that stress is very strongly linked to health outcomes," she says.



As with any activity thought to improve health, researchers are trying to identify the specific characteristics of volunteering that provide the greatest benefit. For example, how much time would you need to put into volunteer work to lower your blood pressure or live longer? In the Carnegie Mellon study, 200 hours of volunteering per year correlated to lower blood pressure. Other studies have found a health benefit from as little as 100 hours of volunteering a year. Which types of volunteer activities improve health the most? No one really knows. Sneed speculates that mentally stimulating activities, like tutoring or reading, might be helpful for maintaining memory and thinking skills, while "activities that promote physical activity would be helpful with respect to cardiovascular health, but no studies have really explored this."

One key for deriving health benefits from volunteering is to do it for the right reasons. A 2012 study in the journal *Health Psychology* found that participants who volunteered with some regularity lived longer, but only if their intentions were truly altruistic. In other words, they had to be volunteering to help others—not to make themselves feel better.

The Greek philosopher Aristotle once surmised that the essence of life is "To serve others and do good." If recent research is any indication, serving others might also be the essence of good health.

Source: Harvard Health Publications, October 29, 2015