
Newsletter

November 2016



Myeloma Alberta
Support Society

No Support Meeting in November

There is NO support meeting in November due to the Education Conference on October 29 & 30. See the website for details.

MULTIPLE MYELOMA AWARENESS DAY – ALBERTA LEGISLATURE

November 8



Myeloma Canada will be hosting an Awareness Day at the Alberta Legislature, where representatives from Myeloma Canada, MASS, and SAMPS will meet with elected officials and the

Ministry of Health to increase awareness of the disease and share the challenges patients face when living with myeloma, with the ultimate goal of advocating for the funding of new therapies in Alberta. Over the past two years Myeloma Canada has organized similar events at both the Ontario and Quebec legislatures.

VOLUNTEER POSITIONS OPEN

MASS is still looking for volunteers for various board positions and to support events and programs. Positions and time commitments are variable. If you are interested speak to a Board Member or email MASS.

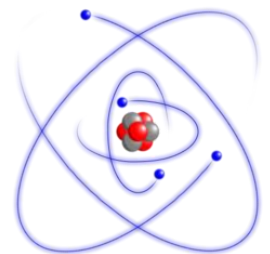
UPDATE FROM THE SCIENTIFIC ROUNDTABLE

On September 16 & 17, Myeloma Canada hosted the 7th annual Myeloma Canada Scientific Roundtable in Montreal. Co-chaired by Dr Tony Reiman from Saint John and Dr Chris Venner from Edmonton, the meeting brought together over 80 stakeholders, including Canada's top myeloma experts from coast to coast, scientists from the USA and Europe, our industry research partners and patients.

A wide range of current topics in myeloma research were discussed, including minimal residual disease (MRD), genomics, cell therapy, oncolytic viral therapy and individualization of myeloma therapy using risk stratification models.

Additionally, clinical trial ideas incorporating innovative immuno-oncology strategies were discussed resulting in three new MCRN clinical trials that will be further developed.

The meeting is an incubator for clinical trial ideas and supports the goal of developing high-impact made-in-Canada clinical trials for patients across the country. The highly valuable presentations and topics sparked important discussions, the sharing of ideas and a forward-thinking thought processes.



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Website: www.multiplemyeloma.ca

Email: info@multiplemyeloma.ca

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

GUIDE TO A GOOD NIGHT'S SLEEP

As adults, we need about 7-9 hours of good restorative sleep per night. Sleep is critical to the repair of our bodies and maintenance of good health. Without enough sleep, we can become irritable, tired and unfocused. Fatigue is for the cause of many workplace and highway driving accidents. If you either cannot get to sleep or are unable to stay asleep, it is time to improve your sleep hygiene.

Sleep hygiene involves developing habits or routines to promote restful and restorative sleep. The following is a brief guide to good sleep hygiene:

- Go to bed and get up around the same time every day including weekends.
- Don't take naps. Napping disrupts the sleep-wake cycle. If you must nap, limit the length to 10 to 20 minutes.
- Don't eat a heavy meal or greasy, spicy or sugary foods just before bedtime.
- Exercise regularly, but not too close to bedtime.
- Avoid caffeine six to eight hours before going to bed. Caffeine is a stimulant, and it stays in the body for three to five hours. It can affect some people for up to 12 hours.
- Don't take your worries to bed with you. Manage your stress in a healthy way such as by walking, taking deep breaths or doing yoga.
- Avoid nicotine, as it is a stimulant and can lead to poor sleep. When smokers go to sleep, they experience withdrawal symptoms that can further disrupt their sleep.

Don't drink alcohol close to bedtime. Although many people think of alcohol as a sedative and indulge in a "nightcap," it actually disrupts sleep.

Have a bedtime routine. A bedtime ritual tells your mind that it's time to sleep. Find a routine that's enjoyable for you such as taking a warm bath, meditating, listening to soft music or reading a few pages of a book a magazine in your favourite chair.

Do not watch TV, play video games, read, or talk on the phone in bed. These activities stimulate the brain.



MARK YOUR CALENDARS IMPORTANT DATES

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
Mar 4	Support Meeting* Radiation Oncology – Dr. Nijjar
Apr 1	Support Meeting* Open Forum – Topic TBD

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