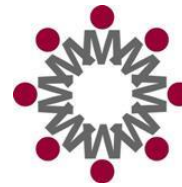

Newsletter

July 2017



Myeloma Alberta
Support Society

July 9th Potluck Picnic

Join MASS for a potluck picnic on Sunday, July 9th at Emily Murphy Park, Edmonton between 3 pm and 7 pm. Picnic Site #1 (see attached map) has been reserved and there is sheltered picnic tables so you can enjoy the picnic rain or shine. Parking and bathrooms are also close by for easy access.

MASS will provide hot dogs and beverages; bring your favourite picnic treat to share with the group. The picnic is a great opportunity to visit with MASS members.

Please RSVP by responding to this email by July 5th.

Looking forward to seeing you at the picnic.



MULTIPLE MILES FOR MYELOMA July 15, 2017

Get your friends and family together and support local research on multiple myeloma by participating in the MASS annual walk/run fundraiser. Online registration is open for both teams and individuals visit <https://www.events.runningroom.com/site/?raceId=14116> to register.

100% of these donations go directly to the University of Alberta/Cross Cancer for Myeloma Research and are tax receipted by the U of A (tax receipts issued for donations of \$20 or more).

WEBINAR

International Myeloma Foundation Presents: Myeloma Update 2017

Dr. Brian G.M. Durie will explain the new and exciting current trends in myeloma treatment and research with this update from the three major medical meetings held in June 2017.

- American Society of Clinical Oncology (ASCO)
- European Hematology Association (EHA)
- International Myeloma Working Group Summit (IMWG)

Don't miss this free IMF webinar and opportunity to ask a question to Dr. Durie. July 13, 2017 at 5:00 pm.

Register now, click here <https://register.gotowebinar.com/register/4451889978865648129>

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Email: info@multiplemyeloma.ca

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

**SEA SALT VERSUS
TABLE SALT**

Nutritionally, sea salt and table salt are the same regarding sodium content. Marketers promote sea salt as being more natural and a healthy alternative. Don't be fooled! The difference between sea salt and table salt is the taste, texture and processing.

Sea salt is produced through evaporation of ocean water or water from saltwater lakes, usually with little processing. Depending on the water source, this leaves behind certain trace minerals and elements. The minerals add flavor and color to sea salt, which also comes in a variety of coarseness levels.

Table salt is typically mined from underground salt deposits. Table salt is more heavily processed to eliminate minerals and usually contains an additive to prevent clumping. Most table salt also has added iodine, an essential nutrient that helps maintain a healthy thyroid.

By weight, sea salt and table salt contain the same amount of sodium. One teaspoon of salt contains about 2400 milligrams of sodium. Normal sodium intake should be limited to 2,300 milligrams a day. Anyone over 50 years of age or who has a diagnosis of high blood pressure, diabetes or chronic kidney disease should limit salt intake to less than 1,500 milligrams per day.



**MARK YOUR CALENDARS
IMPORTANT DATES**

July 9	Potluck Picnic – Emily Murphy Park, Edmonton 3 – 7 PM
July 15	Annual Multiple Miles for Myeloma – Hermitage Park, Edmonton
Aug 12	Pizza Party – 1 – 3 PM details TBD
Sep 2	Support Meeting* Guest Speaker - TBD
Oct 7	Support Meeting* Open Forum – topic TBD
Oct 21 & 22	SAMPS Education Conference, Calgary, Alberta
Nov 4	Wellness Fair, Edmonton – details TBD

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

