

MM Fighters! Support Group Meeting
May 21, 2022
Virtual Meeting

Mary Rasmussen from the SCCA provided a wide-ranging and informative presentation on Nutrition and the Multiple Myeloma patient. Covering topics ranging from nutrition and diets to myths and side effects, Mary did a wonderful job not only educating us but also answering a myriad of questions from the group. It was a great presentation that can assist MM Fighters in all stages of their Myeloma journey.

Thought For The Month

Successful people are always looking for opportunities to help others.

As you can tell from the way the group members support each other over email, phone calls and in our meetings, we have a special group of successful people! Keep on reaching out!

Members have also been supporting the Defeat Myeloma fundraiser in good style! There is one month to go until the event, so plenty of time to help make a difference!

Join in the walk/run (everyone will be masked and it is FREE for Myeloma patients!)

OR

Donate to support Myeloma research at the Fred Hutch

OR

Form your own team, support the MM Fighters or a friend!

Simply go to www.defeatmyeloma.org.

Speaker

Mary Rasmussen started her presentation by outlining the differences between a nutritionist and a dietician, as well as the roles of the dietician, important things to understand when receiving advice and guidance. She also reviewed her impressive credentials, which includes a degree from Bastyr, giving her an unique background from which to assist patients.

Reviewing a dietician's role when assisting cancer patients, Mary showed some guidelines that are promoted for avoiding cancer. These can be quite difficult for many to adhere to 100%, and Mary suggested doing as many as you can, but not to stress if you fall short of 100% compliance. Doing your best and working on improvement is a great path forward!

Several slides on nutrition management during chemo or transplant, as well as guidance to manage various symptoms and challenges, including kidney related

problems, were a great help for many members. With three or four suggestions under each topic, there should be something to help each of use overcome challenging symptoms. Mary also provided some helpful suggestions on how to avoid stress regarding food preparation, especially for those who are busy or living alone, and offered a few resources to help make food preparation and correct nutrition less difficult.

The next section Mary covered was on diet and the gut micro biome, explaining how your gut is actually an important immune organ, and how a varied diet can help patients stay healthy. Again, do the best that you can according to your tastes, financial situation and abilities. Don't stress over the level you are at, but discover ways to slowly build up better routines.

Mary next covered prevailing myths regarding diets and cancer, including alkaline diets, Keto diets, fasting and sugar, wrapping things up with a look at supplements, the best sources for these, the drawbacks of many supplements as well as their impact on cancer.

Mary's slides are a great source of information, and the video link provides even more details for those that have the time to watch. Both are attached to the email.

Patient Roundtable

Next **MM Fighters! Meetings:**

Caregivers Meeting – June 4th, 2022 – 10 – 11:30 AM Contact mmfighters.caregivers@gmail.com for more information – **Virtual Meeting**

NEW GROUP! Myeloma Families with Young Children! Contact Jen at erikson.jen@gmail.com for more information!

June 25th, 2022 – Josh Epworth – SCCA – Distinguishing Reliable Sources of Information – 10AM – 12:30 PM – Virtual Meeting

NEW GROUP! Living Alone with Myeloma – please contact Heidi at heidiolsen6308@gmail.com for more information.