

**MM Fighters! Support Group Meeting**  
**January 28<sup>th</sup>, 2023**  
**Virtual Meeting**

In order to give a boost to our members during the start of the new year, we invited **Kenny Capps**, from **Throwing Bones**, to speak to the group. The mission of Throwing Bones is “Inspiring individuals with blood cancer to keep moving forward with an active lifestyle during treatment and beyond.” Hopefully, we will all be able to take away from his presentation a little something to help overcome obstacles we’ve faced in becoming more active, thus giving each of us more energy, clearer thinking and a stronger body to deal with the treatments and challenges each of us face.

**Thought for the Month**

**The best time for new beginnings is now.**

I felt this was appropriate, given our desire to start off the new year in style.

**Presentation**

Kenny’s talk was a combination of inspiration, his Myeloma journey as well as thoughts, suggestions and guidance on how to best become and stay active. As his slides supported his story, and consisted mostly of images of him and his support network, you can get the full effect of both his advice and his journey by watching the attached video link. Thanks again to Mari and Yi for recording and downloading our presentations.

For those who do not have the time to listen to Kenny’s talk, but still would like the essence of his advice of being active, below is a summation of this thoughts, as well as other methods that have proven successful in starting and maintaining physical activity, as key component of health. Let me know if you have found other methods to be successful so that we can share with the group!

In order to have the best life while going through treatments, you need to keep moving forward.

Staying healthy and active contributes to the increased quality of life. Purposeful physical activity allows for increased

- Strength,
- Endurance
- Pain tolerance
- Energy levels
- Maximizing the return you get from your treatments
- The psychological benefit of just doing something

Don’t get ahead of yourself – take any exercise regime and the journey itself one day at a time

Listen to your body, and learn to distinguish good pain from really bad pain  
Always assume that you will get to the end of the training – walking, running, resting...whatever it takes.

Get any guidance that you need in order to begin, especially from people with experience working with cancer patients – Physical Therapists, Coaches, assessment portals (such as [www.throwing-bones.org](http://www.throwing-bones.org)), programs (Livestrong at many YMCAs), Team Survivors NW (for women), AARP workouts, Sit & Fit (Channel 12, 9 AM), etc.

Make your goals simple and achievable – on difficult days, don't think about walking, think about first putting on your shoes, then just getting outside, then an easy walk around the block, etc.

Another way to get started is to copy what you already do with so many other tasks you accomplish each day without thinking – making your bed, brushing your teeth, etc.

1<sup>st</sup> – Set up a CUE – an alarm on your phone, laying out your pills beforehand, using a colorful bowl to remind you to eat better, setting out your exercise shoes each night.

2<sup>nd</sup> – Make it a ROUTINE – by doing it several times, it becomes a habit.

3<sup>rd</sup> – Give yourself a REWARD – when you exercise 5 times in a week, get a special coffee, or simply enjoy the extra energy that you feel...

Yet another possibility is to break down your goal, such as “I want to be healthier”, into smaller SMART goals – goals that are Specific Measurable, Attainable, Relevant and Time-bound.

Remember the “why” you have set these goals, as that will help provide more inspiration. Tape it to your mirror to help remind and drive you on.

### **Patient Roundtable**

Else is on the road to a stem cell transplant (February 15<sup>th</sup>) but still has one more possible exit ramp ahead, if needed. Wish her the best of luck!

Patricia, a newer member, is doing well one year out.

Dawn, another new member, has had a tough go of things so far with a broken femur that resulted in her diagnosis with MM. Just starting out on her journey and is thankful for the support the group has shown.

Linda, from Oregon, has faced some challenges but is forging ahead.

Mihoko enjoyed her Hawaii trip and is now dealing with a skin rash that suddenly appeared. Hopefully a dermatologist can solve this quandary.

David is doing well on RVD.

Sheila has had a double challenge of fighting off Covid as well as dealing with a broken femur – 2 surgeries so far! Hopefully the worse is behind her.

Una has done wonderfully after her back-to-back stem cell transplants (17 years after initial diagnosis!) and rewarded herself with a trip to enjoy family in Ireland.

Alexandra, had to fight off RSV, but is doing well. Using trekking poles for her walks which she finds extremely beneficial.

Mary, whose has been challenged with mobility issues, is back on her treadmill to help build up endurance and deal with the Utah airport. Has set a goal of attending an important meeting, and that is driving her on. Great inspiration!

Scobie, whose MM is returning, had a number of options and has decided on a stem cell transplant, 13 years after his initial stem cell harvesting! Selenexor and the associated depression challenged him, but thanks to advice from his doctors he is moving forward. Best of luck on March 15<sup>th</sup>!

Erica has discovered that her recent weight loss, while taking Revlimid, was due to her lactose intolerance, as Revlimid has lactose in it. A great example of working with your doctors and research by patients to help understand side effects.

Mary has had some difficulties with getting a treatment plan in place with her oncologists, and the group was able to help support her efforts to break through this impasse with some helpful suggestions. Hopefully this obstacle is now in the past.

**Next MM Fighters! Meetings:**

**Caregivers Meeting** – Saturday, February 4<sup>th</sup> – 10 – 11:30 AM Contact [mmfighters.caregivers@gmail.com](mailto:mmfighters.caregivers@gmail.com) for more information – **Virtual Meeting**

**NEXT VIRTUAL MEETING** – Saturday, February 25<sup>th</sup> – The Best of ASH – Dr. Mary Kwok – UW/FHCC– 10AM – 12:30 PM – **Virtual Meeting**