

**MM Fighters! Support Group Meeting**  
**October 21, 2023**  
**Virtual Meeting**

Our featured presenter was Dr. Kara Cicero, the latest addition to Fred Hutch's outstanding list of Myeloma experts. Dr. Cicero spoke about Advancing Health Equity in Global Oncology, something she has been involved with for several years. The meeting was well attended, with members from Washington, Oregon, Idaho and Alaska joining the presentation as well as the Patient Roundtable afterwards.

Please see the email for the video link to Dr. Cicero's presentation.

**Thought for the Month**

**Life is ten percent what happens to you and ninety percent how you respond to it.**

A great guiding statement, especially for the MM Fighters

**Patient Roundtable**

There are several MM Fighters in or around hospitals for their treatments this month. Please wish them the best!

Kevin and Anne – CarT Trial starting soon!

Una and Brian – Entering her second month in the hospital after complications with her CarT.

Mary and Jackie – Stem Cell Transplant - heading home soon!

Nigel and Anne – Starting his Stem Cell Transplant

Erica has finally reached her desired goal of becoming MRD Negative! It has been a long struggle! Now considering cutting back a bit on Revlimid, which has been causing all sorts of issues for her.

Michael has received some very positive blood results, and is pleased with his new oncologist, Dr. Bensinger.

Kim R. was diagnosed in February and is very pleased with her results with Swedish. Much better than her former clinic...

Ken, who joined us from College Place, is still doing well.

Michele joined a conference in Cleveland on improving care and has joined the board! She also had the chance to meet other MM patients at the conference, which she felt was very rewarding.

Peter, diagnosed a year ago and our newest member, was pleased to meet so many fellow MM patients. He will also be seeing Dr. Cicero in a couple of weeks!

Mihoko is doing well and had her first MRD test – is waiting for results. Also survived a week without Aki, who was visiting family in Japan.

Kathy is doing well on Baimbridge , despite the challenges of many changes happening this year.

Dave made it through his hospital stay for Teclistamab and is not experiencing any side effects. Also had radiation to treat a couple of lesions. Loving life, waking up to 6 miles a day!

Sherry was diagnosed this spring, had a summer Stem Cell Transplant and is headed back to work soon...pretty impressive recovery!

Karen is coming down from the chilly north for a SCT at the Fred Hutch next month. Wishing her the very best!

Brenda made it out to the East Coast for a vacation and to participate in a Throwing Bones event. The only walker in a group of ultra-distance runners, she hung in there and improved on the goal she set for the walk.

#### **Next MM Fighters! Meetings:**

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

**LAST VIRTUAL MEETING OF 2024** – Saturday, November 11<sup>th</sup> –  
**Immunotherapy Advances – Dr. Cowan – UW/FHCC– 10AM – 12:30 PM – Virtual Meeting**