



# AzMN News

The Newsletter for People Interested in Multiple Myeloma



Vol. 10, No. 1 ■ January 2017

Editor- Susan Kavanaugh

Arizona Myeloma Network  
20280 N. 59th Ave. Ste 115  
#448 Glendale, AZ 85308



Our Cancer Caregivers Education Program© has received a great deal of interest and we are excited to be planning additional seminars in 2017. As a longtime cancer caregiver, I have learned that 'we' have an important role in the success of our loved ones treatment. And, at the same time, we often 'forget' about ourselves! Our 1st Cancer Caregivers' Seminar is on Saturday, February 11th and it is for All Cancer Caregivers to Start the New Year 'right'. Being healthy and taking better care of yourself increases your quality of life and also that of the cancer patient.

This year will be a year of change and growth as we share our our programs with a broader audience and in new formats to bring information to caregivers in the workplace, at home, and in the community. We are your friend, colleague, employee, teacher, neighbor.... we are "anyone," "everyone," and we are "every where."

Our newsletter and website will have a new 'look' also. We want to hear more from 'you' and also will start a blog and other ways that we can bring together, scientists, patients, families, healthcare professionals, neighbors, newly diagnosed and long term survivors to share and learn from one another! Email, call, and stay in touch! Register now and visit our sponsorships for 'each' and donations and volunteers are Welcome! Agendas for 'both' will be on our website on February 3rd.

We are sad to report that our dear friend and Board member, Jane Douglas passed on December 25, 2016 after a brave battle with colon cancer. We will miss her kindness, thoughtfulness and 'can do' attitude with every project she took on. Our deepest sympathy to her partner, Tom, and her wonderful family and devoted friends.

May this be a year of learning, loving and caring for ourselves and one another!

Fondly,

Barbara Kavanaugh, Founder and CEO, AzMN

[www.arizonamyelomanetwork.org](http://www.arizonamyelomanetwork.org)

## Greetings and Happy, Healthy New Year!

Dear Friends,

We had a busy but special holiday season, celebrating Jack's 80th Birthday on December 29th with our family and friends. Much to be grateful for: 25 years, 8 months since Jack was diagnosed with multiple myeloma. And, it is wonderful to have Dr. Rafael Fonseca, myeloma researcher and clinician at Mayo Clinic, Chairing our 11th Annual Living with Myeloma Conference on Saturday, March 18th. Dr. Rafeael Fonseca



(pictured with me to the left) has been my 'mentor' and guided me in starting Arizona Myeloma Network in 2004 and leading our 1st meloma conference. We will be looking 'back' to see how far we have come in new treatments and where we are 'going' in new research and options for patients.

Barbara with co-chair of "Living with Myeloma" conference, Mayo's Dr. Rafael Fonseca.

Register for conference at [www.azmn.info/lwm](http://www.azmn.info/lwm)

Don't miss Barbara this **THURSDAY**, Jan. 26, from 10 - 10:30am, while she joins Fred Taylor on 1010AM, KXXT, for his Family Health Talk Show.

Call the show at (602) 955-9600 join in on the conversation.

Visit [www.swprostatecancer.com](http://www.swprostatecancer.com) to find out more about prostate screenings.



# Cancer Caregiver's Valentine Seminar



Everyone caring for a cancer patient should attend!



**WHERE:** Embassy Suites by Hilton, 5001 N. Scottsdale Rd. Scottsdale AZ

**WHEN:** February, 11, 8:30 a.m. - 11:30 a.m.

**COST:** **FREE** –Continental breakfast included.

**INFO/REGISTER:** 623-466-6246 or [www.AzMyelomaNetwork.org](http://www.AzMyelomaNetwork.org)

We were so glad to be part of your holiday plans during our December 3rd *Coping with Holiday Stresses Seminar*; your feedback and thank you messages were very much appreciated. We know that the holidays are both wonderful and often exhausting. We caregivers often have an 'emotional hangover' from too much sugar and stress along with extra bills. Our desire is to get back into shape (emotionally, physically and mentally) for the New Year. AzMN has something just for you. Go online to register for our February 11 Cancer Caregiver event, at [www.azmyelomanetwork.org](http://www.azmyelomanetwork.org) or call our office at 623.466.6246.

Thank you to our sponsors.



## 11th Annual Living With Myeloma Conference

Co-Chaired by Renowned Mayo Cancer Physicians and Prestigious Doctors and Researchers

March 18, 2017



Robert Kyle, MD, Mayo Clinic



Left to Rt. Ruben A. Mesa, M.D. Director of Mayo Cancer Center; BK, Alan H. Bryce, M.D. and Alexander Sekulic, M.D., Ph.D., at the Living With and Overcoming My Cancer Patient Conference on 1-21 at Mayo.

Arizona Myeloma Network (AzMN) presents its 11th annual Living with Myeloma conference on Saturday, March 18 in Scottsdale. AzMN will partner with Mayo Clinic and the Scottsdale Cure Corridor and many national, as well as local, medical professionals to explore cutting-edge research and treatment options for myeloma. Dr. Rafael Fonseca and Dr. Robert Kyle of Mayo Clinic are co-chairing the one-day event.

of educational events for patients. AzMN provides a forum to share important updates on the research, management and treatment of the disease." He continued, "AzMN's annual conference is very important for clinicians, researchers, myeloma patients and their caregivers. Their attendance will offer them a renewed sense of hope and new protocols to examine."

Fonseca, Getz Family Professor of Cancer Chair, Department of Medicine, Distinguished Mayo Investigator who works at the Mayo Cancer Clinic in Scottsdale, praised AzMN for the conference when he said, "I am committed to participating in these types

Additional faculty members include Board-certified hematologist and oncologist Irene M. Ghobrial, MD, with the Dana Farber Cancer Institute, Boston, and Jonathan Abbas, MD, bone marrow transplant specialist from the



Barbara and Jack Kavanagh at the Mayo Clinic Cancer Symposium, 1-21

HonorHealth Virginia G. Piper Cancer Care Network, and Jonathan Keats PhD, TGEN, as well as other leading health care professionals.

Call 623-466-6246, or go online [www.azmyelomanetwork.org](http://www.azmyelomanetwork.org) to sponsor or register for this event.

Register Now! Visit [www.azmyelomanetwork.org](http://www.azmyelomanetwork.org) or call us at 623-466-6246.

Amazing sponsorship packages are available to promote your business. We'd love to speak with you and tailor a package for your greatest impact and outreach at a price that works for you.