


**20** INTERNATIONAL MYELOMA FOUNDATION 2000-2010 ANNIVERSARY

## Improving Quality of Life for Myeloma Patients

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Dedicated to improving the quality of life of myeloma patients while working towards prevention and a cure

**20**

## IMF Priorities

- Knowledge is POWER
- HOPE not FEAR


**20**

## First

- Confirm Diagnosis
- Set plans
- Know the expectations
- Allow time to adjust


**FEAR** → **HOPE**

Key Mental Adjustments



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## Then... You Can Nurture The Light of Hope





.....Hope becomes strong

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## Working Towards Hope

AS BELIEF BECOMES STRONG

You can achieve... **No FEAR!!** ...and be ready for myeloma sneak attacks





**20**

## Work Through the Decision Process

- 1. Treatment Required**
  - Transplant- Yes
  - Transplant- No
  - Transplant- Maybe
- 2. Prognostic Factors**
  - Good
  - Unknown
  - Poorer

**Balancing Benefit and Side Effects**



- **Best response**
- **Fewest side effects**


7

**Side Effects**

- **If neuropathy...**
  - How about Velcade 1/week?
- **Will Dex be...**
  - How about Dex (steroids) 1/week?
- **If DVT/VTE a risk...**
  - will aspirin/blood thinner be used?
- **What about infection...**
  - will antibiotics be recommended?

8

**What About Other Issues**



- **Work**
- **Sleep**
- **Food**
- **Stress**

9

**Sleep and Exercise**



**Sleep and/or Naps...**

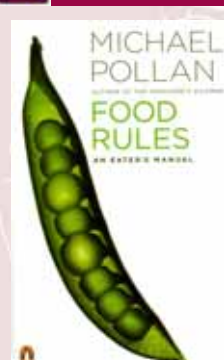
- Improve(s) immunity
- Reduce(s) stress
- May help with weight

**Exercise- Go on Trips**

- Improves bone density
- Critical for balance/ strength/ flexibility
- Know your limits

10

**Food Rules**



**Food Rules**

1. Don't eat anything your grandmother wouldn't recognize.
- ...
4. Shop at the edge of the supermarket.
- ...
10. Eat slowly...!

**AND**

Why do McDonald's fries taste so good?  
Ask Eric Schlosser of "Fast Food Nation" fame

See the new movie, Food Inc. (or read the book)

11

**Food and Supplements**



**Fish**

**Green Tea**

**Supplements**

12



## The Next Level...Myeloma 1001

### Spiritual Health

Find Your Own Way.....

Meditate or Pray

Achieve Balance

Live in the Moment

Create New Plans

Expect Good Results!

13



## Create a Picture of Success



Is it a hat?

...a flower?

...a plan for success?



14



## Reduce Stress, Make Changes

