



Where to Start...Multiple Myeloma

Suggestions for resources when you **begin** to look for information about multiple myeloma.

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These resources are provided for information purposes only and are not intended as a substitute for medical care. If you have any questions about your healthcare, please consult your healthcare provider. Inclusion of a resource does not imply endorsement by The Ottawa Hospital. If you would like more information about this topic, please contact the Ninon Bourque Patient Resource Library.

Booklets	<p>Multiple myeloma : understanding your diagnosis. Canadian Cancer Society Publications An 11 page booklet providing general information about multiple myeloma, produced by the Canadian Cancer Society, 2008. It can be ordered from www.cancer.ca or by calling 1-888-939-3333.</p>
Telephone	<p>International Myeloma Foundation Hotline 1-800-452-2873 Canadian Cancer Society's Cancer Information Service 1-888-939-3333</p>
Books and Other Resources – Ninon Bourque Patient Resource Library	<p>100 questions and answers about myeloma. Asad Bashey. 2005. Everyone's guide to cancer therapy: how cancer is diagnosed, treated and managed day to day. Andrew H. Ko. rev. 5th ed. 2008. Multiple myeloma, pages 740-747. Medifocus guidebook on multiple myeloma. Medifocus.com. 2004. Search our catalogue: http://www.ottawahospital.on.ca/library/consumerhealthcatalogue-e.asp</p>
Web Sites	<p>International Myeloma Foundation (USA) http://www.myeloma.org Myeloma Canada- http://www.myelomacanada.ca Multiple Myeloma Research Foundation (USA) http://www.multiplemyeloma.org. MedlinePlus (USA) http://www.nlm.nih.gov/medlineplus/multiplemyeloma.html National Cancer Institute (USA) http://www.cancer.gov</p>

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