UCSF Helen Diller Family Comprehensive Cancer Center

Multiple Myeloma

The UCSF Patient and Family Cancer Support Center is the hub of support, information and resources for people with cancer at the Helen Diller Family Comprehensive Cancer Center. Learn more about UCSF's supportive care programs at https://cancer.ucsf.edu/support/crc/patientsupport-center

The Cancer Support Center at Mission Bay is located at 1825 4th St., 1st Floor, Room M-1210. The Cancer Support Center at Mt. Zion is located at 1600 Divisadero St., 1st Floor, Room B-101. The complete list of Patient Education Resource Pages is available to view at http://cancer.ucsf.edu/support/crc/patient-education-resources

Overview

Multiple myeloma, also known as myeloma or plasma cell myeloma, is a hematological cancer, meaning it develops in the blood. Multiple myeloma is the second most common cancer of the blood. About 60,000 people have this disease and 20,000 new cases are diagnosed each year in the United States. The peak age of disease onset is 65 years of age, but recent statistics indicate the disease is becoming more prevalent and that people are getting the disease at younger ages. In multiple myeloma, the body produces too many plasma or myeloma cells. These cells produce antibodies that the body doesn't need, which can form tumors and cause other problems, such as bone fractures and kidney failure. Although the cause of multiple myeloma is unknown, a number of possible associations between myeloma and a decline in the immune system, genetic factors, certain occupations, exposure to certain chemicals and radiation, and a certain virus have been suggested. Website: https://www.ucsfhealth.org/conditions/multiple-myeloma

UCSF Resources

UCSF Hematology and Oncology

The faculty of the Divisions of Hematology & Medical Oncology - managed separately at the UCSF Medical Center at Parnassus, the UCSF Helen Diller Family Comprehensive Cancer Center at Mount Zion, Zuckerberg San Francisco General Hospital Medical Center, and the San Francisco VA Health Care System - are leaders in the fields of cancer care and blood disorders. For over thirty years, our faculty has passionately pursued its mission to enhance individual lives around the world by improving the treatment of cancer and blood disorders. For patients suffering from these conditions, we discover and implement medical advances that have improved survival rates and quality of life. Website: https://hemonc.ucsf.edu/ | Phone Number: (415) 353-2421

Publications

Leukemia & Lymphoma Society Education Resources
LLS provides excellent patient education materials, videos, webcasts, and drug information, as well as books on caregiving. Materials can be ordered for free or viewed online. (Available in various foreign languages)
Website: http://www.lls.org/education-resources

Organizations

American Cancer Society (ACS) – Multiple Myeloma
At the American Cancer Society, we're on a mission to free the world from cancer. Until we do, we'll be funding and conducting research, sharing expert information, supporting patients, and spreading the word about prevention. All so you can live longer — and better.
Website: https://www.cancer.org/cancer/multiple-myeloma.html | Phone Number: 800.227.2345

Cancer Support Community – Multiple Myeloma
As the largest professionally led nonprofit network of cancer support worldwide, the Cancer Support Community is dedicated to ensuring that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.
Website: https://www.cancersupportcommunity.org/multiple-myeloma | Phone Number: 888-793-9355

Leukemia Research Foundation - Multiple Myeloma
In 1946, the Leukemia Research Foundation was established to memorialize 12-year-old Sherwin Pessin. Leukemia was a well-known but not well-understood disease. For Sherwin and thousands of other children and adults, there was no hope and no possibility for a cure. Website: https://allbloodcancers.org/multiple-myeloma/ | Phone Number: 800.955.4572

Leukemia & Lymphoma Society – Multiple Myeloma
Dedicated to curing leukemia, lymphoma, myeloma, and other blood cancers, we are now The Leukemia & Lymphoma Society (LLS), the world's largest voluntary (nonprofit) health organization dedicated to funding blood cancer research and providing education and patient services. Website: https://www.lls.org/myeloma/myeloma-overview | Phone Number: 800.955.4572

Medline Plus: Trusted Health Information for You - Multiple Myeloma

MedlinePlus is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH).
Website: https://medlineplus.gov/multiplemyeloma.html

National Cancer Institute - Multiple Myeloma
The National Cancer Institute (NCI) is the federal government's principal agency for cancer research and training. NCI is deeply committed to the core values of equity, diversity, and inclusion that allow all staff to reach their potential and fully contribute to the Institute's cancer mission. Website: https://www.cancer.gov/types/myeloma

National LGBT Cancer Network
The National LGBT Cancer Network works to improve the lives of LGBT cancer survivors and those at risk by: EDUCATING the LGBT community about our increased cancer risks and the importance of screening and early detection; TRAINING health care providers to offer more culturally-competent, safe and welcoming care; and ADVOCATING for LGBT survivors in mainstream cancer organizations, the media and research.
Website: https://cancer-network.org/about/ | Phone Number: 212-675-2633