



**A Medication Resource for Myeloma Patients**

Support for this calendar provided by

**Oral Adherence** [ad-**heer**-*uh* ns]

### a treatment regimen in which patients take medications as

prescribed by their health care providers.

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| **Tips for patients** |  |
| * Before you leave your medical appointment, be sure you understand and have a plan for remembering to take your medications as prescribed. * Find activities you do every day at the same time you need to take your medication, such as brushing your teeth. Use these activities to help remind yourself to take your medications. * Set your watch alarm, cell phone alarm, or a kitchen timer to remind you when to take your medications. * Use sticky notes to remind yourself. Place the notes where you will see them, such as on the bathroom mirror or the refrigerator door. * If you use a pillbox, keep one pill in its original bottle. Then if you forget what a pill is for, you can find the bottle it came from. * Put your pillbox in a place where it will remind you to take your medications. For example, if you need to take medication 3 times a day with meals, put those medications in a pillbox near where you eat. * If you are taking other medications in which the pillbox would not be appropriate, such as a patch or nebulizer treatment, place a button in your pillbox as a reminder. Once you’ve taken that medication, move the button to the next scheduled dosage. * Be sure you understand what each medication is for and how to take them correctly and safely. Ask your doctor what side effects you should report and when and who to call if you think your medication is causing a problem. * Know when you will run out of each medication. Write refill reminders on your calendar. Don’t wait until you have only one or two pills left. If your health plan has a mail-order service for refills, it may be easier and less expensive than a pharmacy. You also may be able to get a 30- or 90-day   supply of many medications.   * Make sure your medications aren’t expired. Ask your pharmacist how to safely dispose of expired medications. | |



**800.955.4572 9am-9pm ET** [**www.LLS.org**](http://www.LLS.org/)

**How to use your Myeloma Calendar**

It helps to have a daily medicine routine. Use this calendar as an easy way for you and your family to manage medications and doctor’s instructions.

* The blank calendar days provide space for you and your family to write helpful information.
* Use our **Medication Chart** on pages 26 and 27 to include all prescription and over-the-counter medicines, vitamins, and supplements. Take it with you to every doctor visit, and be sure to update it whenever your medications change. Make sure family members have copies in case of an emergency.
* Use the **Notes** section at the bottom of each month to write questions you may have for your healthcare team or additional information.
* Use the **Important Names and Numbers** section on page 28 to list information about your doctor, healthcare team, pharmacy, caregiver, insurance, and other important contacts.
* If you have any questions, please call the LLS Information Specialists Monday to Friday, 9 a.m. to 9 p.m. ET at (800) 955-4572.

A Medication Resource for Myeloma Patients I page **1**

# Month 1

## Month Name

### REMINDER:

#### Prepare medications for next week.

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| **“I am a survivor.”** |  |  |  |
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| Medication adherence can get confusing. Ask your healthcare team to give you a complete medication list  **DID YOU** to use with this calendar. Remember to organize your  **KNOW?** pills and store them as required. | | | |

# Month 2

## Month Name

### REMINDER:

#### Prepare medications for next week.

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| **“Cancer** |  |  |  |
| **is a word,**  **not a sentence.**  **— John Diamon** | **”** |  |  |
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| There are four US Food and Drug Administration (FDA) approved oral medications for the treatment of  **DID YOU** myeloma. Discuss these with your healthcare team  **KNOW?** to determine the best treatment(s) for you. | | | |

# Month 3

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| **“Courage** | Sunday | Monday | Tuesday |
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| **does not**  **always roar. Sometimes courage is** |  |  |  |
| **the quiet**  **voice at the end of the day saying,** |  |  |  |
| **again tomorrow’.”**  **— Mary Anne Radmacher** |  |  |  |
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## Month Name

### REMINDER:

#### Prepare medications for next week.

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**‘I will try**

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| Bone health is important. Be sure to check in with your **DID YOU** healthcare team regularly to monitor your bone health. **KNOW?** | | | |

# Month 4

## Month Name

### REMINDER:

#### Prepare medications for next week.

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| **“The**  **human spirit is stronger** |  |  |  |
| **than**  **anything that can** |  |  |  |
| **happen**  **to it.”**  **— C.C. Scott** |  |  |  |
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| You should always check with your doctor or pharmacist before crushing or splitting any of your medications.  **DID YOU** Some pills should only be swallowed whole.  **KNOW?** | | | |

# Month 5

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| **“Oh, my** | Sunday | Monday | Tuesday |
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| **not what they take away from** |  |  |  |
| **you that**  **counts— it’s what you do** |  |  |  |
| **with what**  **you have left.”**  **— Hubert Humphrey** |  |  |  |
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## Month Name

### REMINDER:

#### Prepare medications for next week.

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**friend, it’s**

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| Anemia, or low red blood cell count, is a common concern for people with multiple myeloma. Discuss  **DID YOU** your diet with your healthcare team to ensure you are  **KNOW?** getting the proper amount of vitamins. | | | |

**Month 6**

Month Name

REMINDER:

Prepare medications for next week.

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| **“Some**  **days there won’t be** |  |  |  |
| **a song**  **in your heart.**  **Sing** |  |  |  |
| **anyway.”**  **— Emory Austin** |  |  |  |
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| ALL of your doctors should know ALL of the medications and natural remedies you are taking and  **DID YOU** using including prescription and over-the-counter  **KNOW?** medications, herbs and supplements. | | | |

# Month 7

## Month Name

### REMINDER:

#### Prepare medications for next week.

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| **“Tough- ness is in** |  |  |  |
| **the soul**  **and spirit, not in muscles.”** |  |  |  |
| **— Alex Karras** |  |  |  |
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| Remembering all of the information from your doctor’s appointment can be difficult. Invite a family member or  **DID YOU** friend to go along with you to help take notes.  **KNOW?** | | | |

# Month 8

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| **“Every** | Sunday | Monday | Tuesday |
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| **has two handles. We can** |  |  |  |
| **take hold**  **of it by the handle of anxiety,** |  |  |  |
| **or by the**  **handle of faith.”**  **— Author Unknown** |  |  |  |
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## Month Name

### REMINDER:

#### Prepare medications for next week.

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**tomorrow**

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| Talk to your doctor about each medicine you take and **DID YOU** be sure you understand what to do if you miss a dose. **KNOW?** | | | |

**Month 9**

Month Name

REMINDER:

Prepare medications for next week.

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| **“Each day comes bearing** |  |  |  |
| **its own**  **gifts. Untie the ribbons.”** |  |  |  |
| **— Ruth Ann Schabacker** |  |  |  |
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| A family member or friend can help you prepare your  **DID YOU** medication schedule.  **KNOW?** | | | |

# Month 10

## Month Name

### REMINDER:

#### Prepare medications for next week.

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| **“Hope is the only** |  |  |  |
| **thing**  **stronger than fear.”** |  |  |  |
| **— Author Unknown** |  |  |  |
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| Open communication with your healthcare team is important in making the best and most appropriate  **DID YOU** healthcare decisions.  **KNOW?** | | | |

# Month 11

## Month Name

### REMINDER:

#### Prepare medications for next week.

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| **“You never**  **know how strong you are** |  |  |  |
| **until being**  **strong is the only choice** |  |  |  |
| **you have.”**  **— Cayla Mills** |  |  |  |
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| Some medications can cause constipation. Discuss **DID YOU** your fiber and water intake with your healthcare team. **KNOW?** | | | |

# Month 12

## Month Name

### REMINDER:

#### Prepare medications for next week.

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| **“Cancer is so limited...**  **It cannot cripple love.**  **It cannot shatter** | Sunday | Monday | Tuesday |
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| **hope.**  **It cannot corrode faith.**  **It cannot eat away peace.** |  |  |  |
| **It cannot destroy**  **confidence.**  **It cannot kill friendship.**  **It cannot shut out memories.** |  |  |  |
| **It cannot silence courage.**  **It cannot reduce eternal life.**  **It cannot quench** |  |  |  |
| **the Spirit.”**  **— Author Unknown** |  |  |  |
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| Exercise and journaling can improve your physical  **DID YOU** and emotional health.  **KNOW?** | | | |

**Your medication chart Your medication chart**

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| --- | --- | --- | --- |
| Medication Name | Dosage | When to Take | Side Effects |
| **EXAMPLE:**  Drug name | 5 mg | 3x daily w/food | Headache, dizziness |
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| Medication Name | Dosage | When to Take | Side Effects |
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Contact an LLS Information Specialist to receive information on the following items:

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| **Important Names and Numbers** | | |
| Name | Description | Number |
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Resources

* + Free education materials
  + Individualized clinical trial searches
  + Financial programs
  + Helpful referrals

Support

* Peer-to-peer connections
* Online chats
* Live/archived education programs



**800.955.4572 9am-9pm ET** [**www.LLS.org**](http://www.LLS.org/)

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For more information, please contact our Information Specialists



800.955.4572 (Language interpreters available upon request)

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

or:

**National Office**

3 International Drive, Suite 200 Rye Brook, NY 10573

**Our Mission:**

Cure leukemia, lymphoma, Hodgkin’s disease and myeloma, and improve the quality of life of patients and their families.

LLS is a nonprofit organization that relies on the generosity of individual, foundation and corporate contributions to advance its mission.

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