



Activity of Patient Section

Slovak Myeloma Society

Slovenská myelómová spoločnosť

Antolská 11

851 07 Bratislava, Slovakia

Dana Dimitrovova

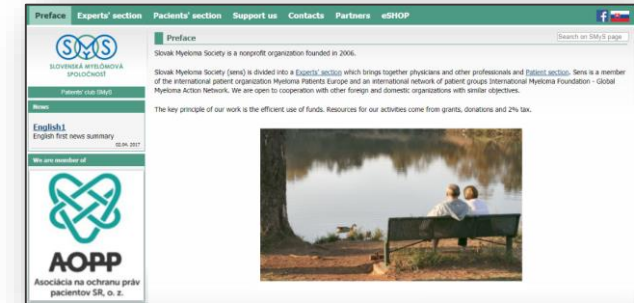
Tibor Vaščinec

dimitrovova@myelom.sk



Who Are We?

- **Slovak Myeloma Society - Patient Section**
 - brings together patients and their family members
 - the goal is to increase awareness and communication among patients
 - to actively participate in self-help actions and to create conditions for improving the quality of life of multiple myeloma patients
- 250 patients – members + family members
- Approximately of the 1800 diagnosed patients in Slovakia



Activities of Patients Section of SMyS

- School of Myeloma for Patients
 - Traditional educational event for patients



- Dialog
 - project to improve mutual communication between patients, physicians and nurses
 - provide myeloma patients with supportive brochures
 - improve the quality of life of patients with multiple myeloma



Program Patient to Patient



- Assistance and cooperation for newly diagnosed patients with Multiple Myeloma
- Help by interviews, discussions about treatment experiences, problems and expectations
- The possibility of contacting specialist physicians (neurologist, orthopedist, psychologist,...)
- Assistance is provided by patients with treatment experience

Spa Treatment for MM patients



- Every year since 2013
- 20 – 30 patients/year
- Spa treatment in Slovak spa (Nimnica spa)
- 6 days/5 nights
- 3 procedure/day
- **Most popular activity for our patients**

Complementary Therapies in Multiple Myeloma Treatment



- Psychotherapeutic Tools
- Music therapy
- Nutritional advice
- Educations of patients - brochures, video studies, online education materials, counseling (social and legal, hematology, etc.), lectures
- Individual activities
- Group activities – local social and education meetings, annual education national meeting
- Patient activities feedback