

## Preface

Coping with a serious disease such as multiple myeloma is a major task. Patients must have faith in their doctors and the physicians must recognize the challenges in making the diagnosis and providing treatment for the disease. The physician must then help the patients in coping with these challenges.

One patient was told by a doctor that patients with multiple myeloma will only survive 3-5 years...the patient pointed out that exchange occurred 24 years ago illustrating that no physician knows how long a patient will survive. Another patient stated that today I am alive and I feel good so I am not going to complicate things. "I will not quit" was the statement made by still another person. It is important for the patient to have a positive attitude. One bit of advice was "Keep your head up and believe that everything is going to be fine." Another patient emphasized the need for frequent visits by one's wife or husband when hospitalized.

Another advises one to be positive. "Perhaps I actually can go back to work." Another emphasizes the importance of kindness and warmth when dealing with a patient. Empathy, kindness and warmth from the physician is critical for all patients.

The reader will benefit from many of the pieces of advice from the patients. Even though physicians are warm and helpful, one also needs support from family, friends and colleagues.

I recommend this book for patients with multiple myeloma. It provides many possible avenues that the patient can follow to obtain benefit with this serious disease. The patient should realize that there are new and better treatments that are developing. We are all waiting for the day when patients with multiple myeloma will have a manageable disease or even cure. Research must be continued.

  
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