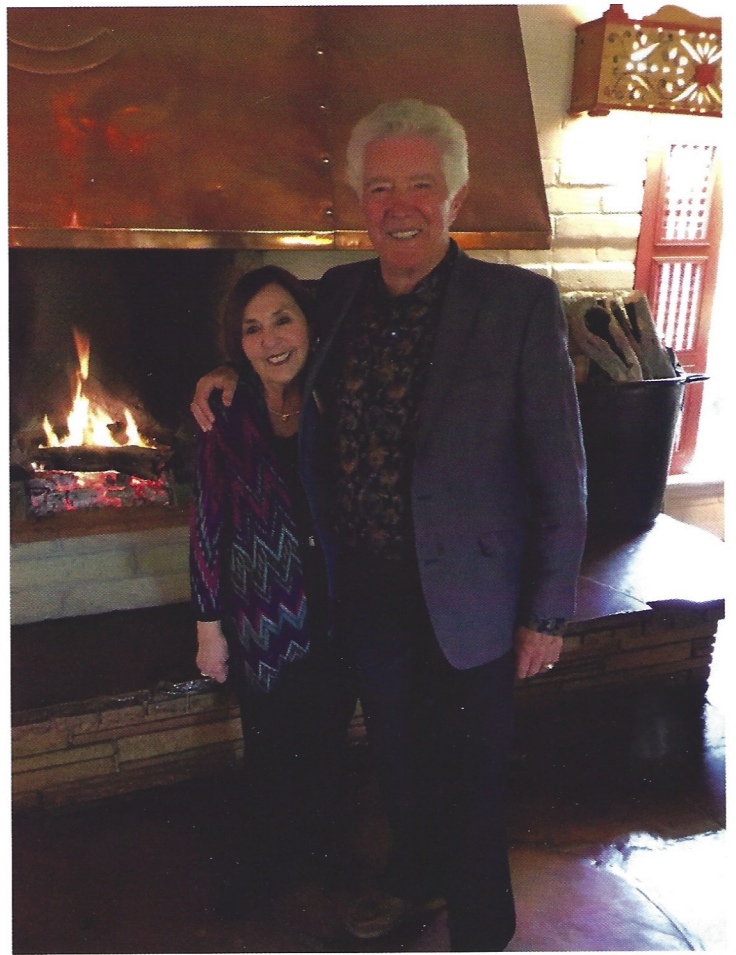


non-profit making a difference

By Resident Barbara Kavanagh

Arizona Myeloma Network

THRIVE AND SURVIVE!



Barbara And Jack

My thanks to Arrowhead Lakes magazine for the opportunity to introduce our cancer charity, Arizona Myeloma Network (AzMN). Our mission over the past 14 years has been to provide free cancer education and advocacy programs to all cancer patients and families. As we have learned, “An individual doesn’t get cancer, a family does.”

It happened to us 27 years ago when my husband Jack was diagnosed with a rare form of blood cancer called multiple myeloma. It was April 1991, a month before our wedding. Jack was an executive with an international construction company and was being transferred overseas to Holland. After a company, physical, the doctor scheduled a visit to an oncologist! We knew that this was not good news! When we heard those three words, “You have cancer.” We were shocked and frightened. Our lives changed forever.

I know that this has happened to so many other people, and it is a feeling you never get over. We got married, went overseas, and spent the next 13 years in five countries. It was challenging dealing with different cultures, different languages, and different medical systems. Fortunately, his initial chemo was effective, and Jack was able to continue his demanding career.

We retired to Arrowhead Lakes in 2003. After noticing the lack of good information for myeloma patients, I founded AzMN in 2004 to educate and advocate for patients. We brought in myeloma doctors and researchers from around the U.S. to interact with over 300 patients and caregivers at our annual conferences each year.

Since 2011, we have expanded our efforts in the “cancer community” and are now focusing on cancer caregivers. We now offer free Cancer Caregiver Education Programs® for ALL cancers. They provide caregivers with information about insurance, financial assistance, new research and treatments, hospice care, etc. Most of all, we share with them strategies on how to take better care of themselves.

I am also writing a monthly blog for AARP Colorado, and working on a book for Cancer Caregivers. Our Cancer Caregiver events have already reached over 700 people throughout Arizona. We hope to raise enough funds to continue to inspire and encourage other cancer families like ours that they too can Thrive and Survive!

For more information on our charity, visit:

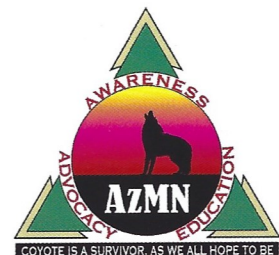
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Volunteers are always welcome and donations can be made online.



Cancer Caregivers AZ™
Educating Cancer Caregivers for their
wellbeing & improved patient outcomes