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The Myeloma Survival Guide: Essential Advice for Patients and Their Loved Ones

Jim Tamkin MD FACP FACE, Dave Visel

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The definitive guide to living a longer, fuller life with myeloma

The Myeloma Survival Guide makes sense of the difficult questions myeloma patients face, dealing with every aspect of life after diagnosis, from creating a wellness team to navigating treatment options to building a financial safety net. Jim Tamkin, MD, who lived with myeloma for 11 years, and Dave Visel share the insights they've gained as a doctor, patient, and caregiver, including:

- Everything you need to know about drugs and treatments, including stem cell transplants
- How to deal with the pain and side effects of chemotherapy, radiation, and surgery
- Insurance and tax benefits to save money and get you the care you deserve
- Take-charge tools you can use today to feel better tomorrow

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