



# What is myeloma?

Every year, hundreds of people in Nottingham are treated for multiple myeloma, a cancer of the blood and bone marrow.

Myeloma can result in damage to the kidneys and bones and cause anaemia, which can cause patients pain and fatigue and can impact on their quality of life.

There is currently no cure, and patients rely on treatments such as chemotherapy and stem cell transplantation to keep the disease under control.

## What can we do to help?

More than 600 myeloma patients each year are treated at Nottingham City Hospital's Centre for Clinical Haematology, which is one of the largest units of its kind in the country. We want to provide the best possible care for those patients by raising money to fund extra equipment, facilities and services that will help them during what can be an extremely difficult time.

One of the services funded by charitable donations is the complementary therapy service, which provides relaxation and a form of escape for patients, as myeloma



# You can make a difference

We rely on donations from members of the public to allow much-needed services such as complementary therapy to continue. By supporting the Nottingham Myeloma Appeal you can make a difference to myeloma patients in Nottingham by helping to fund these services that make a real difference at a difficult time.



Sarah Henshaw is a Myeloma Nurse Specialist at the Centre for Clinical Haematology.



Sarah Henshaw

She says: "Services like complementary therapy are so important for myeloma patients.

They spend a lot of time in hospital undergoing various forms of treatment and it can have a huge impact on their psychological and physical wellbeing.

"These therapies help our patients escape from the side effects of their treatment and the symptoms of their disease for a short while, allowing them to relax and unwind and feel more able to cope with their condition. Please give what you can to help."

can be a physically and psychologically exhausting condition, made worse by stress. Complementary therapies can help reduce stress, ease painful symptoms and soothe tired bodies and minds, improving patients' quality of life and ability to cope with their condition. Therapies on offer include massage, aromatherapy, reflexology and hypnotherapy.

Patients wishing to find out more about how to access the complementary therapy service should speak to their myeloma consultant or nurse specialist

## Please donate now

You can make a difference today by fundraising or making a donation to the Nottingham Myeloma Appeal. [Here's how you can help...](#)

- Make a donation using the form overleaf
- Hold a fundraising event such as a cake sale or quiz night
- Take part in one of our challenge events such as a trek, cycle ride or skydive
- Choose the Nottingham Myeloma Appeal as Charity of the Year at your company, school or community group
- Leave a gift in your Will

To find out more or get involved in fundraising please contact Nottingham Hospitals Charity by calling **0115 962 7905**, emailing [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk) or visiting [www.nottinghamhospitalscharity.org.uk](http://www.nottinghamhospitalscharity.org.uk)



Barbara Coulson

**Barbara Coulson was diagnosed with myeloma in 2011 and has undergone two stem cell transplants. She regularly uses the complementary therapy service.**

She says: "I come for reflexology once a fortnight and it's really relaxing – it's so soothing and it's great for helping you to feel calm.

"When you have your hospital treatment it can be quite intrusive, so the complementary therapy helps you to experience a gentle, positive touch again."