



NEWS & UPDATES

3 July 2008

Rick's health has improved faster than anyone expected. His bone marrow stem cells were returned to his body on June 11 and started growing after just one week. This was amazing to all the doctors and nurses and Rick was allowed to leave the hospital just 10 days after his transplant! He has continued to do well at home with better energy every day. His blood shows that the cells are growing well but Rick still has to avoid contact with people and eat a careful diet that will help him avoid infections until his immune system gets stronger.

Rick is happy to report that he has been able to restart his exercise with weights and running. He has been able to visit the floods in Iowa although he had to stay away from the contaminated water. He did lose some weight during the transplant process but he is already starting to gain the weight back. The good news is that his cancer is now in complete remission and with new medicines that are available he should stay in remission for many years to come.

Information Links:

www.dfhcc.harvard.edu/home/
www.LLS.org/myelomaeducation
www.multiplemyeloma.org