

# National Black Church Initiative

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Praise the Lord Saints!

This morning I would like to share with you some critical information on a type of cancer called multiple myeloma. This health sermon is part of our church commitment of providing sound health information to our members under the National Black Church Initiative (NBCI) Health Emergency Declaration. We are required to provide two and a half hours of health information every week over the next seven years. Let the church say Amen!

Our scripture lesson is taken from **Genesis 2:23-24** King James Version (KJV)

<sup>23</sup>And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man.

Good morning, I want to speak with you about multiple myeloma, an incurable blood cancer. Each year, as the winter months approach, people begin to think of ways to protect themselves against slips and falls due to inclement weather conditions. For the elderly, and more specifically, African Americans with multiple myeloma, this should be a year-round concern in an effort to maintain bone health.

Multiple myeloma is a cancer of the plasma cells, a type of white blood cell found in the bone marrow and can lead to bone problems including pain, fractures and spinal cord compression.

In the United States, multiple myeloma is the second most common blood cancer and an estimated 70,000 Americans are living with the disease. In fact, African Americans have more than twice the number of new cases of multiple myeloma than Caucasians and the median age at which African Americans are diagnosed is 66 years. Of these patients, nearly 95% who have advanced-stage multiple myeloma will experience disease spreading to their bones.

To address this significant health issue within our community, Novartis Pharmaceuticals Corporation is partnering with the NBCI on *To Stay in the Game, Maintain Your Frame*, an educational program to increase awareness about multiple myeloma and promote bone health particularly among those at highest risk – African American men ages 60 and older.

*To Stay in the Game, Maintain Your Frame* includes elements intended to educate African Americans with multiple myeloma about the need for doctor-patient dialogue concerning their condition and how to become active participants in their health.

Patient education materials and tips for better bone health will be distributed today, and instructional video clips demonstrating how to perform activities of daily living that may help reduce the risk of falls and other skeletal injuries will be available on the program website, [maintainyourframe.com](http://maintainyourframe.com). Ranging from indoor to outdoor activities, the video clips feature an oncologist, and a patient demonstrating tips to safely perform everyday routines, and benefit overall health and well-being.

I would like to encourage everyone in the congregation to take advantage of this great program by reading the resource materials and visiting the website [www.maintainyourframe.com](http://www.maintainyourframe.com). If you or any of your friends or family are living with a diagnosis of multiple myeloma, please make sure you speak with your doctor about any concerns you may have.

Amen.

### **About NBCI**

The National Black Church Initiative (NBCI) is a coalition of 34,000 African American and Latino churches working to eradicate racial disparities in healthcare, technology, education, housing, and the environment. NBCI's mission is to provide critical wellness information to all of its members, congregants, churches and the public. NBCI offers faith-based, out-of-the-box and cutting edge solutions to stubborn economic and social issues. NBCI's programs are governed by credible statistical analysis, science based strategies and techniques, and methods that work. Visit our website at [www.naltblackchurch.com](http://www.naltblackchurch.com).

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