



Multiple Myeloma Awareness Month (Myeloma Action Month) in March 2026 focuses on the "[#MoreThanMyeloma](#)" campaign, highlighting patient, family, and caregiver experiences. Key events include the "[Light the World Red initiative](#)" on March 26, the "[Miracles for Myeloma 5K](#)" on March 21, and various educational webinars throughout the month.



International Myeloma Foundation +2

#### Key 2026 Awareness Month Activities & Events

- **#MoreThanMyeloma Campaign:** A global initiative encouraging the community to share stories, raise awareness, and show support on social media.
- **Light the World Red (March 26):** Iconic landmarks and buildings worldwide will light up in red to honor those affected by the disease.
- **Miracles for Myeloma 5K (March 21, 2026):** A [5K walk/run in Los Angeles](#) and virtual event to raise funds and awareness.

#### Educational Events:

- **March 10, 2026:** [Webinar on "Movement for Myeloma Patients"](#) with Dr. Karen Wonders.
- **March 17, 2026:** "Las Voces de Mieloma" Spanish-language support group featuring Dr. Jesus G. Berdeja on T-cell therapies.

#### Key Information About Multiple Myeloma

- **Definition:** A cancer of the plasma cells that builds up in the bone marrow, often causing bone pain, fatigue, and other symptoms.

- **Risk Factors:** While often considered a disease of the elderly (average age 69–70), it can affect younger adults.
- **Treatment Advances:** CAR T-cell therapy and other targeted therapies are improving outcomes.

You can participate by lighting up your home in red, sharing your story, or joining local events to support the community.

## Key Global Events & Actions

- **World Myeloma Day (March 26, 2026):** The signature "Light the World Red" campaign culminates on this day, with iconic landmarks, bridges, and buildings worldwide illuminating in red to show solidarity.
- **#MoreThanMyeloma Social Media Campaign:** Supporters are encouraged to share their stories using the hashtag and create custom graphics via the [IMF photo uploader tool](#).
- **Patient Education Webinars:** The [HealthTree Foundation](#) is hosting expert-led virtual sessions throughout March, including topics on high-risk and smoldering myeloma.

## 2026 Event Calendar

The following major in-person and virtual events are scheduled for March 2026:

Event Name	Date(s) & Time(s)	Location	Description
IMF Patient & Family Seminar	March 13–14, 2026; 12:00 PM EST	Boca Raton, FL (Marriott at Boca Center)	Free educational seminar featuring top myeloma experts. Limited seating.
Facebook LIVE Q&A	March 14, 2026; 9:00 AM PT / 12:00 PM ET	Virtual (IMF Facebook)	Live Q&A with Dr. Joseph Mikhael and Dr. Melissa Alsina on treatments and living well.
Miracles for Myeloma 5K	March 21, 2026; 8:30 AM PST	Los Angeles, CA (Griffith Park)	Annual run/walk to support critical research like the Black Swan

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<b>Facebook LIVE Q&amp;A</b>	<b>March 25, 2026; 4:00 PM PT / 7:00 PM ET</b>	<b>Virtual (IMF Facebook)</b>	<b>Expert insights from Dr. Sagar Lonial on the latest scientific advancements.</b>
<b>Myeloma Community Workshop</b>	<b>March 28, 2026; 8:00 AM CST</b>	<b>Kansas City, MO (Crossroads Hotel)</b>	<b>In-person educational workshop. Free registration, but seating is limited.</b>

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## **Awareness Symbols**

- **Color:** The official color for Multiple Myeloma awareness is burgundy, representing blood and the serious nature of the disease.
- **Ribbon:** A burgundy ribbon is worn to support research and honor those fighting the disease.

