



Waiting. We spend so much of our lives doing it.

You may wait to finish school, climb the career ladder, travel the world, meet the one and start a family, or finally buy your dream property...then retire and freely enjoy your time. But a multiple myeloma (MM) diagnosis means you need to keep on waiting – to see the doctor, then the specialist, to sit in waiting rooms and wait for treatment.

When you have MM, waiting can become your life, just when time becomes even more precious. But time and cancer don't wait, so why should you?

Introducing Time Keeper

Time Keeper has been developed based on a neurological concept: new impressions take longer for the brain to process than routine activities. So, enjoying more novel things can slow your perception of time, making it feel like it lasts longer – literally bending time.

What if log drumming, origami, making mocktails or learning a new instrument could help you take back your time from cancer?

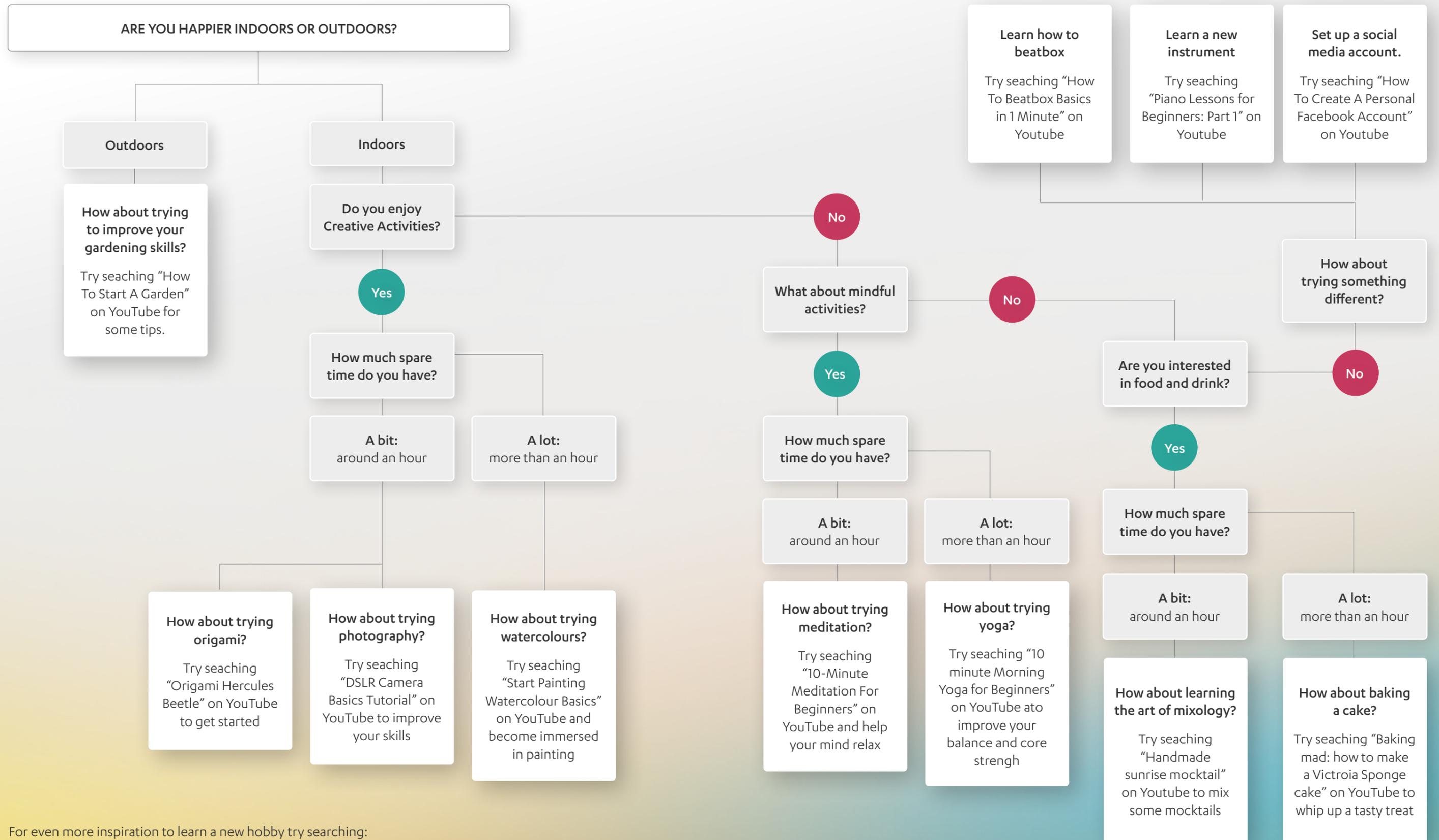
Many people living with cancer report that during treatment, they may stop spending time on hobbies^{1,2}. However, studies indicate that hobbies can reduce stress, improve mood, and ward off depression – especially during a cancer diagnosis³.

Time Keeper helps people living with MM reclaim the time that cancer takes away. Based on your personal preferences, Time Keeper provides inspiration to encourage you to try novel experiences and explore new skills and hobbies.

Find out more about Time Keeper, and additional materials which can help make the most of your time, by visiting www.janssen.com/emea/timekeeper.

The Time Keeper app is free to download onto your smart watch, phone or mobile device via the App Store. If you don't have access to an apple watch or device, follow the steps below to see what new activities you might want to take part in, based on your preferences.

Try Time Keeper for yourself*



For even more inspiration to learn a new hobby try searching: www.futurelearn.com/info/blog/find-a-new-hobby-lockdown

*Please follow advice from your healthcare provider when trying new activities



"If you sit around thinking about how you have cancer, it will make you a prisoner. It doesn't help anyone. Not your family, your friends, or yourself. It really makes life easier if you can say 'Okay, I'm suffering from cancer but this doesn't prevent me from doing the things I used to do or even doing things that are new for me.'"

– Norbert Schmidt, living with MM.

You can speak to your doctor about the impact MM has had on your plans for the future, the personal choices that may help make more of your time and your experiences or expectations for treatment.

Time Keeper by Janssen: the first clock that bends time when you feed it with an open mind.



References

- 1 Leukemia Research. Living with the burden of relapse in multiple myeloma from the patient and physician perspective. Available at: <https://www.sciencedirect.com/science/article/pii/S0145212617304411> Last accessed: April 2021.
- 2 Cancer Research UK. Hobbies forum. Available at: <https://www.cancerresearchuk.org/about-cancer/cancer-chat/thread/hobbies> Last accessed: April 2021.
- 3 Oers HV. Effects of exercise on mood in patients with breast cancer. *Journal of Yoga and Physical Therapy*. 2017; 7(4).