

## Certain medicines to prevent GVHD help patients feel better

Post-transplant cyclophosphamide works better than other meds

Chronic graft-versus-host disease (CGVHD) is a serious side effect of blood and marrow transplant (BMT).

In the last few years, doctors have started using a medicine called cyclophosphamide to prevent CGVHD. A clinical trial, called PROGRESS 3, compared 2 combinations of medicines given after transplant:

- Cyclophosphamide with tacrolimus and mycophenolate mofetil
- Tacrolimus with methotrexate

Patients who got cyclophosphamide lived longer without CGVHD, compared to patients who got other medicines.

In this study, doctors followed up to see how patients were feeling. Patients took 4 surveys during the first year after transplant.

Patients who got cyclophosphamide had fewer symptoms of CGVHD than patients who got other meds. Symptoms include problems with:

- Digestion
- Eyes
- Joints
- Lungs
- Mood
- Skin
- Sleep

Doctors measured who was more likely to be alive without CGVHD 2 years after transplant:

- About 40% (4 in 10 patients) in the cyclophosphamide group
- About 30% (3 in 10 patients) in the group who got other medicines

### Keep in mind

Some patients did not complete surveys, so their quality of life is unknown.

### Learn more about

- [GVHD](#) at NMDP.org
- [Clinical trials for GVHD](#) at CTsearchsupport.org
- More [study summaries](#) at CIBMTR.org

*This plain-language summary (PLS) was written by Jennifer Motl at Medical College of Wisconsin and reviewed by an author of the full article. © 2025 by CIBMTR, license CC BY-SA 4.0.*



### Source

Holtan SG, Bolaños-Meade J, Al Malki MM, et al. [Improved Patient-Reported Outcomes With Post-Transplant Cyclophosphamide: A Quality-of-Life Evaluation and 2-Year Outcomes of BMT CTN 1703](#). J Clin Oncol. 2025;43(8):912-918. Epub 20250103. doi: 10.1200/jco.24.00921.

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### Clinical Trial IDs

BMT CTN 1703; ClinicalTrials.gov NCT03959241.



### BMT CTN Data Coordinating Center

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