

Overweight not linked to relapse or quality of life after transplant

For adults with multiple myeloma, being overweight is not worrisome

Being overweight is not necessarily a problem for people who have multiple myeloma (MM).

In the past, being overweight has been linked to health problems. However, it's usually not a good idea to try to lose weight while being treated for cancer.

Researchers studied about 760 adults with MM to see if being overweight affected patients' health. Everyone got blood or marrow transplant (BMT) during 2010-2013.

Researchers observed patients for about 6 years and found that adults who were average weight and overweight were similar in 3 ways. **Regardless of their weight, people:**

- **Lived equally long,**
- **Were free from MM equally long,**
- **And had similar quality of life.**

Weight was measured in 2 ways:

- Body Mass Index (BMI), which measures weight for height
- Waist-to-Hip Ratio (WHR), which measures belly shape

An adult with a BMI of 25 or more may be overweight. For example, a person who is:

- 5-foot-4-inches tall and weighs 145 pounds or more
- 5-foot-10-inches and weighs 174 pounds or more

To find WHR, researchers put a tape measure around a person's waist near the belly button and then around the hips. Then they divide the waist number by the hip number. WHR is considered high if it is:

- 0.9 or more, for men
- 0.85 or more, for women

Keep in mind

Everyone is different. Ask your doctor about any concerns you have.

Learn more about

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

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Source

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