

People who get BMT for multiple myeloma have good quality of life

However, some patients still have symptoms more than a year later

Blood and marrow transplant (BMT) can control multiple myeloma, a blood cancer. By 1 year after BMT, most people have good quality of life, according to a new study.

The study included 750 people who got BMT with their own cells (autologous BMT) in the US during 2010 to 2013. People answered questions about their quality of life each year for about 4 years.

A year after BMT, people reported about the same wellbeing as average Americans.

And 4 years after BMT, people continued to experience similar wellbeing. However, 64% (or 2 out of 3 patients) reported at least one significant symptom.

For most people, these symptoms **improved**: malaise (feeling sick), nausea, nervousness, pain, poor appetite, sleep issues, taste changes, and tiredness.

Symptoms that **stayed the same** included: blurry vision, memory changes, sadness, shortness of breath, and tremors.

Symptoms that **worsened** over time in about 10% of people included: bowel problems, frequent infections and skin problems. Some of these problems may have been related to long-term myeloma treatment, such as maintenance therapy with lenalidomide.

Keep in mind

More work is needed to understand how to control symptoms long-term.

Ask your doctor

If you have symptoms, ask about treatments, such as community support services, medicines, mental health resources, nutrition counseling, and physical therapy.

Learn more about

- This clinical research study, [BMT CTN 0702](#)
- Life [after transplant](#) at BeTheMatch.org
- More [study summaries](#) at CIBMTR.org
- Ongoing [clinical trials](#) at CTsearchsupport.org



Source

D'Souza A, Brazauskas R, Stadtmauer EA, et al. [Trajectories of quality of life recovery and symptom burden after autologous hematopoietic cell transplantation in multiple myeloma](#). *American Journal of Hematology*. 2022. Epub 2022/05/15. doi: 10.1002/ajh.26596.

About this research summary

The Blood and Marrow Transplant Clinical Trials Network (BMT CTN) is a collaboration of The Center for International Blood and Marrow Transplant Research® (CIBMTR®); The Medical College of Wisconsin; The National Marrow Donor Program® / Be The Match®; and The Emmes Company®.

Clinical Trial ID

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