

## CAR-Ts treat some types of lymphoma and leukemia

A group of doctors who specialize in blood and marrow transplants, or BMT, now recommend CAR-T therapy in some cases.

Chimeric antigen receptor T cells, or CAR-Ts, are a new type of cellular therapy.

The American Society for Transplantation and Cellular Therapy (ASTCT) updated its guidelines about BMT to include CAR-Ts.

### BMT has been used for more than 50 years

BMT can cure leukemia, lymphoma, multiple myeloma, sickle cell disease and some rare diseases.

Because BMT can have serious side effects, it is not used for everyone. However, newer treatments that are given before BMT, called reduced-intensity conditioning, cause fewer side effects than older treatments.

So doctors now suggest BMT for more people than before. Even older adults can get life-saving BMT, as long as they are healthy enough.

### CAR-T therapy uses modified blood cells to kill cancer cells

CAR-T therapy uses a person's own T cells, a type of blood cell, that have been altered to kill cancer cells.

In the U.S. as of January 2021, CAR-Ts are used only after regular treatments fail to control these cancers:

- mantle cell lymphoma,
- diffuse large B-cell lymphoma,
- and acute lymphoblastic leukemia (ALL).

Scientists are working to create CAR-Ts for more diseases.

### Clinical trials can help

Experts say people (and their doctors) should join a clinical trial about BMT or CAR-Ts when possible. That way, researchers can learn more about which treatments work best, which helps everyone.

### Keep in mind

Ask your doctor about the best treatment for you.



### Learn more about

- [CAR T cell therapy at BeTheMatch.org](https://www.bethematch.org)
- [Clinical trials at CTsearchsupport.org](https://www.ctsearchsupport.org)
- [More study summaries at CIBMTR.org](https://www.cibmtr.org)

### About this research summary

This information is provided on behalf of the Consumer Advocacy Committee of the CIBMTR<sup>®</sup> (Center for International Blood and Marrow Transplant Research<sup>®</sup>).

### Source

Kanate AS, Majhail NS, Savani BN, et al. [Indications for Hematopoietic Cell Transplantation and Immune Effector Cell Therapy: Guidelines from the American Society for Transplantation and Cellular Therapy](#). *Biology of Blood and Marrow Transplantation*. 2020 Jul;26(7):1247-1256. Epub 2020 Mar 9. doi: 10.1016/j.bbmt.2020.03.002.

