

1 year after transplant or cell therapy, patients' social lives return

Social functioning returns to same levels as before treatment

People's social functioning dropped for a few months after certain blood cancer treatments. But a year later, their social functioning returned to where they were prior to treatment, a recent study found. People also have a slightly higher risk of heart problems and some cancers after transplant.

Social functioning is the ability to interact with friends and family, and the community. The study measured how 2 treatments affect people's relationships:

- Blood or marrow transplant (BMT)
- Cellular therapies such as chimeric antigen receptor T cells (CAR-T)

Both of these treatments can cause social isolation. For months before and after treatment, people are more at risk for serious infections and must avoid school, work, social gatherings and crowded places.

Researchers wanted to know if people's social functioning goes back to normal after treatment. They gave surveys to about 450 adults who received BMT or CAR-T during 2020-2022. Researchers compared these people to average adults in the United States.

As expected, people's social functioning was at its lowest in the first 3 months after BMT or CAR-T. But 1 year later, their social functioning was as good as average adults.

There were some small differences. People who were healthier before treatment improved their social functioning more than those who started out sicker.

Keep in mind

Everyone is different. These results can't predict your social functioning after treatment. Ask your doctor about the possible harms and benefits of treatments for you.

Also, ask your doctor about services that help social functioning, such as counseling and support groups.



Learn more about

- [Group support and the Peer Connect program at NMDP.org](#)
- [More study summaries at CIBMTR.org](#)

Source

Cusatis R, Ndifon E, Mattila D, et al. Social Functioning after Transplantation and Cellular Therapy: Initial Patient-Reported Outcomes Results from the CIBMTR. Poster presentation at the Tandem Meetings | Transplantation & Cellular Therapy Meetings of ASTCT and CIBMTR; 2023-02-16; Orlando, Florida, USA.

About this research summary

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