

## Single transplant effective for multiple myeloma

For multiple myeloma, doctors recommend a single autologous blood or marrow transplant followed by only lenalidomide maintenance, instead of more intensive treatments. That's news from a study that compared 3 treatments.

Multiple myeloma is a cancer of plasma cells in the blood. In an autologous, or auto, transplant, doctors first collect some of a person's own healthy blood-forming cells. After getting chemotherapy (chemo) to kill cancer cells, the person gets their own cells back through an intravenous (IV) infusion.

In this study, 758 adults with multiple myeloma were treated at 54 medical centers around the U.S. from 2010 to 2017.

The people were randomly divided into 3 treatment groups:

- 1 auto transplant
- 2 auto transplants (also called tandem transplants)
- 1 auto transplant plus extra medicines, called RVD

Then, everyone took a medicine called lenalidomide for maintenance therapy.

The treatments worked equally well, scientists said. At 3 years after transplant:

- The myeloma was not worse for more than half the people
- About 80% (8 out of 10 people) were alive

The chemo to prepare for transplant has side effects. And the extra medicines, called RVD, have side effects, too. So, it is helpful to know that just 1 transplant works as well as 2 transplants or 1 transplant plus RVD. With only 1 transplant, people might have side effects less often than if they had many treatments.

### Consider asking your doctor

What is the best treatment for me?

### Source

Stadtmauer E, Pasquini M, Blackwell E, et al. Autologous Transplantation, Consolidation, and Maintenance Therapy in Multiple Myeloma: Results of the BMT CTN 0702 Trial. *Journal of Clinical Oncology*. 2019;37(7):589-97. doi: 10.1200/jco.18.00685. Epub 2019 Jan 17.



### Learn more about

- This study from its [publication](https://www.cibmtr.org) at CIBMTR.org
- This study on [ClinicalTrials.gov](https://www.clinicaltrials.gov)
- [Multiple myeloma](https://www.bethematch.com) from BeTheMatch.com

### About this research summary

The Blood and Marrow Transplant Clinical Trials Network (BMT CTN) conducts research that helps thousands of people live longer and feel better.



### BMT CTN Data Coordinating Center

Center for International Blood and Marrow Transplant Research® • Froedtert and the Medical College of Wisconsin • Clinical Cancer Center  
9200 W. Wisconsin Avenue • Suite C5500 • Milwaukee, WI 53226 • 414-805-0700 • Fax: 414-805-0714