



Double transplants can be used to treat multiple myeloma

Multiple myeloma (MM) is a cancer of plasma cells in the blood. Blood or marrow transplants (BMT) can stop multiple myeloma. If MM returns later, it is called a relapse.

Two types of blood or marrow transplants of blood or marrow help some people with multiple myeloma. That's according to new research. The study looked at people whose MM had relapsed after they got 2 types of BMT:

- Autologous, or auto, BMT uses your own blood-forming cells
- Allogeneic, or allo, BMT uses blood-forming cells from a donor

Type of BMTs is key

Researchers studied people who got double transplants, 3 to 6 months apart, between 2000 and 2010. People got either 2 auto transplants (auto-auto), or an auto plus an allo transplant (auto-allo). The researchers focused on patients whose MM relapsed after the 2 transplants.

People who got auto-allo transplants lived longer after relapse than those who got auto-auto BMTs. Doctors think some medicines given after relapse may work better with an allo transplant. Six years after relapse:

- 44% of people who had auto-allo BMT were alive
- 35% of people who had auto-auto BMT were alive

Keep in mind

An auto-allo BMT helps some people over the long run. However, it is not for everyone. Shortly after an allo BMT, there are more risks of graft-versus-host disease (GVHD) and infections. Because of these risks, people with MM usually get allo BMT only in the setting of a clinical trial, and only if they have high-risk MM and are relatively young or healthy.

Ask your doctor

If you have multiple myeloma, you may want to ask your doctor:

- What are the possible benefits or risks for all of my treatment options?
- Would single or double BMTs help me?

Learn more about

- [This research study](#)
- [BMT for multiple myeloma](#)

Source

Htut M, D'Souza A, Krishnan A, et al. Autologous/allogeneic Hematopoietic cell transplantation versus tandem autologous transplantation for multiple myeloma: Comparison of long-term postrelapse survival. *Biology of Blood and Marrow Transplantation: Journal of the American Society for Blood and Marrow Transplantation*. 2018 Mar 1; 24 (3): 478-485. doi:10.1016/j.bbmt.2017.10.024. Epub 2017 Oct 24. PMC5826888.

About this research summary

This information is provided on behalf of the Consumer Advocacy Committee of the CIBMTR[®] (Center for International Blood and Marrow Transplant Research[®]). The CIBMTR is a research collaboration between the National Marrow Donor Program[®]/Be The Match[®] and the Medical College of Wisconsin