

People aged 60 and older generally have low distress after BMT



A year after blood or marrow transplant, most cancer survivors have low levels of physical and mental distress.

Blood or marrow transplant (BMT) can cure blood cancers such as leukemia, lymphoma, and myelodysplastic syndromes (MDS). However, it can have serious effects.

A study of 567 people who were alive and cancer-free 1 year after BMT found that most were highly confident about knowledge in their survivorship. All the people in the study were aged 60 or older. They had all participated in earlier clinical trials that included surveys about quality of life.

The most common problem people had was feeling tired or having low energy.

Researchers said doctors should ask patients about their energy level after transplant, encourage them to use community services, and also to keep getting regular checkups.

Keep in mind

This study did not check whether people's race, ethnicity or type of cancer affected their health.

Learn more about

- [After transplant guidelines for patients at BeTheMatch.org](#)
- [Clinical trials for adults older than 60 at CTsearchsupport.org](#)
- [More study summaries at CIBMTR.org](#)

Source

Hong S, Zhao J, Wang S, et al. [Health-Related Quality of Life Outcomes in Older Hematopoietic Cell Transplantation Survivors](#). *Transplantation and Cellular Therapy*. 2022. Epub 2022/11/26. doi: 10.1016/j.jtct.2022.11.016.

About this research summary

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This plain-language summary was written by Jennifer Motl at the Medical College of Wisconsin and reviewed by an author of the full article. © 2023 by CIBMTR, license [CC BY-SA 4.0](#).