

After BMT, people need special checkups

Side effects may affect physical and emotional health for years



Though blood or marrow transplant (BMT) can cure many diseases, it also can have serious long-term side effects such as graft-versus-host disease (GVHD), lung conditions, hormone changes or cognitive difficulties.

People also have a slightly higher risk of heart problems and some cancers after transplant.

However, regular checkups can prevent or treat these problems. Experts say that community and transplant doctors should check people's physical and emotional health frequently in the first year after BMT, and then yearly.

Checkups and care are recommended to happen once a year, depending on your underlying conditions and exposures. Care may include:

- Blood pressure, cholesterol and blood sugar checks
- Blood tests, such as complete blood counts, and to check how your liver and kidneys are working
- Dental care, including checks for dry mouth and oral cancer
- Fertility checks (for adults who want children)
- Growth checks (for children)
- Hormone levels and sexual function (for adults)
- Skin checks for cancer and GVHD
- Vaccinations

Other checkups may include:

- Bone checks (DEXA scan) and levels of vitamin D in your blood
- Eye checks for dryness, watering, and changes in vision
- Hearing check (about 1 year after BMT)
- Lung (pulmonary) function tests regularly

See your doctor if you notice problems with:

- Mood or energy changes
- Muscle weakness, tightness or pain
- Difficulty with relationships at home or work
- Skin changes: tightness, unusual moles or sores that won't heal
- Problems with swallowing, digestion, stomach pain or pooping
- Trouble thinking, concentrating, planning, remembering or speaking
- Shortness of breath or persistent coughing
- New lumps, bumps, or pain complaints

These problems might be caused by GVHD, radiation or medicines. Your doctor can screen for problems and treat you so that you feel better.

Learn more about

- [Survivorship plans](#) at NMDP.org
- More [study summaries](#) at CIBMTR.org

Source

Rotz SJ et al. International Recommendations for Screening and Preventative Practices for Long-Term Survivors of Transplantation and Cellular Therapy: A 2023 Update. *Transplantation and Cellular Therapy*. 2024. Epub 2024/02/28. PMID: 38413247. doi: 10.1016/j.jtct.2023.12.001.

About this research summary

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