BMT helps some people with relapsed follicular lymphoma

When follicular lymphoma comes back soon after treatment, a blood or marrow transplant (BMT) can help.

Follicular lymphoma is a type of blood cancer. Researchers studied 440 adults across the U.S. between 2002-2014. These people had lymphoma that came back (relapsed) within 2 years after treatment. The treatment was chemotherapy (chemo) and rituximab. After the cancer came back, all the people got a BMT.

Researchers compared 3 types of BMT:

- Autologous (auto) transplant, which uses the patient’s own cells
- Matched, sibling donor (MSD) transplant, which uses cells from the patient’s matched brother or sister
- Matched, unrelated donor (MUD) transplant, which uses cells from a matched volunteer donor through the Be The Match Registry®

Researchers looked at the people’s medical records 5 years after transplant. They found about 70% (7 out of 10 of people) who got an auto or MSD transplant were still alive. That was better than a previous study of people with early relapse.

After a MUD transplant, about half of people were alive, and they had more side effects.

Without BMT, about half of people were alive in a previous study, the National LymphoCare Study.

Keep in mind
This study looked at only people with follicular lymphoma that relapsed less than 2 years after treatment. If medicines work, and the lymphoma does not relapse, then BMT may not be needed. BMT can have serious side effects, and recovery takes a long time.

Ask your doctor
If you have follicular lymphoma, you may want to ask your doctor:

- What are the benefits and risks for all my treatment options?
- Would BMT help me? If so, which type of BMT is my best option?
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- This research
- BMT for follicular lymphoma

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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.