

In year after blood or marrow transplant, 6-8% regret it

Regret was more likely if cancer returned or if the patient felt less support from family and friends prior to transplant

A small number of people regret having a blood or marrow transplant (BMT) within 6 to 12 months, research shows.

BMT can cure leukemia and some other diseases. But, BMT is a long process and can have serious side effects. During the months before and after transplant, people can't work or go to school. People often need help from family members until they recover.

One year after transplant, 8% of people said they regretted having BMT, according to a study by the CIBMTR. Researchers surveyed 184 people who had transplant for leukemia or other diseases during 2011-2013 about their social, emotional, and physical well-being over the course of a year after BMT.

People whose disease came back were 18 percentage points more likely to regret BMT. However, people who had graft-versus-host disease (GVHD), a serious side effect, were *not* more likely to regret BMT.

Relationships with friends and family affect whether patients regret BMT

Also, people who said they felt close to family, friends and neighbors, or felt supported by a partner **before** BMT, were less likely to regret BMT.

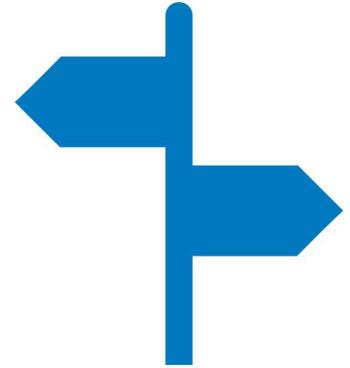
Although the questionnaire did not ask people why they regretted BMT, researchers said that it might be due to the amount of help they needed from family and friends. More research is needed.

Better education on risks might prevent regret

Also, some people might not have fully understood the risks of having BMT, despite having the risks explained to them. These people might benefit if education about BMT was tailored to them.

Ask your doctor

- What are the potential benefits and risks of BMT?
- What programs and counselors can help me and my family?



Learn more about

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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[®]).

Source

Cusatis RN, Tecca HR, D'Souza A, et al. [Prevalence of decisional regret among patients who underwent allogeneic hematopoietic stem cell transplantation and associations with quality of life and clinical outcomes](#). Cancer. 2020 Mar 10. doi: 10.1002/cncr.32808. [Epub ahead of print].

