Extramedullary Disease in Multiple Myeloma: Impact on Survival and Treatment Outcomes in a Resource-Limited Setting

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soho2023 ELEVENTH ANNUAL MEETING

BACKGROUND

The presence of extramedullary disease (EMD) has been widely recognized as an aggressive and high-risk feature in newly diagnosed multiple myeloma (NDMM) patients[1]. However, there is not enough evidence regarding the characteristics of NDMM patients with EMD and how the presence of EMD specifically impacts their outcomes and survival, particularly in resource-limited settings.

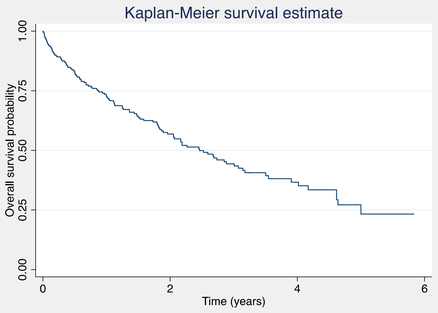
OBJECTIVES

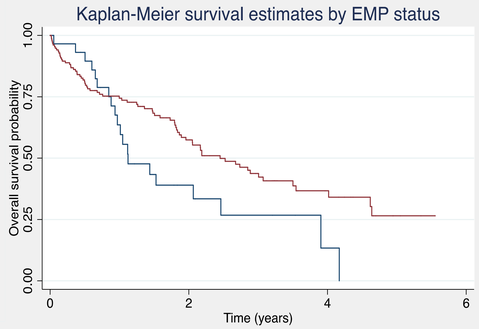
- To evaluate the clinical characteristics of NDMM patients with EMD
- To investigate the association between EMD and one-year overall survival (OS) in a resource-limited healthcare environment.
- To analyze the relationship between OS and the exposure to specific antimyeloma medications.

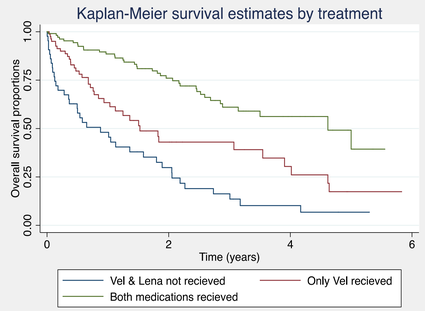
METHODS

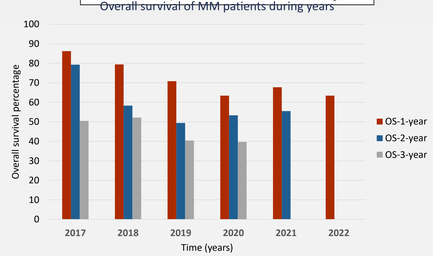
- Retrospective observational study
- Myeloma registry database 2017-2023
- 245 multiple myeloma patients
- Descriptive analysis
- Kaplan-Mayer and Log-Rank test

KEY FINDINGS









- The 1-year OS rate for the entire cohort was 72% during the observed period. And 3-year OS was 44.35%
- Patients w/EMD - 59.2% vs 74.5% - w/o EMD 1 Year-OS
- Patients w/Bortezomib & Lenalidomide- 87% vs Bortezomib alone - 61% vs at neither 45% 1Y-OS
- Patients w/ASCT - 93% vs 69% w/o ASCT 1-Y-OS

CONCLUSIONS & TAKE-AWAY

- Significantly lower one-year overall survival rates in both the EMD and non-EMD groups compared to existing European and USA data
- Significantly worse 1 Year-OS for EMD (+) pateints , compared to EMD (-)
- Limited access to Proteasome inhibitors and/or IMIDs significantly decreases the overall survival (OS) of patients
- There is a need to utilize treatment options that can improve the outcomes of EMD patients (DCEP, PACE, EPOCH based treatment, RTx.
- Urgent need of Immediate action, further research, and fair medication availability

REFERENCES

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