SOHO ANNUAL MEETING 2024

Long-Term Efficacy of Treatment in Elderly Patients With Hodgkin Lymphoma: A Retrospective Analysis

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INTRODUCTION

Hodgkin's lymphoma is a relatively rare malignancy. It can occur at any age but is commonly diagnosed in young adults aged 15 to 35, as well as in older adults aged over 55. Treatment in older patients is a challenge due to comorbidities and reduced therapy tolerance. Evaluating the long-term treatment efficacy in this population is crucial for optimizing patient care

AIM

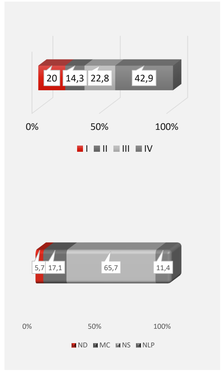
The aim of this study is to evaluate the demographic characteristics, histopathological types, and treatment patterns of older patients with Hodgkin's lymphoma, to retrospectively assess the long-term efficacy of treatment in these patients, and to follow clinical outcomes among a cohort of patients diagnosed with this malignancy.

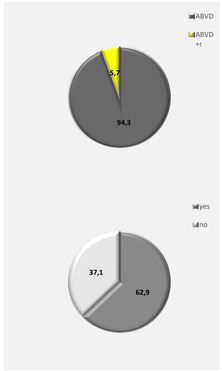
METHOD

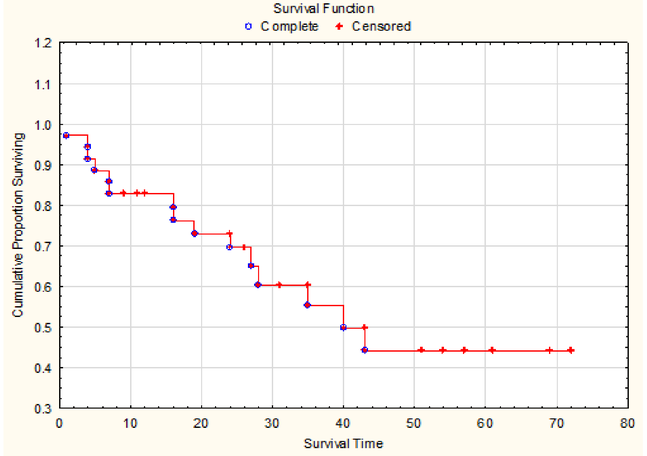
Data were retrospectively analyzed by examining medical records and treatment outcomes of Hodgkin's Lymphoma patients over an extended period. This analysis was conducted at University Clinic of Hematology, Skopje, Macedonia. Patients older than 60 years diagnosed with Hodgkin's lymphoma and undergoing treatment between January 2018 and December 2023 were included. We analyzed data from 35 patients diagnosed with Hodgkin's lymphoma based on sex and age, as well as clinical characteristics, including histopathological subtype. Treatment modalities including chemotherapy, radiation therapy, and combination therapies were administered based on the stage of the disease and patient-specific factors.

RESULTS

The average age was 66.7 ± 5.4 (range, 61 to 85) years; 65.7% of patients were male. The nodular sclerosis histopathological type predominated (65.7%), and stage IV disease was most common (42.9%). ABVD therapy was administered to 94.3% of patients, with 62.9% achieving complete remission. Median survival was 44.0 months, with a 3-year survival rate of 56%.







CONCLUSIONS

Our group of patients was primarily composed of older males with advanced stage, where nodular sclerosis was the predominant histopathological type. Despite the advanced disease stage in many patients, ABVD therapy produced a significant remission rate, contributing to a median survival of 44 months and relatively favorable 3-year survival rate.

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