OUTCOME OF MANAGEMENT OF MULTIPLE MYELOMA IN SUDANESE PATIENTS

M. Idriss MD 1, O. Musa MD 2
1. Internal Medicine Residency, Unity Hospital, Rochester, NY, USA
2. Professor of Internal Medicine, Clinical Hematologist, Fedail Hospital, Khartoum, Sudan

WE DEDICATE ALL OUR EFFORTS TO THE UNDERSERVED PATIENTS THAT PARTICIPATED IN THIS STUDY

INTRODUCTION

Multiple myeloma (MM) is a plasma cell disorder characterized by the presence of monoclonal protein in the serum or urine. It has an annual incidence of 4-4.5 per 100,000 people and is the second most common hematological malignancy after non-Hodgkin lymphoma. MM accounts for 1.8% of all new malignancies. The global myeloma mortality reached 106,000 patients in 2018.(1,2)

OBJECTIVE

We aimed to determine the characteristics and outcomes of managing multiple myeloma in a resource-limited country like Sudan.

METHODOLOGY

A prospective hospital-based study involved 103 Sudanese patients with multiple myeloma recruited from the hematology clinic at Fedail Specialized Hospital in Khartoum State between January 2017 and January 2019. Data on demographics, presenting symptoms, therapy regimens, laboratory investigations, and relapse rates were collected.

KEY FINDINGS

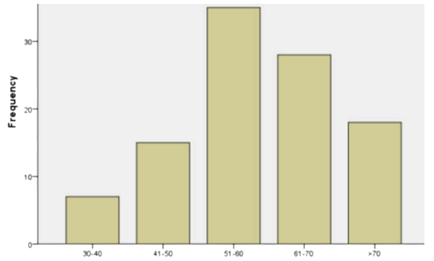
Out of 103 patients, 68 (66.1%) were males and 35 (33.9%) were females. The majority of them (35%; n=35) were between the ages of 51 and 60, and 61.2% (n=63) were from central areas of Sudan. Bone pain was the primary symptom in 58 (56.3%) patients. The VAD (Vincristine, Adriamycin, Dexamethasone) regimen was used in 72 (70%) cases. Significant improvement in laboratory parameters, including total protein, albumin, calcium, and ESR levels (P value < 0.05), was observed. Additionally, 18 (20.4%) out of 88 patients experienced relapse.

CONCLUSION

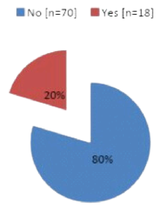
MM relatively occurs in younger age groups. VAD was the primary regimen. Significant improvements were seen in laboratory parameters (total protein, albumin, calcium, and ESR levels). However, one-fifth of the patients experienced relapse.

KEYWORDS

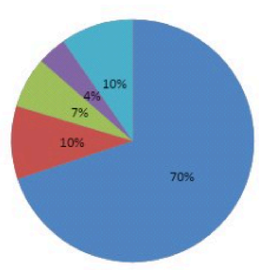
Multiple Myeloma, Sudan Medical Specilization Board (SMSB), Sudan

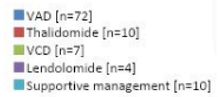


Age groups of study population



Relapse rate





Treatment used in study population

SOHO ANNUAL MEETING 2024

REFRENCES

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CONTACT INFORMATION: MUTASM.IDRISS@ROCHESTERREGIONAL.ORG , MUTASIMIDRISS89@HOTMAIL.COM