PREDICTORS OF THROMBOTIC RISK IN PATIENTS WITH NEWLY DIAGNOSED MULTIPLE MYELOMA

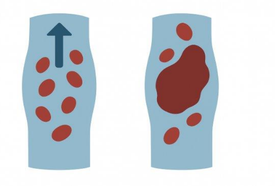
DUBRAVA UNIVERSITY HOSPITAL

TREATED FROM 2016 TO 2023

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CONTEXT: There is a significant **thrombotic risk in myeloma patient**s. The risk assessment model from the IMWG for venous thromboembolism includes individual, therapy- and disease-related risk factors.

OBJECTIVE: The aim of this study was to determine **independent predictors of thrombotic risk** in newly-diagnosed multiple myeloma patients treated.





SETTING: The patients were treated in Clinical Hospital Dubrava, **Zagreb, Croatia.**

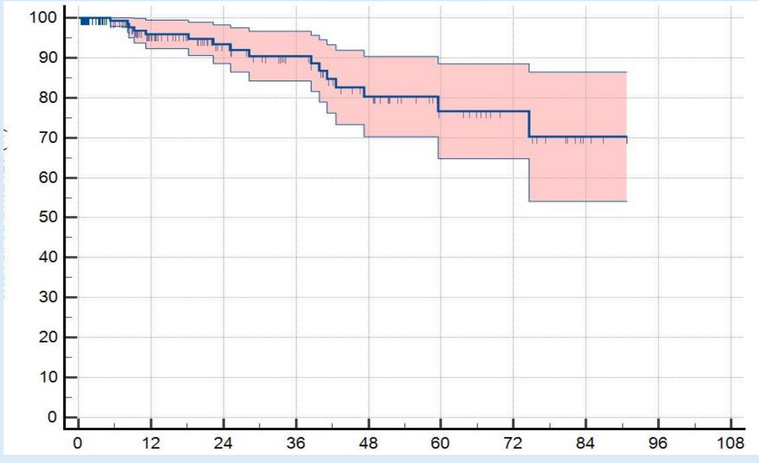
PATIENTS:

N= 174 55% 45%

ISS I & II vs. ISS III 50% 50%

Median age: 69

Time to thrombosis



Incidence of new thrombotic events:
- 6.4% at 24 months
- 19.7% at 48 months

RESULTS: In univariate analysis, smoking, obesity, and immobilization longer than 7 days were significantly associated with increased thrombotic risk ($p<0.05$ for all analyses). In the multivariate Cox regression model, which included the variables significant in univariate analysis and was additionally adjusted for age, sex, history of thrombosis, and IMID use in therapy, the following were identified as independent risk factors for thrombosis: **obesity** (HR=3.819, 95% CI: 1.094–13.325, p=0.035) and **IMID use** (HR=1.81, 95% CI: 1.02–3.21, p=0.043). **Immobilization** longer than 7 days remained in the model with borderline statistical significance (HR=4.86, 95% CI: 0.98–24.16, p=0.054).

CONCLUSION: The results are consistent with current recommendations by IMWG, suggesting that thromboprophylaxis should be considered in patients treated with IMIDs, especially if they are obese and have limited mobility.