

La 1^{ère} Journée de Rhumato-Gériatrie

Multiple myeloma in elderly; about eight cases

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Introduction

Myeloma is a clonal disorder of malignant plasma cells. The median age at diagnosis is increasing and is currently more than 70. Age is an important prognostic factor in multiple myeloma (MM).

Objective:

The aim of this study was to describe the clinical, paraclinical and outcomes characteristics of MM in the elderly

Methods:

A retrospective study including patients over the age of 65 at the time of initial diagnosis with MM hospitalized in the internal medicine department in Mahdia hospital.

Results:

We have collected 5 men and 3 women with a median age of 70 years.

➤ *Table I: baseline Characteristics of the study population:*

Characteristics	N=8
circumstances of diagnosis	
-deterioration of the general state	5
-bone pain	5
-severe anemia	2
Salmon et Durie classification	
-stagell	1
-stagelll	7
Bone lesions	
-osteolytic lesions	2
-vertebral compression	2

➤ **Biology**

Ig G Kappa was the predominant type. A kidney failure was found in two cases. No patient needed a hemodialysis. Four patients had hemoglobin below 10 g/dl. Two of them needed a blood transfusion.

➤ **Treatment**

*A therapy combining Melphalan and Prednisone was indicated in all patients. It was associated to biphosphonates in two cases.

➤ **Complication**

*Infectious complications were present in three cases, a hyperviscosity complicated by a deep vein thrombosis was detected in one patient. Four patients were dead.

Discussion and conclusion: Multiple myeloma is described as an incurable disease. However the introduction of novel agents, such as immunomodulatory drugs and proteasome inhibitors, has substantially changed the treatment of this disease. The age of the patient still the most important prognosis element that could influence the choice of the treatment and the outcomes of the disease

