

Multiple Myeloma in Elderly: About Eight Cases

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ABSTRACT

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).

The aim of this study was to describe the clinical, para-clinical 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 collected 5 men and 3 women with a median age of 70 years. The main circumstances of diagnosis were a deterioration of the general state in five cases, bone pain in five cases and severe anemia in two cases. According to Salmon and Durie classification, seven patients were stage III and one patient was stage II. Ig G Kappa was the predominant type. A kidney failure was found in two cases. No patient needed hemodialysis. Four patients had hemoglobin below 10 g/dl. Two of them needed a blood transfusion. Four patients had bone lesions: osteolytic lesions were found in two cases and vertebral compression in two other cases. A therapy combining Melphalan and Prednisone was indicated in all patients. It was associated with bisphosphonates in two cases. Infectious complications were present in three cases, a hyperviscosity complicated by a deep vein thrombosis was detected in one patient. Four patients were dead.

Conclusion: The age of the patient is still the most important prognosis element that could influence the choice of the treatment and the outcomes of the disease.