

Effects on quality of life mixed for therapy of multiple myeloma

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(HealthDay)—Most dimensions of quality of life (QoL) are impaired in

patients with relapsed/refractory multiple myeloma, and treatment may have mixed effects on QoL, according to a study published online Sept. 26 in *Leukemia & Lymphoma*.

Heinz Ludwig, M.D., from Wilhelminen Hospital in Vienna, and colleagues examined QoL in 90 patients with relapsed/refractory multiple myeloma. QoL was assessed during induction therapy with eight cycles of ixazomib-thalidomide-dexamethasone, followed by ixazomib maintenance therapy for 12 months.

The researchers identified a significant impairment in health-related QoL, physical, role, and [social functioning](#), and several other dimensions when patients' baseline QoL was compared with data from the [general population](#); in addition, more [pain](#) and fatigue were noted. Significant improvement in pain and worsening of neuropathy were noted with induction therapy, but there was no significant variation in other parameters. Scores for most dimensions improved during maintenance treatment, including health-related QoL, [physical functioning](#), and pain, while no improvement was seen in neuropathy. Compared with time to progression, time to deterioration of health-related QoL, physical functioning, pain, and neuropathy was distinctly shorter. There was a correlation for health-related QoL and physical functioning at baseline with overall survival.

"Our results highlight that patient-reported outcome assessments are an essential requirement for understanding [patients'] individual needs and impairments, for prognostication, and for elucidating the impact of therapy on the various dimensions of QoL," the authors write.

Several authors disclosed financial ties to the pharmaceutical industry.

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