

INTRODUCTION

Multiple therapeutic options are currently available for multiple myeloma (MM). However, treatment selection in elderly patients remains challenging due to comorbidities, frailty, and treatment-related toxicity.

AIMS and METHODS

- **Study Type:** Retrospective multicenter analytical study.
- **Population:** Patients ≥ 65 years diagnosed with MM, treated in several Tunisian centers (2011–2020).
- **Aims:** To analyze epidemiological characteristics, clinical presentation, treatment outcomes, and prognostic factors of MM in elderly Tunisian patients.

RESULTS

Feature	Result
Patient Characteristics	
Median age	72 years
Male sex	128 (51.2%)
≥ 2 comorbidities	63%
Clinical Presentation	
ECOG PS >2	50%
Main symptom	Bone pain (56%)
Median diagnostic delay	26.1 months (range 1–150)
Biological Features	
Anemia	73%
Renal impairment	26%
Hypercalcemia	21%
Detectable M-protein	86% (mainly IgG kappa: 38.5%)
Bone involvement	76%
ISS stage III	60%
Cytogenetic analysis	Unavailable
Treatment (Main regimen)	
MPT (melphalan–prednisone–thalidomide) : 78% of patients Mean cycles: 11	

Table 1. Baseline characteristics of elderly MM patients (n=250)



Figure 1. \geq VGPR rates over time in elderly MM patients

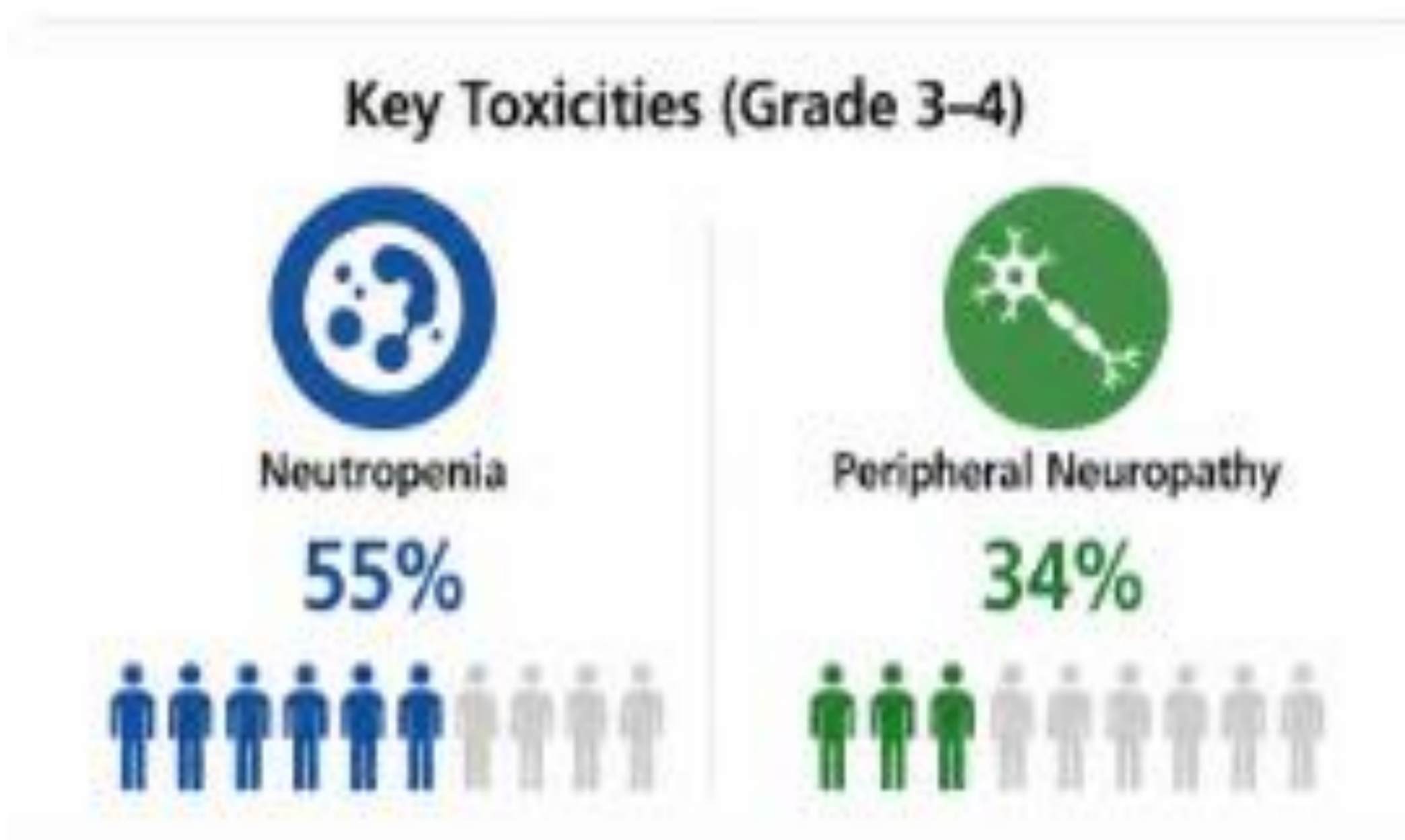


Figure 2. Key toxicities with MPT-based therapy

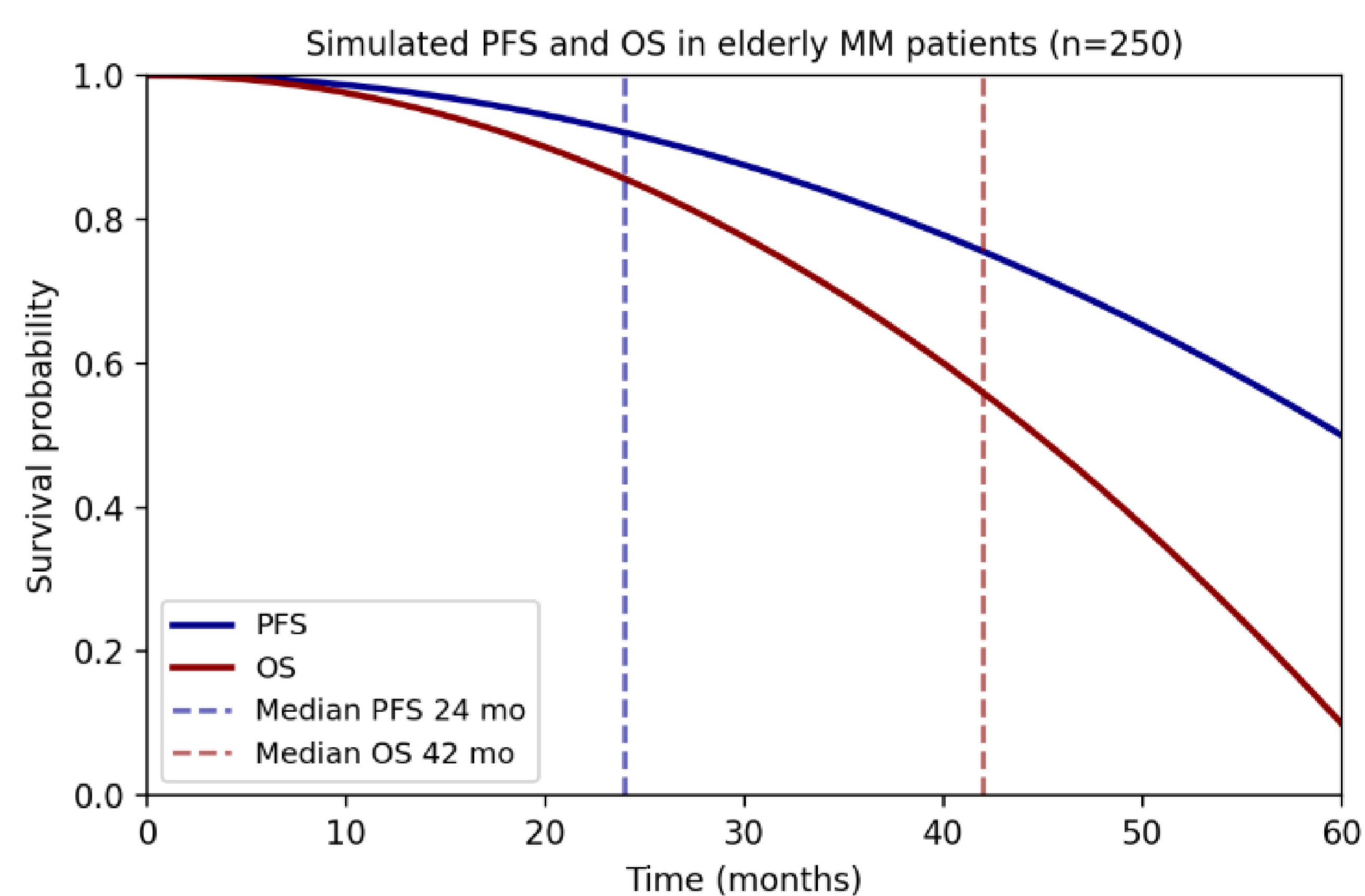


Figure 3. Progression-free and overall survival in elderly MM patients

CONCLUSION

- In this cohort, the MPT regimen showed **limited efficacy** and **high toxicity** in elderly Multiple Myeloma patients.
- The introduction of **newer therapies** and better **patient selection** for autologous stem cell transplantation are needed to improve outcomes.

REFERENCES

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