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ORTHOPEDIC TREATMENT OF MULTIPLE MYELOMA: SISTEMATIC REVIEW

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INTRODUCTION

Multiple myeloma (MM) corresponds to more than 10% of hematological cancers in the world. The multidisciplinary treatment of patients is very important and the orthopedist has a great role due to severe bone pain and limited mobility that these patients find most of the time.

METHODS AND MATERIAL

Systematized research was carried out in the databases Pubmed, Scielo and Medline using the descriptors "Multiple Myeloma" and "Pathological Fractures". Articles were selected - in Portuguese and English, published between 2007 and 2020 - dealing with epidemiology, pathophysiology and orthopedic treatment of Multiple Myeloma.

RESULTS

In Brazil, the number of individuals with MM is little known, but it is known that it is twice as common in black people, compared to white individuals. Treatment is multidisciplinary, based on chemotherapy, with radiotherapy and orthopedic surgeries in supportive role.

A prospective analysis identified 89 cases recorded over a period of 7 years in the Orthopedics and Hematology services of the Hospitals of the University of Coimbra. Of these, there was a presence of bone fracture requiring orthopedic surgical intervention in 21 injuries (24%). The most frequently encountered complications were: femoral doweling, humerus doweling, hip joint arthroplasty with total prosthesis and vertebroplasty. In addition, pharmacological treatment can help to reduce bone complications, involving different combinations of drugs. Bisphosphonates are mostly used and administered monthly by infusion, creating a class of drugs that inhibit osteoclast-mediated bone resorption, those who suffer from bone pain, hypercalcemia and a fracture.

CONCLUSION

Therefore, orthopedic treatment is important for pain control and improves the patient's quality of life. According to Hungary, the main reference centers in oncological orthopedics still suffer from difficulties in surgical instructions, and this therapy is underutilized. Prophylactic orthopedic surgery should be considered when there is a risk of fracture.

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