

## **A SINGLE CENTRE STUDY OF PATIENTS WITH MULTIPLE MYELOMA AT A TERTIARY CARE CENTRE IN SRI LANKA**

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**Introduction:** Multiple myeloma is a clonal plasma cell malignancy with considerable morbidity and mortality. It accounts for approximately 1-2% of all malignancies and 20% of haematological malignancies in Sri Lanka with an annual incidence of 4 to 5 per 100,000.

**Objective:** To study the outcomes of patients with multiple myeloma presenting to the Faculty of Medicine, University of Kelaniya, Sri Lanka.

**Methodology:** A retrospective observational study (n = 10) of patients with multiple myeloma treated at this unit between 2010 to 2021.

**Results:** Seventy % of patients were over 60 years of age at the time of diagnosis, mean age was 66.7 years and 60 % were females.

Sixty percent presented with bone pain and anaemia, 30 % had symptoms of hypercalcemia (polyuria, polydipsia & constipation) and constitutional symptoms due to renal impairment (loss of weight and loss of appetite). Few experienced unusual bleeding, pyrexia of unknown origin and repeated chest infections.

Almost all had anaemia and high ESR at presentation. Most (80%) were identified with skeletal lesions.

Almost all all had detectable M protein on serum or urine electrophoresis, 90% had end-organ damage with anaemia, renal insufficiency, hypercalcemia and bone involvement (CRAB criteria). Occupational exposure to agrochemicals / organic solvents was identified in 30%, significant exposure to radiation was noted in 10%, and 10% gave a history of MGUS.

Candidates eligible for stem cell transplantation were treated with Bortezomib, Cyclophosphamide and Dexamethasone (VCD) to achieve remission a remission.

Those unsuitable for transplant received Cyclophosphamide, Thalidomide and Dexamethasone (CTD) or Melphalan based combination regimes (MP). CTD yielded a rapid, better response compared to melphalan based regimes.

**Conclusion:** Although multiple myeloma has a considerable morbidity and mortality, with early diagnosis and prompt treatment, patients achieved a sustained survival, reduce disease burden with an improved quality of life.