

MULTIPLE MYELOMA IN YOUNG PATIENTS - CLINICAL SPECIFICATIONS, EVOLUTION AND TREATMENT OPTIONS.

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Introduction: Multiple myeloma (MM) is a neoplastic plasma cell proliferation that usually occurs in the elderly patient (aged 60 to 70 years), the MM diagnosis in young patients accounts for 2% of all myelomas.

Materials and Methods: We present the evolution of the newly diagnosed young patients (maximum age at diagnosis 55 years) with MM in the Hematology Department of the Colentina Clinical Hospital Bucharest. Our patients data base records 20 new diagnosed cases of MM during the surveyed period, 1 January 2014 up to 1 June 2015. Sub-categorizing our patient, based on age distribution, we report that 8 cases were encountered in patients aged under 55 years, our youngest patient being a 40 years old woman. Based on the Durie Salmon classification of myelomas 2 cases were classified in the IIA stage, 3 in the IIIA stage and other 3 in the IIIB stage. For 2 cases, the cytogenetic examination evidenced the t(4,14) variant and attributed the high risk mSMART sub-classification to the cases. In one patient we recorded a hypervascularity state, that was well tolerated by the patient.

Results: The young patients diagnosed with MM evolved favorably under chemotherapeutic treatment - protocol type VCD (Velcade, Cyclophosphamide, Dexamethasone). In four cases we recorded the complete response to treatment and the patients are scheduled to undergo autologous hematopoietic stem cell transplant, the rest of the patients being still under chemotherapy.

Conclusion: Gathering data from MM cases diagnosed among young patients - aged under 55, we want to emphasize on the fact that we registered a relatively high incidence of cases during a relatively short period of time (18 months), in this particular age group.