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on multiple myeloma

EHA-EMN evidence-based guidelines for diagnosis, treatment and follow-up of patients with multiple myeloma

Nature Reviews Clinical Oncology, 2025 September; 22(9):680–700

Minimal residual disease-based end point for accelerated assessment of clinical trials in multiple myeloma: a pooled analysis of individual patient data from multiple randomized trials

Journal of Clinical Oncology, 2025 April 10; 43(11):1289-301

Isatuximab, bortezomib, lenalidomide, and limited dexamethasone in patients with transplant-ineligible multiple myeloma (REST): a multicentre, single-arm, phase 2 trial

The Lancet Haematology, 2025 February; 12(2):e120-7

International Myeloma Society/International Myeloma Working Group consensus recommendations on the definition of high-risk multiple myeloma

Journal of Clinical Oncology, 2025 August 20; 43(24):2739-51

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EHA-EMN EVIDENCE-BASED GUIDELINES FOR DIAGNOSIS, TREATMENT AND FOLLOW-UP OF PATIENTS WITH MULTIPLE MYELOMA

Nature Reviews Clinical Oncology, 2025 September; 22(9):680-700

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BACKGROUND & AIMS: Clinical practice guidelines for multiple myeloma (MM) were co-developed in 2021 by the European Hematology Association (EHA) and the European Society for Medical Oncology. Since then, a new staging system for highrisk MM has been published, new methods have been developed for prognosis, and novel treatment regimens have been approved for both newly diagnosed and relapsed or refractory disease. The aims of this article were to provide up-to-date recommendations on the management of MM and to propose practical treatment algorithms.

TYPE OF ARTICLE: Evidence-based guidelines.

FINDINGS: An expert panel convened by the EHA and the European Myeloma Network (EMN) reviewed the scientific literature on the diagnosis and management of MM published during 2021–2025. They made no new recommendations on diagnostic criteria for MM. The consensus definition of high-risk MM was updated in 2024 by the International Myeloma Society and the International Myeloma Working Group, which will influence disease staging and patient prognosis in the future.

Recommendations on assessment include:
(a) evaluating patients with smouldering
MM every 6 months (low-risk patients)
or 3–6 months (intermediate-risk patients)
to monitor progression; and (b) using
positron-emission tomography–computed

tomography and diffusion-weighted magnetic resonance imaging to detect the presence of minimal residual disease as a complement to bone marrow evaluations.

Treatment recommendations are given for different clinical scenarios, including: (a) high-risk smouldering MM; (b) patients with newly diagnosed MM either eligible or ineligible for autologous stem cell transplantation and those with frailty; and (c) patients with relapsed or refractory MM who previously received either one or two or more lines of treatment. For example, for patients who have received one prior line of treatment comprising a bortezomib-based regimen upfront without lenalidomide or an anti-CD38 antibody and who have bortezomib-refractory disease, recommendations include daratumumab with lenalidomide and dexamethasone, and daratumumab or isatuximab with carfilzomib and dexamethasone.

Recommendations are also given for managing common complications and adverse events, including bone disease, anaemia, infection and impaired renal function; and common adverse events resulting from novel T-cell-mobilizing therapeutic agents, including ocular toxicities, cytokine release syndrome and immune effector cell-associated neurotoxicity syndrome.

CONCLUSION: Comprehensive evidence-based recommendations are provided for treating patients with MM in routine clinical practice.

MINIMAL RESIDUAL DISEASE-BASED END POINT FOR ACCELERATED ASSESSMENT OF CLINICAL TRIALS IN MULTIPLE MYELOMA:

A POOLED ANALYSIS OF INDIVIDUAL PATIENT DATA FROM MULTIPLE RANDOMIZED TRIALS

Journal of Clinical Oncology, 2025 April 10; 43(11):1289-301

AUTHORS: Shi Q, Paiva B, Pederson LD, et al., for the International Independent Team for Endpoint Approval of Myeloma Minimal Residual Disease (12TEAMM) Group CENTRE FOR CORRESPONDENCE: Department of Quantitative Health Sciences, Mayo Clinic, Rochester, Minnesota, USA

BACKGROUND & AIM: As drug combinations have extended the lives of patients with multiple myeloma (MM), future trials that rely on survival endpoints will need large sample sizes and long follow-ups to observe statistically or clinically meaningful treatment effects. It is therefore important to identify surrogate endpoints that can predict long-term benefit at an earlier timepoint and thus expedite drug development. The aim of this study was to investigate whether minimal residual disease-negative complete response (MRD-CR) can be used as an intermediate surrogate endpoint for progression-free survival (PFS) and overall survival (OS) in patients with various types of MM.

STUDY DESIGN: Pooled analysis of individual patient data.

ENDPOINT: Rate of MRD-CR at 9 and 12 months.

METHOD: Individual patient data were collected from 20 randomized controlled trials that enrolled at least 100 patients with MM. Of these, 11 trials (n=4773) had sufficient data to calculate the global odds ratio, which was used to evaluate whether MRD-CR (10^{-5} threshold) is likely to predict a PFS or OS benefit of new therapies (where a global OR of ≤1.5 indicates a weak correlation and ≥3.0 indicates a strong correlation

between the surrogate endpoint and survival). Landmark analyses comparing PFS or OS in patients with or without 9- or 12-month MRD-CR were also performed.

RESULTS: The global OR for 9-month MRD-CR in predicting PFS was consistently high across transplant-eligible patients with newly diagnosed MM (OR 3.1, 95% confidence interval 2.1-4.0), transplantineligible patients with newly diagnosed MM (OR 9.8, 95% CI 5.1-14.5) and patients with relapsed or refractory MM (OR 8.2, 95% CI 4.4-12.1). Corresponding global ORs for 12-month MRD-CR were 4.5 (95% CI 3.2-5.7), 12.0 (95% CI 7.3-16.6) and 16.2 (95% CI 5.8-26.7). High global OR estimates were similarly seen with OS for both 9- and 12-month MRD-CR. In the landmark analyses, 12-month MRD-CR was found to have significant prognostic value for PFS and OS in all three populations (hazard ratios 0.22-0.37, stratified log-rank p<0.0001), while 9-month MRD-CR exhibited moderate trial-level correlations after pooling comparisons from the three populations (R^2 0.61–0.72 and R^2 0.54-0.69 for PFS and OS, respectively).

conclusion: These results support 9and 12-month MRD-CR (10⁻⁵ threshold) as intermediate surrogate endpoints for PFS and OS in patients with MM.

ISATUXIMAB, BORTEZOMIB, LENALIDOMIDE, AND LIMITED DEXAMETHASONE IN PATIENTS WITH TRANSPLANT-INELIGIBLE MULTIPLE MYELOMA (REST):

A MULTICENTRE, SINGLE-ARM, PHASE 2 TRIAL

The Lancet Haematology, 2025 February; 12(2):e120-7

AUTHORS: Askeland FB, Haukås E, Slørdahl TS, Klostergaard A, Alexandersen T, Lysén A, Abdollahi P, Nielsen LK, Hermansen E, Schjesvold F CENTRE FOR CORRESPONDENCE: Oslo Myeloma Center, Department of Hematology, Oslo University Hospital, Oslo, Norway

shown that adding an anti-CD38 monoclonal antibody to standard therapies can improve outcomes in patients with newly diagnosed multiple myeloma (NDMM) who are ineligible for autologous haematopoietic stem-cell transplantation. However, most regimens use long-term corticosteroids, which increases the infection risk, especially in older patients. The aim of this study was to evaluate the safety and activity of isatuximab, bortezomib and lenalidomide, with limited use of dexamethasone, in patients with transplant-ineligible NDMM, including those older than 79 years.

STUDY DESIGN: Investigator-initiated, multicentre, open-label, phase 2 trial.

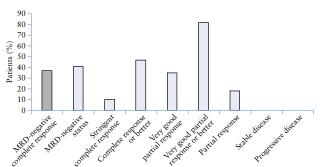
ENDPOINTS: Primary: measurable residual disease-negative complete response (10⁻⁵ threshold) at or after 18 cycles of treatment. Secondary endpoints included 18-month progression-free and overall survival, and safety.

METHOD: Adults with transplant-ineligible NDMM (n=51) received isatuximab, weekly bortezomib and lenalidomide in 28-day cycles. Oral dexamethasone (20 mg) was given on days 1, 8, 15 and 22 during the first two cycles only.

RESULTS: Patients had a median age of 77 years (interquartile range 73.5– 80 years) and 31% were 80 years or older. Median follow-up was 27.0 months (IQR 23.0-33.7 months) and the median treatment duration was 22 months (IOR 15.2-28.8 months). Measurable residual disease-negative complete response was seen in 19 patients (37%; Figure). At 18 months, the progression-free survival rate was 78% and the overall survival rate was 88%. The most common grade 3/4 adverse events were neutropenia (55%), infections (41%) and thrombocytopenia (22%). A total of 48 serious grade 3 or worse adverse events were reported in 27 patients (53%), and two deaths (one pneumonia, one sepsis) were considered possibly related to treatment.

CONCLUSIONS: In this cohort of older transplant-ineligible patients with NDMM, treatment with isatuximab, bortezomib, lenalidomide and limited dexamethasone was active and safe. The incidence of infection was similar to that reported in previous studies of similar combination therapies, despite the considerably older population.

Best overall response



INTERNATIONAL MYELOMA SOCIETY/ INTERNATIONAL MYELOMA WORKING GROUP CONSENSUS RECOMMENDATIONS ON THE DEFINITION OF HIGH-RISK MULTIPLE MYELOMA

Journal of Clinical Oncology, 2025 August 20; 43(24):2739-51

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BACKGROUND & AIM: High-risk multiple myeloma is difficult to identify and manage, partly because there is a lack of uniformity in either criteria or thresholds for specific markers of the condition. Moreover, traditional prognostic factors for multiple myeloma are not suitable in the current era of triplet and quadruplet therapies and new molecular and genomic risk factors are emerging. Consequently, the International Myeloma Society and the International Myeloma Working Group convened an expert panel to develop a practical consensus definition of high-risk multiple myeloma that takes into account new evidence from molecular and genomic assays, updated clinical data and contemporary approaches to risk stratification. The aim of this paper was to report on this consensus definition and its implications.

TYPE OF ARTICLE: Consensus recommendations.

FINDINGS: The expert panel set out to develop a definition of high-risk multiple myeloma that could identify a subset of approximately 20% of patients with the poorest prognosis despite receiving treatment with current therapies, including triplet or quadruplet combinations and posttransplantation maintenance therapy. The following considerations were taken into account: (a) whole-genome sequencing or next-generation sequencing (NGS) should be used for broad molecular

profiling; (b) interphase fluorescence in situ hybridization is not considered sufficient for risk stratification in patients with multiple myeloma; (c) bone marrow samples should be used for evaluating the molecular profile; and (d) risk assessment should be performed at diagnosis and relapse.

The Consensus Genomic Staging definition of high-risk multiple myeloma developed by the panel requires the presence of at least one of the following abnormalities: (a) del(17p) with a cut-off clonal fraction of ≥20% or TP53 mutation (both assessed on CD138-positive/purified cells); (b) one of the *IgH* translocations t(4;14), t(14;16) or t(14;20), provided they co-occur with a chromosome 1q+ abnormality or del(1p32); (c) monoallelic del(1p32) co-occurring with a chromosome 1q+ abnormality or biallelic del(1p32), as detected by the loss of FAF1 or CDKN2C; or (d) a high β₂ microglobulin level (≥5.5 mg/L) with a normal creatinine level (<1.2 mg/dL) – however, the panel noted that this clinical definition is not a substitute for detailed genomic profiling.

conclusions: An expert panel developed the first consensus definition of highrisk multiple myeloma based on genomic high-risk features in the setting of contemporary therapies. Use of a consistent definition will enable patients to be given more realistic prognostic information, facilitate the comparison of outcome data from clinical trials and could be incorporated into a risk-stratified approach to treatment.

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