Treatment for relapsed and/or refractory myeloma
Dr Rajesh Krishna
Consultant Haematologist
Manchester Royal Infirmary

This talk will cover....

- What are relapsed and refractory myeloma
- Treatment options at relapse
- Treatment options for refractory disease

Some definitions

Remission: Absence of paraprotein in blood and myeloma cells in bone marrow following treatment
Plateau: Stable disease following good response to treatment, reduced but detectable paraprotein levels
Relapse: Disease progression following a previously successful course of treatment
Refractory: No response to treatment whether initial treatment or treatment at relapse

Natural course of myeloma
First relapse options

- Same as first line treatment
- Different treatment – may depend on NICE approval or Cancer Drug Fund (CDF) +/- Radiotherapy for local disease
- Clinical study (trial)
  - May provide options not otherwise available
  - Not all patients will be eligible
- Supportive treatment as necessary
- Complex cancer, not all patients behave alike

Bortezomib (Velcade)

- Good for patients with kidney impairment
- Good response rates
- Needs day ward visits
- Tingling, limb pain (Peripheral neuropathy)
- Dizziness, diarrhoea, constipation (autonomic neuropathy)
- Combined with steroids plus/ minus another agent
- Twice weekly or once weekly regimen

Thalidomide

- For those who received velcade upfront
- Outpatient therapy
- Teratogenicity, Peripheral neuropathy, Venous thrombosis
- Combined with steroid and another agent
- Anticoagulation needed

MUK 5 trial

- For first relapse
- Those not exposed to velcade or had good response to velcade
- Carfilzomib/cyclophosphamide/dexamethasone compared to Velcade/cyclophosphamide/dexamethasone
- Carfilzomib has low side effect profile

Second autologous transplant

- For patients who had good response to first transplant
- Need to be fit, Age < 70 years
- Less duration of response than first transplant
- May not need stem cell collection if cells stored
- Inpatient stay, rehab, multidisciplinary input

Reduced intensity allogenic transplant

- Can be considered for young fit patients
- Physically and psychologically intense
- Higher risks of morbidity and mortality
- Likely non curative
- Can give a longer response than autologous transplant
- Close follow up needed
Second relapse options

- Same as previous treatments
- Revlimid® (lenalidomide)
  - similar to thalidomide but less toxic
  - NICE approved with dexamethasone
- Other drug combinations
  - DT-PACE
  - ESHAP
- Clinical studies – if eligible

Revlimid (Lenalidomide)

- Similar to thalidomide but less toxic
- Outpatient treatment
- Teratogenicity, Low counts
- Low risk of peripheral neuropathy, Lower risk of thrombosis
- Can be obtained for first relapse through CDF if not tolerant of thalidomide and velcade.
- Combined with steroid and another agent

Pomalidomide

- Can be obtained through CDF for those who failed velcade and lenalidomide
- Oral therapy
- Low side effect profile – infection, low blood counts
- Usually used as 4th line in UK
- Combined with steroids

Other combinations

- DT PACE, DR PACE, VDR PACE
- Needs inpatient stay, more toxicities
- Only for those reasonably fit

Supportive care

- Zometa bone protection
- Analgesics Pain control
- GCSF injections for low white counts
- Epo injections for anaemia
- Red cell and platelet transfusions
- Antibiotic prophylaxis
- Multidisciplinary support

Refractory options

- Try different treatment
- Sequence of treatments similar to relapse
- Clinical trial – good option as newer drugs can still be effective
Future strategies covered in more detail this afternoon

- Bendamustine
  - Not licensed for relapse/refractory myeloma
  - Cancer Drugs Fund (England)
- Clinical studies – novel drugs
  - Imnovid® (pomalidomide)
  - Kyprolis™ (carfilzomib)
  - Ixazomib (MLN 9708)
  - Elotuzumab
  - Daratumumab
  - Panobinostat

This talk has covered

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Take home messages

- Myeloma is a very complex individual cancer
- Most patients who get remission will relapse
- Many patients who relapse can be successfully treated and will have a second remission

MUK resources signpost

- Myeloma – your essential guide
- Revlimid Infoguide
- Bendamustine Horizons Infosheet
- Clinical Studies Infoguide
- Myeloma TV
- Infoline

** please visit the Myeloma UK Patient Information stand in the foyer area for further information