Evolving Treatment Trends in Relapsed/Refractory Multiple Myeloma in Europe from 2016 to 2018: Analysis of a Multi-National Survey

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Background

Recent approvals of novel agents and combinations have led to an increasing number of treatment options for relapsed/refractory multiple myeloma (RRMM). The objective of the study was to analyze treatment trends and patient characteristics in RRMM in Europe from 2016 to 2018.

Methods

The study was a survey of the treating physicians of patients with RRMM in academic or community hospitals and patients’ electronic health records in 10 European countries between 2016 and 2018. The survey included data on patient demographics, comorbidities, treatment patterns, and outcomes. The analysis included patients with 2nd-line, 3rd-line, and ≥4th-line therapy in 2016–2018. The main outcomes were the proportion of patients receiving monotherapy, doublets, and triplets as 2nd-, 3rd-, and ≥4th-line therapy, and the proportion of patients with high-risk cytogenetics.

Results

The proportion of patients receiving monotherapy decreased from 35.9% in 2016 to 25.5% in 2018. The proportion of patients receiving doublets increased from 28.4% in 2016 to 38.7% in 2018. The proportion of patients receiving triplets increased from 36.2% in 2016 to 35.6% in 2018. The proportion of patients with high-risk cytogenetics was 8%, 10%, and 10% in 2016, 2017, and 2018, respectively.

Conclusions

The proportion of patients receiving triplets increased from 2016 to 2018, while the proportion of patients receiving doublets and monotherapy decreased. The proportion of patients with high-risk cytogenetics remained stable over the study period. This study highlights the evolving treatment landscape in RRMM in Europe from 2016 to 2018.