Frailty score may predict outcomes in multiple myeloma

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(HealthDay)—A frailty scale that includes Eastern Cooperative

Oncology Group performance status (ECOG PS) may predict outcomes for transplant-ineligible patients with newly diagnosed multiple myeloma (NDMM), according to a study published in the January issue of *Leukemia*.

Thierry Facon, M.D., from the University of Lille in France, and colleagues retrospectively examined patients from the phase 3 FIRST trial in NDMM to assess outcomes based on frailty using scores for age, Charlson Comorbidity Index, and ECOG PS. ECOG PS was assessed in 1,618 participants: 49 percent frail and 51 percent nonfrail.

The researchers found that compared with nonfrail patients, frail patients experienced worse progression-free and overall survival. When frailty and International Staging System (ISS) stage (I/II versus III) were combined, prognostic assessment was improved. The risk of developing grade 3/4 treatment-emergent adverse events was increased for frail patients. Treatment effects were confirmed per frailty group and per frailty and ISS group.

"Future exploration of the frailty scale may be used to compare clinical trial populations of elderly patients, to design studies dedicated to elderly frail or nonfrail patients, and to implement risk-adapted treatment strategies for patients with multiple myeloma," the authors write.

Several authors disclosed financial ties to the pharmaceutical industry.

More information: Abstract/Full Text

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