

Report NCU grant

Report submission date: 30. Mars 2011

Main applicant: Anders Waage

Project title: Nordic Myeloma Study Group – organisation and clinical trials

NCU grant received (€): 40 000

Project commencement and completion dates: 1. Jan 2009-31 Dec 2009

Please e-mail report to: ncu@kreftforeningen.no

1. Brief description of the project, written in a language understandable to non-scientists (Maximum length: 100 words)

Nordic Myeloma Study Group (NMSG) is an organisation of clinicians from Sweden, Denmark and Norway existing for 20 years with the main purpose to run clinical trials to improve the treatment of multiple myeloma. The organisation comprises 17 regional coordinators in Norway, Sweden, and Denmark, 50-70 physicians/investigators who include patients, study nurses and secretary assistance. We have published altogether 63 publications and 11 in 2009-10. The support from NCU has been used to run the organisation with two joint meetings annually and to partially fund studies and development of guidelines

2. Summarize the major findings of the project (Maximum length: 400 words)

We have had a broad activity.

- a) The main findings from our studies are from two large randomised clinical trials with respectively 502 and 362 patients from Norway, Sweden and Denmark mentioned below under 3.
- b) We have had extensive activity with preparation of guidelines in all the countries. This has been a task initiated by the authorities, but has been based on discussions in NMSG. There has been a marked improvement of the treatment of multiple myeloma. Furthermore, there are many alternatives and difficult choices in the treatment. Updated guidelines has therefore been very helpful in the daily handling of myeloma patients.

3. Describe how the project has increased our knowledge of the prevention, cause and/or cure for cancer (Maximum length: 150 words)

Cure is still not achievable for multiple myeloma and the goal of the treatment is to prolong life with good quality of life.

Major clinical trials with distinct new information are Gimsing P et al Lancet Oncology. 2010;11:973-82 and Waage et al Blood 2010 ;116:1405-12 (see publications below).

The first study implied a change in the treatment with bisphosphonates to myeloma patients in the Nordic countries, the dose can be reduced from 90 to 30 mg of pamidronate which gives the same effect and lower the risk of side effects.

The second study contributed to define the group of myeloma patients who benefit from treatment with thalidomide which has become a very important drug in the treatment of multiple myeloma. This drug has been accepted as first line treatment of multiple myeloma in combination with melphalan and prednisone.

4. Outline how Nordic cooperation has added value to this project (Maximum length 100 words)

Internationally, there are big differences between health care systems, and in traditions and culture with respect to treatment. This is marked within Europe and even more so compared with USA. A consequence of this is that international guidelines are only partly applicable. The Nordic countries are much more homogenous which facilitates a cooperation within this area.

Furthermore, it is necessary to collaborate to increase the number of patients who can be recruited to clinical trials. To speed up the accrual rate in the trials we have expanded our collaboration to the HOVON group in the Netherlands. In such a collaboration it is a strength that the Nordic countries is one unit and not 3 separate partners.

5. Publications resulting from this grant

Publications from 2009 -10 are referred

J Bird, J Behrens, J Westin, I Turesson, R Beetham, M Drayson, S D'Sa, H Gregersen, N Gulbrandsen, E Low, R Soutar, A Waage: UK Myeloma Forum (UKMF) and Nordic Myeloma Study Group (NMSG): Guidelines for the investigation of newly detected M-proteins and the management of monoclonal gammopathy of undetermined significance (MGUS). Brit J Haematol 2009; 147: 22-42.

A Gruber, M Hjorth och UH Mellqvist för Diagnosgruppen för plasmacellssjukdomar: Myelom. Diagnostik och behandling. Nationella riktlinjer fastställda 2009-05-28.
<http://sfhem.se>.

I Turesson och J Westin: Diagnostik och uppföljning av patienter med små M-komponenter. Läkartidningen 2010 ;107:176-9



H Ludwig, V Bolejack, J Crowley, J Bladé, J San Miguel, RA Kyle, V Rajkumar, K Shimizu, I Turesson, J Westin, P Sonneveld, M Cavo, M Boccadoro, A Palumbo, P Tosi, JL Harousseau, M Attal, B Barlogie, K Stewart and B Durie: Survival and years of life lost in different age cohorts of patients with multiple myeloma. *J Clin Oncol* 2010; 28:1599-605

Waage A, Gimsing P, Fayers P, Abildgaard N, Ahlberg L, Björkstrand B, Carlson K, Dahl IM, Forsberg K, Gulbrandsen N, Haukås E, Hjertner Ø, Hjorth M, Karlsson T, Knudsen LM, Nielsen JL, Linder O, Mellqvist UH, Nesthus I, Rolke J, Strandberg M, Sørnbø JH, Wisløff F, Juliusson G, Turesson I for the Nordic Myeloma Study Group. Melphalan and prednisone plus thalidomid or placebo in elderly patients with multiple myeloma. *Blood* 2010 ;116:1405-12

Gimsing P, Carlson K, Turesson I, Fayers P, Waage A, Vangsted A, Mylin A, Gluud C, Juliusson G, Gregersen H, Hansen HH, Nesthus I, Dahl IM, Westin J, Nielsen JL, Knudsen LM, Ahlberg L, Hjorth M, Abildgaard N, Andersen NF, Linder O, Wisløff F. Health-related quality of life and skeletal morbidity in patients with newly diagnosed multiple myeloma given monthly infusions of 30 mg versus 90 mg pamidronate: results of a randomised blinded Nordic Myeloma Study Group (NMSG) trial. *Lancet Oncology*. 2010;11:973-82.

Johnsen HE, Klausen TW, Boegsted M, Lenhoff S, Gimsing P, Christiansen I, Gedde-Dahl T, Lindås R, Mellqvist UH; Nordic Myeloma Study Group. Improved survival for multiple myeloma in denmark based on autologous stem cell transplantation and novel drug therapy in collaborative trials: analysis of accrual, prognostic variables, selection bias, and clinical behavior on survival in more than 1200 patients in trials of the nordic myeloma study group. *Clin Lymphoma Myeloma Leuk*. 2010;10:290-6

Johnsen HE, Bøgsted M, Klausen TW, Gimsing P, Schmitz A, Kjærsgaard E, Damgaard T, Voss P, Knudsen LM, Mylin AK, Nielsen JL, Björkstrand B, Gruber A, Lenhoff S, Remes K, Dahl IM, Fogd K, Dybkær K; on behalf of the Nordic Myeloma Study Group (NMSG) and the Myeloma Stem Cell Network (MSCNET). Multiparametric flow cytometry profiling of neoplastic plasma cells in multiple myeloma. *Cytometry B Clin Cytom*. 2010 Sep;78:338-47

European Myeloma Network: the 3rd Trialist Forum Consensus Statement from the European experts meeting on multiple myeloma. Engelhardt M, Udi J, Kleber M, Spencer A, Rocci A, Knop S, Bruno B, Brinthen S, Pérez-Simón JA, Zweegman S, Driessen C, Patriarca F, Gramatzki M, Terpos E, Sezer O, Kropff M, Straka C, Johnsen HE, Waage A, Boegsted M, Lokhorst H, Hájek R, Morgan G, Boccadoro M, Ludwig H, Cavo M, Polliack A, Sonneveld P, Einsele H, Palumbo A. *Leuk Lymphoma*. 2010;51:2006-11