



CANCER
RESEARCH
UK



LEEDS
CLINICAL TRIALS UNIT

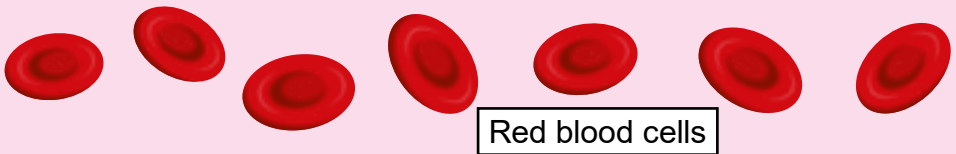
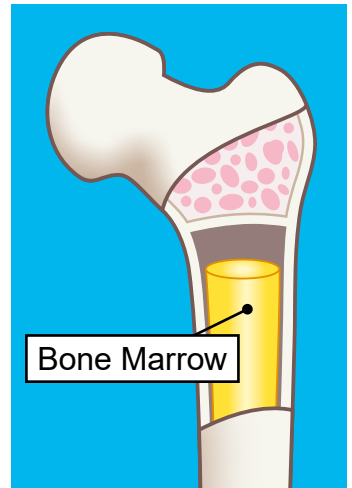
Myeloma Research at Leeds Cancer Research UK Clinical Trials Unit

 @LeedsCTRU


UNIVERSITY OF LEEDS

What is myeloma?

- Myeloma is a type of cancer that affects blood cells in the **bone marrow**.
- Around 24,000 people in the UK have myeloma. Most people with myeloma are over 65 years old.
- It can make cause damage to the body and make people very ill. It can also cause someone's bones to get weaker which means they break more easily.
- We can't currently cure myeloma but we can treat it to try to stop it getting worse.
 - Most people are treated with drugs called **chemotherapy**.
 - Some people also have a **stem cell transplant**, which involves having a strong type of chemotherapy to kill the myeloma cells before being given some healthy blood cells to replace them.



What myeloma research do we do at Leeds Cancer Research UK Clinical Trials Unit?

- We run clinical trials to find better treatments for myeloma.
- Our first myeloma clinical trial started in 1993 and the latest one opened last year!

What have we found?

2000

That having a stem cell transplant helps to control myeloma symptoms for longer. This treatment is now given to lots of patients around the world!

2007

A treatment which helps to reduce the number of times a patient with myeloma had trouble with their bones. People still receive this treatment today.

2012

Giving a second stem cell transplant was better than chemotherapy for patient's whose myeloma had come back after their first stem cell transplant. 300 second stem cell transplants are now given per year in the UK.

2019

Giving patients more treatment after their stem cell transplant kept the myeloma under control for longer. We helped to get this treatment paid for by the NHS.

2020

A treatment for patients whose myeloma had come back and may not be able to have a stem cell transplant. The treatment helped to control their myeloma for longer and reduced the number of times their hands and feet felt numb or weak.

2021

Giving more treatment to patients based on their genetic make-up helps to control their myeloma for longer. We hope more patients will receive this treatment soon!

What do we still want to find out?

We are currently trying to find out:

- Does changing the treatments before and after a second stem cell transplant stop myeloma getting worse?
- Does starting older and frailer patients on lower doses of treatment help to reduce side effects and keep patients on treatment?
- Does changing the number of drugs and the length of treatment for people based on tests performed in a laboratory stop myeloma getting worse?



Summary

- Clinical trials find out the best way to treat lots of different illnesses including myeloma.
- Leeds Cancer Research UK Clinical Trials Unit have answered lots of questions which have helped to make treatment for myeloma better for patients in the UK and around the world.
- We want to say a big **THANK YOU** to the patients, their families and all the doctors and nurses who make our clinical trials possible.

More information

To find out about the other research we do at Leeds Clinical Trials Unit, scan this QR code.



To read this booklet online or request a large print version, scan this QR code.



Our website: https://medicinehealth.leeds.ac.uk/homepage/157/leeds_institute_of_clinical_trials_research