

## More older people with non-Hodgkin lymphoma get transplant

### What were researchers trying to learn?

The researchers wanted to find out if blood or marrow transplant (BMT) is a treatment option for people 60 years of age and older with non-Hodgkin lymphoma (NHL).

They reviewed many studies of older people with NHL treated with transplant. The researchers looked at the 3 most common types of NHL:

1. Diffuse large B cell lymphoma (DLBCL)
2. Follicular lymphoma (FL)
3. Mantle cell lymphoma (MCL)

They looked at both types of transplant:

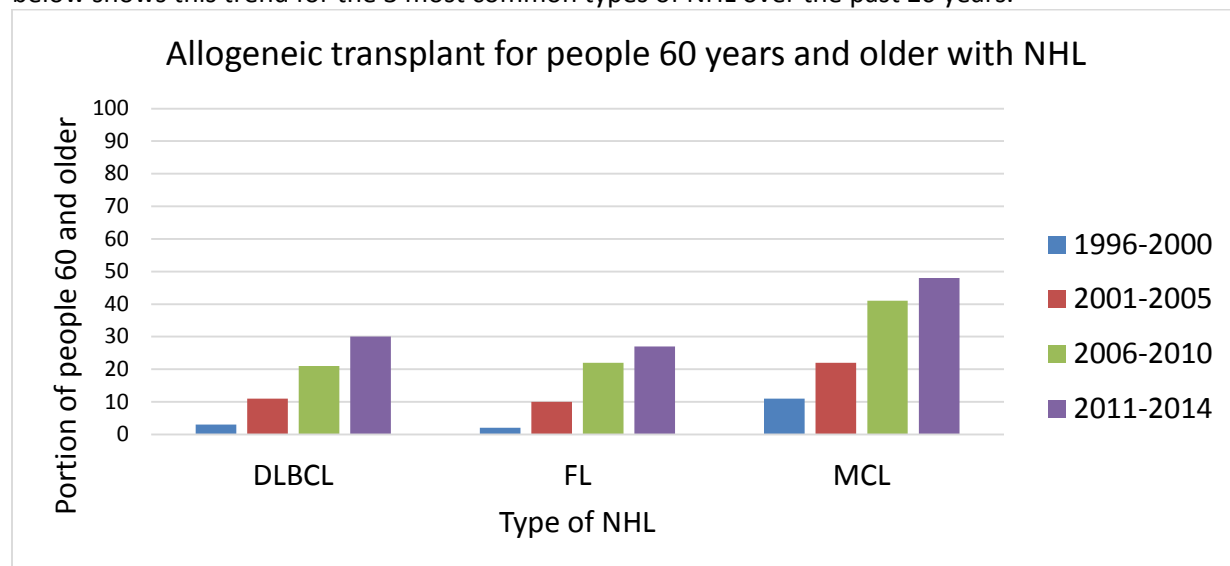
- **Autologous transplant** – uses patient’s own blood-forming cells
- **Allogeneic transplant** – uses blood-forming cells from a donor or umbilical cord blood unit

### What did they find?

The researchers found several factors have helped older people with NHL live longer after transplant. These include better:

- Ways to know which people with NHL will get better from transplant
- Ways to find the best donor for allogeneic transplant
- Treatments for NHL before transplant
- Care after transplant

They also found that more people 60 and older with NHL are getting allogeneic transplant. The graph below shows this trend for the 3 most common types of NHL over the past 20 years.



Finally, they found that older people with any type of NHL did just as well or almost as well after transplant as younger people with NHL. They say that older people with NHL should have access to transplant if they're in good health.

#### Important Point:

- **Transplant is a treatment option for healthy older people with NHL**

#### Why is this important?

Now doctors know that transplant has worked better over time for everyone with NHL. They also know that older age shouldn't keep someone with NHL from getting a transplant. Doctors caring for older people with NHL should think about whether chemotherapy or transplant will help them live longer.

The researchers also recommend that health insurance companies should pay for transplant as a treatment option for older people with NHL.

#### What else should I keep in mind about this study?

The results of research studies are always limited in what they can and can't tell you. In this review, the researchers only looked at studies of people with NHL. So, these results may not apply to people getting transplant to treat other diseases.

#### Learn more about

- [This research study](#)
- [Non-Hodgkin lymphoma](#)

#### Source:

Fenske TS, Hamadani M, Cohen JB, et al. Allogeneic hematopoietic cell transplantation as curative therapy for patients with non-Hodgkin lymphoma: Increasingly successful application to older patients. *Biol Blood Marrow Transplant.* 2016; 22(9): 1543-1551. PMID: 27131863

#### About this research summary

Groundbreaking research into blood and marrow transplant is happening every day. That research is having a significant impact on the survival and quality of life of thousands of transplant patients. But the research is written by scientists for scientists. By providing research news in an easy-to-understand way, patients, caregivers, and families have access to useful information that can help them make treatment decisions.

This information is provided on behalf of the Consumer Advocacy Committee of the CIBMTR<sup>®</sup> (Center for International Blood and Marrow Transplant Research<sup>®</sup>). The CIBMTR is a research collaboration between the National Marrow Donor Program<sup>®</sup>/Be The Match<sup>®</sup> and the Medical College of Wisconsin.