Health-related quality of life in patients with newly diagnosed multiple myeloma in the FIRST trial: lenalidomide plus low-dose dexamethasone versus melphalan, prednisone, thalidomide

Phase III FIRST trial newly diagnosed Multiple Myeloma patients aged ≥65 years, or transplant-ineligible

Investigational treatment:

Rd Lenalidomide, low dose dexamethasone administered continuously until disease progression or unacceptable toxicity

vs MPT Melphalan, prednisone, thalidomide administered for a fixed 18-month duration until disease progression or unacceptable toxicity

Data collected validated questionnaires
EORTC-QLQ-C30, EORTC-QLQ-MY20 and EQ-5D

Rd delays disease progression reduces symptom burden meaningfully improves health-related quality of life Further established as a new standard of care for the initial treatment of Multiple Myeloma

Delforge et al., Haematologica, 2015