Epidemiology of Multiple Myeloma

Rafael Ríos-Tamayo, Dolores Sánchez Rodríguez, Yoe-Ling Chang-Chan and María-José Sánchez Pérez

Additional information is available at the end of the chapter

http://dx.doi.org/10.5772/intechopen.75396

Abstract

Multiple myeloma is a heterogeneous hematological malignancy in which epidemiology plays an increasingly important role. In recent years, an unprecedented intensive research, including both clinical and molecular epidemiology, has deepened the knowledge about its pathogenesis, risk factors, and prognostic factors, leading also to the approval of new drugs. Although the etiology remains largely unknown, among the confirmed risk factors, only obesity and the exposure to certain carcinogens are potentially preventable. Familial myeloma and occupational myeloma are topics of great interest. Most population-based cancer registries show a stable incidence or only a slight trend to increase. The diagnostic delay should be avoided as much as possible. Mortality rates, including early mortality, are progressively decreasing, although infection remains the leading cause of mortality. The outcome in terms of overall survival and health-related quality of life has remarkably improved, joining the group of potentially curable malignancies. Nowadays the clinical scenario is challenging. Clinical and epidemiological variables of interest should be standardized in clinical records. Patients should be included in a population-based registry network. The clinical coordination of a multidisciplinary team in a specialized unit is needed in order to maximize the outcome of every patient.

Keywords: multiple myeloma, epidemiology, population-based registry, incidence, risk factors, survival

1. Introduction

Multiple myeloma (MM) is a complex and heterogeneous disease [1–3], with variable survival. MM is a malignancy of terminally differentiated clonal plasma cells (PC) which are primarily
localized in the bone marrow. In most cases, these PC are able to secrete a monoclonal immuno-
globulin (Ig) protein (M protein) in the serum and/or urine. About 15–20% of MM patients
secrete monoclonal light chains (LC) only, without expression of the normal Ig heavy chain,
which constitutes LCMM [4], a subtype of MM-associated to poor outcome [5, 6]. True non-
secretory MM represents only about 3% [7, 8].

The current definition of MM is based on the demonstration of 10% or more clonal bone mar-
row PC (or a biopsy-proven plasmacytoma) and one or more of the so-called myeloma defining
events (MDE), including those events that evidence end-organ damage such as hypercalcemia,
renal insufficiency, anemia, or osteolytic bone lesions (CRAB), or the presence of a biomarker
of malignancy such as 60% or more clonal PC, 100 or more involved/uninvolved serum free
light chain ratio (i/u FLCr), or more than one focal lesion on MRI.

Most patients with newly-diagnosed MM (NDMM) are preceded by a precursor disease (PD) [9,
10]. The most frequent PD is the monoclonal gammopathy of undetermined significance (MGUS),
which is defined by a low M protein level (<30 g/L in serum or <500 mg/24-hour in urine), <10% of
clonal bone marrow PC, and absence of CRAB or amyloidosis. Smoldering MM (SMM) is an
asymptomatic plasma cell disorder. It is an intermediate entity between MGUS and MM, char-
acterized by both the absence of MDE or amyloidosis, and a certain level of M protein (Ig G or
A ≥ 30 g/L in serum or ≥500 mg in 24-hour urine) and/or 10–60% clonal bone marrow PC. The
risk of progression to MM of MGUS and SMM is about 1 and 10% per year, respectively [11, 12].

The outcome of patients with NDMM in terms of overall survival (OS) is highly variable
according to the type of study, selection criteria and calendar period. The real improvement
in OS over time can be shown using population-based registries in which all incident cases are
included with standardized rules and thorough follow-up [13–15]. Several well-established
or emergent prognostic factors in relation to the disease, the host, the stage and the response
to therapy are involved. However, the current risk stratification systems [16–20] cannot accu-
rately predict the outcome in a particular patient.

Multilevel heterogeneity is a common denominator of MM. The epidemiological background
[21, 22], the clinical presentation [23, 24], the genetic instability [25, 26] as well as clonal evolu-
tion [27, 28], and finally, the response to therapy [29, 30], are the most relevant levels of het-
ergeneity. All of them have a well-known impact on the outcome. Epidemiology is probably
the first level of heterogeneity and its knowledge is key to understand MM outcome. Herein,
an updated perspective on the epidemiology of MM will be highlighted.

2. Epidemiology of multiple myeloma

2.1. Incidence of multiple myeloma

MM incidence within a geographically determined population can be established by means of
population-based cancer registries. The main goal of these registries is the identification of all
incident cases of NDMM diagnosed among the residents of a defined geographical area [31].
The International Agency for Research on Cancer and the International Association of Cancer
Registries provides high-quality statistics on the incidence of cancer from population-based
registries around the world [32].
The incidence of MM is generally higher in more-developed countries. The estimated NDMM incident cases in the United States throughout 2017 is 30,280 (17,490 men and 12,790 women), representing 1.8% of all new cancer, with an incidence rate (per 100,000 inhabitants and age-standardized to the 2000 United States standard population) of 8 and 5.2 respectively, and a male/female ratio of 1.5 [33]. Similar or slightly lower age-standardized incidence rates can be found in European countries [31, 34–38]. Conversely, in Asian countries, the incidence is particularly low [39, 40]. There is a marked racial disparity in the incidence of MGUS and MM, with a two to threefold increased risk in blacks compared with whites, after adjusting for socioeconomic and other risk factors, suggesting a genetic predisposition [41].

Most population-based cancer registries show a stable or slightly increasing MM incidence over the last decades. In some registries, an improvement in case ascertainment may be the reason for the slight increase trend in the incidence. Based on data from the Surveillance, Epidemiology, and End Results Program [42] approximately 0.8% of the population will be diagnosed with MM at some point during their lifetime. On the other hand, as expected, the prevalence of MM has increased due to progressive improvement in OS.

2.2. Risk factors

MM is a multifactorial disease with a wide variety of risk factors including both environmental and genetic. Despite the growing interest in the field, the etiology of MM is poorly understood. However, many risk factors have been implicated, with variable levels of evidence [43, 44]. Herein, the main risk factors will be reviewed. Interestingly, some of these variables such as age, sex, race, and others, have a double behavior, as risk and prognostic factors. Remarkably, only two risk factors are potentially preventable. On the one hand, obesity is an increasingly common comorbidity. On the other hand, the exposition to certain chemical products, such as some herbicides, has been also demonstrated to be associated with the risk of developing MM.

2.2.1. Precursor disease

MM has a multistep pathogenesis [2, 45]. All MM patients are virtually preceded by a PD. Several PD can progress to MM, such as MGUS [46], SMM [12] or solitary plasmacytoma [47]. Despite the fact that MGUS is considered the main risk factor for MM, only few MM patients have a prior knowledge of MGUS at the time of the diagnosis of MM. Remarkably, in a Swedish nationwide study of 14,798 patients with MM, only 2.7% had previously diagnosed as having MGUS, but this subgroup showed significantly better OS [48]. Moreover, in the Granada (south of Spain) population-based cancer registry, all MM with any type of previously documented PD had a better outcome and this trend was maintained over the past three decades and it was not associated to diagnostic delay [49].

2.2.2. Age

The incidence of cancer in general and hematologic malignancies increases with age. The median age of MM at diagnosis is about 70 years [14, 38]. 72% of patients included in the Swedish Multiple Myeloma Registry were 65 years or older [38]. The median relative survival was 7.7 years for patients 65 years or younger, in comparison with 3.4 years for those with 66 years or older.
Several studies [50–54] have demonstrated that the advanced age is predictive of shorter OS. Aging is associated with a decrease in the tolerability to treatment, a higher rate of drug discontinuation due to adverse events and lower cumulative delivered-dose. All these circumstances may have an impact on the outcome. Survival in older adults with MM is also improving, but to a lesser extent than in young patients [14, 55].

Age, along with renal failure and certain comorbidities, is associated with early mortality [56, 57]. The number of comorbidities increases with aging, and this may be one of the reasons why elderly people with MM have a poor outcome.

2.2.3. Sex

Most but not all registries show a higher incidence of MM in men. Moreover, in several studies, men have a trend to poorer survival in relation to women [14, 54, 58, 59] although in most cases this is not statistically significant.

2.2.4. Race

The prognostic impact of race in OS is controversial. Racial disparities in outcomes may be related with biologic factors, individual factors, health behaviors, and structural barriers [60]. In a large study from the Surveillance, Epidemiology, and End Results (SEER), with more than 40,000 patients, the differences in OS between patients in the white and black race did not reach statistically significant differences [61]. A recent study from the Mayo Clinic did not found any survival difference by race but it showed considerable variability in MM therapeutics utilization with seeming inequity for racial-ethnic minorities [62]. A comprehensive study analyzing ethnically defined NDMM has shown molecular differences between African and European descent cases [63]. If this fact could have a clinical impact remains to be determined. Overall, the current evidence seems to confirm the conclusion of old studies pointing out that race is not a significant prognostic factor in MM, whereas the socioeconomic status may influence survival [64].

2.2.5. Socioeconomic status

In recent years, the socioeconomic status has been suggested to be a confusing variable in order to analyze more deeply the association between race and survival. However, there was not strong evidence until recently. Fiala et al. [65] showed that low socioeconomic status was independently associated with poorer OS in 562 patients at the Washington University School of Medicine, and this was confirmed in a large cohort of 45,505 patients from the SEER. The most likely hypothesis for this is that this subgroup of patients delay seeking medical attention and thus are farther advanced at presentation. Costa et al. [66] also studied a cohort of 10,161 patients from SEER highlighting the strong impact of social determinants of health, such as marital status (other than married), insurance status, and income. In this study, income and education were reported at the county level, not at the individual level. An important limitation of both studies is that comorbidities are not registered in the SEER database and therefore, its influence could not be explored.

Accordingly, all variables affecting outcomes, including sociodemographic factors, should be taken into account in order to make rigorous comparisons between different therapeutic
approaches. A widening gap among socioeconomic status groups have been shown in the last two decades [67]. In this increasingly complex therapeutic scenario, it is imperative to focus on subgroups that may remain disadvantaged [68].

2.2.6. Familial MM

Family history is a well-defined risk factor for cancer. The demonstration of MM in two or more members of the same family is a rare occurrence. However, several reports during the past three decades [69–73] have analyzed the pattern of aggregation and pointed out a putative autosomal dominant mode of genetic transmission, reporting an excess familial risk for MM of about 2- to 4-fold and supporting a role for germline susceptibility genes, shared environmental influences, or an interaction of both. A variation in the presence of defining clinical features in MM patients according to family history of hematologic malignancy has been described [74, 75]. MM showed an association with breast and prostate cancer, and colorectal cancer families, suggesting that MM shares genetic susceptibility with many cancers [76].

2.2.7. Occupational MM

To facilitate international comparisons of occupational statistics, the definitions of all groups of occupations should be standardized [77]. The risk of MM has been associated with several manufacturing occupations and industries [78], such as machine operators and tenders, textile, food and beverage preparation, bakers and pastry cooks [79], printing and cleaning [80], hairdressers [81], and others. A meta-analysis including 5 cohort studies and 13 case–control studies on occupational exposure to dichloromethane, a widespread used solvent, showed an excess risk of MM [82].

Agriculture plays an important economic role in both developed and developing countries. There is a growing body of evidence about the association between farming and the risk of MM [83–85]. Despite methodological issues in some studies, the exposure to potential or confirmed carcinogens such as herbicides and pesticides commonly used by agricultural workers have been pointed out as key determinants of the cancer risk observed in agricultural populations. Some studies found a different pattern of risk according to sex [86] or even in female spouses of pesticide applicators [87]. Glyphosate is the most commonly used herbicide in the world and recent meta-analysis points out a marginally significant positive association with MM [88].

2.2.8. Obesity

Obesity is one of the biggest problems in public health throughout the world. According to the WHO definition, obese individuals have a body mass index of 30 Kg/m² or higher [89]. A causal link between obesity and cancer has been shown. About 20% of cancers are obesity-related, even 40% including overweight [90].

About 32% of NDMM patients are obese [14] Four meta-analysis have shown a positive association between obesity and MM risk [91–94]. The impact of obesity on the number of obesity-attributable NDMM cases was estimated to be 1.3 as relative risk and about 10% as population attributable risk [95]. On the other hand, the association of obesity with higher
all-cause mortality is consistent [96], although the role of obesity as prognostic factor in MM is controversial. However, evidence suggests that obesity could have a negative impact on MM outcome [97].

2.2.9. Type 2 diabetes

Obesity and type 2 diabetes share close ties [98]. Approximately one fifth of NDMM have type 2 diabetes. The association between type 2 diabetes and MM has been evaluated in one meta-analysis [99] showing a trend toward significantly increased odds of MM in patients with type 2 diabetes. Moreover, some genetic variants may influence the risk of developing MM [100]. There is increasing evidence regarding the role of type 2 diabetes as an independent prognostic factor in MM at both clinical and genomic level [101, 102].

2.2.10. Alcohol

Alcohol consumption is a major cause of disease and death worldwide. More than 5% of the total number of cancer cases are alcohol-attributable [103]. However, the role of alcohol intake in the MM risk is unclear. Interestingly several studies, including two meta-analyses, have shown a protective effect in terms of MM risk [104–107].

2.2.11. Smoking

Smoking is not considered a risk factor for MM [108, 109]. Surprisingly, a recent study shows a potential interaction between certain single nucleotide polymorphisms and smoking associated with increase MM risk [110].

2.2.12. Diet

The current evidence about this topic is not strong due to the inherent difficulties and characteristics of the studies. Notwithstanding, some issues can be highlighted. A high consumption of fish is inversely associated with MM risk [111]. The consumption of green tea seems to have a protective effect in some [43] but not all studies [112]. Combined fruit and vegetable consumption has been associated with decreased non-Hodgkin lymphoma risk but it did not reach statistical significance for MM [113]. Remarkably, a diet-induced obesity promotes an MM-like condition [114]. Despite the potentially important role of diet and nutrition in cancer prevention, the current evidence is inconsistent [115].

2.2.13. Physical activity

The literature surrounding MM and physical activity are very limited [116]. Leisure-time physical activity was associated with lower risks of many cancer types, including MM [117, 118]. The effectiveness of participation in exercise programs remains unclear for patients with MM [119].
2.2.14. Other risk factors

Little evidence supports the infection with hepatitis B and C viruses [120, 121], environmental factors [122], or the use of drugs [123], as risk factors for MM.

Besides obesity and type 2 diabetes, other conditions such as autoimmune diseases [124], thyroid disease [125], or inflammatory disorders [126], may increase the MM risk.

Autoimmune diseases constitute a heterogeneous group of disorders, which jointly affect 5–10% of the population. In relation to the potential association of autoimmune diseases and MM, an individualized approach must be implemented. A significant increase in MM incidence after ankylosing spondylitis and systemic sclerosis was showed [124]. A few cases of immune thrombocytopenia purpura associated with MM at the time of MM diagnosis have been reported [127]. In a Swedish cohort study, a significant increase of MM was demonstrated in women previously diagnosed with pernicious anemia [128]. A history of the autoimmune disease has been recently associated with impaired OS in MM and MGUS [129].

Host-related immunodeficiency is known to play a role in the development of MM [130]. More than 8% of NDMM have a prior or synchronous malignancy [14]. MM is associated with many other malignancies, including colorectal, breast and prostate cancers, non-thyroid endocrine tumors, leukemia and cancer of unknown primary [76]. The prognosis of patients with a second or third cancer is inferior [131]. Sometimes, NDMM and other hematological neoplasm such as myelodysplastic syndrome are diagnosed at the same time in the same patient [132]. Increased life expectancy has led to renewed concerns about the long-term risk of second primary malignancies [133].

2.3. Survival

OS remains the key end-point in both clinical trials and real-life patients. Survival in MM is highly variable and depends on prognostic factors, which can be categorized into four groups: host-related, disease-related, staging and therapy. Among host-related factors, comorbidity plays an important role. However, the analysis of prognostic factors is beyond the aim of this chapter. Notwithstanding, it must be emphasized that many of the above-mentioned risk factors can also behave as prognostic factors, as is the case of age. In this regard, less than 3% of patients with MM are younger than 40 years, showing similar clinical features to the whole MM population, except for a higher proportion of LCMM [134]. On the other hand, renal impairment is a common presenting complication of MM with a negative impact on the outcome; despite this, there has been a major improvement in OS in these patients, although the risk of early death remains high [135]. Moreover, the size and type of institution where the patients are treated may have an impact on the outcome in some studies [38, 136, 137]. OS has continuously improved over the past decades due to better supportive care and advances in therapy. Population-based studies are needed to accurately estimate OS in real-life patients [14, 35, 38]. An important gap exists between the outcome of these patients and those included in clinical trials, which have to fulfill specific selection criteria. Although some patients can achieve deep
responses and become long-term survivors, being some of them cured, the goal of curing MM in a significant proportion of patients is still far away. In the current scenario, getting and maintaining a minimal residual disease has become the primary objective of therapy before cure [29]. In the meantime, the importance of improving quality of life should be pointed out [138].

2.4. Mortality

Based on data from the SEER Program [42], MM is the fourteenth leading cause of cancer death in the United States. The number of deaths was 3.3 per 100,000 men and women per year (age-adjusted rates), based on 2010–2014 deaths.

Comorbidity has also an impact on mortality, in particular, early mortality [57]. Infection remains as the first cause of death in most studies, frequently associated with aging, renal failure, and relapse. Therefore, every effort to avoid serious infection should be taken into account. In this regard, prophylactic antibiotics [139] and vaccines are key measures.

2.5. Prevention

Little is known about effective measures to avoid the development of MM. Early treatment of asymptomatic patients with high-risk SMM or even high-risk MGUS, now only in the context of clinical trials, may prevent the appearance of MM, increasing the probability of cure [140].

Currently, the potentially preventable risk factors for MM are obesity and the exposure to MM-related carcinogens, particularly in the context of farming. Efforts should be made to fight globally and effectively against these risk factors.

On the other hand, the prevention of treatment-related adverse events is a matter of concern [141].

3. Conclusions

• MM is a very complex and heterogeneous disease. Heterogeneity is largely responsible for the great variability in the outcome of patients and can be stratified in several levels. Epidemiology should be considered the first level of heterogeneity. Therefore, the knowledge of the epidemiological background should be taken into account in both real-life and clinical trials settings to accurately assess the outcome, allowing a precise comparison between studies.

• MM epidemiology is an exciting research topic. In the era of precision and personalized medicine, both clinical and molecular epidemiology should be integrated as a mandatory step in the optimized workup of every patient.

• MM is a multistep malignancy. Virtually all patients with NDMM had a previous precursor disease. However, the proportion of NDMM patients with a previously known precursor disease is remarkably small. Both MGUS and SMM have also a heterogeneous pattern of risk progression. Early treatment in high-risk SMM is expected to increase the rate of cure.
• MM is a multifactorial condition. Many risk factors are involved with variable levels of evidence. The meta-analysis is located at the top of the pyramid of evidence, having largely contributed to highlight the role of potential or plausible risk factors.

• MM is a rapidly changing field. In the last decade, the pathogenesis, diagnosis, prognosis, and treatment of MM have dramatically changed. The knowledge of the epidemiological perspective can help to better understand current and future challenges, leading to an optimized MM care.

Author details

Rafael Ríos-Tamayo1,2,3,4,5*, Dolores Sánchez Rodríguez1,7, Yoe-Ling Chang-Chan4,6 and María-José Sánchez Pérez4,5,6

*Address all correspondence to: rriost33@gmail.com

1 Monoclonal Gammopathies Unit, University Hospital Virgen de las Nieves, Granada, Spain
2 Department of Hematology, University Hospital Virgen de las Nieves, Granada, Spain
3 Genomic Oncology Area, GENYO, Centre for Genomics and Oncological Research, Pfizer/University of Granada/Andalusian Regional Government, PTS, Granada, Spain
4 Biosanitary Research Institute of Granada (lbs.GRANADA), University Hospitals of Granada/University of Granada, Granada, Spain
5 CIBER of Epidemiology of Public Health (CIBERESP), Madrid, Spain
6 Granada Cancer Registry, Andalusian School of Public Health, Granada, Spain
7 FIBAO, Granada, Spain

References

[1] Rajkumar SV, Dimopoulos MA, Palumbo A, Bladé J, Merlini G, Mateos MV, et al. International myeloma working group updated criteria for the diagnosis of multiple myeloma. The Lancet Oncology. 2014;15:e538-e548. DOI: 10.1016/S1470-2045(14)70442-5

[2] Bianchi G, Munshi NC. Pathogenesis beyond the cancer clone(s) in multiple myeloma. Blood. 2015;125:3049-3058. DOI: 10.1182/blood-2014-11-568881

[3] Kumar SK, Rajkumar V, Kyle RA, van Duin M, Sonneveld P, Mateos MV, et al. Multiple myeloma. Nature Reviews Disease Primers. 2017;3:17046. DOI: 10.1038/nrdp.2017.46

[4] Kyle RA, Rajkumar SV. Criteria for diagnosis, staging, risk stratification and response assessment of multiple myeloma. Leukemia. 2009;23:3-9. DOI: 10.1038/leu.2008.291
[5] Ríos-Tamayo R, Sánchez MJ, García de Veas JL, Rodríguez T, Puerta JM, Chang-Chan YL, et al. Light chain multiple myeloma: A single institution series. Journal of Leukemia. 2015;3:184. DOI: 10.4172/2329-6917.1000184

[6] Zhang JJ, Sun WJ, Huang ZX, Chen SL, Zhong YP, Hu Y, et al. Light chain multiple myeloma, clinic features, responses to therapy and survival in a long-term study. World Journal of Surgical Oncology. 2014;12:234. DOI: 10.1186/1477-7819-12-234

[7] Bladé J, Kyle RA. Nonsecretory myeloma, immunoglobulin D myeloma, and plasma cell leukemia. Hematology/Oncology Clinics of North America. 1999;13:1259-1272

[8] Chawla SS, Kumar SK, Dispenzieri A, Greenberg AJ, Larson DR, Kyle RA, et al. Clinical course and prognosis of non-secretory multiple myeloma. European Journal of Hematology. 2015;95:57-64. DOI: 10.1111/ejh.12478

[9] Landgren O, Kyle RA, Pfeiffer RM, Katzmann JA, Caporaso NE, Hayes RB, et al. Monoclonal gammopathy of undetermined significance (MGUS) consistently precedes multiple myeloma: a prospective study. Blood. 2009;113:5412-5417. DOI: 1182/blood-2008-12-194241

[10] Weiss BM, Abadie J, Verma P, Howard RS, Kuehl M. A monoclonal gammopathy precedes multiple myeloma in most patients. Blood. 2009;113:5418-5422. DOI: 10.1182/blood-2008-12-195008

[11] Kyle RA, Therneau TM, Rajkumar SV, Offord JR, Larson DR, Plevak MF, et al. A long-term study of prognosis in monoclonal gammopathy of undetermined significance. The New England Journal of Medicine. 2002;346:564-569

[12] Rajkumar SV, Landgren O, Mateos MV. Smoldering multiple myeloma. Blood. 2015;125:3069-3075. DOI: 10.1182/blood-2014-09-568899

[13] Kristinsson SY, Landgren O, Dickman PW, Derolf AR, Björkholm M. Patterns of survival in multiple myeloma: A population-based study of patients diagnosed in Sweden from 1973 to 2003. Journal of Clinical Oncology. 2007;25:1993-1999. DOI: 10.1200/JCO.2006.09.0100

[14] Ríos-Tamayo R, Sánchez MJ, Puerta JM, Sainz J, Chang-Chan DY, Rodríguez T, et al. Trends in survival of multiple myeloma: A thirty-year population-based study in a single institution. Cancer Epidemiology. 2015;39:693-699. DOI: 10.1016/j.canep.2015.08.002

[15] Turesson I, Velez R, Kristinsson SY, Landgren O. Patterns of improved survival in patients with multiple myeloma in the twenty-first century: A population-based study. Journal of Clinical Oncology. 2010;28:830-834. DOI: 10.1200/JCO.2009.25.4177

[16] Greipp PR, San Miguel J, Durie BGM, Crowley JJ, Barlogie B, Bladé J, et al. International staging system for multiple myeloma. Journal of Clinical Oncology. 2005;23:3412-3420. DOI: 10.1200/JCO.2005.04.242

[17] Palumbo A, Avet-Loiseau H, Oliva S, Lokhorst HM, Goldschmidt H, Rosiñol L, et al. Revised international staging system for multiple myeloma: A report from international myeloma working group. Journal of Clinical Oncology. 2015;33:2863-2869. DOI: 10.1200/JCO.2015.61.2267
[18] Ríos-Tamayo R, Romero A, Puerta JM, González PA, López-Fernández E, Moratalla L, et al. ISS versus R-ISS for risk stratification of multiple myeloma patients undergoing autologous stem cell transplant. Journal of Leukemia. 2015;3:189. DOI: 10.4172/2329-6917.1000189

[19] Chng WJ, Dispenzieri A, Chim C-S, Fonseca R, Goldschmidt H, Lentzsch S, et al. IMWG consensus on risk stratification in multiple myeloma. Leukemia. 2014;28:269-277. DOI: 10.1038/leu.2013.247

[20] Usmani SZ, Rodriguez-Otero P, Bhutani M, Mateos MV, San Miguel J. Defining and treating high-risk multiple myeloma. Leukemia. 2015;29:2119-2125. DOI: 10.1038/leu.2015.209

[21] Alexander DD, Mink PJ, Adami HO, Cole P, Mandel JS, Oken MM, et al. Multiple myeloma: A review of the epidemiologic literature. International Journal of Cancer. 2007;120:40-61. DOI: 10.1002/ijc.22718

[22] Kyle RA, Rajkumar SV. Epidemiology of the plasma-cell disorders. Best Practice and Research Clinical Haematology. 2007;20:637-664. DOI: 10.1016/j.beha.2007.08.001

[23] Greenberg AJ, Rajkumar SV, Therneau TM, Singh PP, Dispenzieri A, Kumar SK. Relationship between initial clinical presentation and the molecular cytogenetic classification of myeloma. Leukemia. 2014;28:398-403. DOI: 10.1038/leu.2013.258

[24] Ríos-Tamayo R, Sainz J, Alba AM, Cruz AJ, Pérez JA, Morente E, et al. The impact of the type of myeloma-defining event on early mortality and survival. In: EHA 21st; 9-12 June 2016; Copenhagen. Denmark: Haematologica. 2016;100(s.1):pp. 544-545

[25] Egan JB, Shi C-X, Tembe W, Christoforides A, Kurdoglu A, Sinari S, et al. Whole-genome sequencing of multiple myeloma from diagnosis to plasma cell leukemia reveals genomic initiating events, evolution, and clonal tides. Blood. 2012;120:1060-1066. DOI: 10.1182/blood-2012-01-405977

[26] Corre J, Munshi N, Avet-Loiseau H. Genetics of multiple myeloma: Another heterogeneity level? Blood. 2015;125:1870-1876. DOI: 10.1182/blood-2014-10-567370

[27] Keats JJ, Chesi M, Egan JB, Garbitt VM, Palmer SE, Braggio E, et al. Clonal competition with alternating dominant in multiple myeloma. Blood. 2012;120:1067-1076. DOI: 10.1182/blood-2012-01-405985

[28] Melchor L, Brioli A, Wardell CP, Murison A, Potter NE, Kaiser MF, et al. Single-cell genetic analysis reveals the composition of initiating clones and phylogenetic patterns of branching and parallel evolution in myeloma. Leukemia. 2014;28:1705-1715. DOI: 10.1038/leu.2014.13

[29] Lahuerta JJ, Paiva B, Vidriales MB, Cordón L, Cedena MT, Puig N, et al. Depth of response in multiple myeloma: A pooled analysis of three PETHEMA/GEM clinical trials. Journal of Clinical Oncology. 2017;35:2900-2910. DOI: 10.1200/JCO.2016.69.2517

[30] Kumar S, Paiva B, Anderson KC, Durie B, Landgren O, Moreau P, et al. International myeloma working group consensus criteria for response and minimal residual disease assessment in multiple myeloma. The Lancet Oncology. 2016;17:e328-e346. DOI: 10.1016/S1470-2045(16)30206-6
[31] Galceran J, Ameijide A, Carulla M, Mateos A, Quirós JR, Rojas D, et al. Cancer incidence in Spain, 2015. Clinical & Translational Oncology. 2017;19:799-825. DOI: 10.1007/s12094-016-1607-9

[32] Bray F, Colombet M, Mery L, Piñeros M, Znaor A, Zanetti R, Ferlay J, editors. Cancer Incidence in Five Continents, Vol. XI (electronic version). Lyon: International Agency for Research on Cancer; 2017. Available from: http://ci5.iarc.fr. [Accessed December 9, 2017]

[33] Siegel RL, Miller KD, Jemal A. Cancer statistics, 2017. CA: a Cancer Journal for Clinicians. 2017;67:7-30. DOI: 10.3322/caac.21387

[34] Vélez R, Turesson I, Landgren O, Kristinsson SY, Cuzick J. Incidence of multiple myeloma in Great Britain, Sweden, and Malmö, Sweden: The impact of differences in case ascertainment on observed incidence trends. BMJ Open. 2016;6:e009584. DOI: 10.1136/bmjopen-2015-009584

[35] Turesson I, Vélez R, Kristinsson SY, Landgren O. Patterns of multiple myeloma during the past 5 decades: Stable incidence rates for all age groups in the population but rapidly changing age distribution in the clinic. Mayo Clinic Proceedings. 2010;85:225-230. DOI: 10.4065/mcp.2009.0426

[36] Renshaw C, Ketley N, Möller H, Davies EA. Trends in the incidence and survival of multiple myeloma in South East England 1985-2004. BMC Cancer. 2010;10:74. DOI: 0.1186/1471-2407-10-74

[37] Maluskova D, Svobodova I, Kucerova M, Brozova L, Muzik J, Jarkopvsky J, et al. Epidemiology of multiple myeloma in the Czech Republic. Klin Oncol. 2017;30(Suppl 2):2S35-2S42. DOI: 10.14735/amko20172S35

[38] Blimark CH, Turesson I, Genell A, Ahlberg L, Björkstrand B, Carlson K, et al. Outcome and survival of myeloma patients diagnosed 2008-2015. Real world data on 4904 patients from the Swedish myeloma registry (SMR). Haematologica. 2018;103:506-513. DOI: 10.3324/haematol.2017.178103

[39] Huang SY, Yao M, Tang JL, Lee WC, Tsay W, Cheng AL, et al. Epidemiology of multiple myeloma in Taiwan. Increasing incidence for the past 25 years and higher prevalence of extramedullary myeloma in patients younger than 55 years. Cancer. 2007;110:896-905. DOI: 10.1002/cncr.22850

[40] Lee JH, Lee DS, Lee JJ, Chang YH, Jin JY, Jo DY, et al. Multiple myeloma in Korea: Past, present, and future perspectives. Experience of the Korean multiple myeloma working party. International Journal of Haematology. 2010;92:52-57. DOI: 10.1007/s12185-010-0617-6

[41] Greenberg AJ, Vachon CM, Rajkumar SV. Disparities in the prevalence, pathogenesis and progression of monoclonal gammopathy of undetermined significance and multiple myeloma between blacks and whites. Leukemia. 2012;26:609-614. DOI: 10.1038/leu.2011.368

[42] National Cancer Institute. Surveillance, Epidemiology, and End Results Program [Internet]. 2017. Available from: http://www.seer.cancer.gov [Accessed: December 10, 2017]
Wang Q, Wang Y, Ji Z, Chen X, Pan Y, Gao G, et al. Risk factors for multiple myeloma: A hospital-based case–control study in Northwest China. *Cancer Epidemiology*. 2012;36:439-444. DOI: 10.1016/j.canep.2012.05.002

Sergentanis TN, Zagouri F, Tsilimidos G, Tsagianni A, Tseliou M, Dimopoulos MA, et al. Risk factors for multiple myeloma: A systematic review of meta-analyses. *Clinical Lymphoma Myeloma and Leukemia*. 2015;15:563-577. DOI: 10.1016/j.clml.2015.06.003

Palumbo A, Anderson K. Multiple myeloma. *The New England Journal of Medicine*. 2011;364:1046-1060. DOI: 10.1056/NEJMra1011442

Kyle RA, Therneau TM, Rajkumar SV, Larson DR, Plevak MF, Offord JR, et al. Prevalence of monoclonal gammopathy of undetermined significance. *The New England Journal of Medicine*. 2006;354:1362-1369. DOI: 10.1056/NEJMoa054494

Katodritou E, Terpos E, Symeonidis AS, Pouli A, Kelaidi C, Kyrtonis MC, et al. Clinical features, outcome, and prognostic factors for survival and evolution to multiple myeloma of solitary plasmacytomas: A report of the Greek myeloma study group in 97 patients. *American Journal of Hematology*. 2014;89:803-808. DOI: 10.1002/ajh.23745

Sigurdardottir EE, Turesson I, Lund SH, Lindqvist EK, Mailankody S, Korde N, et al. The role of diagnosis and clinical follow-up of monoclonal gammopathy of undetermined significance on survival in multiple myeloma. *JAMA Oncology*. 2015;1:168-174. DOI: 10.1001/jamaoncol.2015.23

Ríos-Tamayo R, Sainz J, Jurado M, Puerta JM, González PA, Romero A, et al. Multiple myeloma with prior precursor disease shows better outcome. In: 57th Meeting of The American Hematology Association; 5-8 December 2015; Orlando. EEUU: *Blood*. 2015;126. Abstract 1756

Bringhen S, Mateos MV, Zweegman S, Larocca A, Falcone AP, Oriol A, et al. Age and organ damage correlate with poor survival in myeloma patients: Meta-analysis of 1435 individual patient data from 4 randomized trials. *Haematologica*. 2013;98:980-987. DOI: 10.3324/haematol.2012.075051

Chretien ML, Hebraud B, Cances-Lauwers V, Hulin C, Marit G, Leleu X, et al. Age is a prognostic factor even among patients with multiple myeloma younger than 66 years treated with high-dose melphalan: The IFM experience on 2316 patients. *Haematologica*. 2014;99:1236-1238. DOI: 10.3324/haematol.2013.098608

Wildes TM, Rosko A, Tuchman SA. Multiple myeloma in older adults: Better prospects, more challenges. *Journal of Clinical Oncology*. 2014;32:2531-2540. DOI: 10.1200/JCO.2014.55.1028

Kumar SK, Dispenzieri A, Lacy MQ, Gertz MA, Buadi FK, Pandey S, et al. Continued improvement in survival in multiple myeloma: Changes in early mortality and outcomes in older patients. *Leukemia*. 2014;28:1122-1128. DOI: 10.1038/leu.2013.313
Liwing J, Uttervall K, Lund J, Aldrin A, Blimark C, Carlson K, et al. Improved survival in myeloma patients: Starting to close in on the gap between elderly patients and a matched normal population. British Journal of Haematology. 2014;164:684-693. DOI: 10.1111/bjh.12685

Kristinsson SY, Anderson WF, Landgren O. Improved long-term survival in multiple myeloma up to the age of 80 years. Leukemia. 2014;28:1346-1348. DOI: 10.1038/leu.2014.23

Augustson BM, Begum G, Dunn JA, Barth NJ, Davies F, Morgan G, et al. Early mortality after diagnosis of multiple myeloma: Analysis of patients entered onto the United Kingdom Medical Research Council trials between 1980 and 2002-Medical Research Council adult leukaemia working party. Journal of Clinical Oncology. 2005;23:9219-9226. DOI: 10.1200/JCO.2005.03.2086

Ríos-Tamayo R, Sainz J, Martínez-López J, Puerta JM, Chang-Chan DY, Rodríguez T, et al. Early mortality in multiple myeloma: The time-dependent impact of comorbidity. A population-based study in 621 real-life patients. American Journal of Hematology. 2016;91:700-705. DOI: 10.1002/ajh.24389

Kumar SK, Rajkumar SV, Dispenzieri A, Lacy MQ, Hayman SR, Buadi FK, et al. Improved survival in multiple myeloma and the impact of novel therapies. Blood. 2008;111:2516-2520. DOI: 10.1182/blood-2007-10-116129

Yusuf AA, Natwick T, Werther W, Felici D, Mahue M, Bridges KR, et al. A retrospective analysis to examine factors associated with mortality in Medicare beneficiaries newly diagnosed with multiple myeloma. Current Medical Research and Opinion. 2016;12:1989-1996. DOI: 10.1080/03007995.2016.1226166

Kirtane K, Lee SJ. Racial and ethnic disparities in hematologic malignancies. Blood. 2017;130:1699-1705. DOI: 10.1182/blood-2017-04-778225

Kaya H, Peressini B, Jawed I, Martinic D, Elaimy AL, Lamoreaux WT, et al. Impact of age, race and decade of treatment on overall survival in a critical population analysis of 40,000 multiple myeloma patients. International Journal of Hematology. 2012;95:64-70. DOI: 10.1007/s12185-011-0971-z

Ailawadhi S, Frank RD, Advani P, Swaika A, Temkit M, Menghani R, et al. Racial disparity in utilization of therapeutic modalities among multiple myeloma patients: A SEER-medicare analysis. Cancer Med-US. 2017;6:2876-2885. DOI: 10.1002/cam4.1246

Manojlovic Z, Christofferson A, Liang WS, Aldrich J, Washington M, Wong S, et al. Comprehensive molecular profiling of 718 multiple myelomas reveals significant differences in mutation frequencies between African and European descent cases. PLoS Genetics. 2017;13:e1007087. DOI: 10.1371/journal.pgen.1007087

Savage D, Lindenbaum J, Van Ryzin J, Struening E, Garret J. Race, poverty, and survival in multiple myeloma. Cancer. 1984;54:3085-3094

Fiala MA, Finney JD, Liu J, Stockerl-Goldstein KE, Tomasson MH, Vij R, et al. Socioeconomic status is independently associated with overall survival in patients with multiple myeloma. Leukemia & Lymphoma. 2015;56:2643-2649. DOI: 10.3109/10428194.2015.1011156
[66] Costa LJ, Brill IK, Brown EE. Impact of marital status, insurance status, income, and race/ethnicity on the survival of younger patients diagnosed with multiple myeloma in the United States. Cancer. 2016;122:3183-3190. DOI: 10.1002/cncr.30183

[67] Sun T, Wang S, Sun H, Wen J, An G, Li J. Improved survival in multiple myeloma, with a diminishing racial gap and a widening socioeconomic status gap over three decades. Leukemia & Lymphoma. 2018;59:49-58. DOI: 10.1080/10428194.2017.1335398

[68] Ailawadhi S, Bhatia K, Aulakh S, Meghji Z, Chanan-Khan A. Equal treatment and outcomes for everyone with multiple myeloma: Are we there yet? Current Hematologic Malignancy Reports. 2017;12:309-316. DOI: 10.1007/s11899-017-0393-y

[69] Lynch HT, Ferrarar K, Barlogie B, Coleman EA, Lynch JF, Weisenburger D, et al. Familial myeloma. The New England Journal of Medicine. 2008;359:152-157. DOI: 10.1056/NEJMoa0708704

[70] Landgren O, Kristinsson SY, Goldin LR, Caporaso NE, Blimark C, Mellqvist UH, et al. Risk of plasma cell and lymphoproliferative disorders among 14 621 first-degree relatives of 4458 patients with monoclonal gammopathy of undetermined significance in Sweden. Blood. 2009;114:791-795. DOI: 10.1182/blood-2008-12-191676

[71] Altieri A, Chen B, Bermejo LR, Castro F, Hemminki K. Familial risks and temporal incidence trends of multiple myeloma. European Journal of Cancer. 2006;42:1661-1670. DOI: 10.1016/j.ejca.2005.11.033

[72] Coleman EA, Lynch H, Enderlin C, Stewart B, Thomé SD, Kennedy R, et al. Initial report of family registry of multiple myeloma. Cancer Nursing. 2009;32:456-464. DOI: 10.1097/NCC.0b013e3181a90168

[73] Vachon CM, Kyle RA, Therneau TM, Foreman BJ, Larson DR, Colby CL, et al. Increased risk of monoclonal gammopathy in first-degree relatives of patients with multiple myeloma or monoclonal gammopathy of undetermined significance. Blood. 2009;114:785-790. DOI: 10.1182/blood-2008-12-192575

[74] Van Valkenburg MAE, Pruitt GI, Brill IK, Costa L, Ehtsham M, Justement IT, et al. Family history of hematologic malignancies and risk of multiple myeloma: Differences by race and clinical features. Cancer Cause Control. 2016;27:81-91. DOI: 10.1007/s10552-015-0685-2

[75] Schinasi LH, Brown EE, Camp NJ, Wang SS, Hofmann JN, Chiu BC, et al. Multiple myeloma and family history of lymphohaematopoietic cancers: Results from the international multiple myeloma consortium. British Journal of Haematology. 2016;175:87-101. DOI: 10.1111/bjh.14199

[76] Frank C, Fallah M, Chen T, Mai EK, Sundquist J, Försti A, et al. Search for familial clustering of multiple myeloma with any cancer. Leukemia. 2016;30:627-632. DOI: 10.1038/leu.2015.279

[77] International Labour Organization. International Standard Classification of Occupations: ISCO-08. Geneva: ILO; 2012. V1. 420pp

[78] Gold LS, Milliken K, Stewart P, Purdue M, Severson R, Seixas N, et al. Occupation and multiple myeloma: An occupation and industry analysis. American Journal of Industrial Medicine. 2010;53:768-779. DOI: 10.1002/ajim.20857
[79] Lope V, Pérez-Gómez B, Aragonés N, López-Abente G, Gustavsson P, Plato N, et al. Occupation, exposure to chemicals, sensitizing agents, and risk of multiple myeloma in Sweden. Cancer Epidemiology, Biomarkers & Prevention. 2008;17:3123-3127. DOI: 10.1158/1055-9965.EPI-08-0343

[80] Perrotta C, Staines A, Codd M, Kleefeld S, Crowley D, Mannetje AT, et al. Multiple myeloma and lifetime occupation: Results from the EPILYMPH study. Journal of Occupational Medical Toxicology. 2012;7:25. DOI: 10.1186/1745-6673-7-25

[81] Takkouche B, Regueira-Méndez C, Montes-Martínez A. Risk of cancer among hairdressers and related workers: A meta-analysis. International Journal of Epidemiology. 2009;38:1512-1531. DOI: 10.1093/ije/dyp283

[82] Liu T, Xu Q, Zhang CH, Zhang P. Occupational exposure to methylene chloride and risk of cancer: A meta-analysis. Cancer Cause Control. 2006;24:2037-2049. DOI: 10.1007/s10552-013-0283-0

[83] Khuder SA, Mutgi AB. Meta-analyses of multiple myeloma and farming. American Journal of Industrial Medicine. 1997;32:510-516

[84] Perrotta C, Staines A, Cocco P. Multiple myeloma and farming. A systematic review of 30 years of research. Where next? Journal of Occupational Medicine and Toxicology. 2008;3:27. DOI: 10.1186/1745-6673-3-27

[85] Ghaafari M, Cheraghi Z, Doosti-Irani A. Occupational risk factors among Iranian farm workers: A review of the available evidence. Epidemiology and Health. 2017;39:e2017027. DOI: 10.4178/epih.e2017027

[86] Kachuri L, Harris MA, MacLeod JS, Tjepkema M, Peters PA, Demers PA. Cancer risks in a population-based study of 70,570 agricultural workers: Results from the Canadian census health and environment cohort (CanCHEC). BMC Cancer. 2017;17:343. DOI: 10.1186/s12885-017-3346-x

[87] Louis LM, Lerro CC, Friesen MC, Andreotti G, Koutros S, Sandler DP, et al. A prospective study of cancer risk among agricultural health study farm spouses associated with personal use of organochlorine insecticides. Environmental Health. 2017;16:95. DOI: 10.1186/s12940-017-0298-1

[88] Chang ET, Delzell E. Systematic review and meta-analysis of glyphosate exposure and risk of lymphohematopoietic cancers. Journal of Environmental Science and Health. Part. B. 2016;51:402-428. DOI: 10.1080/03601234.2016.1142748

[89] Ríos-Tamayo R, Sainz J, Jiménez-Moleón JJ, Jurado M. Obesity and multiple myeloma: What do the data tell us? Journal of Leukemia. 2014;2:e109. DOI: 10.4172/2329-6917.1000e109

[90] Brook C, Thomas CC, Henley SJ, Massetti GM, Galuska DA, Agurs-Collins T, et al. Vital signs: Trends in incidence of cancers associated with overweight and obesity — United States, 2005-2014. MMWR 2017;66:39. Available from: https://www.cdc.gov/mmwr. [Accessed: October 3, 2017]
[91] Larsson SC, Wolk A. Body mass index and risk of multiple myeloma: A meta-analysis. International Journal of Cancer. 2007;121:2512-2516. DOI: 10.1002/ijc.22968

[92] Renehan AG, Tyson M, Egger M, Heller RF, Zwahlen M. Body-mass index and incidence of cancer: A systematic review and meta-analysis of prospective observational studies. Lancet. 2008;371:569-578. DOI: 10.1016/S0140-6736(08)60269-X

[93] Wallin A, Larsson SC. Body mass index and risk of multiple myeloma: A meta-analysis of prospective studies. European Journal of Cancer. 2011;47:1606-1615. DOI: 10.1016/j.ejca.2011.01.020

[94] Ríos-Tamayo R, Jiménez-Moleón JJ, Sainz J, López F, Rivera AB, Sánchez MJ, et al. Multiple myeloma and obesity: A meta-analysis. In: EHA 16th; 9-12 June 2011; London. UK: Haematologica -The Hematology Journal. 2011;96,s2:pp. s585-586

[95] Polednak AP. Estimating the number of U.S. incident cancers attributable to obesity and the impact on temporal trends in incidence rates for obesity-related cancers. Cancer Detection and Prevention. 2008;32:190-199. DOI: 10.1016/j.cdp.2008.08.004

[96] The Global BMI Mortality Collaboration. Body-mass index and all-cause mortality: Individual participant-data meta-analysis of 239 prospective studies in four continents. Lancet. 2016;388:776-786. DOI: 10.1016/S0140-6736(16)30175-1

[97] Yang L, Drake BF, Colditz GA. Obesity and other cancers. Journal of Clinical Oncology. 2016;34:4231-4237. DOI: 10.1200/JCO.2016.68.4837

[98] Ríos-Tamayo R, Sainz J, Jiménez-Moleón JJ, Jurado M. Type 2 diabetes and multiple myeloma: The latest insights. Journal of Leukemia. 2014;2:e110. DOI: 10.4172/2329-6917.1000e110

[99] Castillo JJ, Mull N, Reagan JL, Nemr S, Mitri J. Increased incidence of non-Hodgkin lymphoma, leukemia, and myeloma in patients with diabetes mellitus type 2: A meta-analysis of observational studies. Blood. 2012;119:4845-4850. DOI: 10.1182/blood-2011-06-362830

[100] Ríos-Tamayo R, Lupiañez CB, Campa D, Martino A, Martínez-López J, Martínez-Bueno M, et al. Type 2 diabetes-related variants influence the risk of developing multiple myeloma: Results from the IMMeNSE consortium. Endocrine-Related Cancer. 2015;22:545-559. DOI: 10.1530/ERC-15-0029

[101] Wu W, Merriman K, Nabaah A, Seval N, Seval D, Lin H, et al. The association of diabetes and anti-diabetic medications with clinical outcomes in multiple myeloma. British Journal of Cancer. 2014;111:628-636. DOI: 10.1038/bjc.2014.307

[102] Ríos-Tamayo R, Lupiañez CB, Campa D, Hielscher T, Weinhold N, Martínez-López J, et al. A common variant within the HNF1B gene is associated with overall survival of multiple myeloma patients: Results from the IMMeNSE consortium and meta-analysis. Oncotarget. 2016;7:59029-59048. DOI: 10.18632/oncotarget.10665

[103] Praud D, Rota M, Rehm J, Shield K, Zatonski W, Hashibe M, et al. Cancer incidence and mortality attributable to alcohol consumption. International Journal of Cancer. 2016;138:1380-1387. DOI: 10.1002/ijc.29890
Psaltopoulou T, Sergentanis TN, Sergentanis IN, Karadimitris A, Terpos E, Dimopoulos MA. Alcohol intake, alcoholic beverage type and multiple myeloma risk: A meta-analysis of 26 observational studies. Leukemia & Lymphoma. 2015;56:1484-1501. DOI: 10.3109/10428194.2014.956312

Rota M, Porta L, Pelucchi C, Negri E, Bagnardi V, Bellocco R, et al. Alcohol drinking and multiple myeloma risk – A systematic review and meta-analysis of the dose–risk relationship. European Journal of Cancer Prevention. 2014;23:113-121. DOI: 10.1097/CEJ.0000000000000001

Andreotti G, Birmann B, De Roos AJ, Spinelli J, Cozen W, Camp NJ, et al. A pooled analysis of alcohol consumption and risk of multiple myeloma in the international multiple myeloma consortium. Cancer Epidemiology, Biomarkers & Prevention. 2013;22:1620-1627. DOI: 10.1158/1055-9965.EPI-13-0334

Ji J, Sundquist J, Sundquist K. Alcohol consumption has a protective effect against hematological malignancies: A population-based study in Sweden including 420,489 individuals with alcohol use disorders. Neoplasia. 2014;16:229-234. DOI: 10.1016/j.neo.2014.03.003

Andreotti G, Birmann B, Cozen W, De Roos AJ, Chiu BCH, Costas L, et al. A pooled analysis of cigarette smoking and risk of multiple myeloma from the international multiple myeloma consortium. Cancer Epidemiology, Biomarkers & Prevention. 2014;24:631-634. DOI: 10.1158/1055-9965.EPI-14-1145

Psaltopoulou T, Sergentanis TN, Kanellias N, Kanavidis P, Terpos E, Dimopoulos MA. Tobacco smoking and risk of multiple myeloma: A meta-analysis of 40 observational studies. International Journal of Cancer. 2013;132:2413-2431. DOI: 10.1002/ijc.27898

Chen P, Du ZL, Zhang Y, Liu B, Gui Z, Lou JX, et al. Association of VEGF and VDR gene- gene and gene- smoking interaction on risk of multiple myeloma in Chinese Han population. Oncotarget. 2017;8:36509-36516. DOI: 10.18632/oncotarget.16510

Wang YZ, Wu QJ, Zhu J, Wu L. Fish consumption and risk of myeloma: A meta-analysis of epidemiological studies. Cancer Cause Control. 2015;26:1307-1314. DOI: 10.1007/s10552-015-0625-1

Ugai T, Matsuo K, Sawada N, Iwasaki M, Yamaji T, Shimazu T, et al. Coffee and green tea consumption and subsequent risk of malignant lymphoma and multiple myeloma in Japan: The Japan public health Center-based prospective study. Cancer Epidemiology, Biomarkers & Prevention. 2017;26:1352-1356. DOI: 10.1158/1055-9965.EPI-17-0231

Sergentanis TN, Psaltopoulou T, Ntanasis-Stathopoulos I, Liaskas A, Tzanninis IG, Dimopoulos MA. Consumption of fruits, vegetables, and risk of hematological malignancies: A systematic review and meta-analysis of prospective studies. Leukemia & Lymphoma. 2018;59:434-447. DOI: 10.1080/10428194.2017.1339873

Lwin ST, Olechnowicz SWZ, Fowler JA, Edwards CM. Diet-induced obesity promotes a myeloma-like condition. Leukemia. 2015;29:507-510. DOI: 10.1038/leu.2014.295
[115] Mayne ST, Playdon MC, Rock CL. Diet, nutrition, and cancer: Past, present and future. Nature Reviews. Clinical Oncology. 2016;13:504-515. DOI: 10.1038/nrclinonc.2016.24

[116] Smith L, McCourt O, Henrich M, Paton B, Yong K, Wardle J, et al. Multiple myeloma and physical activity: A scoping review. BMJ Open. 2015;5:e009576. DOI: 10.1136/bmjopen-2015-009576

[117] Moore SC, Lee IM, Weiderpass E, Campbell PT, Sampson JN, Kitahara CM, et al. Association of leisure-time physical activity with risk of 26 types of cancer in 1.44 million adults. JAMA Internal Medicine. 2016;176:816-825. DOI: 10.1001/jamainternmed.2016.1548

[118] Patel AV, Hildebrand JS, Campbell PT, Teras LR, Craft LL, McCullough ML, et al. Leisure-time spent sitting and site-specific cancer incidence in a large U.S. cohort. Cancer Epidemiology, Biomarkers & Prevention. 2015;24:1350-1359. DOI: 10.1158/1055-9965.EPI-15-0237

[119] Gan JH, Sim CYL, Santorelli LA. The effectiveness of exercise programmes in patients with multiple myeloma: A literature review. Critical Reviews in Oncology/Hematology. 2016;98:275-289. DOI: 10.1016/j.critrevonc.2015.11.005

[120] Franceschi S, Lise M, Trépo C, Berthillon P, Chuang SC, Nieters A, et al. Infection with hepatitis B and C viruses and risk of lymphoid malignancies in the European prospective investigation into cancer and nutrition (EPIC). Cancer Epidemiology, Biomarkers & Prevention. 2011;20:208-214. DOI: 10.1158/1055-9965.EPI-10-0889

[121] Abe SK, Inoue M, Sawada N, Iwasaki M, Shimazu T, Yamaji T, et al. Hepatitis B and C virus infection and risk of lymphoid malignancies: A population-based cohort study (JPHC study). Cancer Epidemiology. 2015;39:562-566. DOI: 10.1016/j.canep.2015.06.002

[122] Wen J, Tao W, Kuiatse I, Lin P, Feng Y, Jones RJ, et al. Dynamic balance of multiple myeloma clonogenic side population cell percentages controlled by environmental conditions. International Journal of Cancer. 2015;136:991-1002. DOI: 10.1002/ijc.29078

[123] Nuyujukian DS, Voutsinas J, Bernstein L, Wang SS. Medication use and multiple myeloma risk in Los Angeles County. Cancer Cause Control. 2014;25:1233-1237. DOI: 10.1007/s10552-014-0424-0

[124] Hemminki K, Liu X, Försti A, Ji J, Sundquist J, Sundquist K. Effect of autoimmune diseases on incidence and survival in subsequent multiple myeloma. Journal of Hematology & Oncology. 2012;5:59. DOI: 10.1186/1756-8722-5-59

[125] Dalamaga M, Karmaniolas K, Papadavid E, Pelecanos N, Migdalis I. Association of thyroid disease and thyroid autoimmunity with multiple myeloma risk: A case-control study. Leukemia Lymphoma. 2008;49:1545-1552. DOI: 10.1080/10428190802165946

[126] Brown LM, Gridley G, Check D, Landgren O. Risk of multiple myeloma and monoclonal gammopathy of undetermined significance among white and black male United States veterans with prior autoimmune, infectious, inflammatory, and allergic disorders. Blood. 2008;111:3388-3394. DOI: 10.1182/blood-2007-10-121285
[127] Faller E, Chapman L, Enright H, Browne P, McHugh J, Desmond R. Immune thrombocytopenia purpura associated with multiple myeloma. Annals of Hematology. 2016;95:1371-1372. DOI: 10.1007/s00277-016-2694-y

[128] Hsing AW, Hansson LE, McLaughlin JK, Nyren O, Blot WJ, Ekbom A, et al. Pernicious anemia and subsequent cancer. Cancer. 1993;71:745-750. DOI: 10.1002/10970142(19930201)71:3<745::AID-CNCR2820710316>3.0.CO;2-1

[129] Lindqvist EK, Landgren O, Lund SH, Turesson I, Hultcrantz M, Goldin L, et al. History of autoimmune disease is associated with impaired survival in multiple myeloma and monoclonal gammopathy of undetermined significance: A population-based study. Annals of Hematology. 2017;96:261-269. DOI: 10.1007/s00277-016-2859-8

[130] Dosani T, Mailankody S, Korde N, Manasanch E, Bhutani M, Tageja N, et al. Host-related immunodeficiency in the development of multiple myeloma. Leukemia Lymphoma. DOI: 10.1080/10428194.2017.1361026

[131] Munker R, Shi R, Lin D, Guo S, Hayes TG. Multiple myeloma and other malignancies: A pilot study from the Houston VA. Clinical Lymphoma Myeloma and Leukemia. 2014;14:102-106. DOI: 10.1016/j.clml.2013.10.006

[132] Ríos-Tamayo R, Solé F, Gascón F. Simultaneous occurrence of the 5q- syndrome and multiple myeloma. Clinical and Laboratory Haematology. 2000;22:49-51. DOI: 10.1046/j.1365-2257.2000.00274.x

[133] Musto P, Anderson KC, Attal M, Richardson PG, Badros A, Hou J, et al. Second primary malignancies in multiple myeloma: An overview and IMWG consensus. Annals of Oncology. 2017;28:228-245. DOI: 10.1093/annonc/mdw606

[134] Bladé J, Kyle RA, Greipp PR. Presenting features and prognosis in 72 patients with multiple myeloma who were younger than 40 years. British Journal of Haematology. 1996;93:345-351. DOI: 10.1046/j.1365-2141.1996.5191061.x

[135] Dimopoulos MA, Delimpasi S, Katodritou E, Vassou A, Kyrtonis MC, Repossis P, et al. Significant improvement in the survival of patients with multiple myeloma presenting with severe renal impairment after the introduction of novel agents. Annals of Oncology. 2014;25:195-200. DOI: 10.1093/annonc/mdt483

[136] Ríos-Tamayo R, González-Silva M, Molina E, García-Fernández JR, Clavero ME, Durán JM, et al. The impact of the type of hospital on survival of multiple myeloma patients: The MICORE study. Revista Clínica Española. 2013;213:330-335. DOI: 10.1016/j.rce.2013.02.014

[137] Go RS, Bartley AC, Crowson CS, Shah ND, Habermann EB, Holton SJ, et al. Association between treatment facility volume and mortality of patients with multiple myeloma. Journal of Clinical Oncology. 2017;35:598-604. DOI: 10.1200/JCO.2016.68.3805

[138] Ríos-Tamayo R, Sainz J, Jurado M. Comparative baseline health-related quality of life in real-life patients with monoclonal gammopathies. Journal of Leukemia. 2015;3:196. DOI: 10.4172/2329-6917.1000196
[139] Drayson MT, Bowcock S, Planche T, Iqbal G, Wood J, Raynes K, et al. Tackling early morbidity and mortality in myeloma (TEAMM): Assessing the benefit of antibiotic prophylaxis and its effect on healthcare associated infections in 977 patients. In: 59th Meeting of The American Hematology Association; 3-6 December 2017; Atlanta. EEUU. Blood. 2017;130(Suppl 1). Abstract 903

[140] Mateos MV, Martinez-López J, Rodríguez-Otero P, Ocio EM, González MS, Oriol A, et al. Curative Strategy for High-Risk Smoldering Myeloma (GEM-CESAR): Carfilzomib, Lenalidomide and Dexamethasone (KRd) As Induction Followed By HDT-ASCT, Consolidation with Krd and Maintenance with Rd. In: 59th Meeting of The American Hematology Association; 3-6 December 2017; Atlanta. EEUU: Blood. 2017;130(Suppl 1). Abstract 402

[141] Ludwig H, Delforge M, Facon T, Einsele H, Gay F, Moreau P, et al. Prevention and management of adverse events of novel agents in multiple myeloma: A consensus of the European Myeloma Network. Leukemia. 2017. DOI: 10.1038/leu.2017.353
