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Measuring Frailty in Patients Being Treated for Multiple Myeloma

- Multiple methods for assessing the frailty of elderly patients with multiple myeloma
 - Frailty assessment important for identifying optimized multiple myeloma treatments and regimens to fit both the individual's disease and degree of fitness
- Measures of frailty to assess patients and their ability to tolerate treatment
 - Performance status
 - Age may not be an effective measure of frailty alone but is certainly a factor to be considered
 - The 2-minute walk test: the duration of distance that the patient may be able to walk over a 2-minute period
 - The time it takes for a patient to get up and out of the chair
- Frailty measures more commonly used in the geriatric population but certainly have a role within our patients here with myeloma
 - Patients over the age of 80 may be at higher risk for increasing frailty
 - May be unable to tolerate more aggressive treatment, either in terms of dose or number of drugs prescribed