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What causes fatigue in the elderly multiple myeloma patient?

Hi, I am Kena Miller from Roswell Park in Buffalo. We are going to talk about fatigue and causes of fatigue in elderly patients. The big buzz now is chronological age versus performance status. What is our patient's philosophy of health? What is their lifestyle like? Are they deconditioned and sedentary versus a very active lifestyle? Do they have bone involvement? If they have bone involvement, they have a great deal of pain and are likely more sedentary. Are they on medications for their pain such as narcotics? This may also influence their fatigue and their wake ability. Are they on steroids? Steroids are very difficult for patients to handle and often cause proximal myopathy and muscle weakness, particularly of the quadriceps, and therefore, patients will be less likely to be active. What other kind of underlying disease issues are there? We know with multiple myeloma, patients can have renal failure or renal insufficiency. This may cause fatigue. Do patients have underlying heart failure or heart problems? What other concomitant medications are these patients on that may cause fatigue or a sedentary lifestyle? Another example of this would be medications for peripheral neuropathy often make patients very tired and fatigued. Anemia is another cause of fatigue. Is anemia caused by the disease involvement itself where the bone marrow is too busy making plasma cells and making less hemoglobin for patients, or are they anemic because the treatment we are giving them is myelosuppressing their bone marrow? What other kind of comorbidities do these patients have? Again, this is in an elderly population. Do they have underlying cardiac disease? Do they have depression, whether it is situational caused by the fact that they have a diagnosis of multiple myeloma or do they have underlying depression? What are the side effects of the medications to treat any of their underlying disease entities? What are the side effects of the medications that we have put the patients on to control their disease? Are they on pain medications that also make them tired and fatigued?