

Guideline on the use of [^{18}F]FDG PET/CT in multiple myeloma

Nadia Withofs, MD, PhD

Division of Nuclear Medicine and Oncological Imaging, CHU of Liege
GIGA-CRC in vivo imaging, University of Liege, Belgium

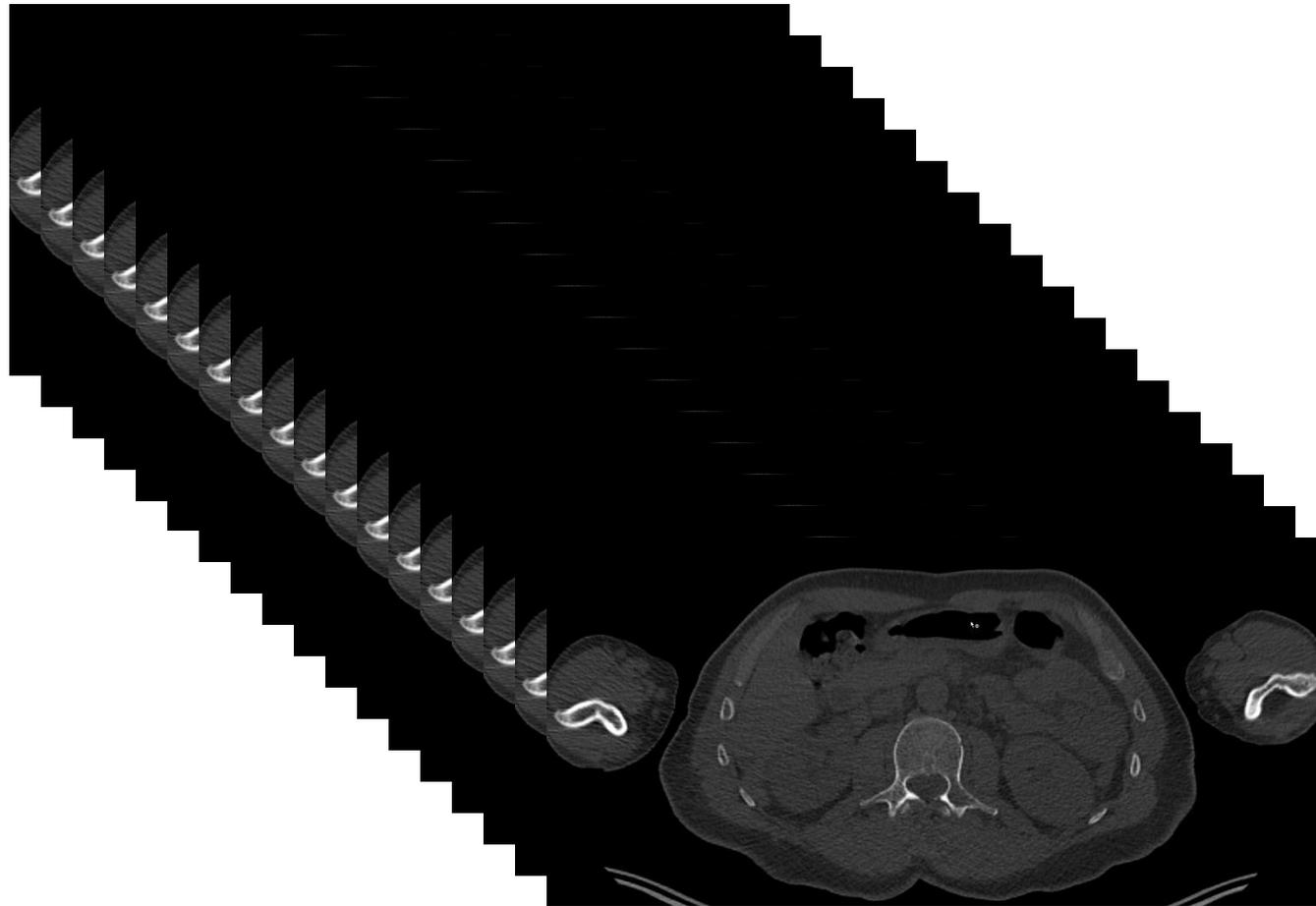
*BELNUC seminar
PET in Hematological Malignancies
February 24, 2024*

Agenda

[¹⁸F]FDG PET/CT in multiple myeloma

- Diagnostic tool
- Prognostic biomarker
- Treatment assessment

PET/CT in multiple myeloma (MM)



PET/CT in multiple myeloma (MM)



International myeloma working group (IMWG) consensus for diagnosis and imaging



→ Guidelines

Soon...

International Myeloma Working Group updated criteria for the **diagnosis** of multiple myeloma

S Vincent Rajkumar, Meletios A Dimopoulos, Antonio Palumbo, Joan Blade, Giampaolo Merlini, María-Victoria Mateos, Shaji Kumar, Jens Hillengass, Efsthios Kastritis, Paul Richardson, Ola Landgren, Bruno Paiva, Angela Dispenzieri, Brendan Weiss, Xavier LeLeu, Sonja Zweegman, Sagar Lonial, Laura Rosinol, Elena Zamagni, Sundar Jagannath, Orhan Sezer, Sigurdur Y Kristinsson, Jo Caers, Saad Z Usmani, Juan José Lahuerta, Hans Erik Johnsen, Meral Beksac, Michele Cavo, Hartmut Goldschmidt, Evangelos Terpos, Robert A Kyle, Kenneth C Anderson, Brian G M Durie, Jesus F San Miguel



Lancet Oncol 2014; 15: e538-48

International myeloma working group consensus recommendations on **imaging** in monoclonal plasma cell disorders

Jens Hillengass, Saad Usmani, S Vincent Rajkumar, Brian G M Durie, María-Victoria Mateos, Sagar Lonial, Cristina Joao, Kenneth C Anderson, Ramón García-Sanz, Eloisa Riva, Juan Du, Niels van de Donk, Jesús G Berdeja, Evangelos Terpos, Elena Zamagni, Robert A Kyle, Jesús San Miguel, Hartmut Goldschmidt, Sergio Giralt, Shaji Kumar, Noopur Raje, Heinz Ludwig, Enrique Ocio, Rik Schots, Hermann Einsele, Fredrik Schjesvold, Wen-Ming Chen, Niels Abildgaard, Brea C Lipe, Dominik Dytfeld, Baldeep Mona Wirk, Matthew Drake, Michele Cavo, Juan José Lahuerta, Suzanne Lentzsch

Recent advances in the treatment of multiple myeloma have increased the need for accurate diagnosis of the disease. Lancet Oncol 2019; 20: e302-12



The Internati...

Role of **¹⁸F-FDG PET/CT** in the diagnosis and management of multiple myeloma and other plasma cell disorders: a consensus statement by the International Myeloma Working Group

Michele Cavo, Evangelos Terpos, Cristina Nanni, Philippe Moreau, Suzanne Lentzsch, Sonja Zweegman, Jens Hillengass, Monika Engelhardt, Saad Z Usmani, David H Vesole, Jesus San-Miguel, Shaji K Kumar, Meletios-Athanasios Dimopoulos, Chiara Zingales, Sagar Lonial, Bart Barlogie, Kenneth C Anderson

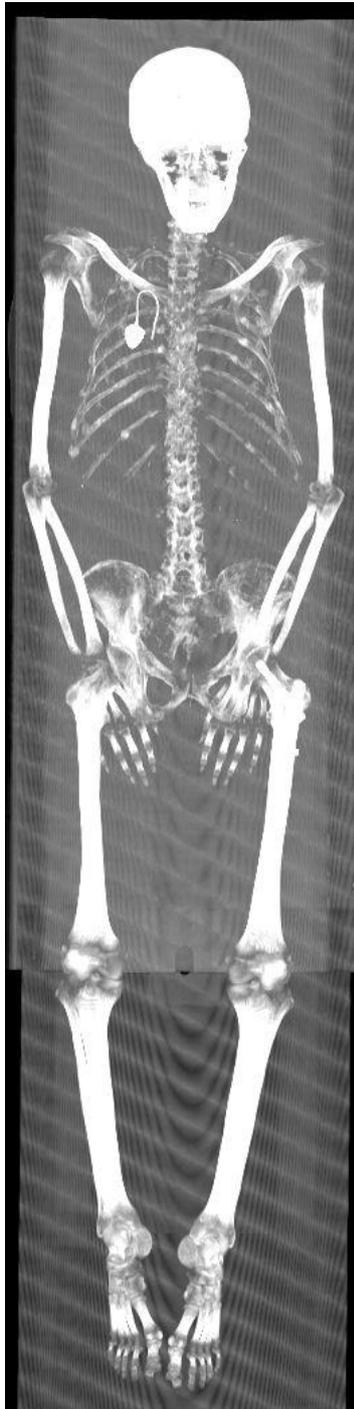


Lancet Oncol 2017; 18: e206-17

needed to provide recommendations for the optimal use of

Whole-body imaging modalities for MM

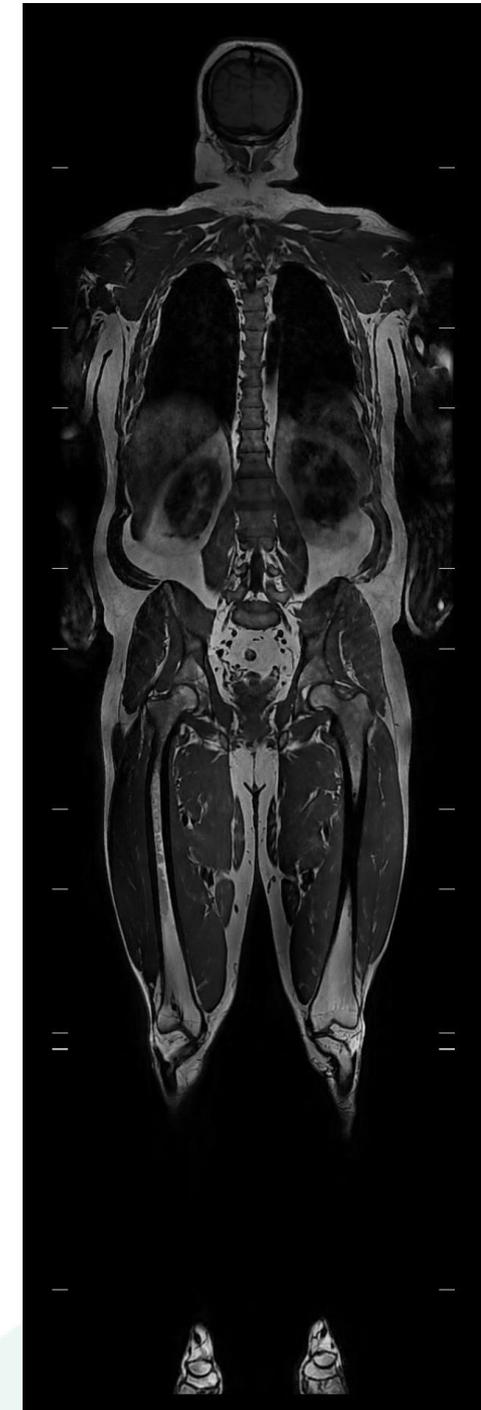
Low dose CT



[¹⁸F]FDG PET/CT



MRI



DWI



Fast



More time
More sensitive

Outline

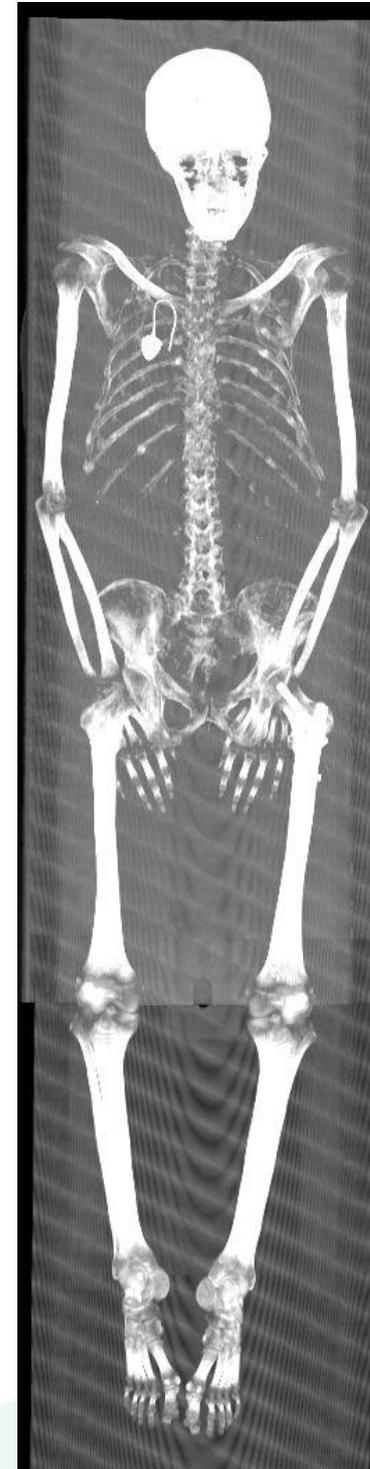
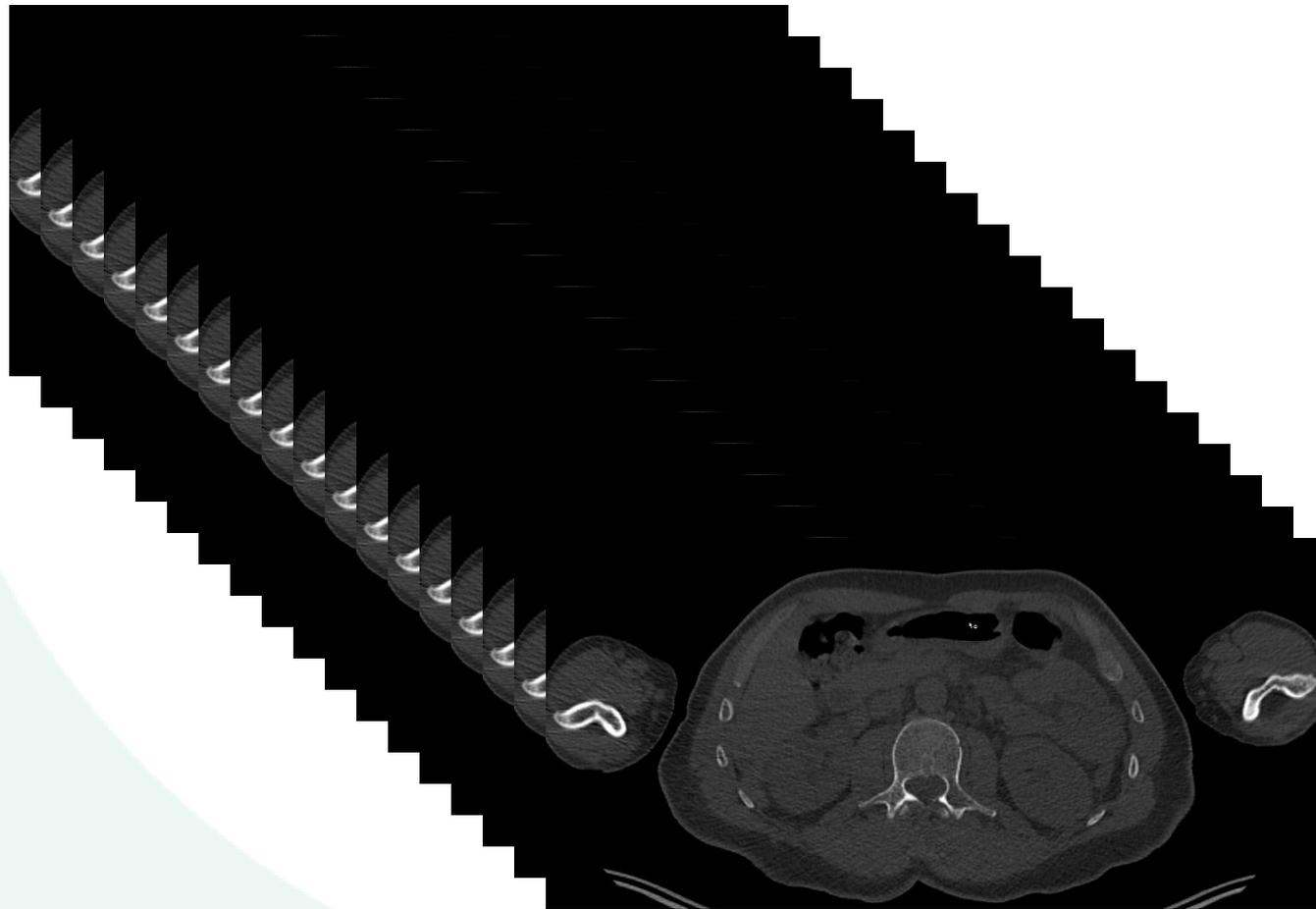
[¹⁸F]FDG PET/CT in multiple myeloma

- **Diagnosis**
- Prognostic biomarker
- Treatment assessment

[¹⁸F]FDG PET/CT procedure for MM

Low dose CT part quality is important

Different parameters are acceptable as long as they produce images of diagnostic quality with low effective dose to patient



Cranial vault

Extent

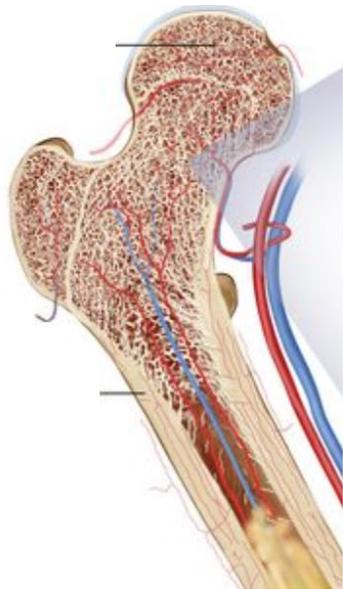


Proximal tibia

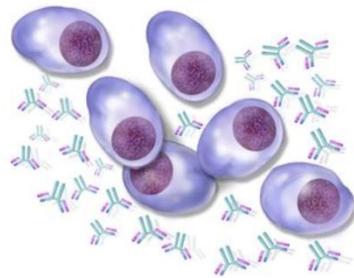
Toes



Development of plasma cell disorders

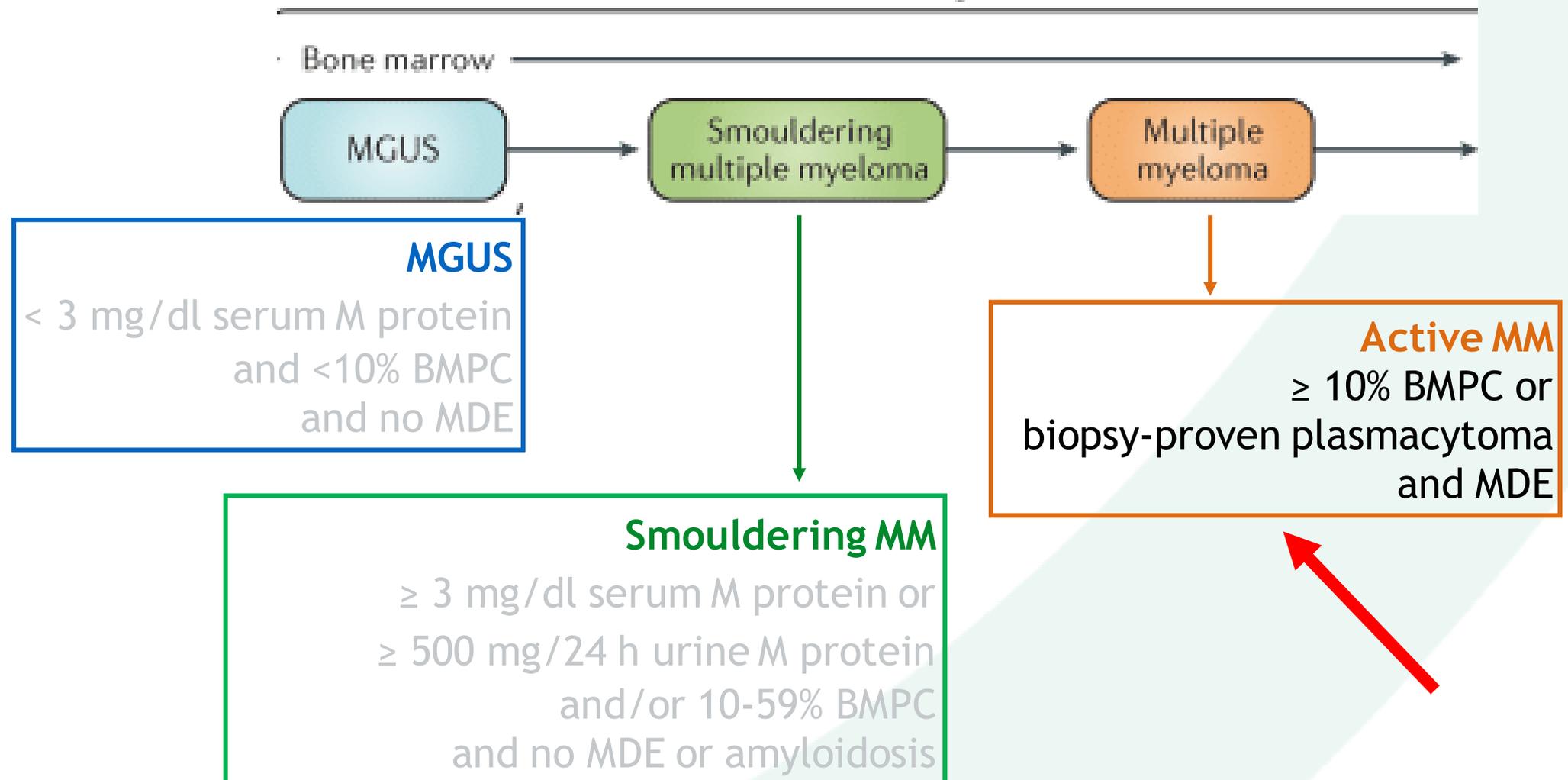


© 2014 Terese Winslow LLC
U.S. Govt. has certain rights



Bone marrow clonal plasma cells

Progression



MDE = Myeloma defining event
 MGUS = Monoclonal gammopathy of undetermined significance

Various patterns of bone infiltration

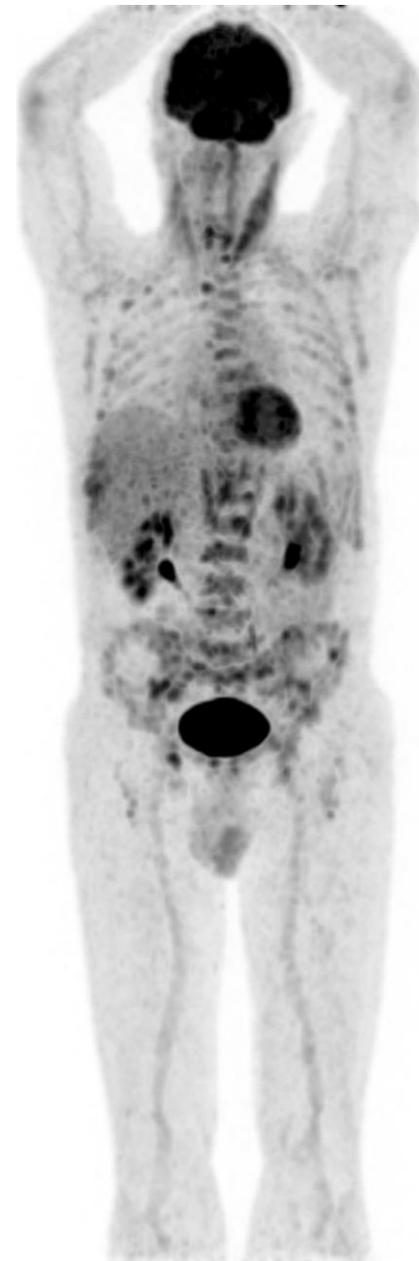
Negative PET



Focal lesions (FL)



Diffuse pattern



BMPC 20%

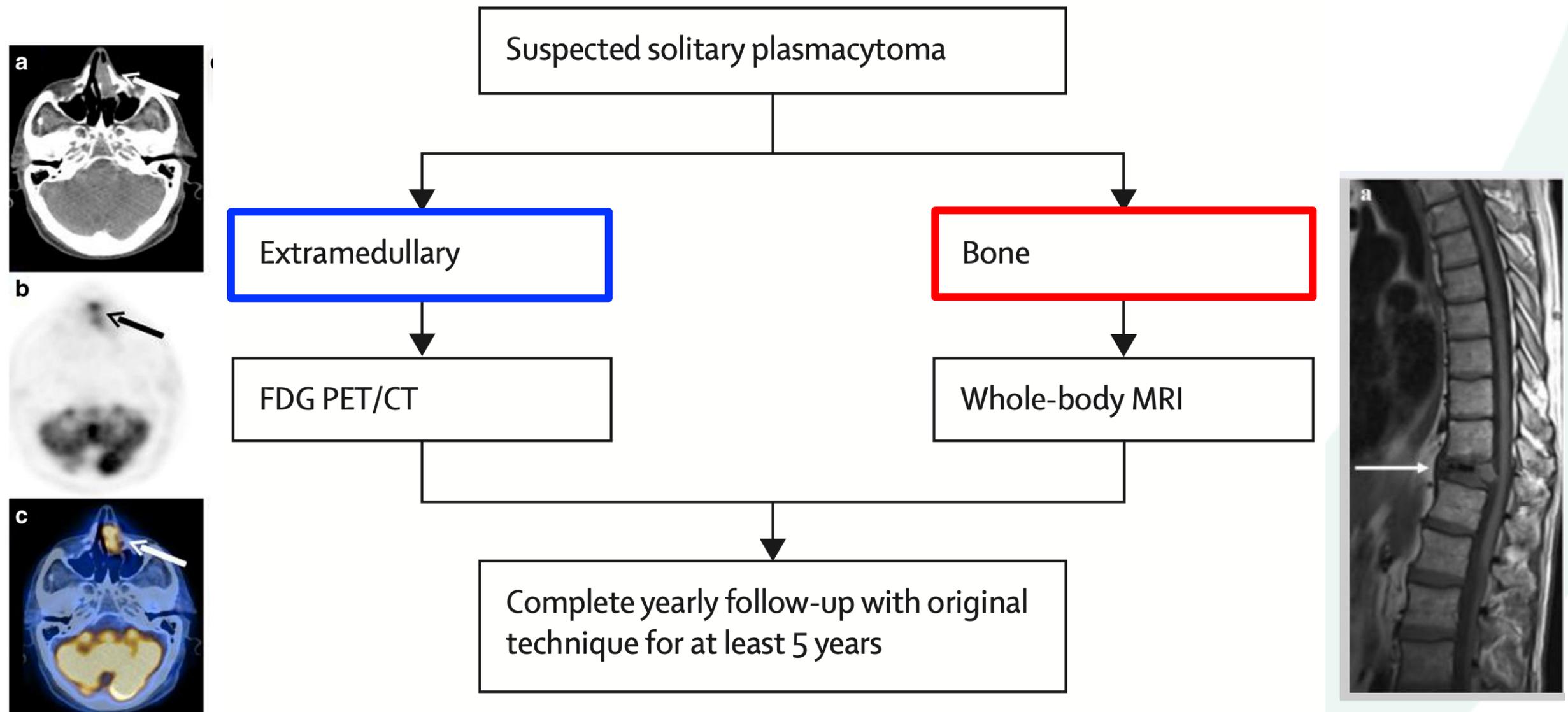


BMPC 22%



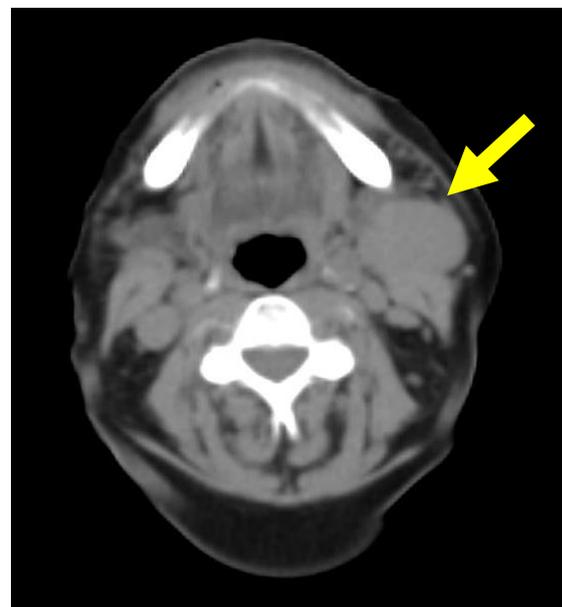
Imaging solitary plasmacytoma

Additional lesion in ~1/3 of cases

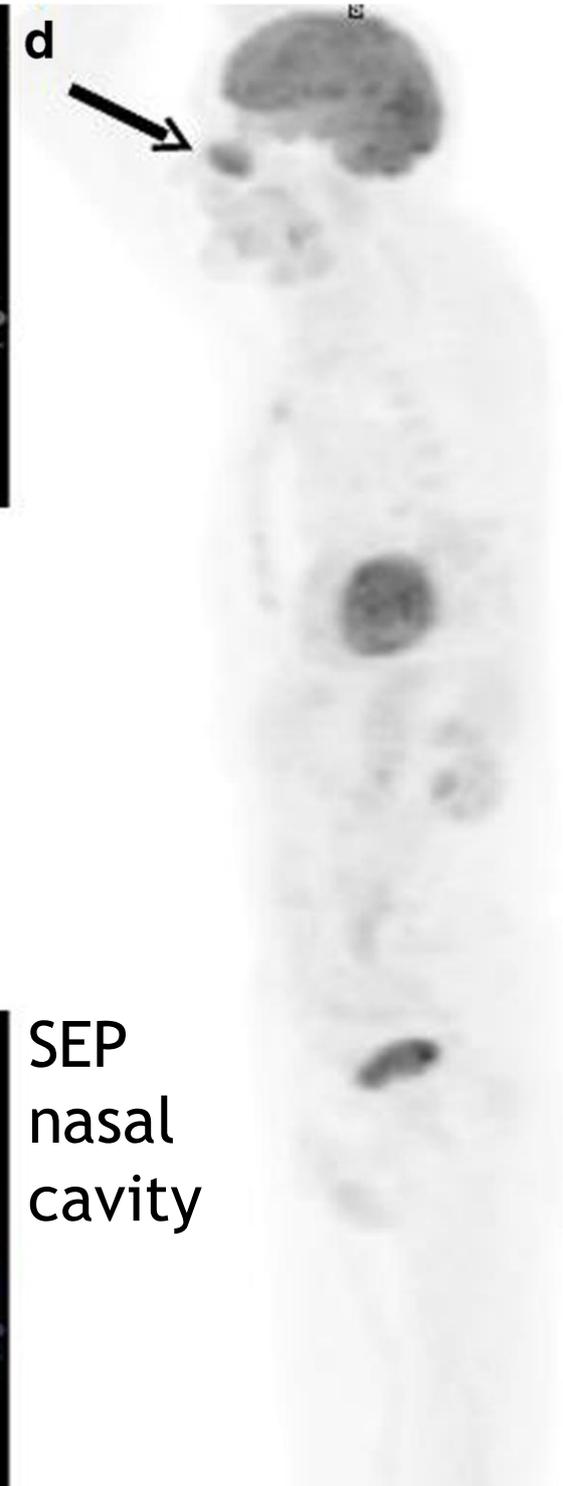
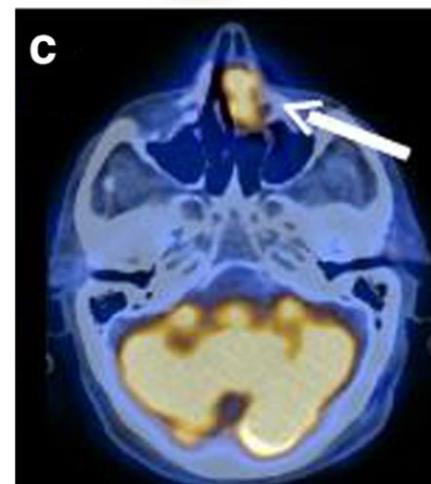
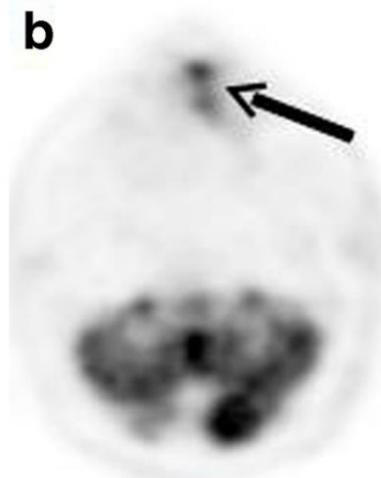
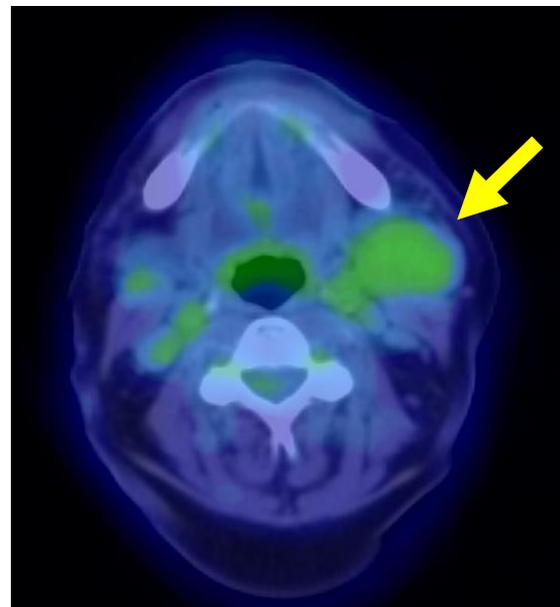


Frequent location of extramedullary SP

Head & neck area



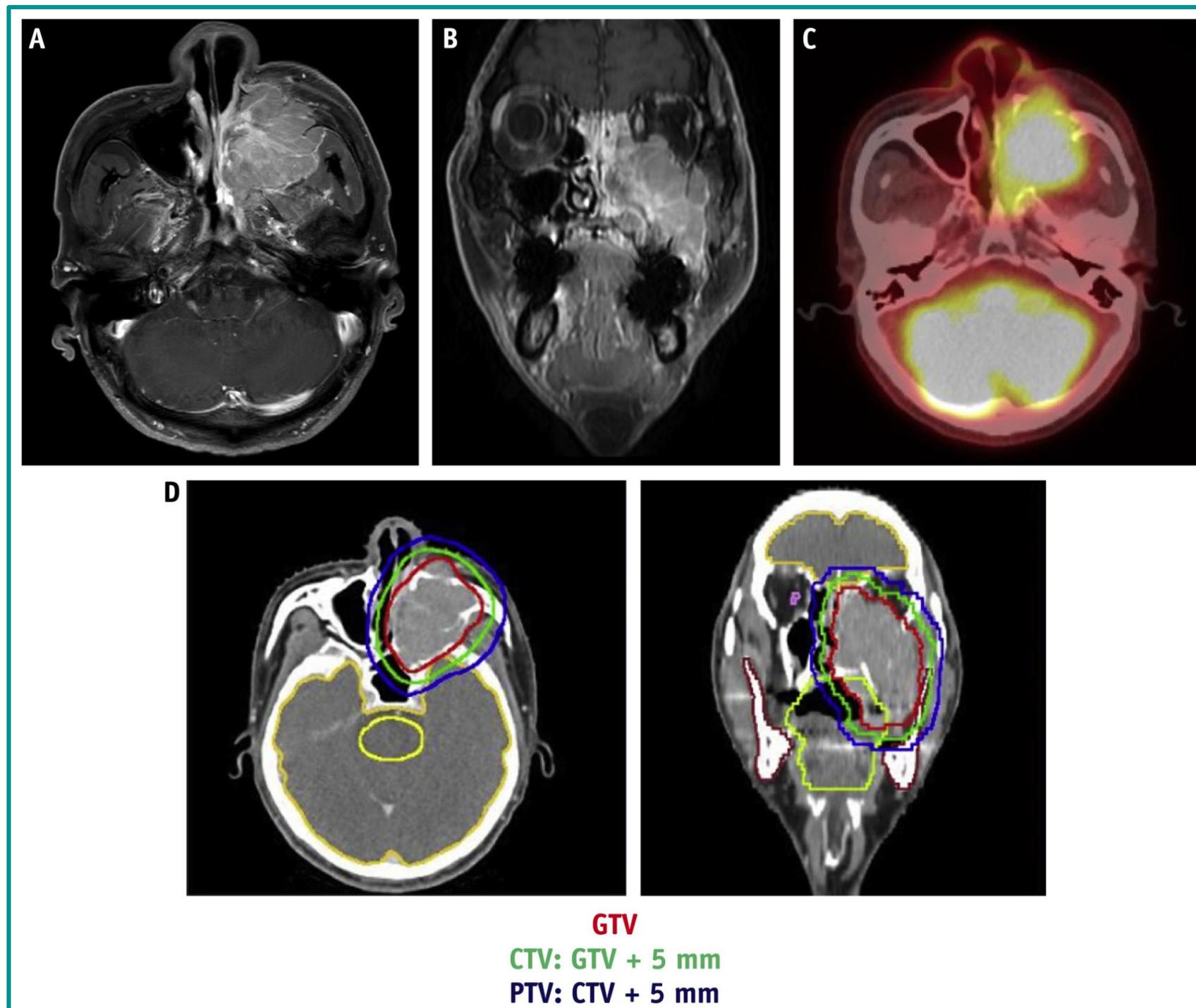
SEP
Cervical LN



SEP
nasal
cavity

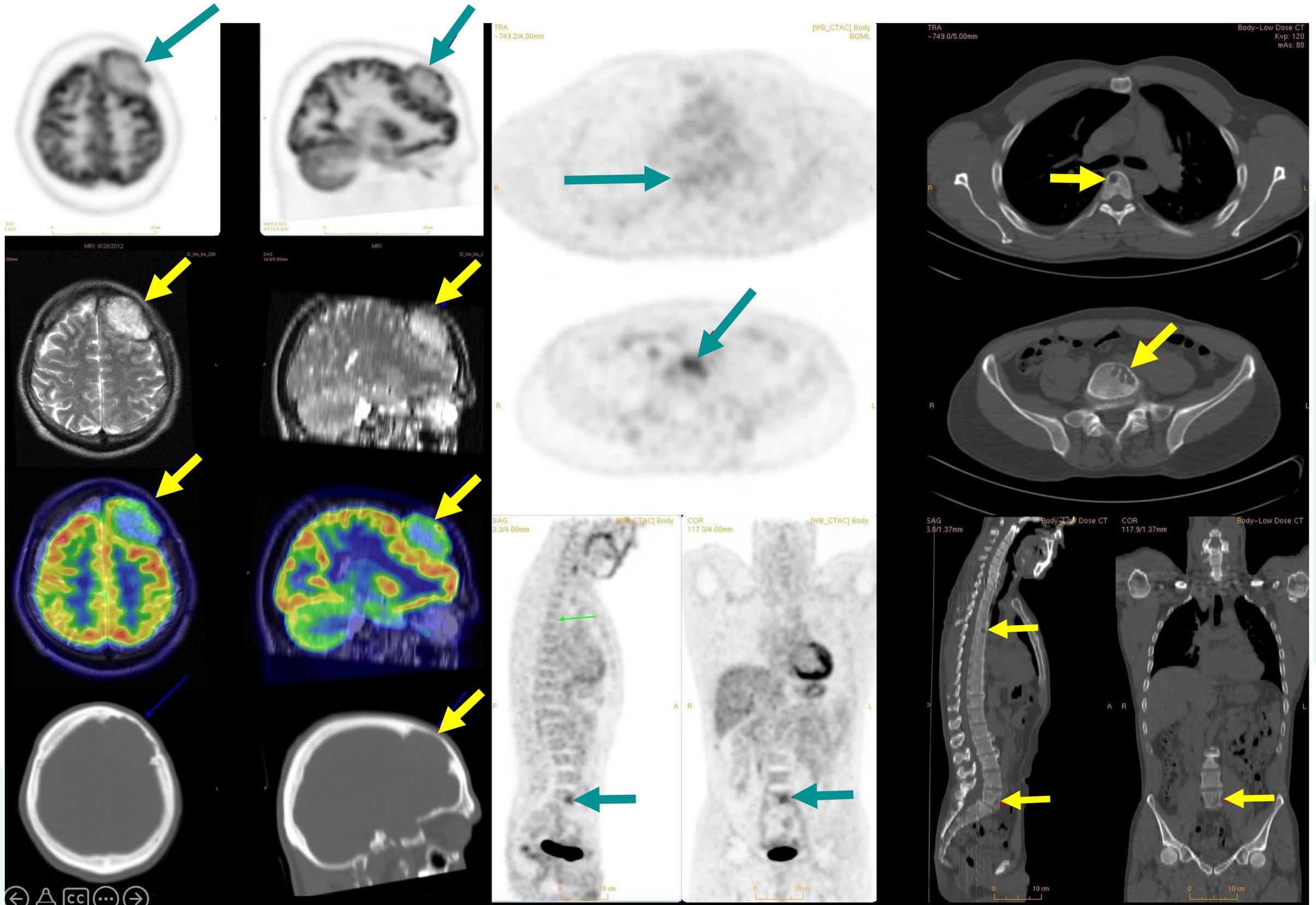
Radiation therapy for extramedullary SP

→ Long-term remission & even cure



[¹⁸F]FDG PET/CT

Diagnosis from bone SP to active MM



Diagnosis of active MM

≥ 10% BMPC or biopsy-proven plasmacytoma
and ≥ 1 MDE:

↓
CRAB

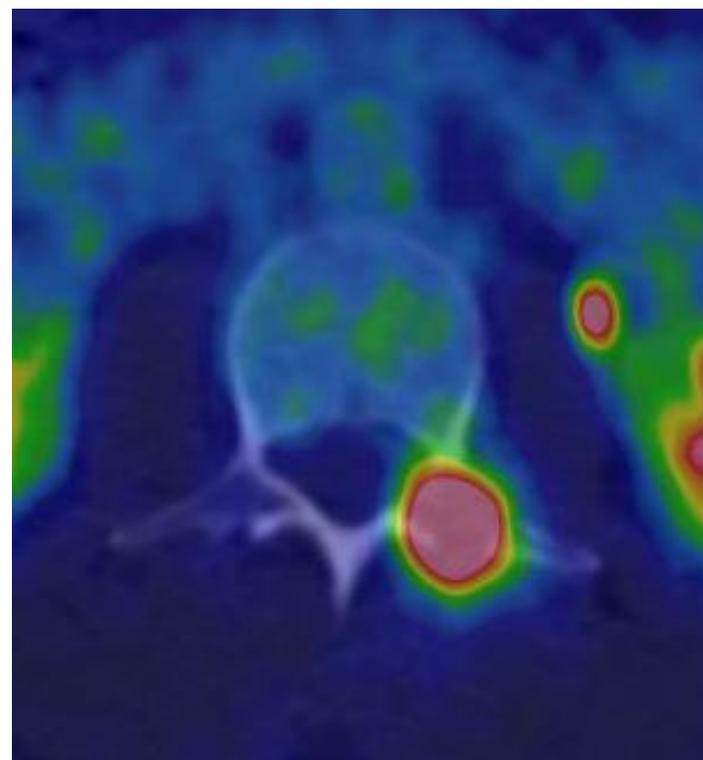
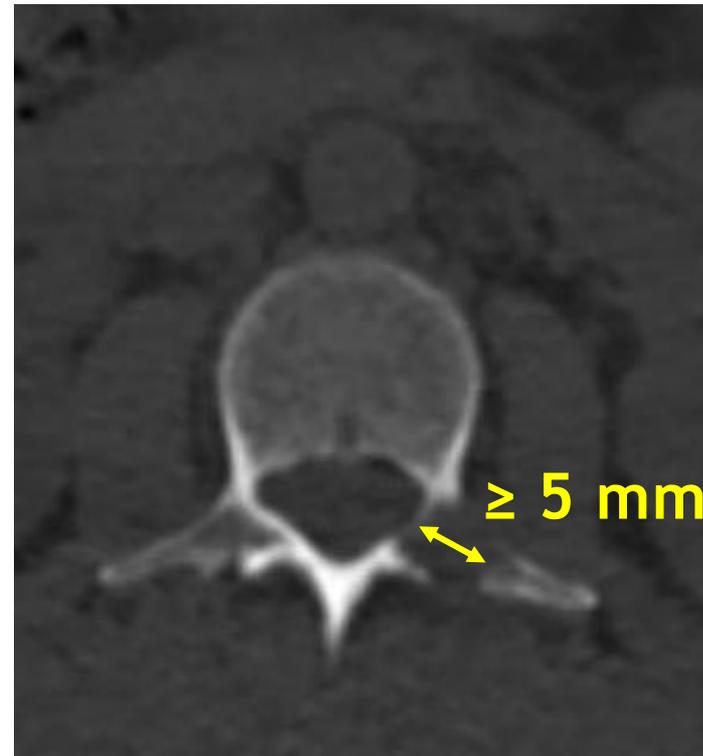
- C** • Hypercalcaemia: serum calcium >0.25 mmol/L (>1 mg/dL) higher than the upper limit of normal or >2.75 mmol/L (>11 mg/dL)
- R** • Renal insufficiency: creatinine clearance <40 mL per min† or serum creatinine >177 µmol/L (>2 mg/dL)
- A** • Anaemia: haemoglobin value of >20 g/L below the lower limit of normal, or a haemoglobin value <100 g/L
- B** • Bone lesions: one or more osteolytic lesions on skeletal radiography, CT, or PET-CT‡

↓
SLiM

- Any one or more of the following biomarkers of malignancy:
 - S** • Clonal bone marrow plasma cell percentage* ≥60%
 - Li** • Involved:uninvolved serum free light chain ratio§ ≥100
 - M** • >1 focal lesions on MRI studies¶

[¹⁸F]FDG PET/CT in active MM

Bone focal lesion (FL)

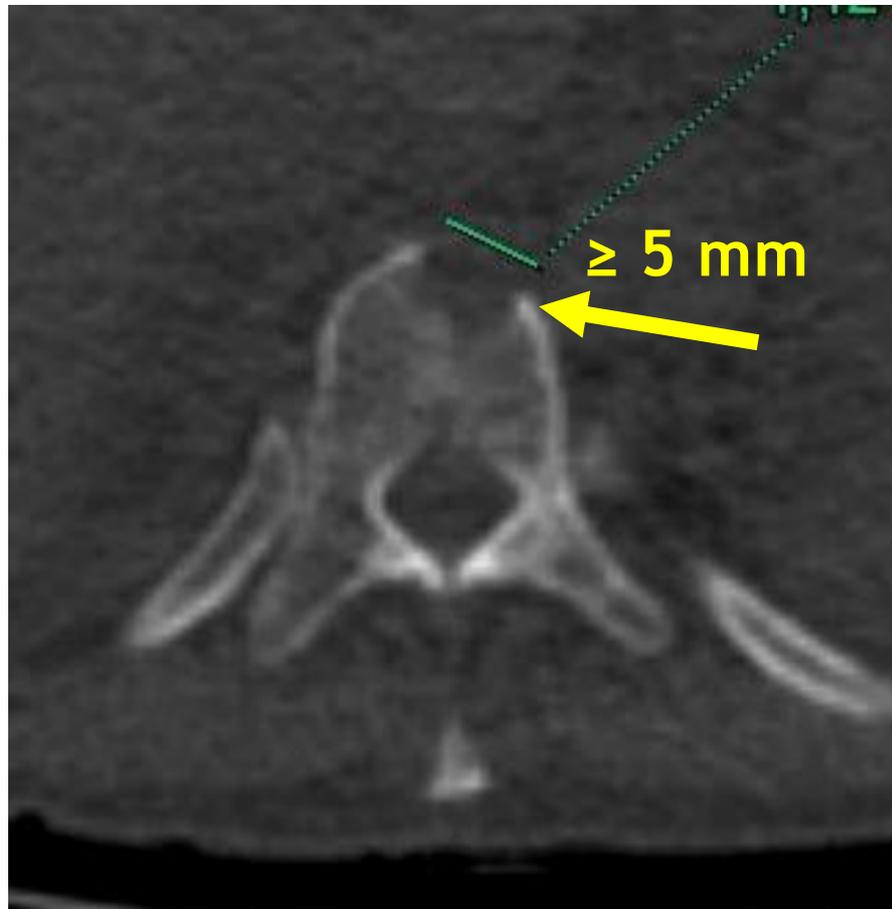


≥ 1 osteolytic FL ≥ 5 mm
= CRAB = MDE
= Active MM requiring treatment



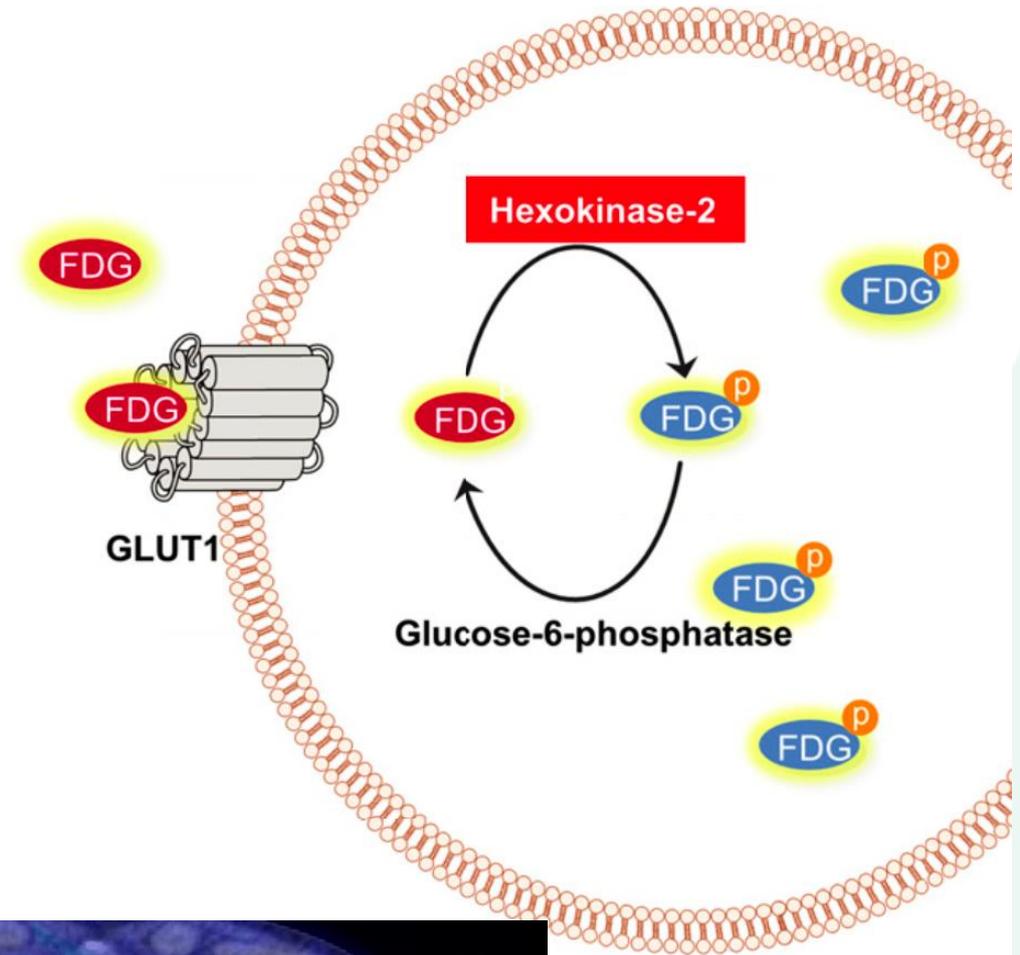
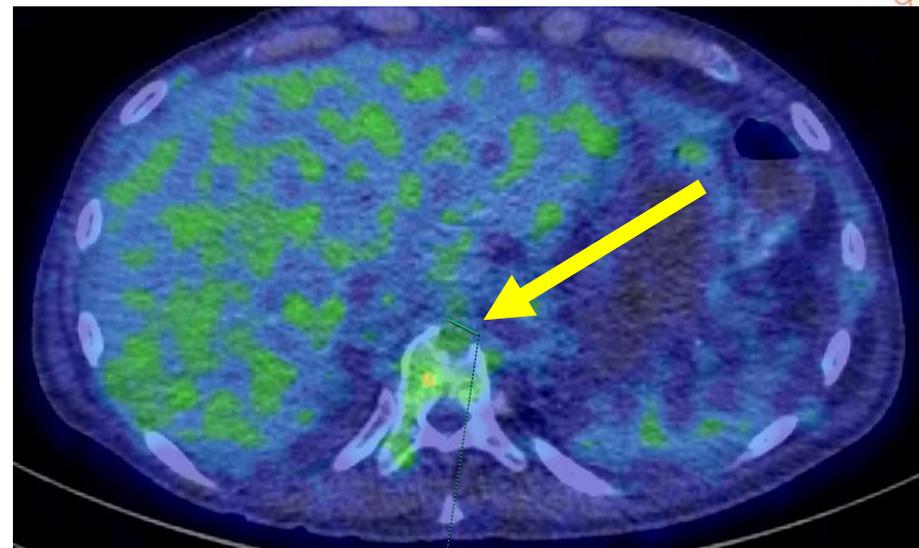
The low dose CT part is as important as PET to detect FL

10-20% no [^{18}F]FDG uptake due to low hexokinase-2 &/or GLUT-1 transporter



CRAB

No [^{18}F]FDG uptake



[¹⁸F]FDG PET/CT in the diagnostic work up

Diffuse bone marrow uptake



Definition:

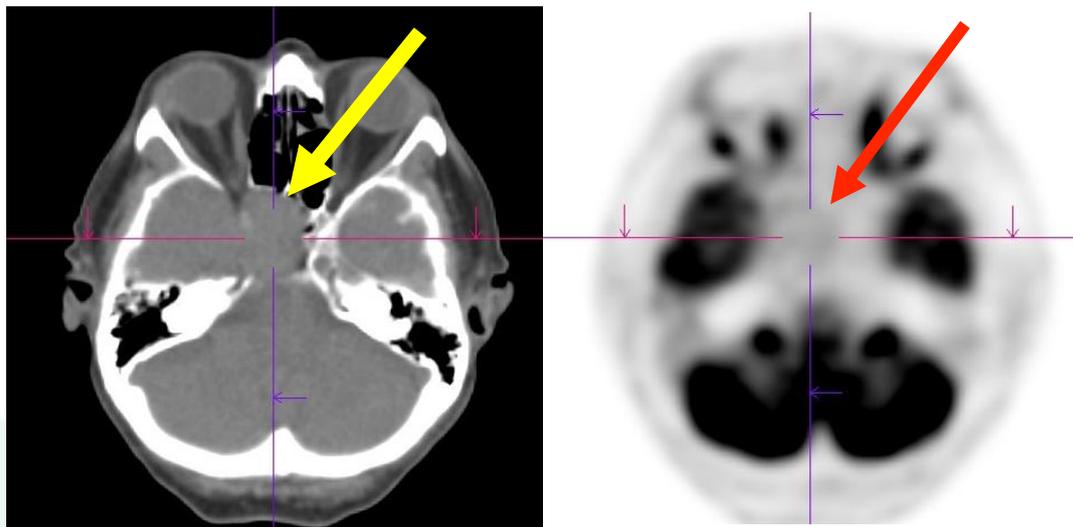
Heterogeneous or homogenous **diffuse** uptake of the axial skeleton (that may extend to the periphery) > **liver** uptake

This **NOT a MDE** according to 2014 IMWG MM diagnosis criteria due to the limited specificity (reactive BM hyperplasia related to anaemia)

[¹⁸F]FDG PET pitfalls

FALSE NEGATIVE

- Hyperglycaemia
- Recent administration of high-dose steroids
- No [¹⁸F]FDG uptake (10-20% cases)



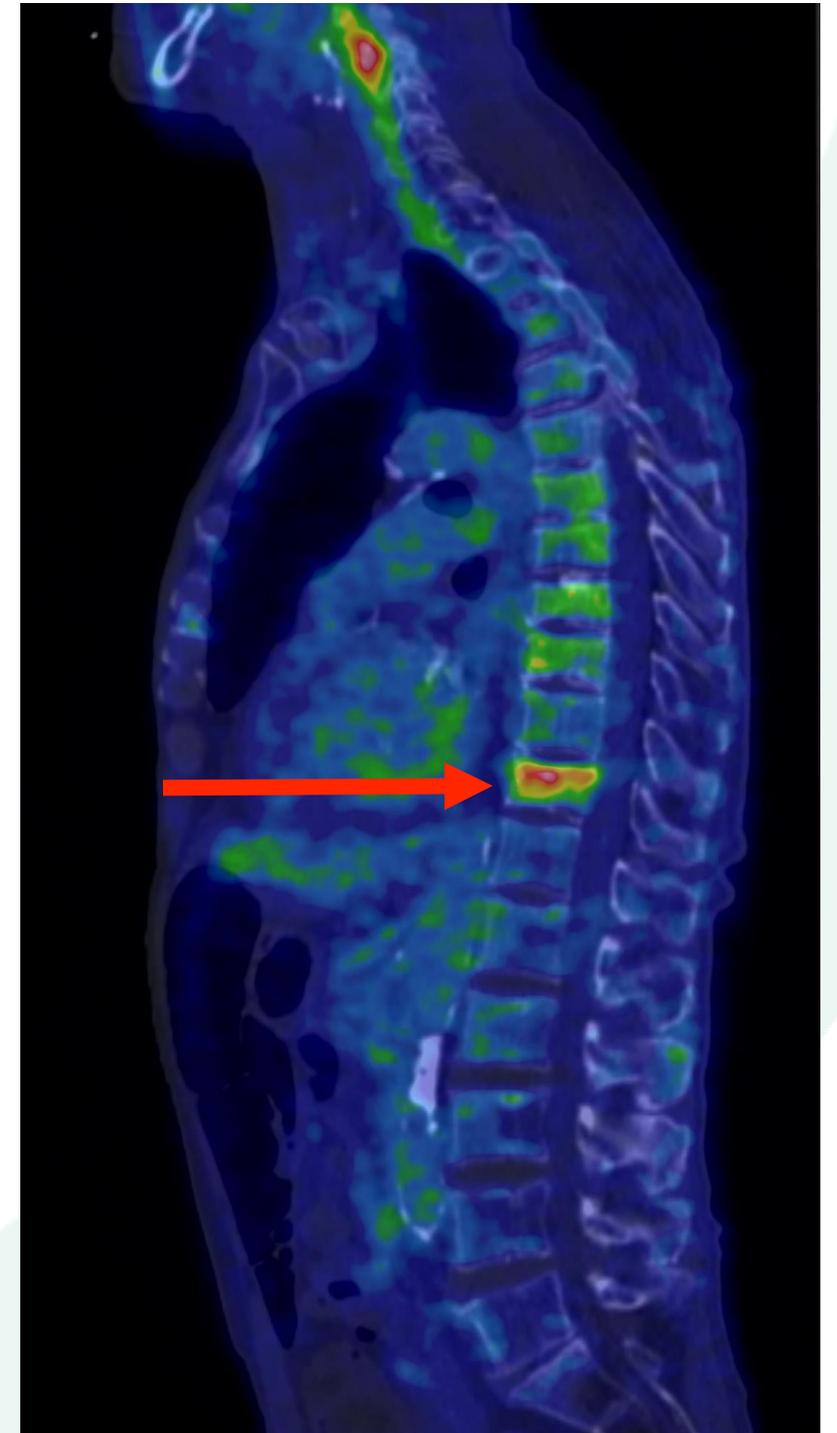
FALSE POSITIVE

- Vertebral collapse (osteoporosis)
- Inflammation
- Reactive diffuse BM uptake
- Recent bone fracture and surgery



Vertebral collapse

Patients at increased risk of osteoporosis and vertebral collapse

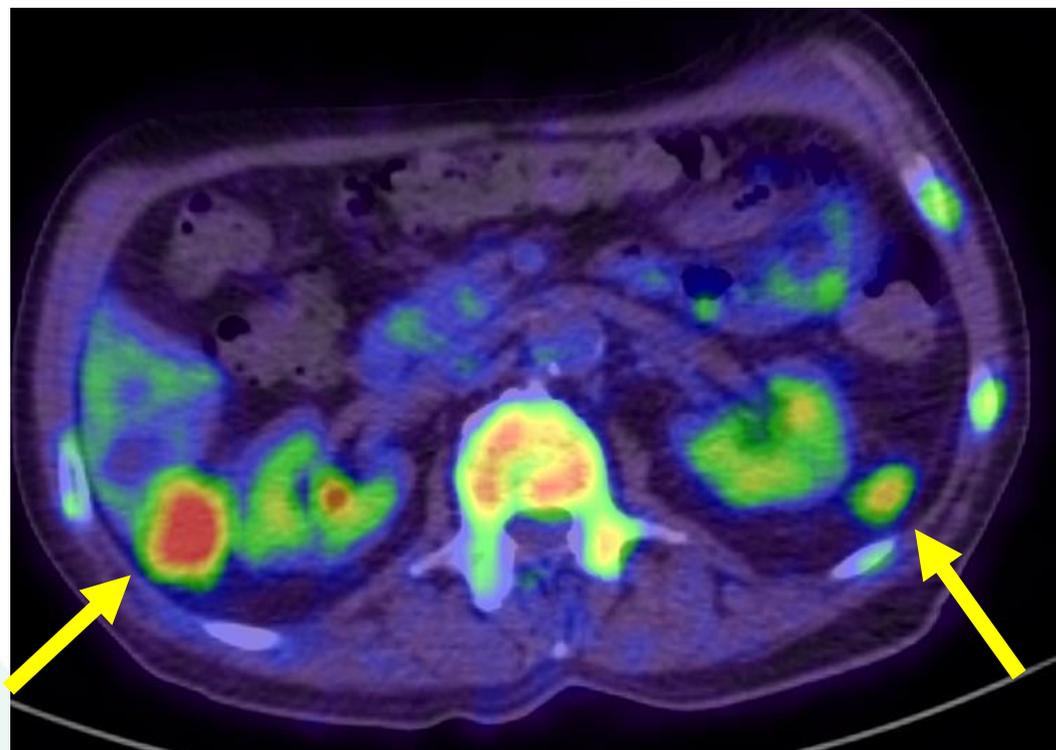


Outline

[¹⁸F]FDG PET/CT in multiple myeloma

- Diagnosis
- **Prognostic biomarker**
- Treatment assessment

Extramedullary disease (EMD)



[¹⁸F]FDG PET/CT detects EMD with high sensitivity

EMD is an independent prognostic factor

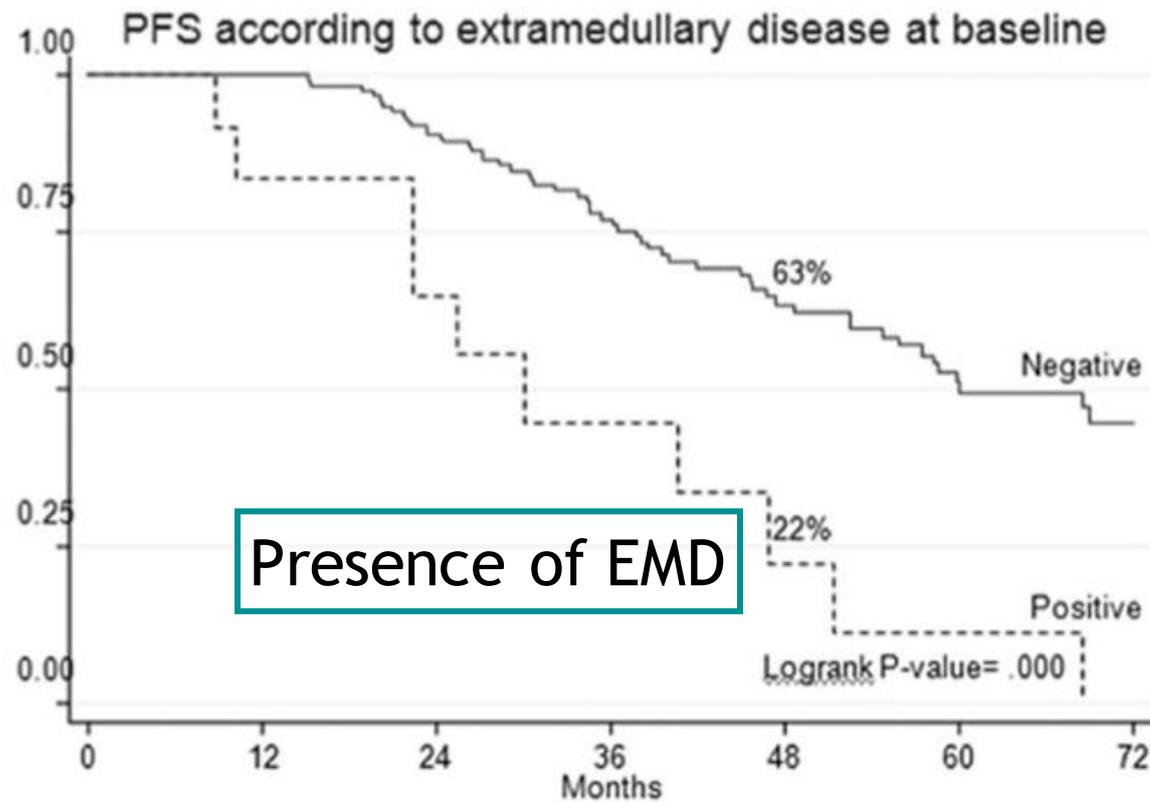
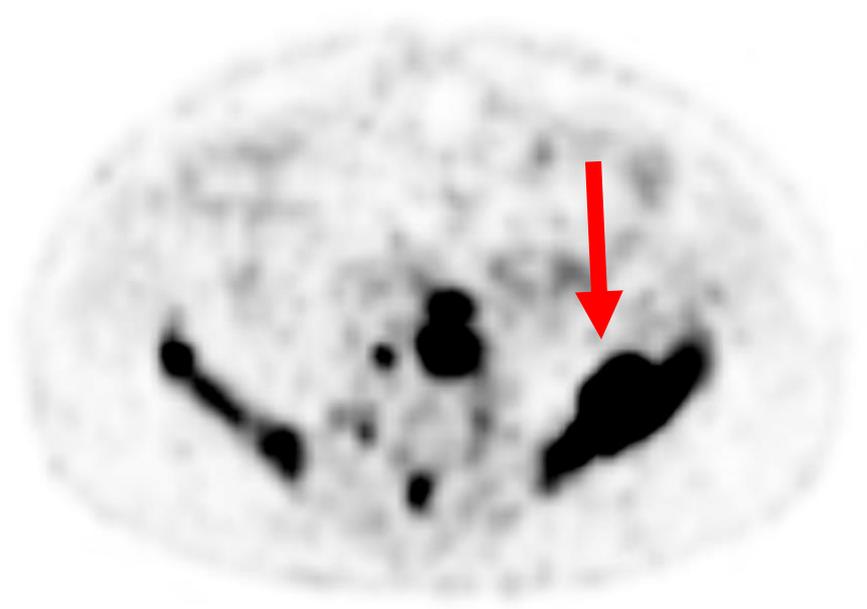
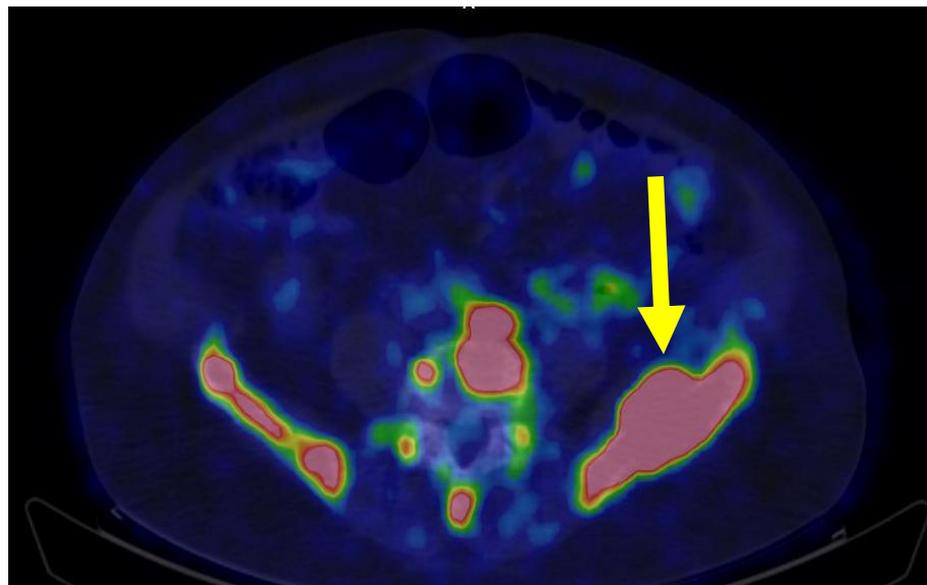
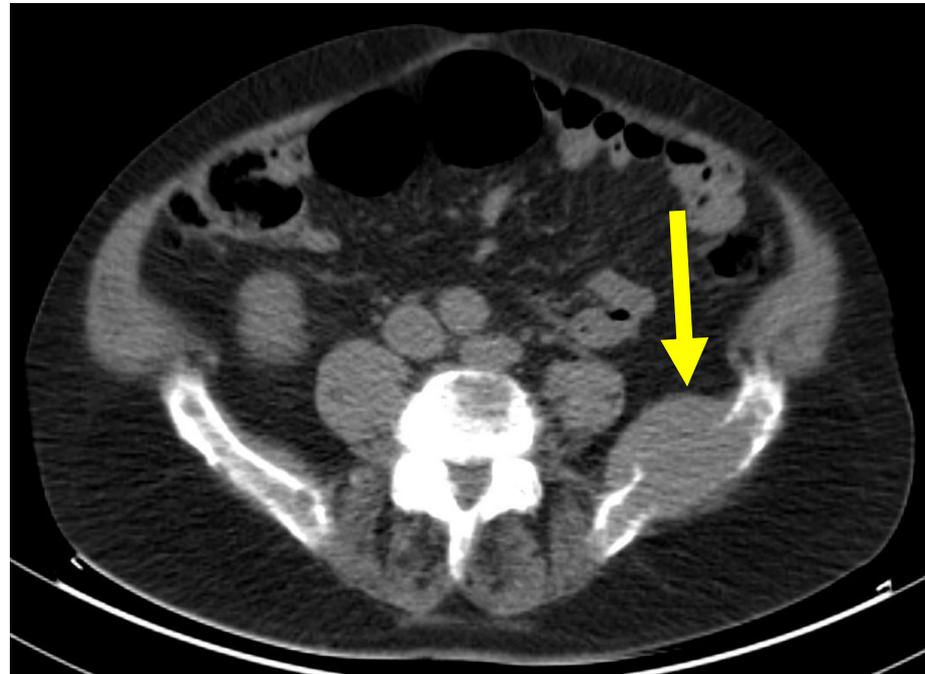


Table 4. Multivariate Cox regression analysis of baseline variables adversely affecting PFS and OS

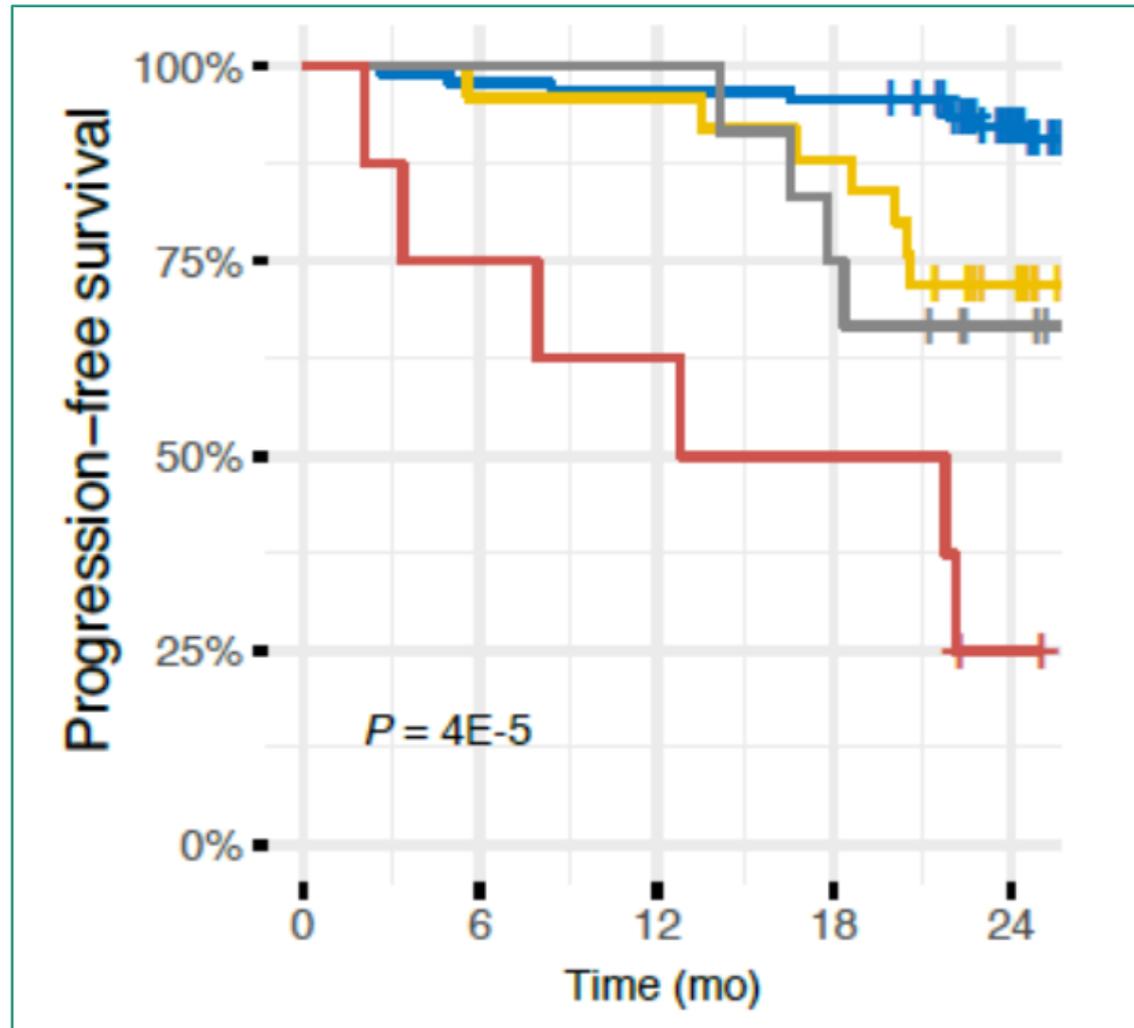
Variables	HR (95% CI)	P
PFS		
EMD	5.28 (1.43-19.53)	.013
SUV > 4.2	2.13 (1.10-4.12)	.024
ISS stage II-III	2.12 (1.13-3.98)	.020
del(17p) ± t(4;14)	2.00 (1.03-3.88)	.040
OS		
EMD	9.75 (3.44-27.65)	.000
SUV > 4.2	3.23 (1.35-7.72)	.008

Paramedullary disease (PMD)

Definition: Bone lesion involving surrounding soft tissues with bone cortical interruption

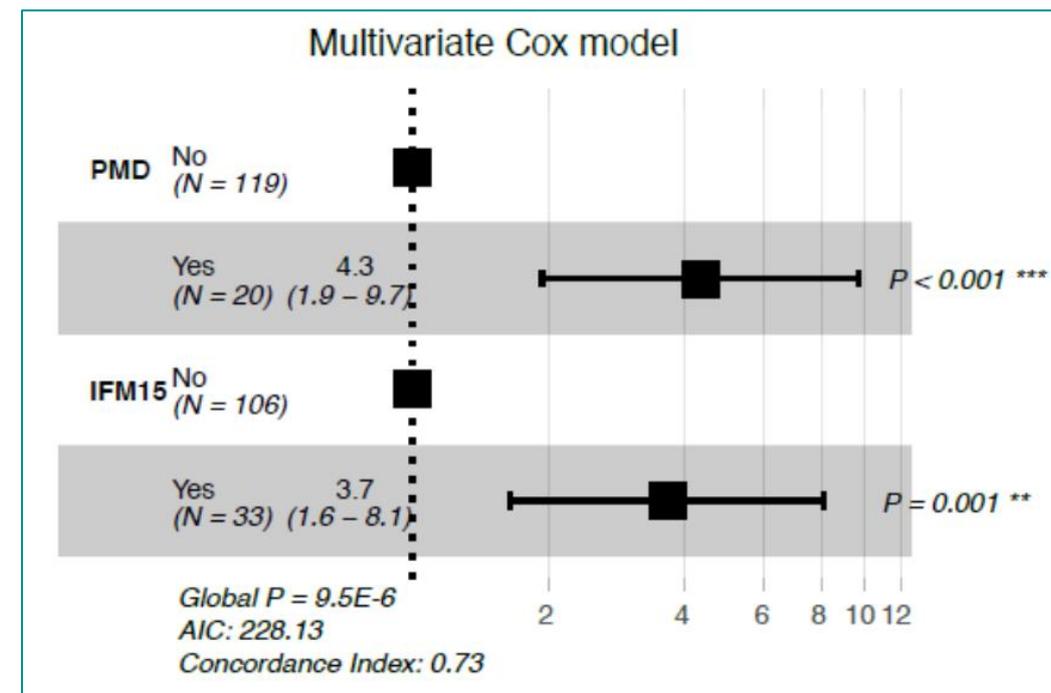


PMD is a prognostic factor



- Strata
- + Standard risk
 - + High risk only
 - + PMD only
 - + High risk and PMD

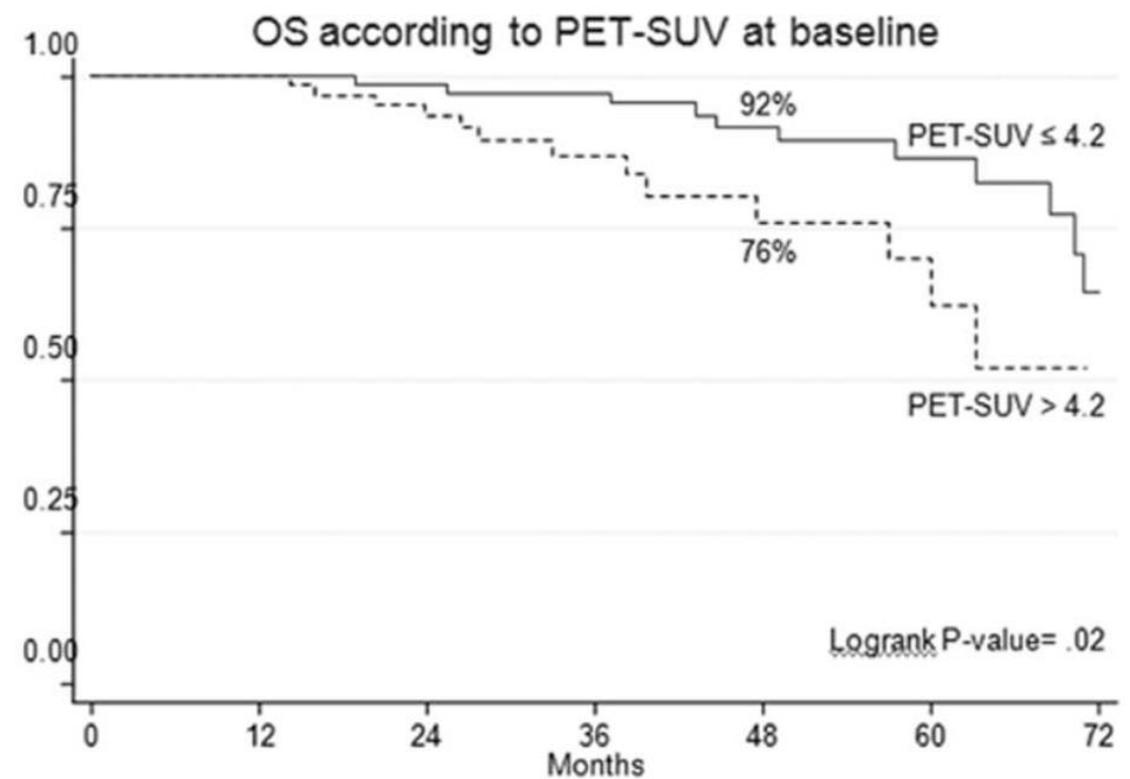
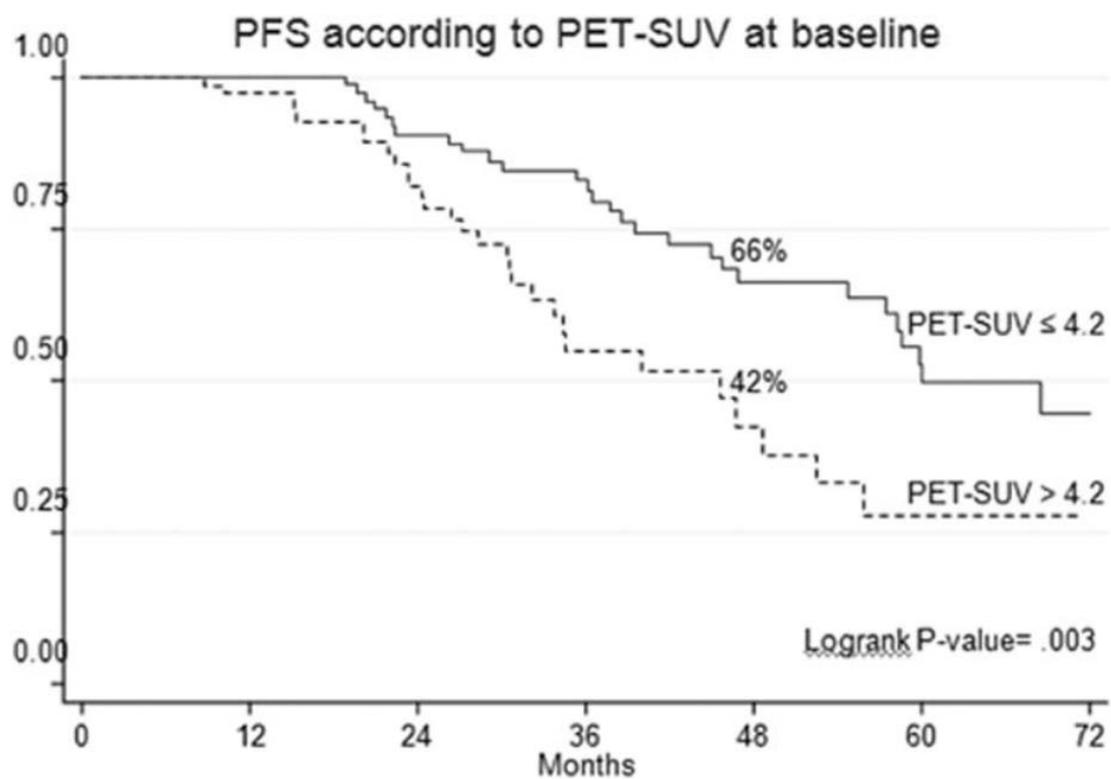
High risk of progression:
 $[^{18}\text{F}]$ FDG PET paramedullary disease
 + high-risk gene expression signature IFM15



CASSIOPET trial

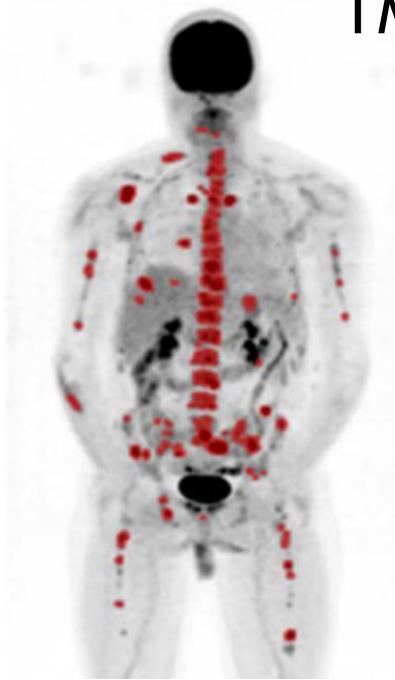
Baseline [¹⁸F]FDG uptake associated with shorter PFS & OS

OS (multivariate analysis)	NDMM	Variable	HR (95%CI), p value
Zamagni, 2011	n = 192	SUVmax > 4.2	3.23 (1.35-7.72), p = 0.008
Michaud-Robert, 2020	n = 227	Bone SUVmax > 7.1	2.020 (1.140-3.592), p = 0.016
Li, 2023	n = 133	SUVmax ≥ 5.3	2.488 (1.387-4.462), p = 0.000*

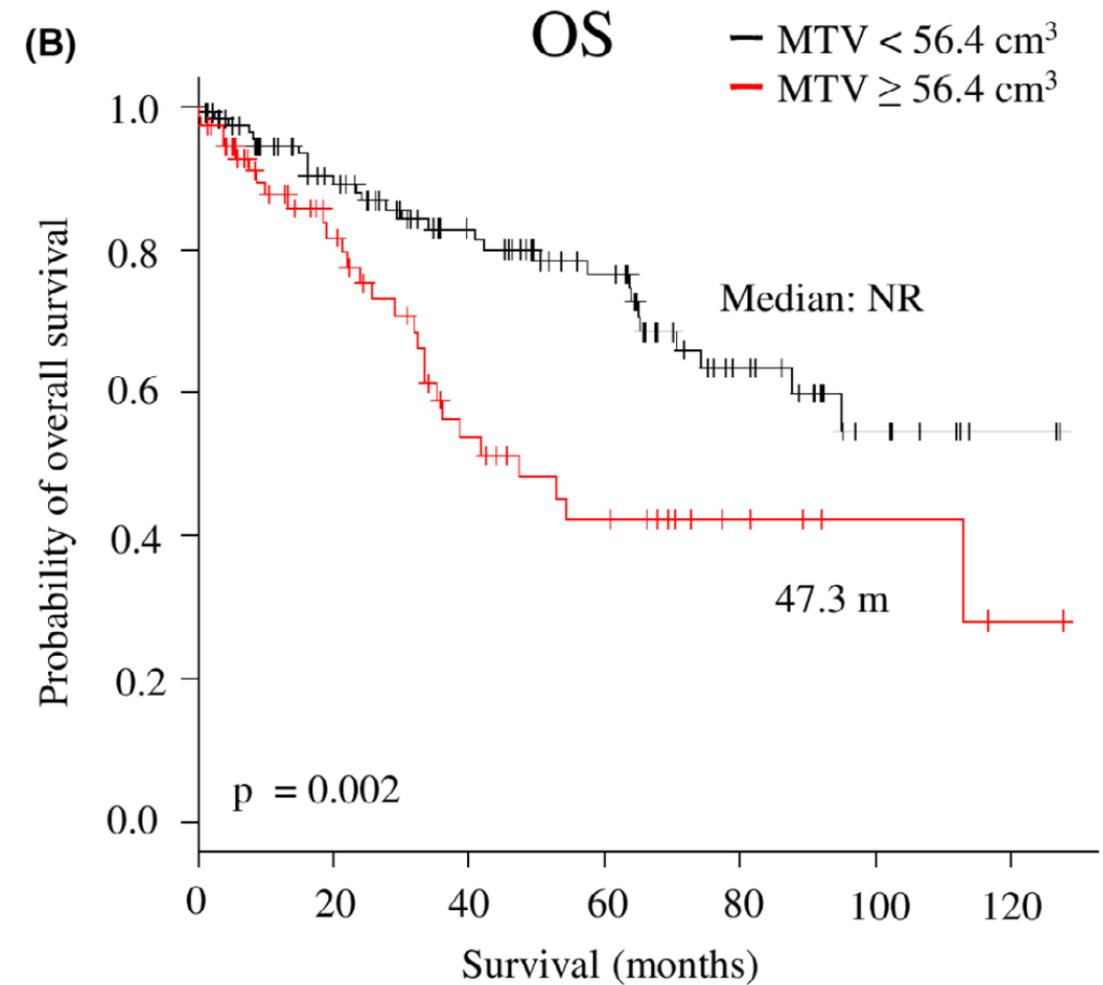


Ongoing trials: Total metabolic tumour volume

TMTV is complementary to R-ISS stage

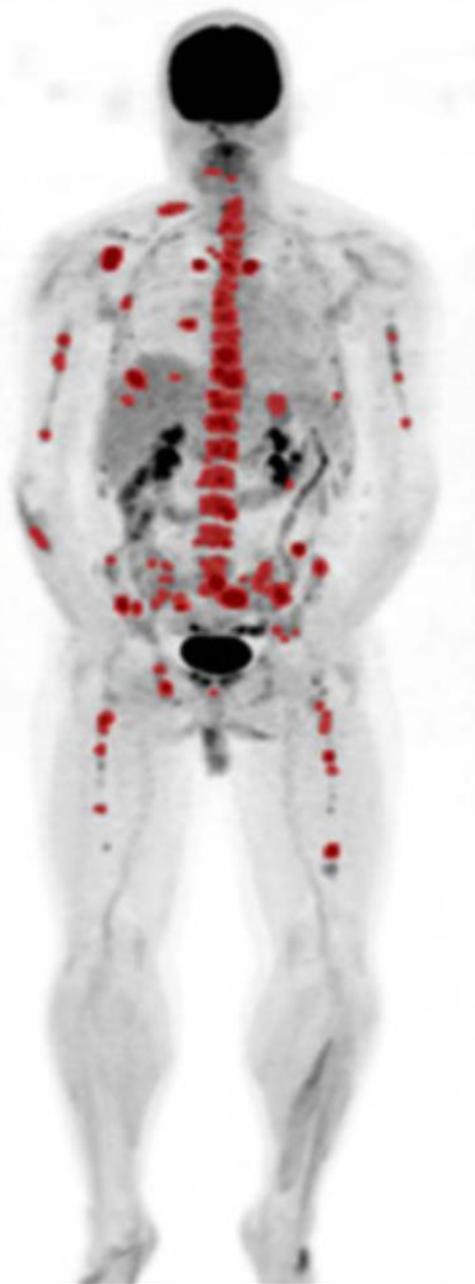


Variable	Including MTV		
	HR (95% CI)	<i>P</i>	
PFS	MTV $\geq 56.4 \text{ cm}^3$	1.53 (1.04, 2.25)	0.03
	TLG $\geq 166.4 \text{ g}$	—	—
	R-ISS Stage III†	1.45 (0.98, 2.15)	0.06
	High-risk PET/CT findings	1.29 (0.85, 1.95)	0.23
OS	Age ≥ 75 years	3.24 (1.83, 5.75)	<0.001
	MTV $\geq 56.4 \text{ cm}^3$	2.10 (1.32, 3.62)	0.007
	TLG $\geq 166.4 \text{ g}$	—	—
	R-ISS Stage III†	2.65 (1.41, 4.97)	0.002
	High-risk PET/CT findings	1.66 (0.87, 3.16)	0.12

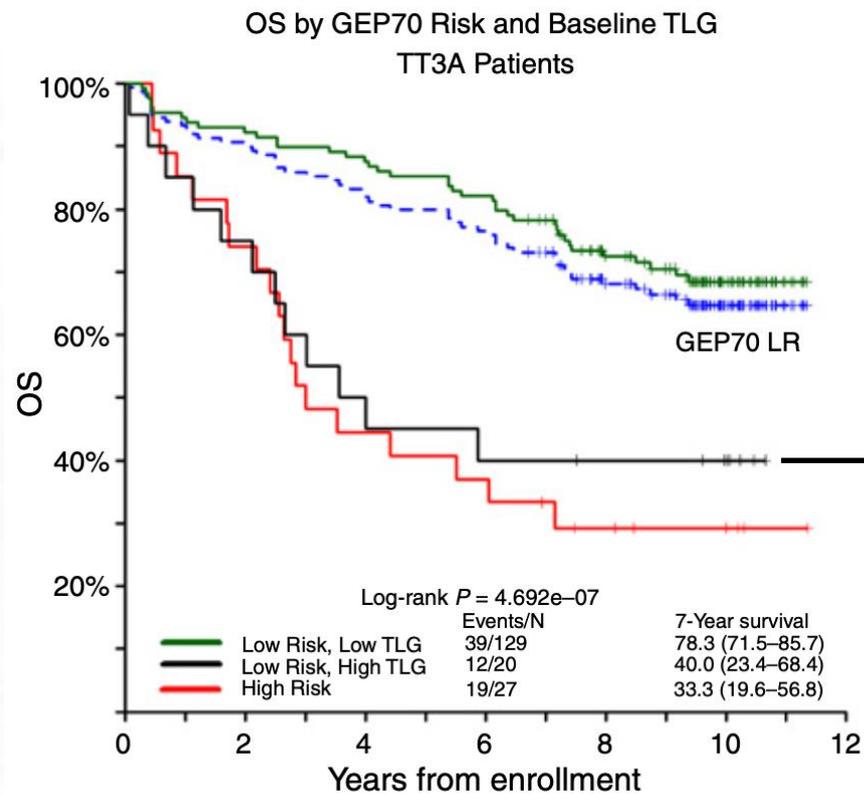


Ongoing trials: [¹⁸F]FDG PET total lesion glycolysis

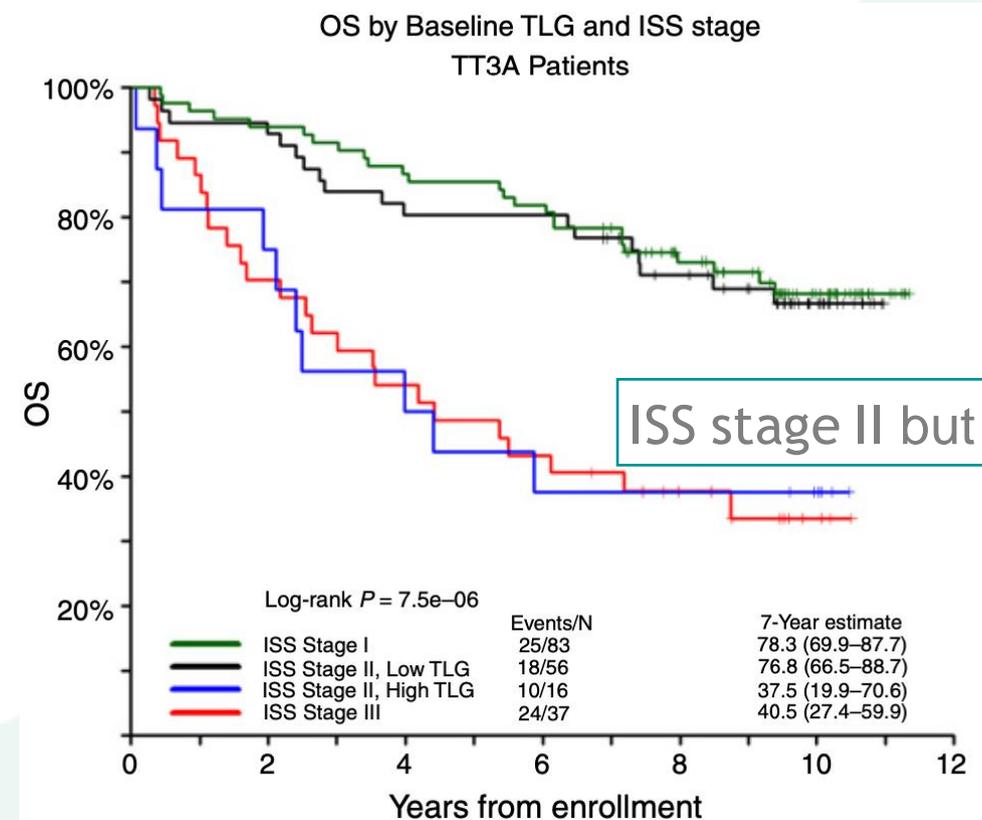
TLG is complementary to gene expression profile GEP70 & ISS stage



n = 192 patients from the TT3A trial



GEP70 low-risk but **high TLG**

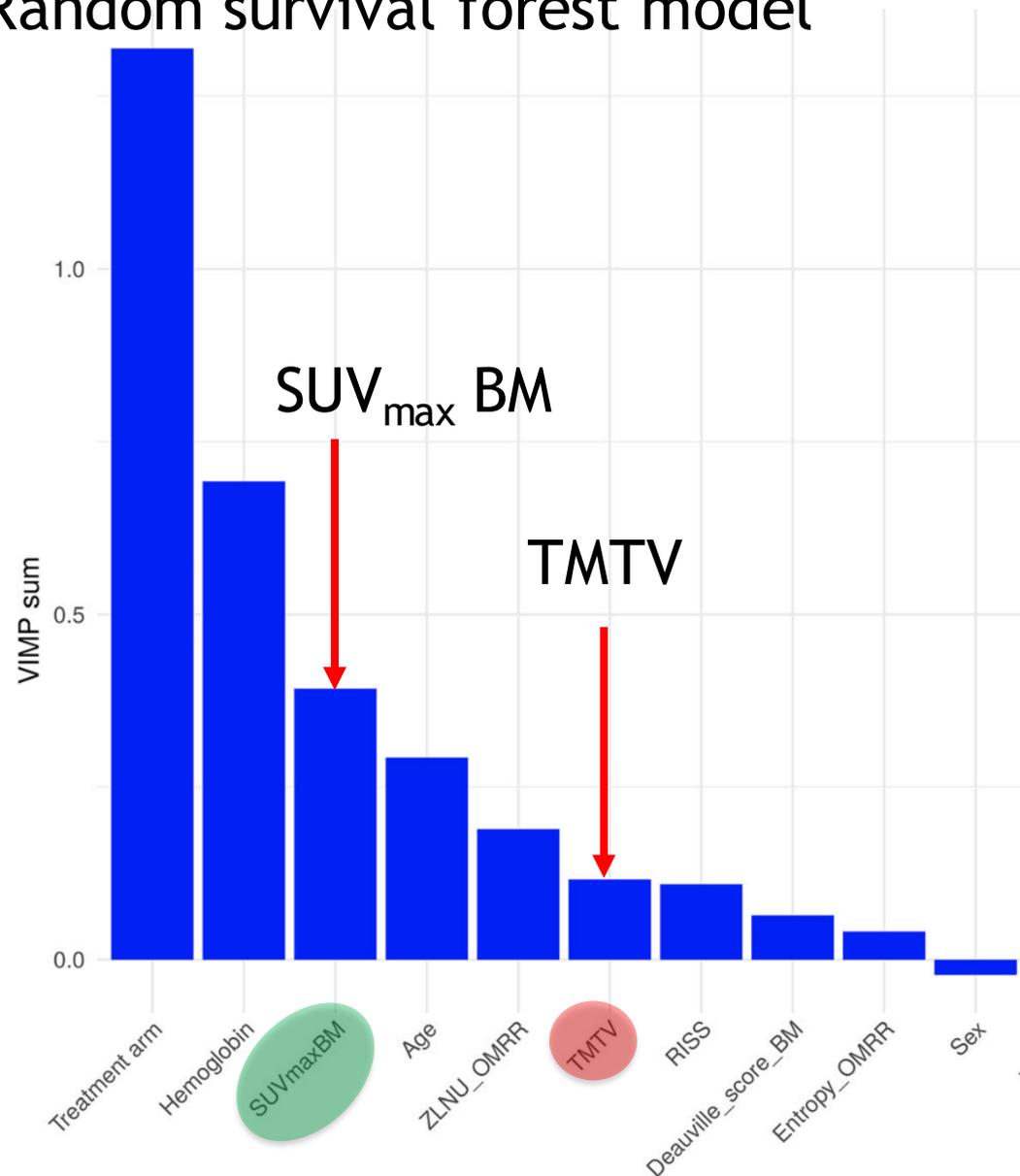


ISS stage II but **high TLG**

Ongoing trials

[¹⁸F]FDG PET volumetric parameters

Random survival forest model



No volume-derived metabolic parameter (TMTV or TLG) in the final model, suggesting less prognostic importance in this population

n = 139 patients from
IFM/DFCI2009 &
EMN02/HO95 phase III trials

IMPeTUs (Italian Myeloma criteria for PET Use)



	Lesion type	Site	Number of lesions (x)	Grading
PET	Diffuse	Bone marrow ^a		Deauville five-point scale
	Focal (F)	Skull (S)	x = 1 (no lesions)	Deauville five-point scale SUV _{max} (hottest)
		Spine (SP)	x = 2 (1 to 3 lesions)	
		Extraspinal (Exp)	x = 3 (4 to 10 lesions)	
x = 4 (>10 lesions)				
CT	Lytic (L)		x = 1 (no lesions)	+ Size
			x = 2 (1 to 3 lesions)	
			x = 3 (4 to 10 lesions)	
			x = 4 (>10 lesions)	
	Fracture (Fr)	At least one		
	Paramedullary (PM)	At least one		
	Extramedullary (EM)	At least one	N/EN (nodal/extranodal) ^b	Deauville five-point scale

IMPeTUs: Example

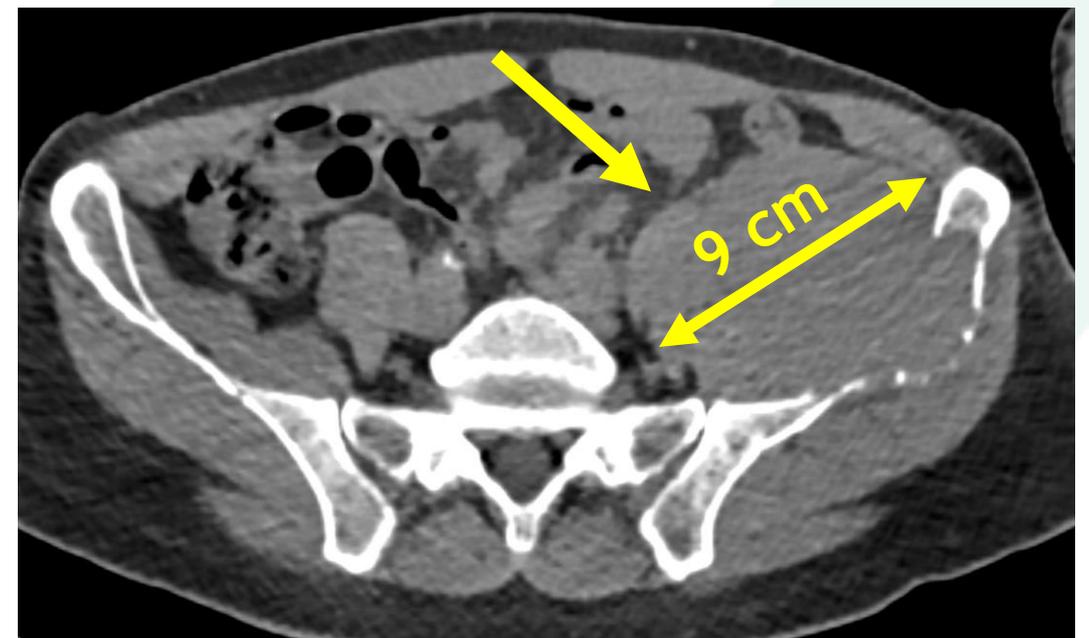
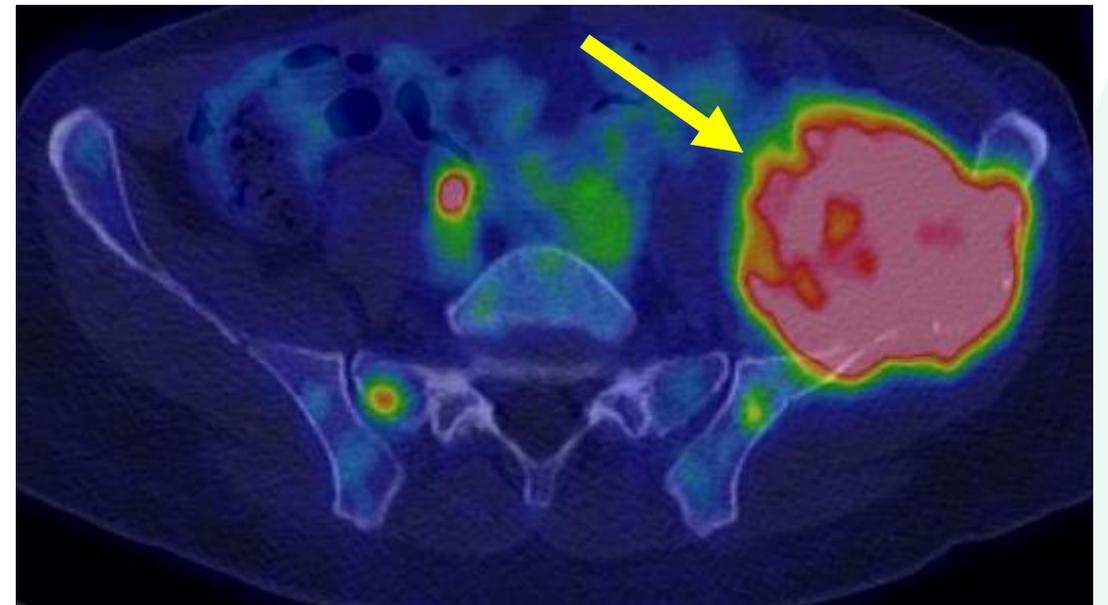
BM uptake
DS 2



FL
Number > 10

Hottest FL
DS 5
SUV_{max} 13.6

Paramedullary disease



IMPeTUs (Italian Myeloma criteria for PET Use)



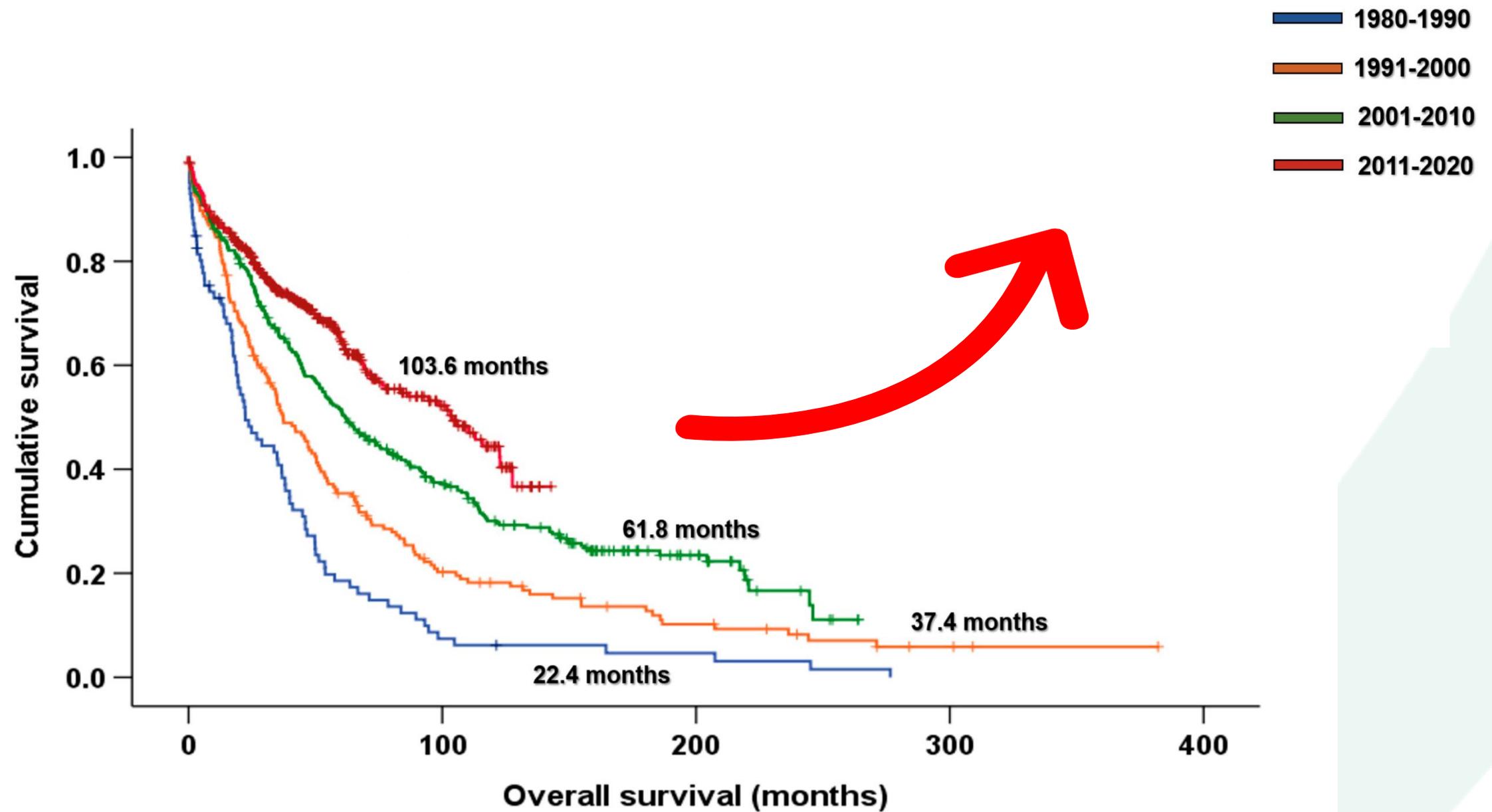
Lesion type	Site	Number of lesions (x)	Grading
Diffuse	Bone marrow ^a	BM DS 2	Deauville five-point scale
Focal (F)	Skull (S)	x = 1 (no lesions)	Deauville five-point scale
	Spine (SP)	x = 2 (1 to 3 lesions)	
	Extraspinal (Exp)	x = 3 (4 to 10 lesions)	
		x = 4 (>10 lesions)	
Lytic (L)		FL DS 5	SUV_{max} 13.6
		x = 1 (no lesions)	
		x = 2 (1 to 3 lesions)	
		x = 3 (4 to 10 lesions)	
		x = 4 (>10 lesions)	
Fracture (Fr)	At least one		
Paramedullary (PM)	At least one		
Extramedullary (EM)	At least one	N/EN (nodal/extranodal) ^b	Deauville five-point scale

Outline

[¹⁸F]FDG PET/CT in multiple myeloma

- Diagnosis
- Prognostic biomarker
- **Treatment assessment**

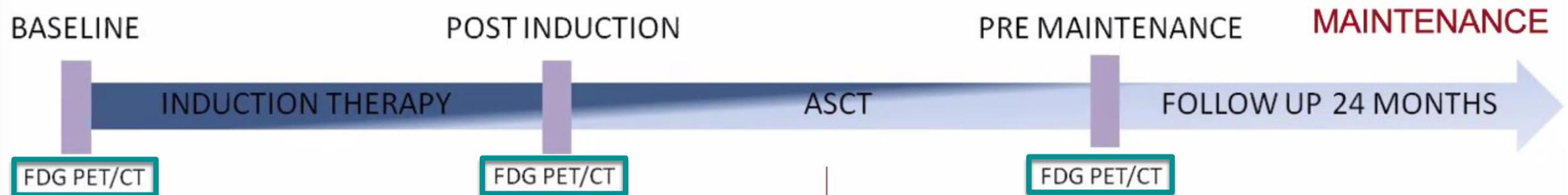
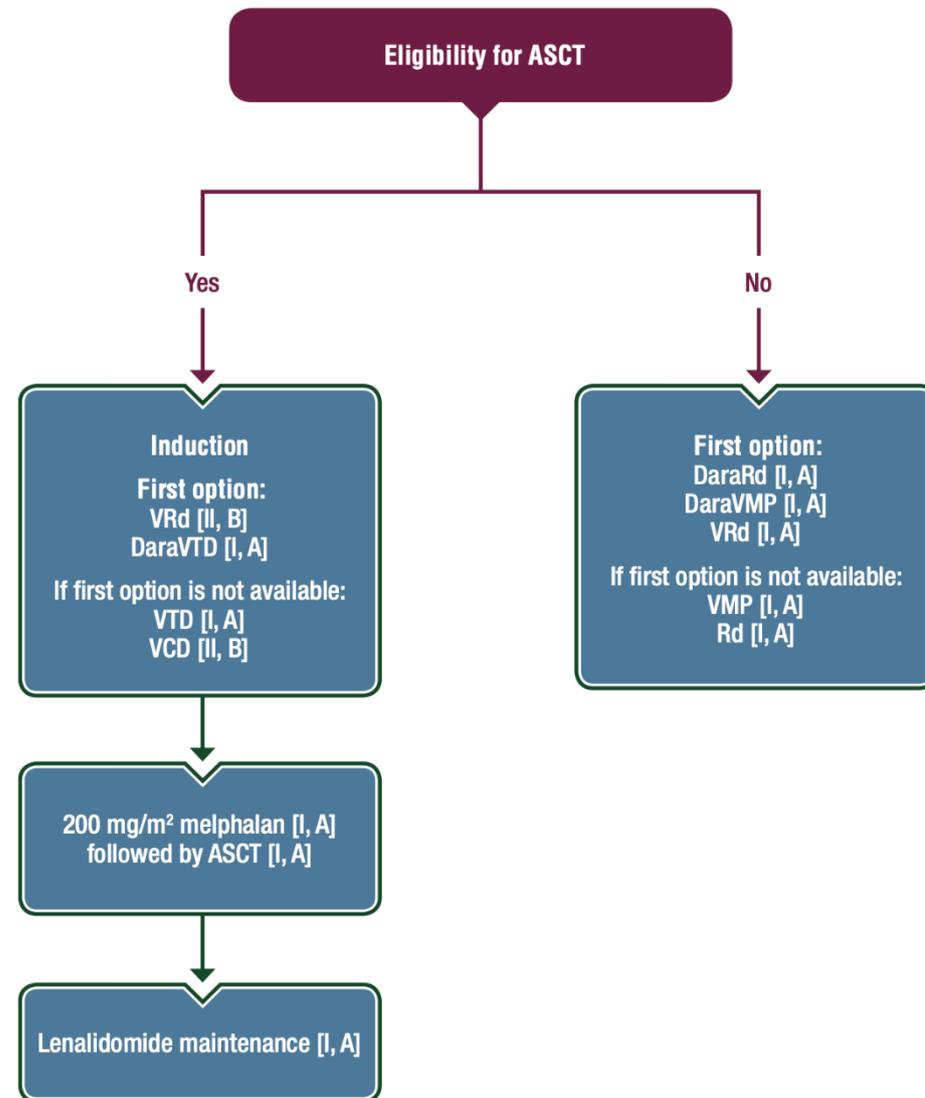
Therapeutic strategies improved survival in MM



2011-2020 vs. 1980-1990: HR 3.5 [95% CI, 2.5-4.4]; $P=0.000$
2011-2020 vs. 1991-2000: HR 2.1 (95% CI, 1.7-2.7); $P=0.000$
2011-2020 vs. 2001-2010: HR 1.4 [95% CI, 1.2-1.8]; $P=0.001$

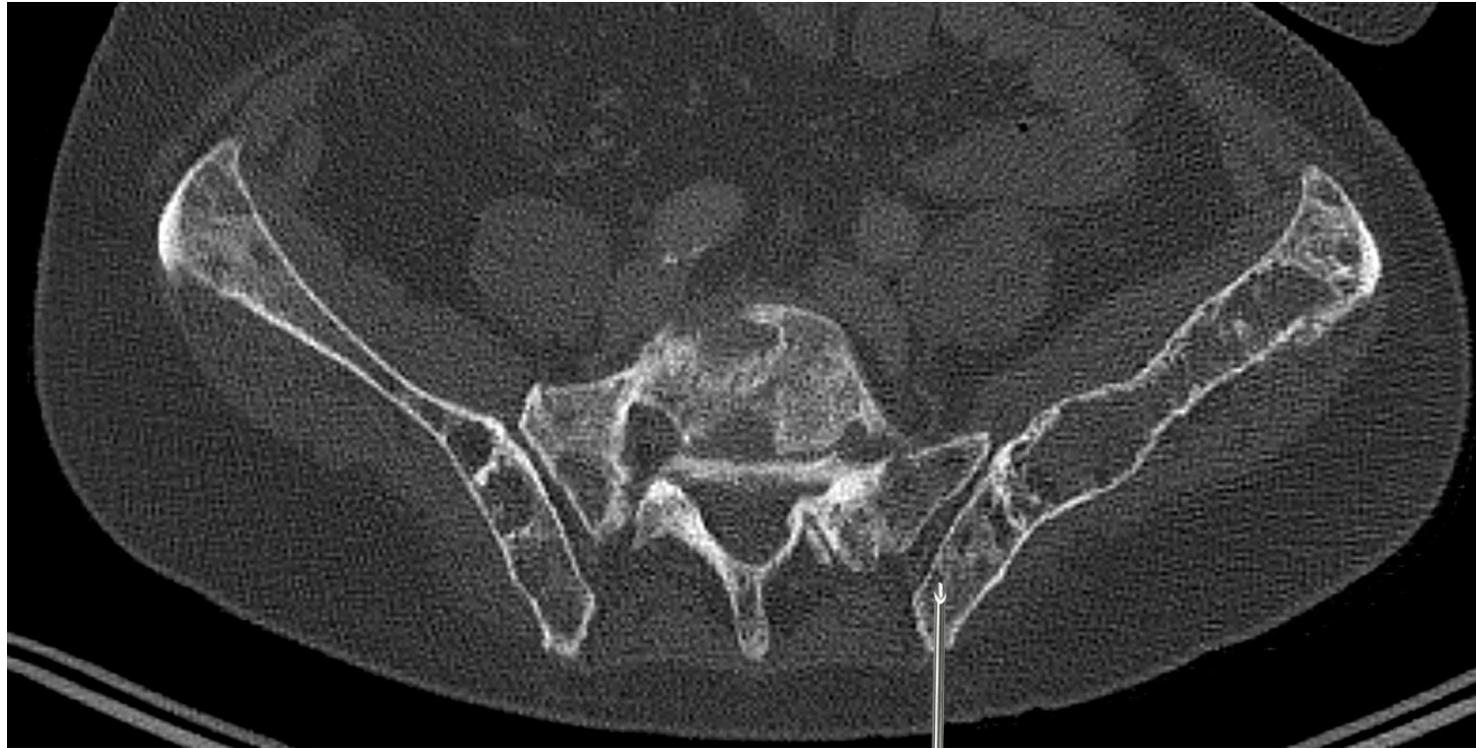
General therapeutic flow chart in MM patients

ASCT = Autologous stem cell transplantation



Minimal Residual Disease Status

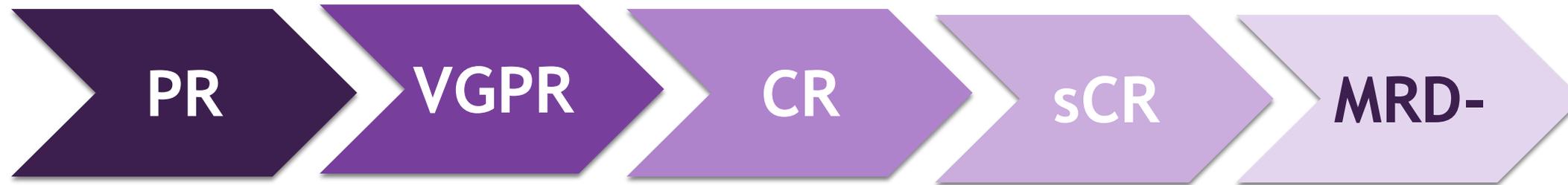
Post-treatment single BM biopsy



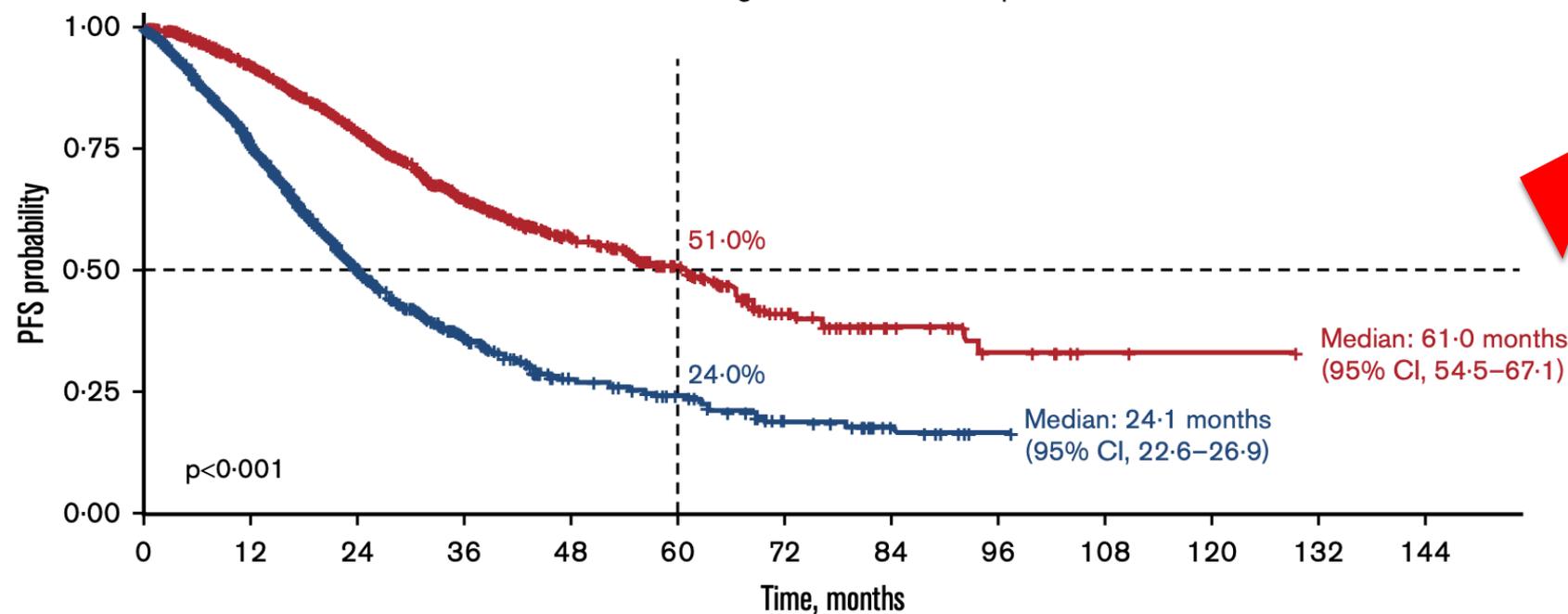
MRD status
Flow cytometry or
next generation sequencing (NGS)
High sensitivity up to 10^{-5} and 10^{-6}

Depth of response to therapy

IMWG response criteria



Negative
Minimal Residual Disease



— MRD negative

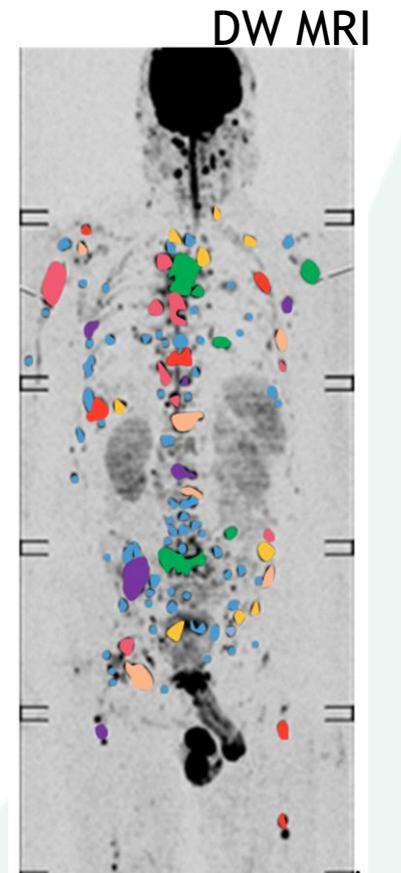
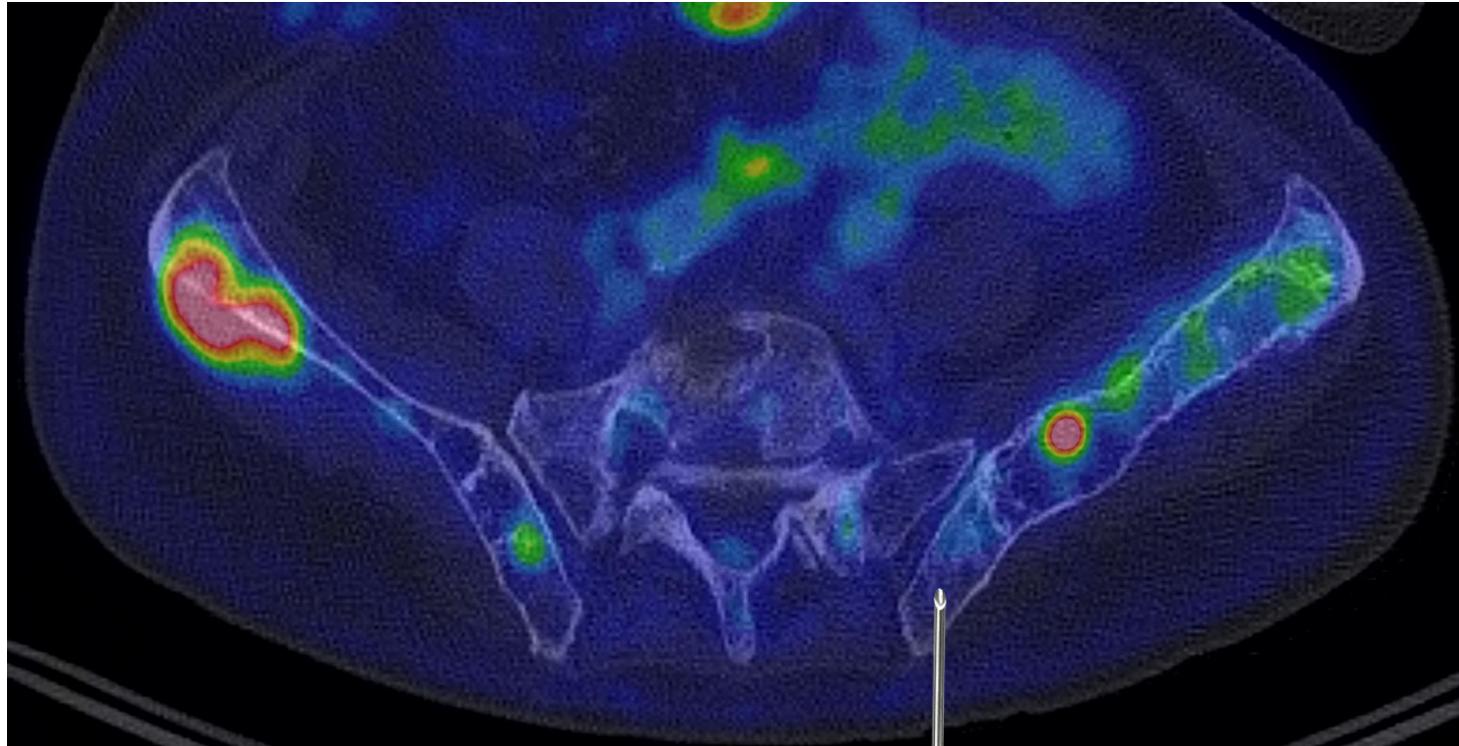
— MRD positive

Number at risk

Transplant eligible newly diagnosed MM

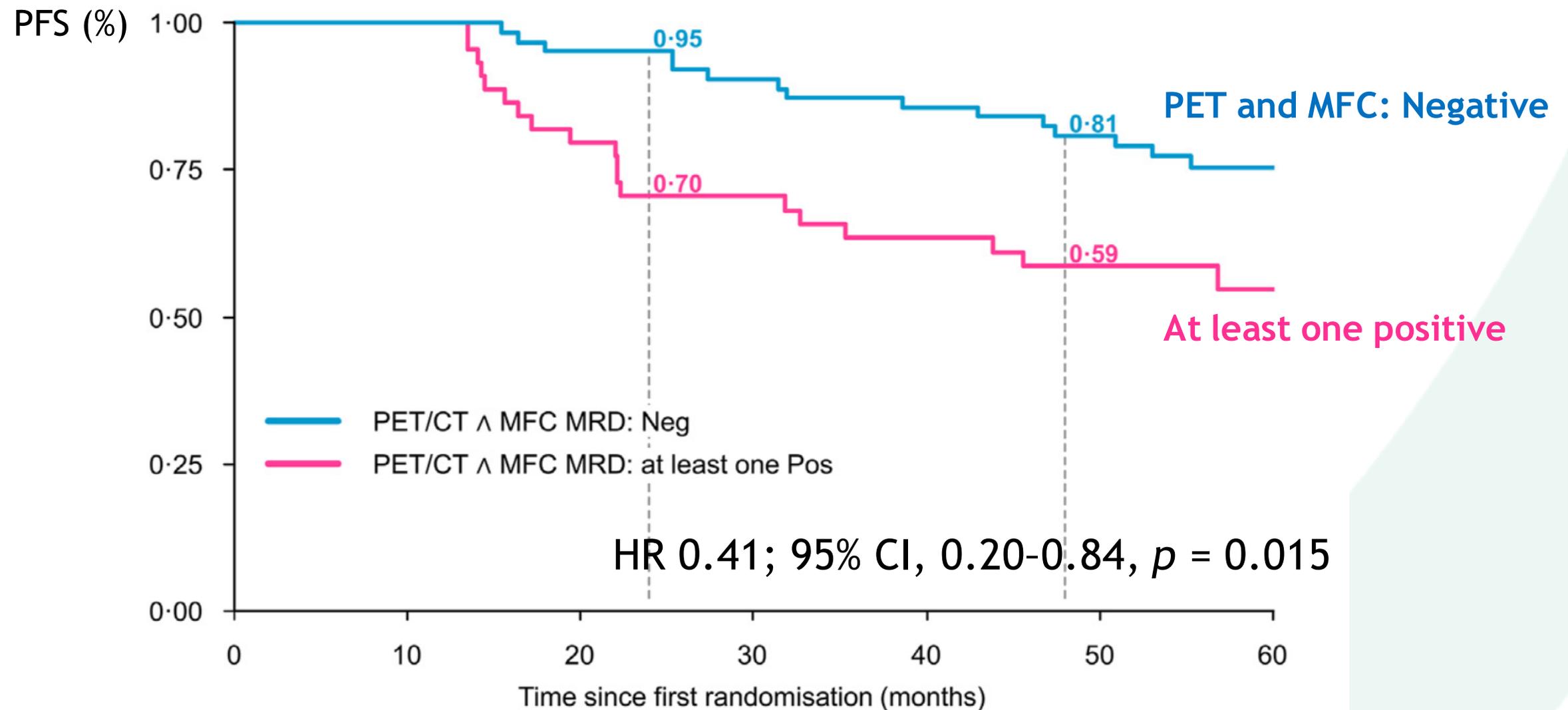
Whole body [¹⁸F]FDG PET/CT to confirm MRD negativity outside the BM

Patchy BM infiltration & persistance of EMD



Genomic spatial heterogeneity

[¹⁸F]FDG PET/CT CMR + negative BM MFC

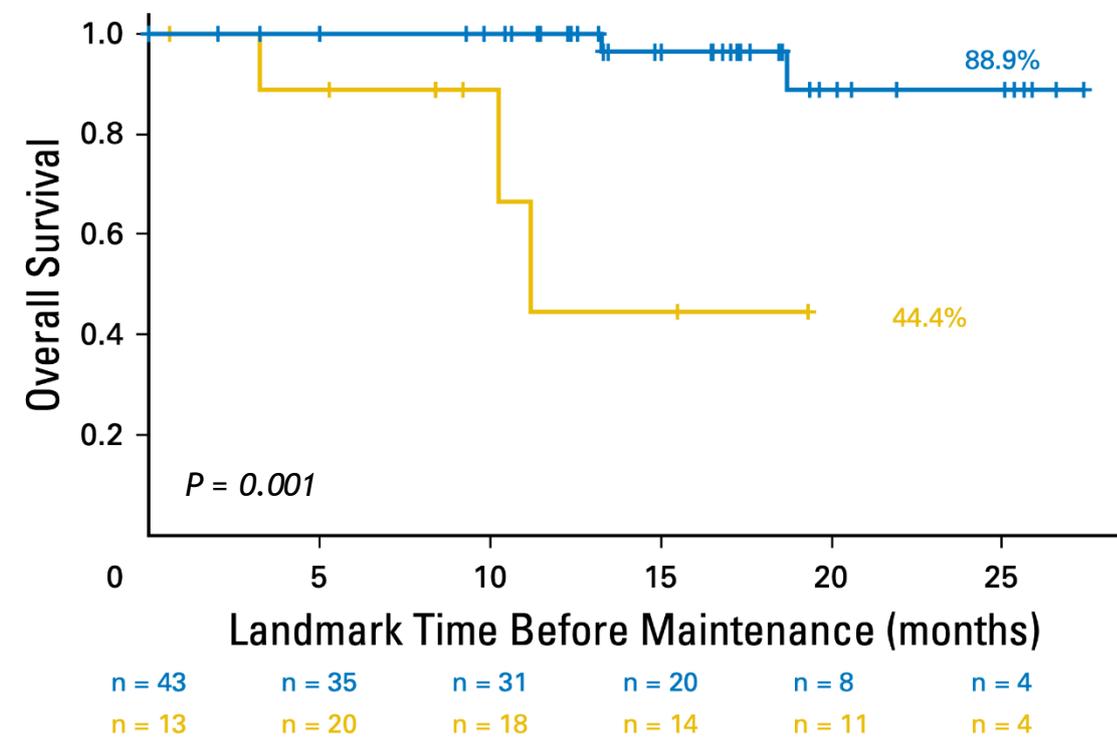
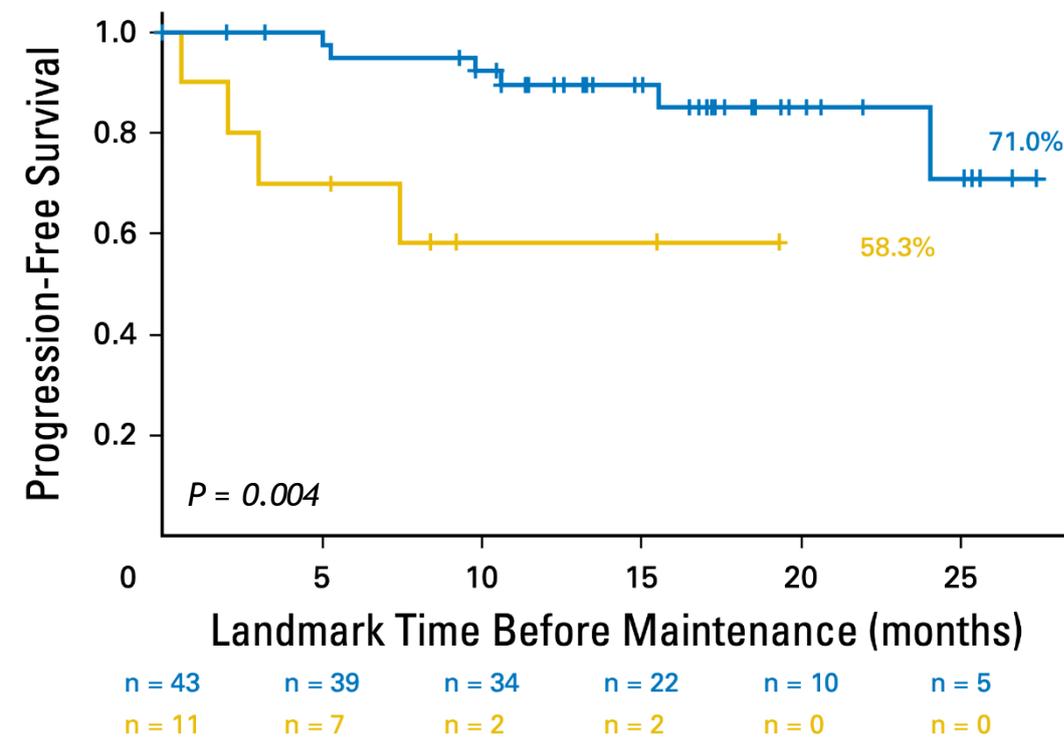


Imaging substudy of FORTE trial
n = 109/474 transplant-eligible NDMM

MFC = multiparameter flow cytometry (MFC) at 10^{-5}

Whole-body [¹⁸F]FDG PET/CT to monitor therapy response

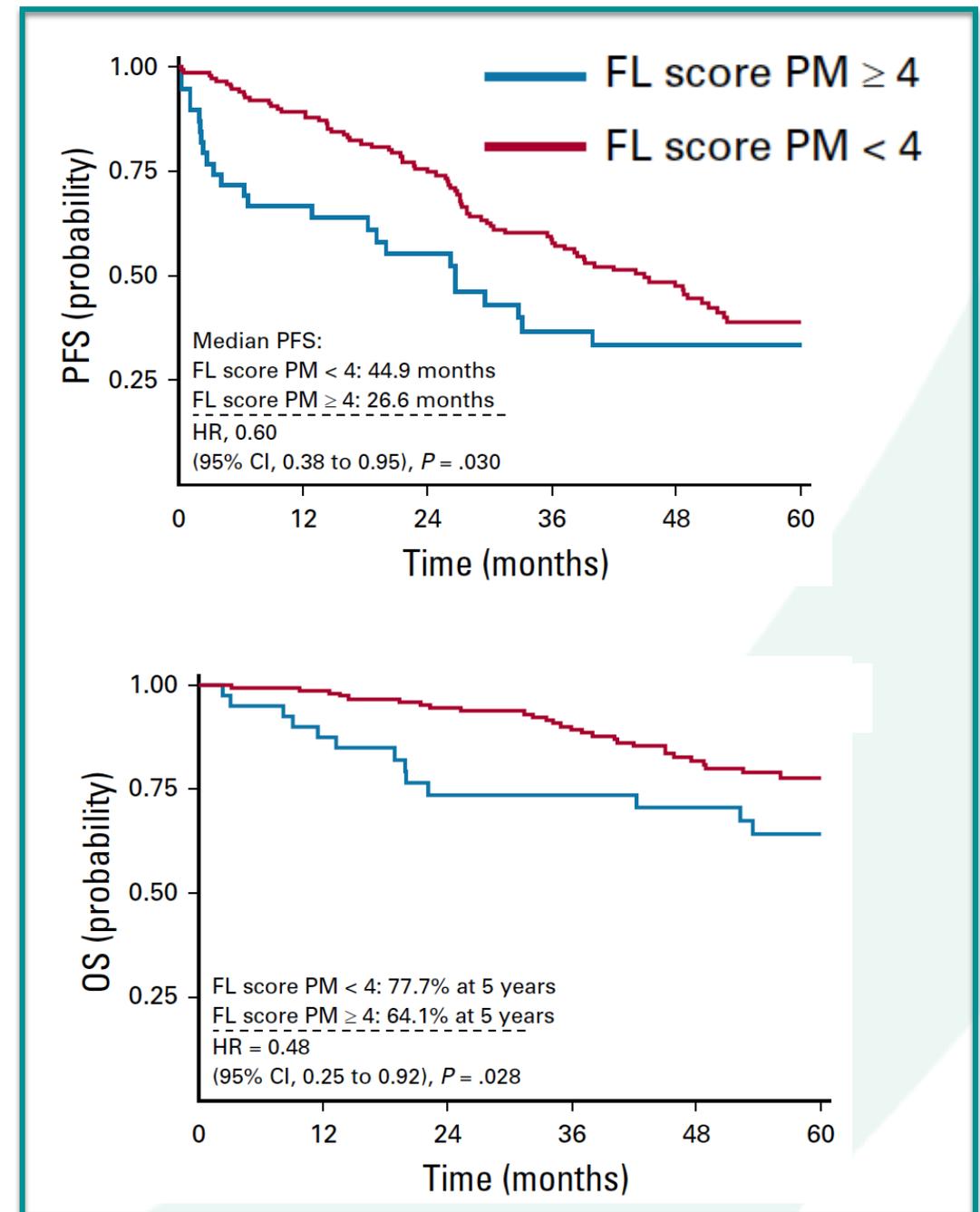
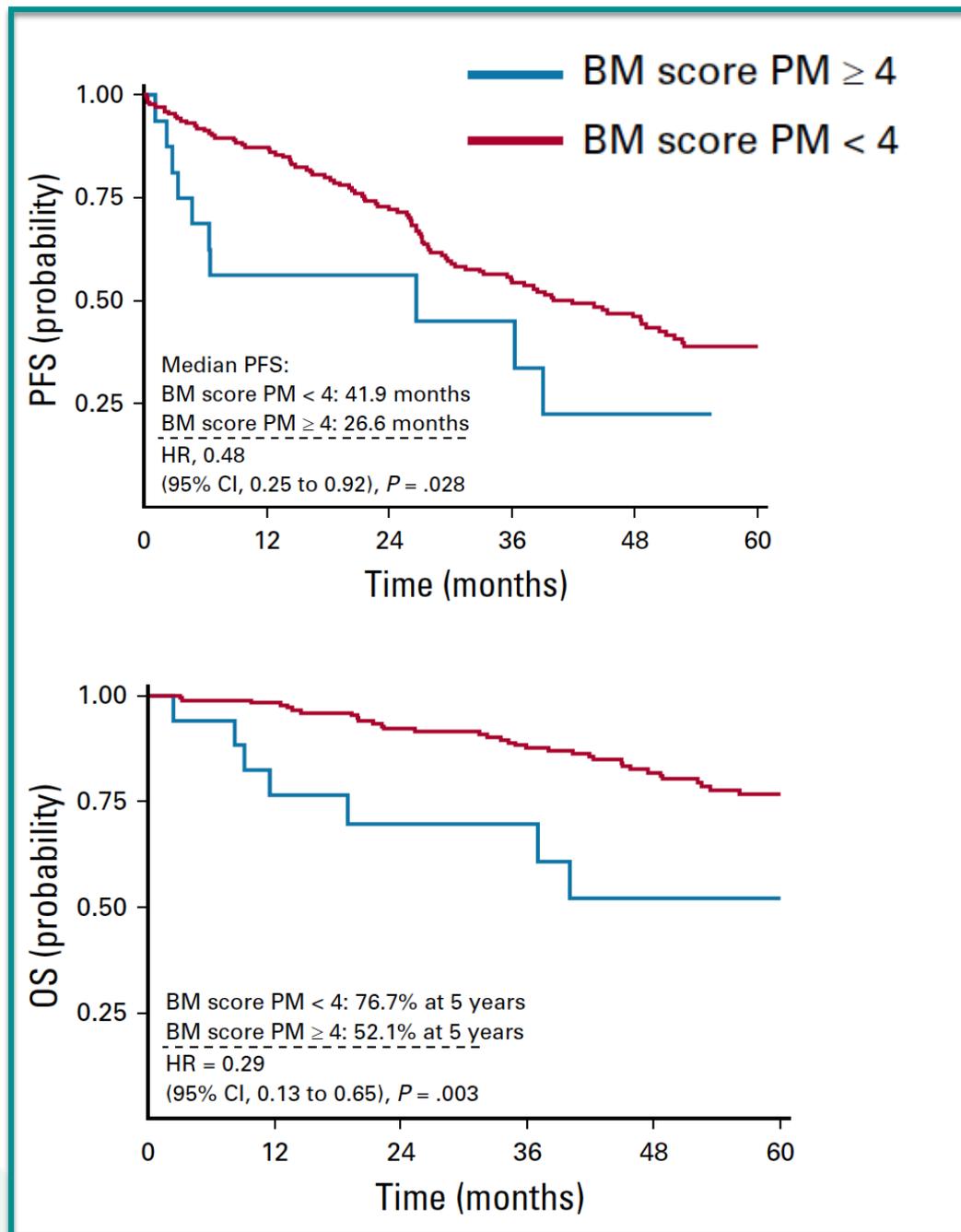
[¹⁸F]FDG PET normalization after ASCT is a prognostic factor for PFS and OS



Note MRI: Low rate of “early” normalisation and no association with survival

5-point Deauville scale score for metabolic response

Complete Metabolic Response = DS score 1-3



n = 228 pts
French IFM/DFCI2009 + Italian EMN02/HO95 trials

PM = Pre-maintenance

IMPeTUs classification

[¹⁸F]FDG PET/CT for therapy response assessment

Complete MR	No lesion uptake higher than the liver activity (DS score 1-3)*
Partial MR	Persistent lesion(s) with uptake > liver activity (DS score 4-5) with decrease in number and/or activity compared to baseline*
Stable MD	No significant change in BM/FLs compared with baseline
Progressive MD	New FL(s) compared with baseline consistent with MM

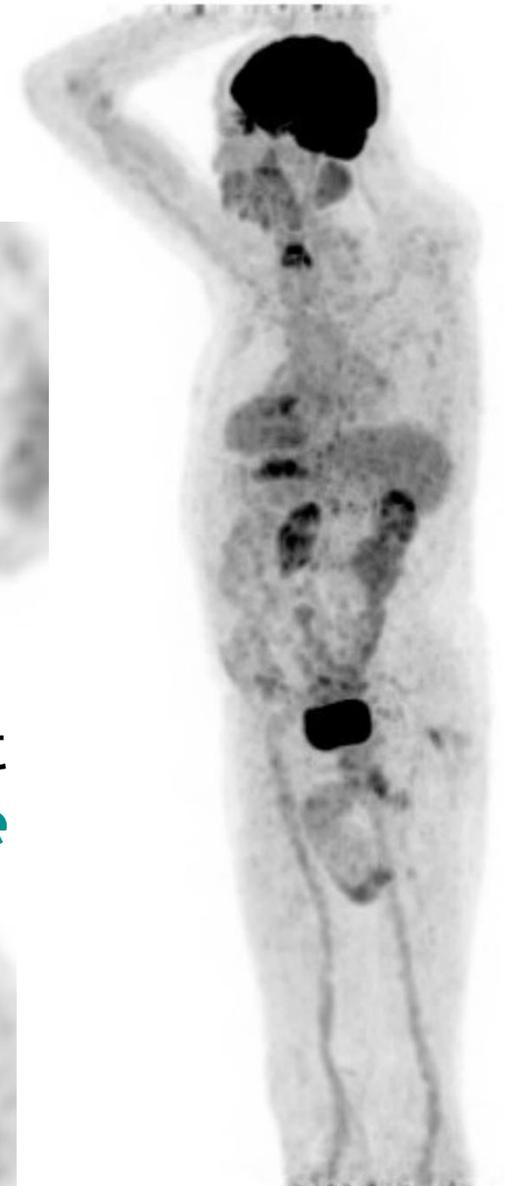
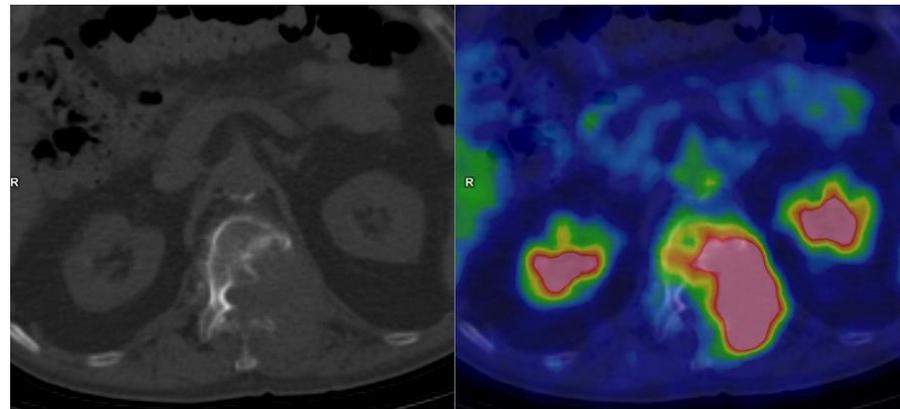
* lesions present at baseline: BM; FLs; EMD and PMD

Note: If baseline [¹⁸F]FDG PET is negative, criteria do not apply

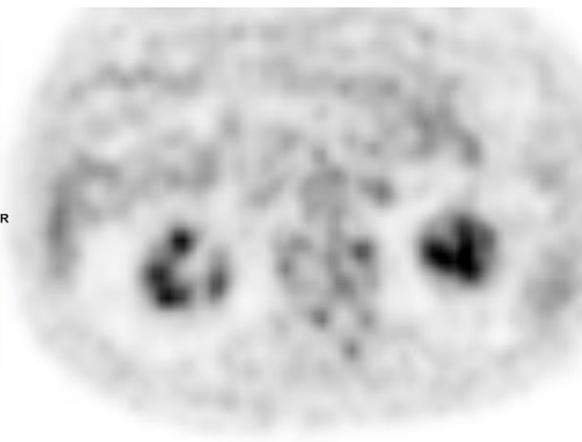
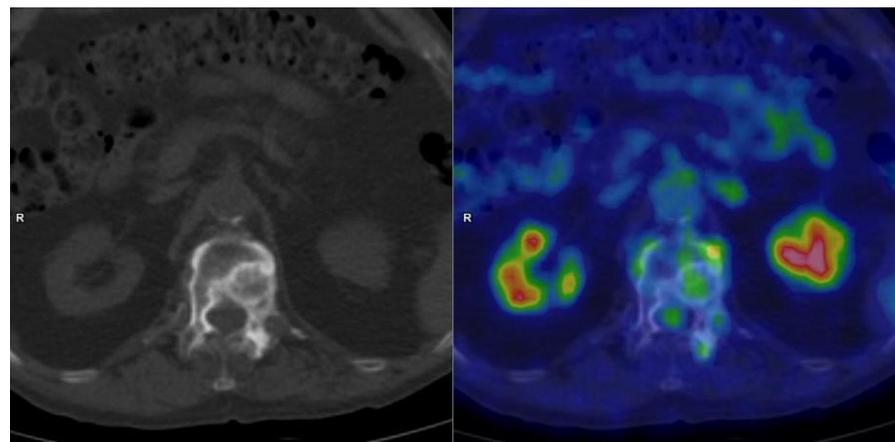
Case of [¹⁸F]FDG PET normalisation



Baseline
n = 4 FL; **DS score 5 + PMD**



Post-treatment
DS score 2 : Complete metabolic response



88 y-o man
MM IgG lambda



Rev-Dex
Zoledronic Acid

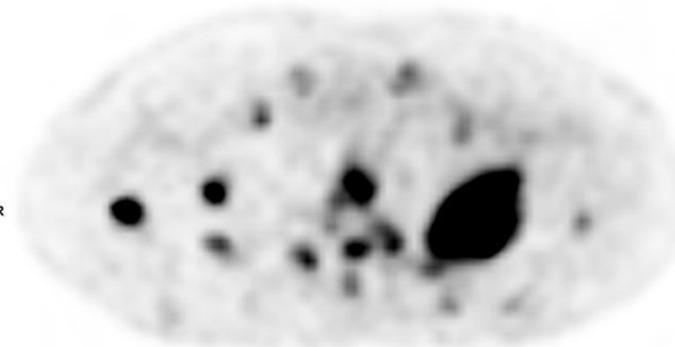
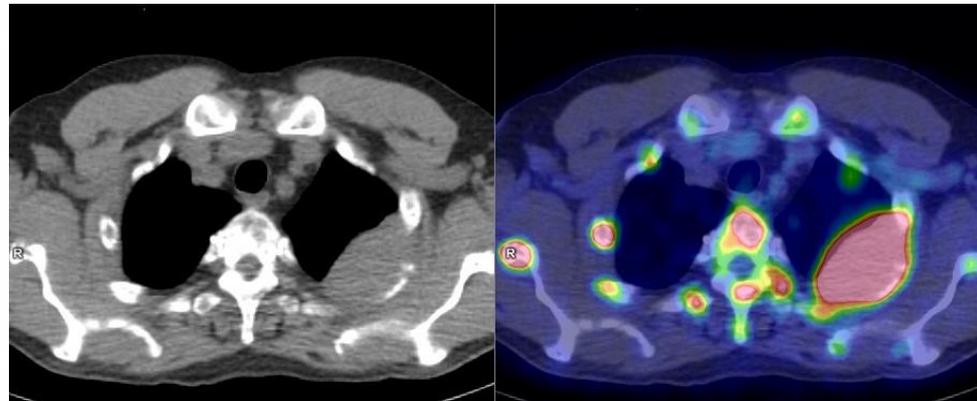


Biological CR
+ FDG PET CR

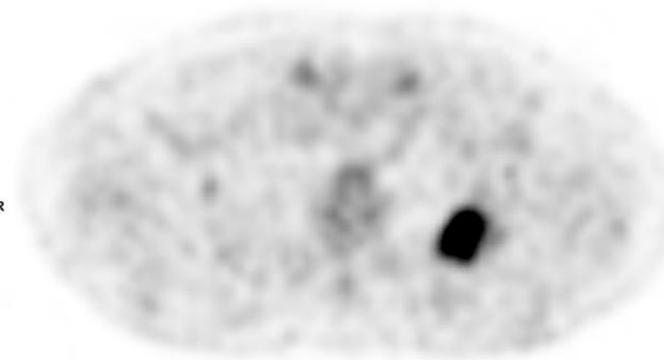
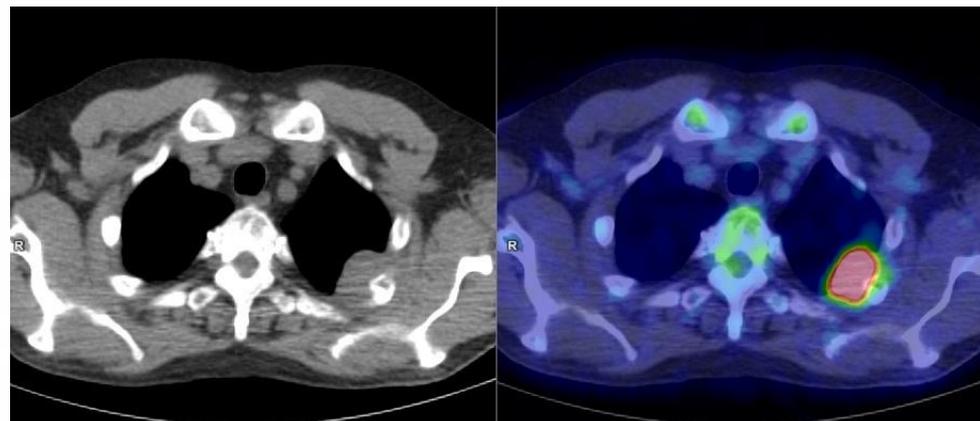
Case of persistent positive [18F]FDG PET/CT



Baseline
Extensive BM involvement FL>10; **DS score 5 + PMD**



Post-induction
DS score 5: Partial metabolic response



49 y-o man
MM IgA kappa;
ISS 3; t(4;14)



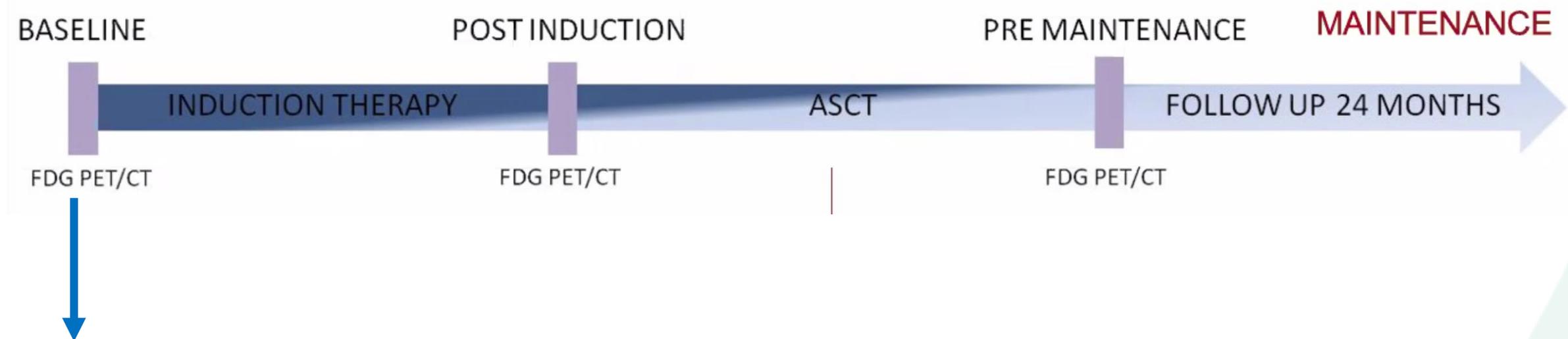
VTD x 3
Zoledronic Acid
T9 lesion treated by RT



VGPR
& **positive FDG PET**

Take aways

[¹⁸F]FDG PET/CT in MM



CT → **MDE**: ≥ 1 bone osteolytic lesion 5 mm

[¹⁸F]FDG PET → **Prognostic biomarker**

EMD (head and neck)

PMD (size)

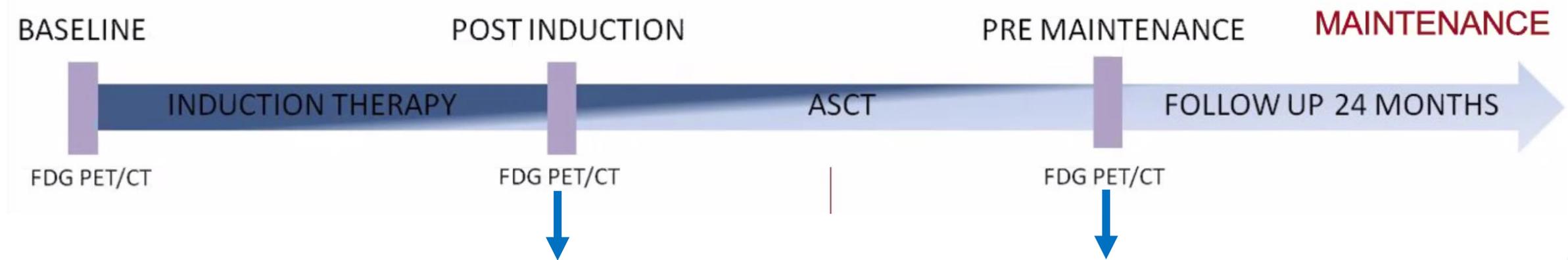
Number of FL + intensity (SUV_{max} & DS score of the hottest)

Diffuse BM DS score 4-5

Fracture

Take aways

[¹⁸F]FDG PET/CT in MM



Treatment response IMPeTUs classification:

Complete MR	No lesion uptake higher than the liver activity (DS score 1-3)*
Partial MR	Persistent lesion(s) with uptake > liver activity (DS score 4-5) with decrease in number and/or activity compared to baseline*
Stable MD	No significant change in BM/FLs compared with baseline
Progressive MD	New FL(s) compared with baseline consistent with MM

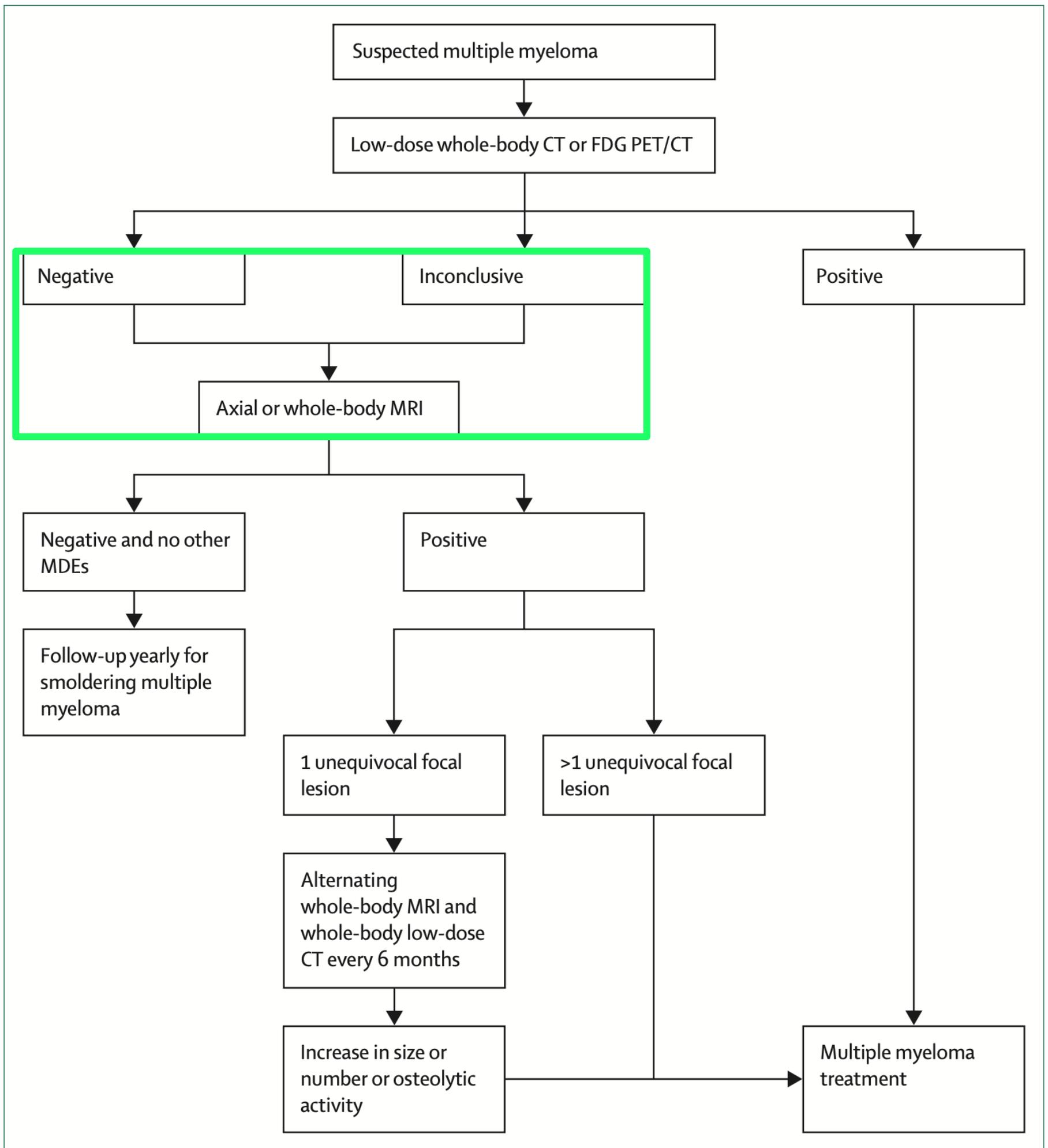
* lesions present at baseline: BM; FLs; EMD and PMD



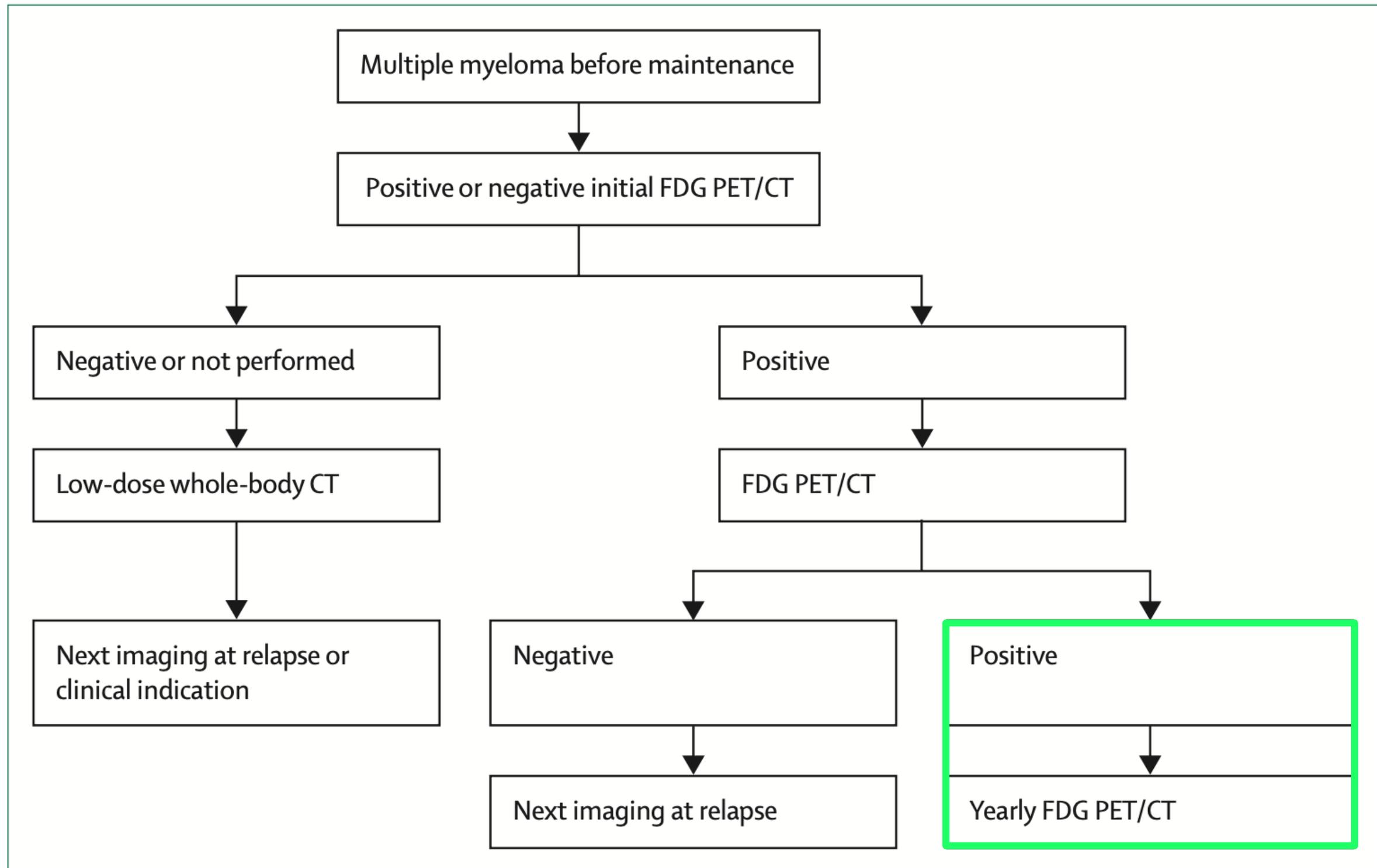
FEASIBLE



MRI
if negative
or inconclusive
PET



Positive post-treatment PET at higher risk of relapse

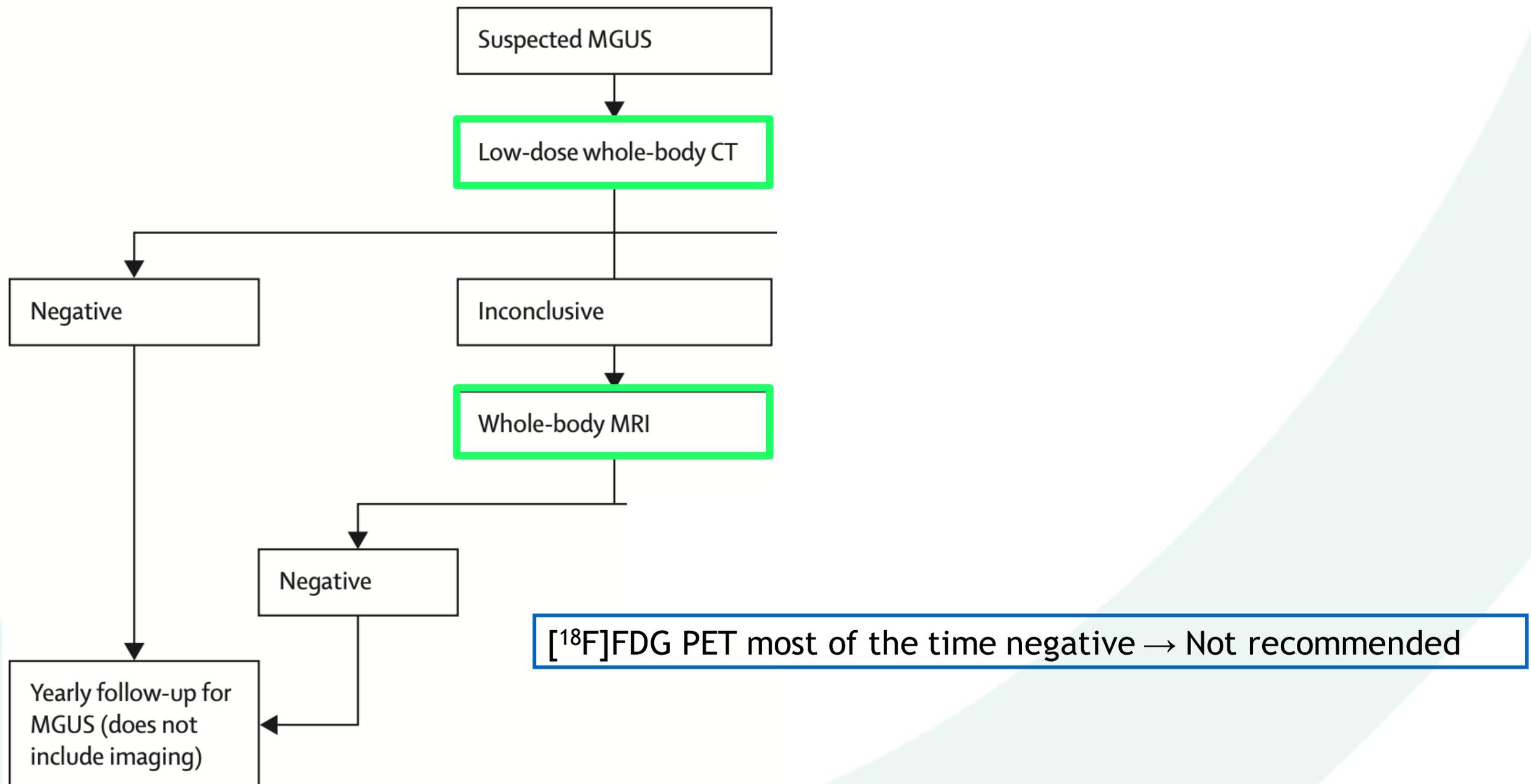


Suspected MGUS

WBLDCT is the first-line imaging



MGUS: Low risk of progression to active MM (~1% per year)

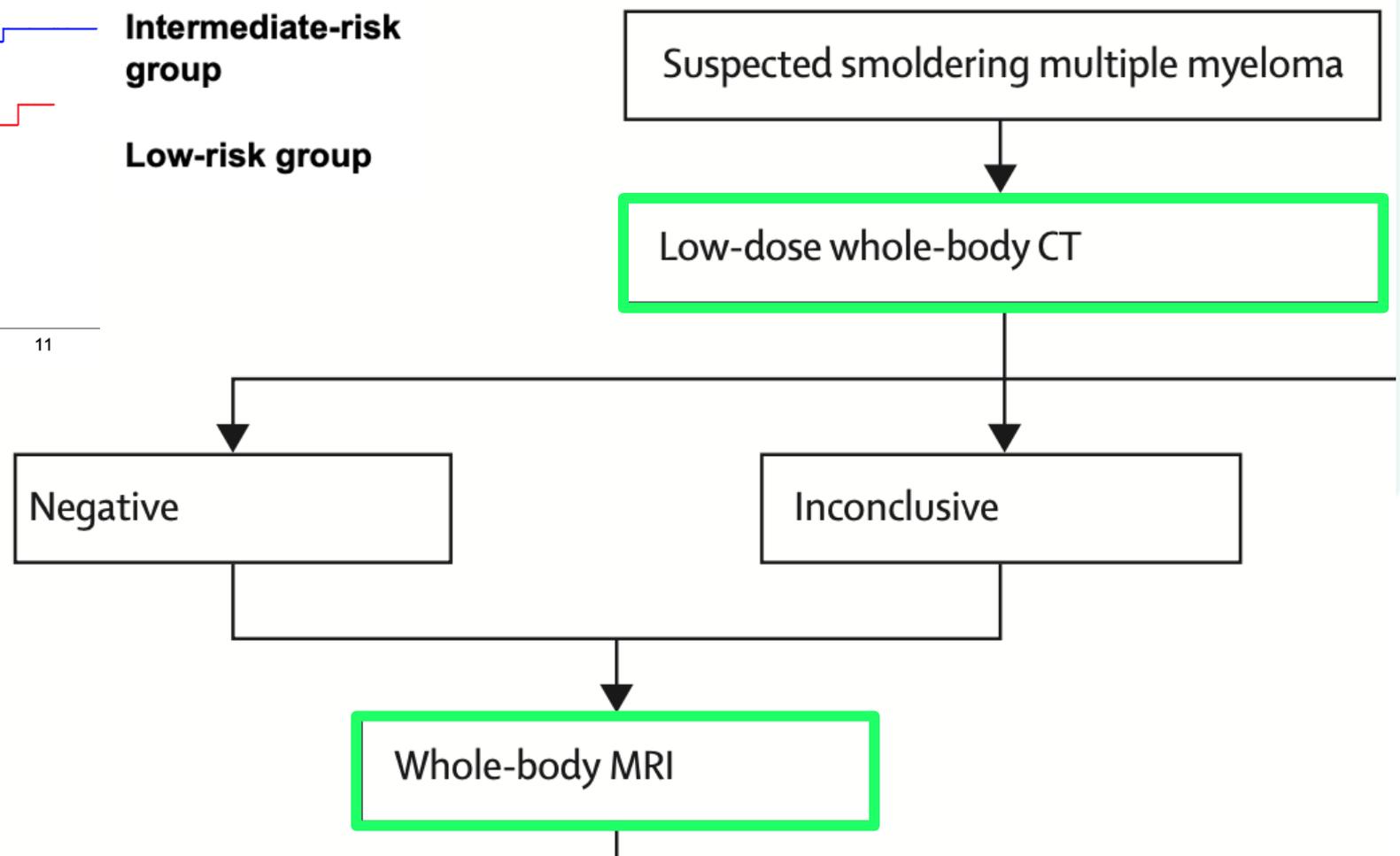
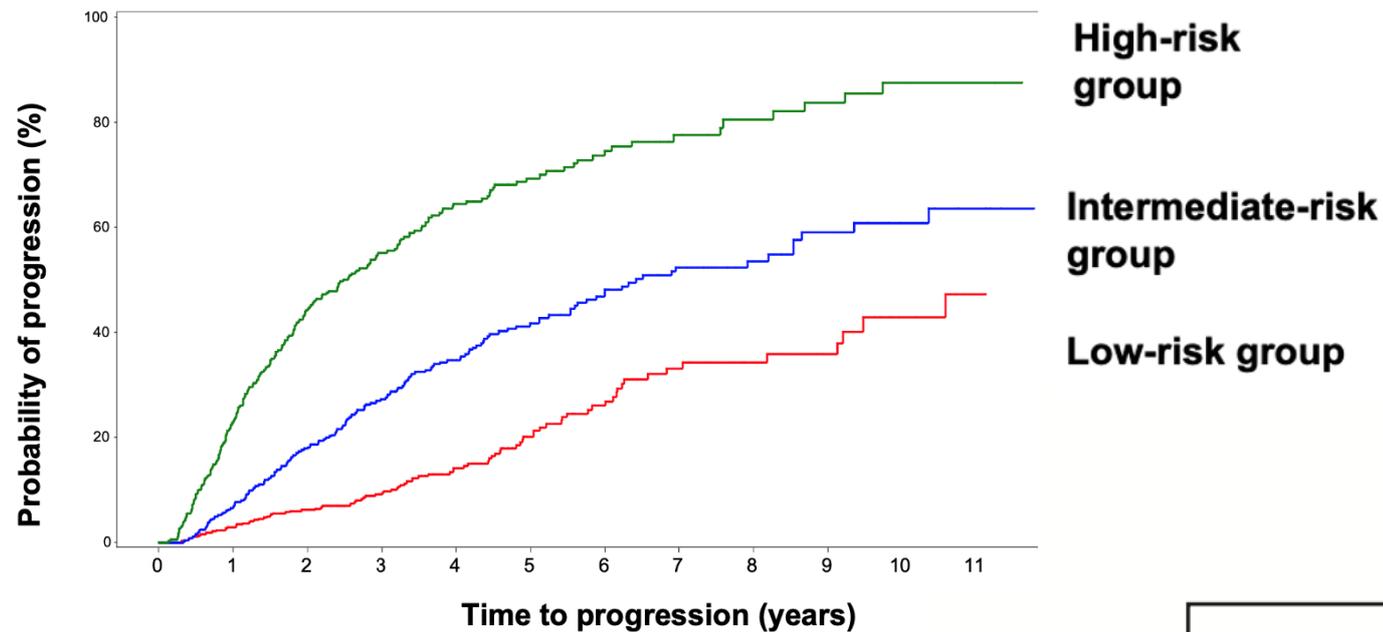


Suspected smouldering MM WBLDCT is the first-line imaging



Smouldering MM

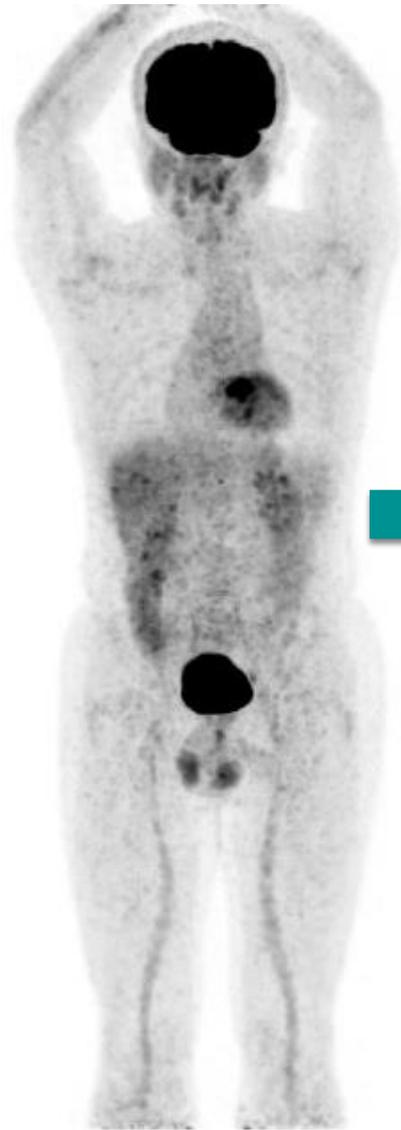
Higher (variable) risk of progression to active MM



Evolution of smouldering to active MM

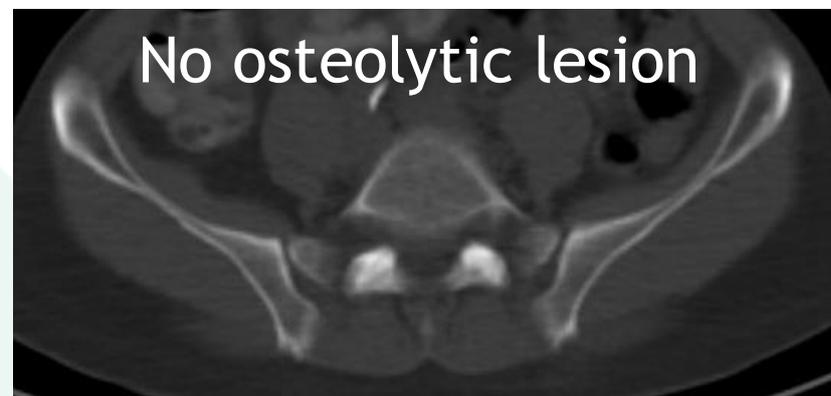
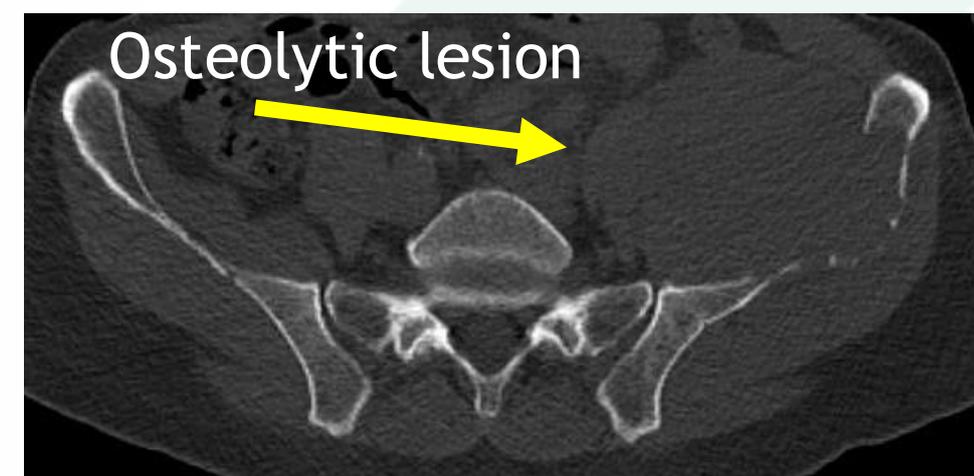
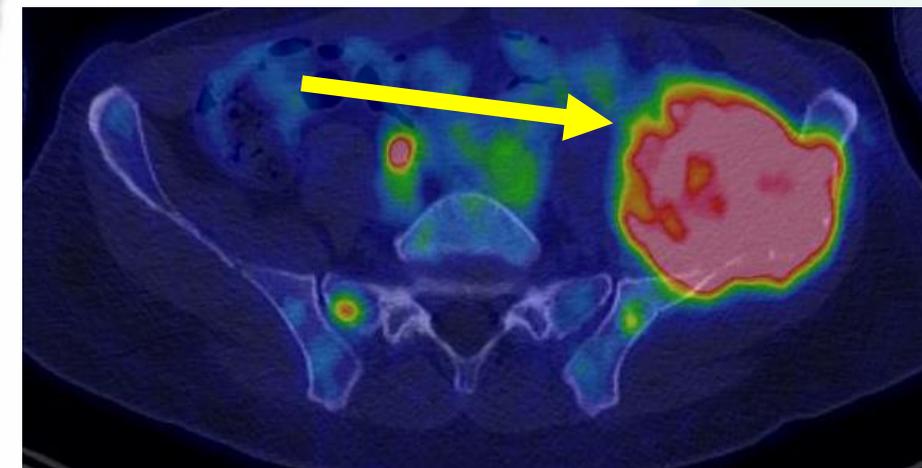
Negative [^{18}F]FDG PET/CT

November 2021
Smouldering MM

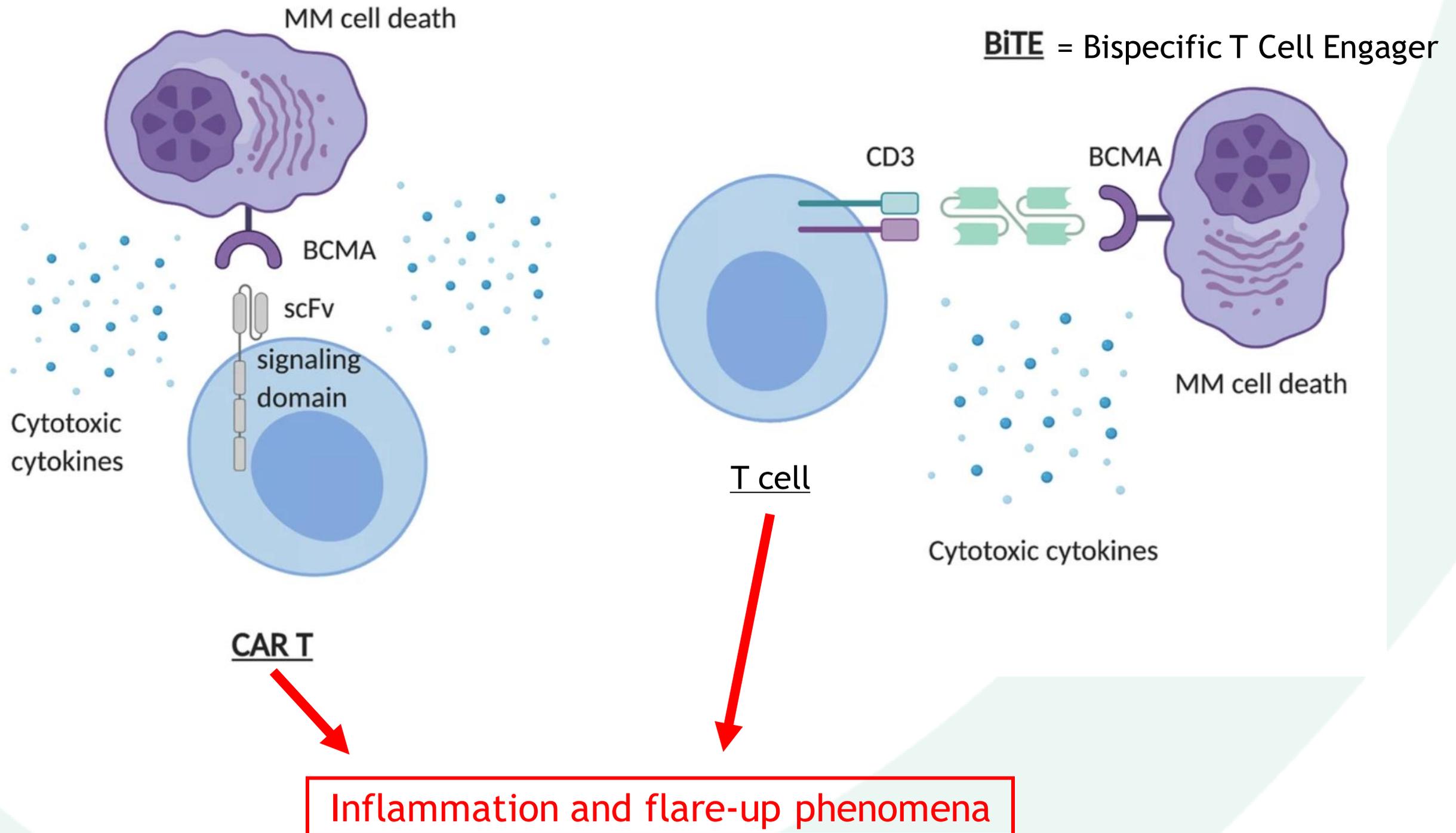


Positive [^{18}F]FDG PET/CT

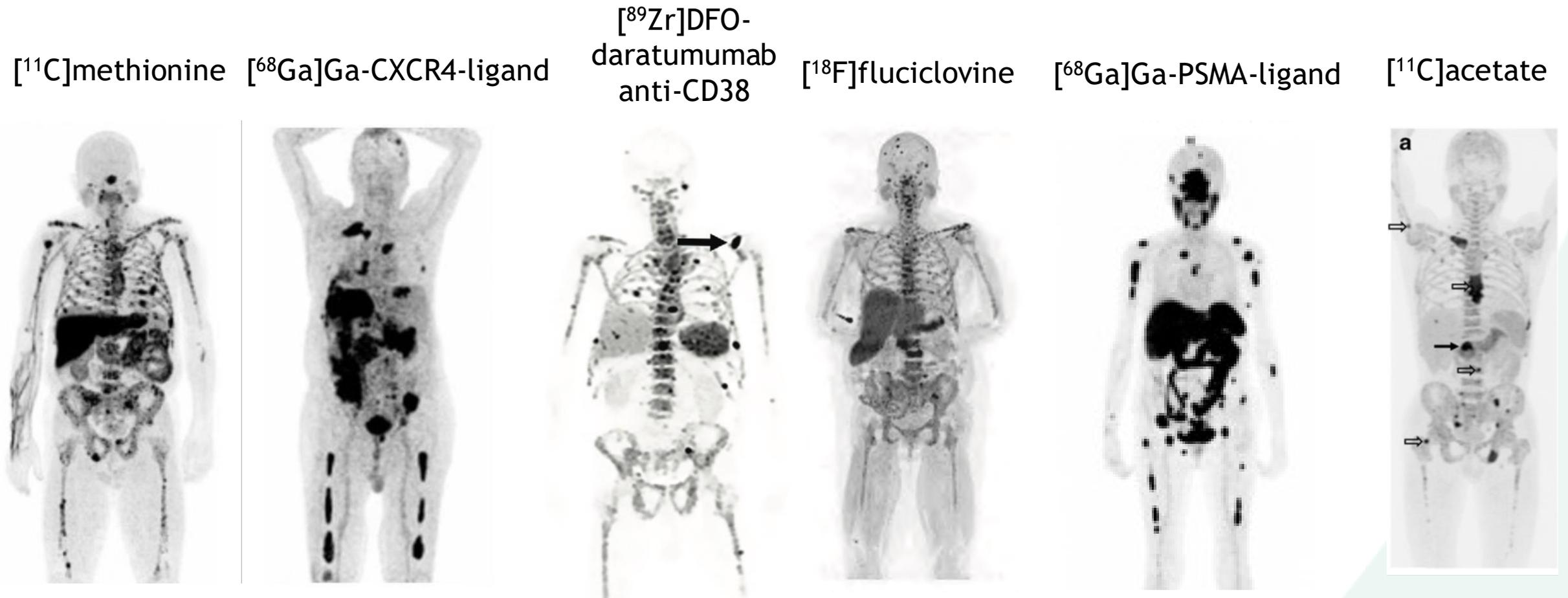
November 2022
Active MM



Targeted immunotherapy in relapsed or refractory MM Pitfalls !



And non [¹⁸F]FDG PET/CT in MM ...



Limited number of patients and/or various MM settings (diagnosis/relapse)

DS criteria for CMR [¹⁸F]FDG PET/CT

Imaging substudy of FORTE trial (n = 109/474)

All PET pts (n = 109)	B-PET_FLs	B-PET_BMs	PM-PET_FLs	PM-PET_BMs
Positive ^a , n (%)	98 (93)	106 (99)	43 (40)	97 (89)
Negative, n (%)	7 (7)	1 (1)	65 (60)	12 (11)
Missing, n	4	2		
EMD, n (%)			8 (7)	
Deauville scores				
DS 1, n (%)	7 (7)	1 (1)	65 (60)	12 (11)
DS 2, n (%)	1 (1)	34 (32)	2 (2)	52 (48)
DS 3, n (%)	4 (4)	7 (7)	14 (13)	28 (26)
DS 4, n (%)	93 (89)	65 (61)	27 (25)	16 (15)
Missing, n	4	2	1	1
SUV max, median (IQR)	6.04 (4.31–8.29)	3.5 (2.8–4.37)	3.04 (2.2–5.39)	2.8 (2.3–3.44)
CMR^b, n (%)			69 (63)	

Abbreviations. B, Baseline; BM, Bone marrow; CMR, Complete metabolic response; DS, Deauville scores; EMD, Extramedullary disease; FLs, Focal lesions; IQR, Interquartile range; n, Number; PET, Positron emission tomography; PM, Pre-maintenance; pts, Patients; SUV, Standardised uptake value. ^aDefined as DS >1. ^bDefined as DS <4 both in the FLs and BM.

Table 2: Baseline (B) and pre-maintenance (PM) PET characteristics.

International staging system (ISS)

Table 1. Standard Risk Factors for MM and the R-ISS

Prognostic Factor	Criteria
ISS stage	
I	Serum β_2 -microglobulin < 3.5 mg/L, serum albumin \geq 3.5 g/dL
II	Not ISS stage I or III
III	Serum β_2 -microglobulin \geq 5.5 mg/L
CA by iFISH	
High risk	Presence of del(17p) and/or translocation t(4;14) and/or translocation t(14;16)
Standard risk	No high-risk CA
LDH	
Normal	Serum LDH < the upper limit of normal
High	Serum LDH > the upper limit of normal
A new model for risk stratification for MM	
R-ISS stage	
I	ISS stage I and standard-risk CA by iFISH and normal LDH
II	Not R-ISS stage I or III
III	ISS stage III and either high-risk CA by iFISH or high LDH

Abbreviations: CA, chromosomal abnormalities; iFISH, interphase fluorescent in situ hybridization; ISS, International Staging System; LDH, lactate dehydrogenase; MM, multiple myeloma; R-ISS, revised International Staging System.

