

Multiple myeloma in a young thalassaemic woman revealed by kidney disease

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Abstract

Multiple myeloma or Kahler's disease is the haematological malignancy most frequently associated with the production of monoclonal immunoglobulins. It is classically male-dominated and is most commonly seen between the ages of 60-69. Occurrence at a young age is rare. The aim of our work is to shed light on the particularities of its clinical presentation and management in young subjects.

We report the case of a 30-year-old female patient with heterozygous beta-thalassaemia receiving regular blood transfusions who initially presented with a gastrointestinal complaint of postprandial vomiting and a glomerular syndrome with proteinuria of 8.2g/24h associated with renal failure at 25mg/l plasma creatinine, for which she was referred to the nephrology department of the CHU Ibn Rochd in Casablanca for further treatment.

Examination on admission revealed an asthenic patient, normotensive to 126/72 cmHg, with diffuse bone pain and moderate splenomegaly. Diuresis was 2 litres, and the urine dipstick showed a protein cross and a blood cross. There was no oedema of the lower limbs. Biological assessment showed plasma creatinine at 25mg/l, urea at 1.03g/l, 24-hour proteinuria at 8.2g/d, with protidemia at 65g/l and albumin at 36g/l. Corrected serum calcium was 98 mg/l. The rest of the blood and urine ionograms were unremarkable. The sedimentation rate was accelerated to 87 at the first hour. The haemogram showed microcytic hypochromic anaemia at 8.6g/dl. Plasma protein electrophoresis showed a decrease in beta2 and gamma globulins. In this context, a renal biopsy was performed with the result showing an overall appearance suggestive of Lambda light chain myelomatous tubulopathy. His renal function deteriorated to 47mg/l plasma creatinine. Treatment consisted of dexamethasone and bortezomib.

The prognosis for multiple myeloma with renal involvement is poor and depends largely on the time taken to initiate treatment and the extent of the disease.