

Screening for IgM MGUS: the iStopMM experience

Monoclonal gammopathy of undetermined significance (MGUS) is a precursor condition to multiple myeloma (MM) and Waldenström's macroglobulinemia (WM). The Iceland Screens, Treats, or Prevents Multiple Myeloma (iStopMM) study is a large-scale population-based initiative aimed at assessing the potential benefits of MGUS screening, including IgM MGUS, in terms of early detection and intervention. The study involved over 80,000 Icelanders, randomized into different arms to compare traditional healthcare follow-up with more intensive monitoring strategies, including detailed blood work, bone marrow biopsies, and imaging.

During the talk, findings will be presented with a focus on IgM monoclonal gammopathy, its prevalence, and progression. Key results from the randomized controlled trial (RCT) will be discussed, along with novel insights from mass spectrometry, providing new information on the clinical significance of low-level monoclonal protein peaks. These early data underscore the potential impact of screening and intensive follow-up strategies on improving outcomes for patients with MGUS and related conditions.