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Treatment of Patients with Adult T Cell Leukemia/Lymphoma with Cord Blood Transplantation: A Japanese Nationwide Retrospective Survey

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A B S T R A C T

Allogeneic bone marrow and peripheral blood stem cell transplantations are curative treatment modalities for adult T cell leukemia/lymphoma (ATLL) because of the intrinsic graft-versus-ATLL effect. However, limited information is available regarding whether cord blood transplantation (CBT) induces a curative graft-versus-ATLL effect against aggressive ATLL. To evaluate the effect of CBT against ATLL, we retrospectively analyzed data from 175 patients with ATLL who initially underwent single-unit CBT. The 2-year overall survival (OS) rate was 20.6% (95% confidence interval [CI], 13.8% to 27.4%). A multivariate analysis revealed that the development of graft-versus-host disease (GVHD) was a favorable prognostic factor for OS (hazard ratio, .10; 95% CI, .01 to .94; $P = .044$). Furthermore, the 2-year OS (42.7%; 95% CI, 28.1% to 56.6%) of patients with grade 1 to 2 acute GVHD was higher than that of patients without acute GVHD (24.2%; 95% CI, 11.2% to 39.8%; $P = .048$). However, the cumulative incidence of treatment-related mortality (TRM) was high (46.1%; 95% CI, 38.2% to 53.7%), and early death was particularly problematic. In conclusion, CBT cures patients with ATLL partly through a graft-versus-ATLL effect. However, novel interventions will be required, particularly in the early phase, to reduce TRM and optimize GVHD.

INTRODUCTION

Adult T cell leukemia/lymphoma (ATLL), an aggressive peripheral T cell neoplasm caused by the human T cell lymphotropic/leukemia virus type-1, has an extremely poor prognosis [1]. Intensive chemotherapy and autologous stem cell transplantation have not been shown to improve this prognosis [2,3]. As a curative treatment, allogeneic hematopoietic stem cell transplantation (allo-HSCT) can confer long-term remission via a graft-versus-ATLL effect in a proportion of patients with ATLL [4-7]. Recent reports have demonstrated that allo-HSCT using bone marrow (BM) or peripheral blood stem cells (PBSC) from a related or unrelated donor can effectively treat ATLL, yielding a 3-year overall survival rate

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(OS) of approximately 30% [8-16]. However, patients with ATLL typically lack a suitable HLA-identical sibling donor because both the recipients and donors are typically elderly and because the aggressive ATLL tumor burden reduces the available time to find a suitable unrelated donor within the Japan Marrow Donor Program. Umbilical cord blood, which can serve as an alternative to BM or PBSC as a source of stem cells, has been used primarily to treat children; however, the number of unrelated-donor cord blood transplantation (CBT) procedures used to treat adult patients with ATLL is increasing in Japan. The rapid availability of CBT may provide a great advantage for patients who require urgent allo-HSCT to treat aggressive ATLL [17].

Currently, the outcome of CBT in patients with acute leukemia is comparable to that of other graft sources [18,19]; however, there are few reports on the outcomes of CBT in patients with ATL [20,21]. Moreover, it is difficult to draw firm conclusions regarding the efficacy of this procedure because of the small number of cases. Therefore, to evaluate the role of CBT for ATLL in a larger and more recent cohort, we performed a nationwide retrospective study of patients with ATLL who underwent CBT as the initial allo-HSCT.

PATIENTS AND METHODS

Data Collection

We analyzed nationwide survey data from the Japan Society for Hematopoietic Cell Transplantation regarding patients with ATLL who had undergone an initial CBT between March 2001 and December 2009 (n = 175). This analysis included the patients' clinical characteristics, such as the age at transplantation, gender, disease status at transplantation, date of transplantation, time from diagnosis to transplantation, conditioning regimens, and number of infused cells. The number of mismatches was counted with respect to HLA-A, HLA-B (low-resolution typing), and DRB1 (high-resolution typing). The present study was approved by the data management committees of the Japan Society for Hematopoietic Cell Transplantation as well as the institutional ethics committee of the Kyushu University Graduate School of Medical Sciences.

Definitions

OS was defined as the time from transplantation until death, and patients who remained alive at the time of the last follow-up were censored. The causes of death were reviewed and categorized as either ATLL-related or transplantation-related mortality (TRM). *ATLL-related mortality* was defined as death caused by a relapse or progression of ATLL, whereas *TRM* was defined as any death related to transplantation other than ATLL-related mortality, according to the judgment of each institution. The patients were divided into 2 groups according to the conditioning regimen: full-intensity conditioning (FIC) and reduced-intensity conditioning (RIC). FIC and RIC were defined according to the proposals of Giralt et al. [22] and Bacigalupo et al. [23], respectively, with slight modifications. In the present study, conditioning regimens that included ≥5 Gy of total body irradiation (TBI) in a single fraction or ≥8 Gy of TBI in multiple fractions, oral busulfan (BU) at >8 mg/kg, intravenous BU at >6.4 mg/kg, or melphalan (Mel) at >140 mg/m^2 were considered FIC; all others were classified as RIC.

Statistical Analysis

Descriptive statistics were used to summarize the variables related to patient demographics and transplantation characteristics. The probability of the OS time was estimated according to the Kaplan-Meier method. To evaluate the influences of confounding factors on acute graft-versus-host disease (GVHD) and survival, the log-rank test and proportional hazards modeling were used for the univariate and multivariate analyses, respectively. The Cox proportional hazard model was used for the multivariate analyses of OS in which all independent variables were incorporated in the model, followed by the use of a stepwise selection method [24]. Fine and Gray proportional hazard modeling was used to estimate the effects of the same variables used in the multivariate analysis for OS on the cumulative incidence rates of TRM and ATLL-related mortality [25,26]. In these regression models, the occurrence of GVHD was treated as a time-dependent covariate [27]. In the analysis of acute GVHD, patients were assigned to the "no acute GVHD group" at the time of transplantation and transferred to the "acute GVHD group" at the onset of the maximum grade of acute GVHD. The landmark method was used to evaluate the effects of GVHD on OS and the cumulative incidence of disease-associated and treatment-related deaths among patients who remained alive at 60 days for acute GVHD and at 100 days for chronic GVHD after transplantation. Factors associated with at least borderline significance ($P \leq .10$) in the univariate analysis were subjected to a multivariate analysis using a backward stepwise covariate selection. All P values were 2-tailed, and P values ≤.05 were considered statistically significant. All statistical analyses were performed using EZR (Saitama Medical Center, Jichi Medical University), a graphical user interface for R (The R Foundation for Statistical Computing, version 2.13.0) [28].

RESULTS

Patient Characteristics

The characteristics of 175 ATLL patients who received a single CBT are shown in Table 1. The median age at CBT was 55 years (range, 27 to 79 years). The cohort comprised 70 women and 105 men with the following ATLL statuses at CBT: complete remission (CR; n = 50), not in CR (n = 116), and unknown (n = 9). The conditioning regimen intensity was classified as FIC in 63 (36%) patients and RIC in 128 (62%) patients. FIC was further subdivided into 2 groups as follows: TBI (n = 47) or non-TBI (n = 15). RIC was also subdivided into 3 groups as follows: fludarabine (Flu) + Mel (n = 75), Flu + BU (n = 15), and other types (n = 15). Cyclosporine and tacrolimus were administered for prophylaxis to 90 (51%) and 77 patients (44%), respectively. Cyclosporine-based prophylaxis was subdivided into 3 groups as follows: (1) cyclosporine

Table 1
Patient Characteristics at Cord Blood Transplantation

Variables	No. of Patients (n = 175)
Age at transplantation, median (range), yr	55 (27-79)
Gender	
Male	105
Female	70
Disease status at transplantation	
CR	50
Not in CR	116
Unknown	9
Conditioning regimen	
FIC	63
RIC	108
Unknown	4
GVHD prophylaxis	
Cyclosporine-based	90
Tacrolimus-based	77
Unknown	8
Time from diagnosis to transplantation, d	
<200	94
≥200	75
Unknown	6
Year of transplantation	
<2005	71
≥2005	104
HLA matching*	
0 mismatched loci	5
1 mismatched locus	36
2 mismatched loci	73
≥3 mismatched loci	42
Unknown	19
ABO matching	
Matched	56
Minor mismatched	49
Major mismatched	69
Unknown	1
Nucleated cells infused per 10^7/kg, median (range)	2.58 (.36-5.34)
CD34-positive cells infused per 10^5/kg, median (range)	.85 (.07-5.39)

* Number of mismatches was counted among HLA-A, -B (low-resolution typing), and DRB1 (high-resolution typing).

alone (n = 33), (2) cyclosporine + short-term methotrexate (MTX) (n = 45), and (3) cyclosporine + mycophenolate mofetil (MMF; n = 12). Tacrolimus-based prophylaxis was subdivided into 4 groups as follows: (1) tacrolimus alone (n = 37), (2) tacrolimus + short-term MTX (n = 32), (3) tacrolimus + MMF (n = 5), (4) and tacrolimus + prednisolone (n = 3). Ninety-four patients (54%) received CBT < 200 days after diagnosis. One hundred twenty-four (71%) patients underwent CBT with 2 HLA-mismatched loci. The numbers of infused nucleated and CD34-positive cells were 2.58×10^7/kg (range, .36 to 5.34×10^7/kg) and $.85 \times 10^5$/kg (range, .07 to 5.39×10^5/kg), respectively. Engraftment evaluation was possible in 125 patients (71%) within a median interval of 19 days after CBT (range, 7 to 46 days). Among the survivors, the median follow-up duration was 22.5 months (range, 0 to 74.5 months).

Prognostic Factors for Survival

The OS rates of 175 patients with ATLL who received CBT were 30.2% (95% confidence interval [CI], 23.0% to 37.4%) at 1 year and 20.6% (95% CI, 13.8% to 27.4%) at 2 years (Figure 1A). The cumulative incidence rates of ATLL-related mortality and TRM at 2 years were 31.9% (95% CI, 24.8% to 39.3%) and 46.4% (95% CI, 38.5% to 54.0%), respectively (Figure 1B). The following confounding factors affected survival: age, gender, disease status at transplantation, days from diagnosis to transplantation, date of transplantation, age at transplantation, conditioning regimen, number of infused nucleated and CD34-positive cells, ABO compatibility, HLA compatibility, GVHD prophylaxis, and the development of acute GVHD. A univariate analysis revealed that higher OS ($P < .05$) correlated with CR at transplantation, minor ABO incompatibility, the addition of other agents to calcineurin inhibitors (MTX or MMF), and the development of acute GVHD (Table 2). A multivariate analysis was performed to further examine the effects of an age <55 years, the development of acute GVHD as a time-dependent covariate coincident with CR at transplantation, minor ABO incompatibility, and the addition of other agents to calcineurin inhibitors (Table 3). Compared with the absence of GVHD, the development of acute GVHD was associated independently with higher OS (hazard ratio [HR], .10; 95% CI, .01 to 0.94; $P = .044$).

Effects of Acute GVHD on Survival

To further validate the effect of acute GVHD on OS, we examined survival according to the acute GVHD grade in a landmark analysis. The median time to onset of acute GVHD of any grade after transplantation was 21 days (range, 5 to 100 days). Acute GVHD occurred in 80 patients (46%) as

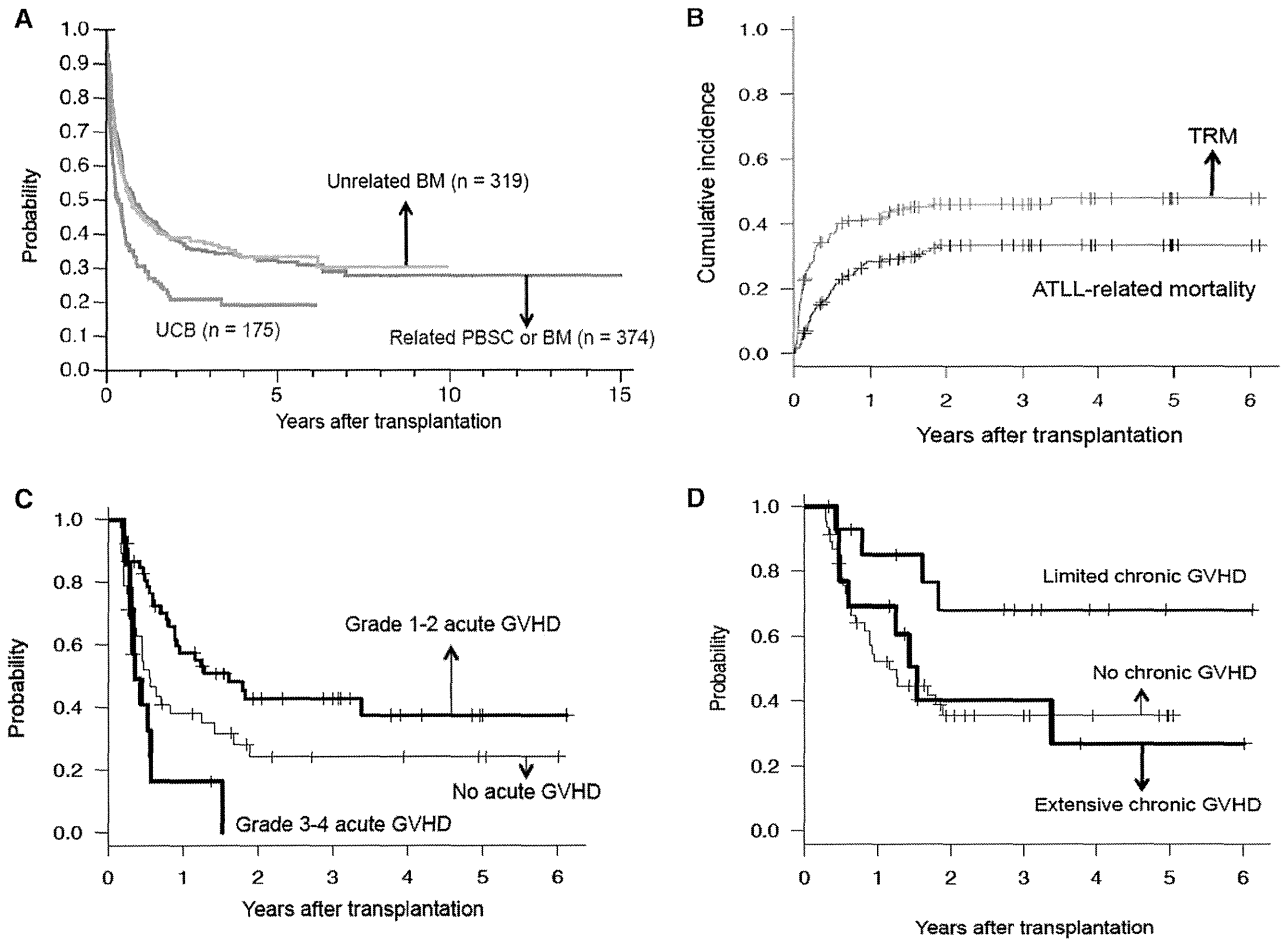

Figure 1. Survival, adult T cell leukemia/lymphoma (ATLL)-related mortality rates, and transplantation-related mortality (TRM) rates of patients receiving cord blood transplantation (CBT). (A) Kaplan-Meier curves of the estimated overall survival rates (OS) of ATLL patients treated with CBT. UCB, umbilical cord blood; PBSC, peripheral blood stem cells; BM, bone marrow, GVHD, graft-versus-host disease. (B) Cumulative incidence curves of ATLL-related mortality and TRM in patients treated with CBT. (C) Landmark plots of OS to determine the effects of acute GVHD. (D) Landmark plots of OS to determine the effects of chronic GVHD.

Table 2
Univariate Analysis of Risk Factors for Overall Survival

Variables		No.	OS		
			Two-Year OS (%)	95% CI	*P* Value
Age 1	<60 yr	134	23.0	15.0-31.0	.080
	≥60 yr	41	12.0	6.0-22.4	
Age 2	<55 yr	85	25.4	15.0-35.8	.100
	≥55 yr	90	15.6	7.0-24.2	
Sex	Female	70	22.3	11.5-33.1	.453
	Male	105	19.4	10.8-28.0	
Disease status at transplantation	CR	50	40.3	25.5-55.1	.003
	Not in CR	116	14.3	7.1-21.7	
Time from diagnosis to transplantation	<200 d	94	22.4	12.8-32.0	.752
	≥200 d	75	19.9	9.7-30.1	
Yr of transplantation	<2005	71	17.6	8.2-27.0	.160
	≥2005	104	23.1	13.5-31.5	
Conditioning regimen	FIC	63	20.2	9.8-30.6	.740
	RIC	108	20.2	11.8-28.6	
Infused nucleated cell dose ($\times 10^7$/kg)	<2	19	10.8	0-29.3	.290
	≥2	145	22.6	14.9-30.3	
Infused CD34 cell dose ($\times 10^5$/kg)	<1	97	23.3	13.9-32.7	.396
	≥1	66	19.1	8.0-30.2	
ABO matching	Matched	56	12.8	3.4-22.2	.024
	Minor mismatched	49	30.5	15.5-45.5	
	Major mismatched	69	20.5	9.9-31.1	
HLA matching	0 mismatched	5	30.0	0-77.4	.525
	1 mismatched	36	21.6	5.6-37.6	
	2 mismatched	73	24.6	14.3-35.9	
	≥3 mismatched	42	18.1	3.9-32.3	
GVHD prophylaxis 1	Cyclosporine-based	90	21.9	12.5-31.4	.710
	Tacrolimus-based	77	20.3	10.0-30.4	
GVHD prophylaxis 2 (cyclosporine/tacrolimus + other drug)	No	70	12.4	4.8-20.0	.003
	Yes	97	32.7	21.1-44.3	
Acute GVHD	No	59	16.8	5.7-27.9	<.0001
	Yes	80	29.4	18.2-40.6	

follows: grade 1, n = 23 patients; grade 2, n = 37 patients; grade 3, n = 14 patients; and grade 4, n = 6 patients. There was no significant difference in OS between patients with grades 1 and 2 GVHD ($P = 1.00$), in contrast to the difference between patients with grades 1 and 3 GVHD ($P = .013$). Moreover, based on the previous national survey analysis of the effect of acute GVHD on survival in patients with ATLL [5,15], the effect of acute GVHD on OS in the present study was evaluated using landmark plots (landmark day 60) according to the following 3 categories: (1) no acute GVHD (n = 38), (2) grade 1 to 2 acute GVHD (n = 53), and (3) grade 3 to 4 acute GVHD (n = 14). The 2-year OS rates for patients according to the acute GVHD grade were as follows: 24.2% (95% CI, 11.2% to 39.8%) without acute GVHD; 42.7% (95% CI, 28.1% to 56.6%) with grade 1 to 2 GVHD; and 0% with grade 3 to 4 GVHD (Figure 1C). These analyses demonstrated that the development of grade 1 to 2 acute GVHD was associated with higher OS compared with the absence of acute GVHD ($P = .048$), whereas the development of grade 3 to 4 acute GVHD was associated with lower OS compared with that in patients with grade 1 to 2 acute GVHD ($P = .0003$). The cumulative 2-year ATLL-related mortality rates according to the GVHD grades were as follows: 32.6% (95% CI, 19.7% to 46.1%) for grade 1 to 2 acute GVHD; 29.8% (95% CI, 8.2% to 55.6%) for grade 3 to 4 acute GVHD; and 45.9% (95% CI, 29.0% to 61.3%) for no acute GVHD. There was a trend toward a lower risk of relapse or progression in those who developed grade 1 to 2 acute GVHD relative to those without GVHD. Among patients with non-CR at transplantation, there was also a trend toward higher 2-year OS (36.7%; 95% CI, 18.7% to 54.9%) in those who developed grade 1 to 2 acute GVHD than in those without GVHD (15.6%; 95% CI, 3.4% to 35.9%). These data suggested a graft-versus-ATLL effect induced by CBT.

Table 3
Multivariate Analysis of Risk Factors for OS

Variables	OS		
	HR	95% CI	*P* Value
Age, yr			
<55	1		
≥55	1.15	.63-2.09	.652
Disease status at transplantation			
CR	1		
Not in CR	1.38	.73-2.63	.190
ABO matching			
Matched	1		
Minor mismatched	.56	.25-1.24	.152
Major mismatched	.77	.39-1.48	.337
GVHD prophylaxis (cyclosporine/ tacrolimus + other drug)			
No	1		
Yes	.76	.42-1.38	.365
Acute GVHD (time-dependent covariate)			
No	1		
Yes	.10	.01-.94	.044

Effects of Chronic GVHD on Survival

Chronic GVHD was evaluated in 74 patients who survived for at least 100 days after transplantation. Chronic GVHD occurred in 28 patients (37%) with a median time to onset of 115 days (range, 73 to 1287 days) after CBT. The effect of chronic GVHD on OS was evaluated using landmark plots (landmark day 100), and the 2-year OS results were as follows: no chronic GVHD (n = 46), 35.6% (95% CI, 21.0% to 50.0%); limited chronic GVHD (n = 15), 68.1% (95% CI, 35.4%

to 86.8%); and extensive chronic GVHD (n = 13), 40.4% (95% CI, 13.4% to 66.4%) (Figure 1D). There was a trend toward a higher OS among patients with limited chronic GVHD, but there were no significant differences relative to patients without chronic GVHD ($P = .10$) and those with extensive chronic GVHD ($P = .12$).

Cause of Death

At the last follow-up, 46 patients remained alive and 129 were deceased. The median follow-up time among the survivors was 22.5 months (range, 0 to 74.5 months). Disease progression (n = 52) was the leading cause of death. Infection was the cause of death in 40 patients (31%; bacterial, n = 27 patients; fungal, n = 3; viral, n = 8; and others, n = 2). Viral infection-related deaths were caused by the following pathogens: cytomegalovirus, n = 3; adenovirus, n = 2; human herpesvirus-6, n = 2; and varicella-zoster virus, n = 1. Among the 27 patients who succumbed to bacterial infection, 16 died before engraftment at a median of 17 days after CBT (range, 7 to 38 days). Among the 20 patients who developed severe acute grade 3 to 4 GVHD, 2 remain alive without disease progression. However, 9 of the 20 patients died of GVHD, 5 of disease progression, and 4 of infection.

The Fine and Gray proportional hazards model was applied to identify the variables affecting ATLL-related mortality and TRM. The pretransplantation variables included age, gender, disease status at CBT, days from diagnosis to transplantation, age at transplantation, conditioning regimen, number of infused nucleated cells, ABO compatibility, HLA compatibility, and GVHD prophylaxis. The following pretransplantation factors associated with a higher risk of ATLL-related mortality were identified in a multivariate analysis: not in CR at CBT (HR, 3.37; 95% CI, 1.12 to 10.2; $P = .032$) and an age > 55 years at CBT (HR, 2.32; 95% CI, .98 to 5.48; $P = .054$). The following pretransplantation factors were associated with a marginally higher risk of TRM: lower number of infused nucleated cells ($\geq 2 \times 10^7$/kg versus $< 2 \times 10^7$/kg; HR, .56; 95% CI, .30 to 1.02; $P = .059$) and GVHD prophylaxis with a calcineurin inhibitor alone (additional agents plus calcineurin inhibitors versus calcineurin inhibitors alone; HR, .60; 95% CI, .34 to 1.07; $P = .064$).

DISCUSSION

We present here the results of the largest retrospective study of ATLL patients receiving CBT; these results have extended our knowledge relative to that gained from other studies, which were limited by the numbers of cases [15,20,21]. Because graft source selection is strongly influenced by the donor availability, it is difficult to directly compare the outcomes of CBT with those of other allo-HSCT modalities. Nevertheless, the outcome of CBT for ATLL in the previous nationwide survey, with a 3-year OS rate of 17%, was clearly unsatisfactory because the study period corresponded with the developmental phase of CBT in adult patients [15]. Recent improvements in the outcome of CBT have been expected after optimization of the number of cells used for CBT and the improved HLA-compatibility of cord blood units [29-31]. Consequently, a recent nationwide survey data of adults with acute non-ATLL leukemia revealed no differences in the outcome of CBT in comparison with those of other allo-HSCT modalities [18,19]. However, the updated data (through December 2009) indicated that CBT for ATLL remained associated with a poorer 3-year OS of 20.6%, compared with OS of 34.4% among the 374 patients who received related BM or PBSC and 37.1% among the 319 patients who received unrelated BM ($P < .0001$) (Figure 1A). Therefore, the aim of the present study focused on the feasibility of CBT in the context of a larger cohort of patients with ATLL.

In the present study, 2 important findings were identified regarding CBT for ATLL. First, CBT cured patients with ATLL partly through a graft-versus-ATLL effect. Second, the high rate of TRM (approximately 50%) remains a significant problem. The OS curve for ATLL patients who received CBT reached a plateau by 3 years, suggesting long-term survival of selected patients, although the outcome of CBT for ATLL (3-year OS, 20%) did not compare favorably with those of other allo-HSCT modalities. Regarding the prognostic factors affecting survival, our present univariate analysis identified the 5 following significant variables associated with higher OS: (1) age, (2) disease status at transplantation, (3) ABO compatibility, (4) addition of agents such as MTX or MMF to calcineurin inhibitors for GVHD prophylaxis, and (5) development of acute GVHD. Further, the multivariate analysis revealed that the development of acute GVHD was independently associated with better OS relative to the absence of acute GVHD. A landmark analysis showed that the development of grade 1 to 2, or so called mild-to-moderate acute GVHD, was associated with better OS when compared with the absence of acute GVHD. There was also a trend toward a lower risk of relapse or progression with the development of acute GVHD when compared with the absence of GVHD and better OS in patients with limited chronic GVHD. Taken together, these data suggest the presence of a curative graft-versus-ATLL effect conferred by CBT.

However, it is typically difficult for physicians to optimize the effects of acute GVHD to prevent disease progression via graft-versus-ATLL. Therefore, a more realistic attempt would be the control of pretransplantation factors that might affect the CBT outcome and, thus, enhance the benefit of allo-HSCT. The multivariate analysis performed herein with respect to ATLL-related deaths identified disease status at CBT as the most important factor. ATLL usually resists conventional chemotherapy and must be treated soon after diagnosis because of the rapid proliferation of tumor cells, which generates a high tumor burden [2,3]. In the future, novel agents, such as mogamulizumab, a humanized anti-CCR4 monoclonal antibody, might improve CBT-associated survival by decreasing the tumor burden before transplantation [32-35]. Another possibility for improving survival might be reducing the time from diagnosis to transplantation while patients with ATLL remain chemosensitive. Moreover, CBT provides a considerable advantage for patients who require urgent allo-HSCT to combat aggressive ATLL.

In the present study, we have shown that CBT is feasible and curative. However, the high rate of TRM remained a significant problem. Bacterial infection caused the highest incidence of death (21%) during the neutropenic period. The infusion of lower numbers of nucleated cells ($< 2 \times 10^7$/kg), which is usually associated with delayed engraftment, was marginally associated with TRM. Neutrophil recovery is slower in patients treated via CBT, and immunosuppressed patients with ATLL might be at an increased risk of developing more frequent opportunistic infections [36]. Improved supportive care to prevent bacterial infection is required after CBT for patients experiencing a prolonged neutropenic period. The ongoing development of better graft engineering [37] or double-CBT [38] might facilitate rapid neutrophil recovery and, thus, help to reduce the TRM rate in CB recipients.

The present study has several limitations. First, our results concerning the effect of chronic GVHD on survival should be interpreted with caution because the relatively small number of patients who developed chronic GVHD did not allow us to evaluate the effect of this condition on survival in a multivariate analysis. Instead, we were limited to performing a landmark analysis of OS according to the severity of chronic GVHD. Certainly, we detected a trend toward higher OS in patients with limited chronic GVHD when compared with patients without chronic GVHD, suggesting the possible presence of a graft-versus-ATLL effect. However, these results might be biased because of insufficient statistical power. Our future studies will assess the effect of chronic GVHD on the outcome of CBT for the treatment of ATLL after a long-term follow-up. Although the present study employed, to our knowledge, the largest cohort of CBT-treated patients to date and our results demonstrated that CBT is a feasible and effective treatment, this was a retrospective analysis. Therefore, this finding requires confirmation in prospective studies. To establish reliable criteria for CBT administration, a prospective multicenter clinical trial is underway in Japan to evaluate the safety and efficacy of CBT combined with Flu, Mel, and low-dose TBI (4 Gy) along with GVHD prophylaxis (tacrolimus and MMF [39]).

In conclusion, CBT is feasible and effective for patients with ATLL and acts via a graft-versus-ATLL effect. However, the outcome of CBT is unsatisfactory when compared with those of other allo-HSCT modalities. The high rate of TRM must be reduced, and the development of novel strategies is required to further improve the outcome of CBT.

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