Long-term follow-up after pediatric hematopoietic stem cell transplantation

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ABSTRACT

This article, part of the Pediatric Group consensus of the Brazilian Society of Bone Marrow Transplantation, addresses lifelong follow-up in pediatric hematopoietic stem cell transplant survivors. With the growing number of long-term survivors, specialized monitoring is essential, especially for high-risk groups such as infants, recipients of total body irradiation, and those with inherited bone marrow failure syndromes. The consensus outlines surveillance strategies for detecting and managing late complications, including chronic graft-versus-host disease and secondary effects. Multidisciplinary recommendations aim to optimize early intervention and quality of life, establishing a standardized follow-up framework for pediatric transplant care in Brazil.

Keywords: Follow-Up Studies. Cancer Survivors. Long Term Adverse Effects. Pediatrics.



INTRODUCTION

As the number of long-term transplant survivors continues to grow, comprehensive lifelong follow-up is crucial. These patients, especially those with specific considerations such as infants, individuals who received total body irradiation or have inherited bone marrow failure syndromes, face elevated risks of late complications. Therefore, dedicated long-term monitoring is essential for early detection and management of potential issues, including chronic graft-versus-host disease and other late effects.

Period Category		Exam / Evaluation	Frequency	
		Complete blood count	At each visit	
		Renal function	At each visit	
		Liver function	At each visit	
		Lipid profile, blood glucose, fasting insulin, HbA1c	Every 6 months	
	Laboratory	Ferritin	Every 6 months	
		Microalbuminuria	Every 6 months	
90 days		Vitamin D	Every 6 months	
80 days		Immunoglobulin levels	Every 6 months	
		Thyroid evaluation	Every 6 months	
	lua a mina m	Echocardiogram and ECG	Every 6 months	
	lmaging	Spirometry	Every 6 months	
		Dental evaluation	Every 6 months	
	Specialist	Pediatric endocrinologist	Referral	
		Vaccination schedule (and check immune response later)	To be initiated and evaluated	
		Complete blood count	At each visit	
		Renal function	At each visit	
		Liver function	At each visit	
		Lipid profile, blood glucose, fasting insulin, HbA1c	Annually	
		IGF-1 / Somatomedin C	Annually	
	Laboratory	Gonadal evaluation (FSH, LH, testosterone, estrogen)	Annually	
		Ferritin	Annually	
		Microalbuminuria	Annually	
		Vitamin D	Once	
60 deser		Thyroid evaluation	Annually	
60 days		Serologies (HIV, HTLV, syphilis, Chagas, hepatitis B/C, etc.)	Once	
	Imaging	X-ray for bone age	Annually	
		Pelvic ultrasound	Annually	
		Thyroid ultrasound	Annually	
		Echocardiogram and ECG	Annually	
		Spirometry	Once	
		Bone densitometry	Then annually	
		Dental evaluation	Then annually	
	Specialist	Ophthalmologist	Annually	
		Pediatric cognitive assessment	Annually	

This schedule is a general suggestion. Each case should be individualized according to clinical condition and patient needs, with adjustments in exam frequency as appropriate.



Parameter/test	Frequen	су	Notes		Recommendations	
(Ocular complications post-hema	topoietic stem cell transplan	tation ^{1–4}			
		Risk factors: TBI and co	Risk factors: TBI and corticosteroid therapy		_	
Ophthalmologica assessment	Annual or earlier in the presence of symptoms	IOP monitoring important in patients receiving any form of glucocorticoid		Question about eye concerns		
	,	Risk of premature cataracts for TBI recipients—treatment is surgical, typically indicated in bilateral cases				
	Oral and dental comp	olications post-hematopoieti	c stem cell transplant	tation ⁵	i-10	
Dental evaluation	6 and 12 months old. Then annually	Earlier and more frequent eva high-risk patients (refractory radiation, Fanconi anemia, D Perform oral and radiologi develop	chronic GVHD, cranial Diamond-Blackfan ane cal assessment for toc	/neck mia)	Screen for chronic GVHD, high-risk habits (smoking, vape, tobacco)	
	Bone complicat	ions post-hematopoietic sten	n cell transplantation	n ^{8–10}		
DEXA	Annual DXA scans recommended for all hematopoietic stem cell transplantation		-	Scree impa g Imp	Screen for hormonal factors that may impair bone health (hypogonadism/ growth hormone deficiency) Implement lifestyle interventions: adequate nutrition, appropriate physical activity, and controlled sun exposure when permitted	
	recipients with follow-up frequ determined by results	iency analysis (fat ar		Ensu	re sufficient calcium and vitamin D intake	
		_	-	hosphonate therapy for severe ses—endocrinologist-guided treatment		
	Infectious complica	ations post-hematopoietic ste	em cell transplantatio	on ^{8,10,11}		
Pneumocystis jirovecii	<u> </u>	s for ≥ six months post-transpla	-			
Varicella-zoster and herpes simplex virus	Duration: first year post-hematopoietic stem cell transplantation or until eight months after immunosuppression (IS) cessation (whichever is later)				after immunosuppression (IS)	
		For at least six months after discontinuation of all IS medications.				
	Chronic GVHD: long-term chemoprophylaxis recommended due to unreliable vaccine protection. First-line: trimethoprim-sulfamethoxazole. Alternative: oral penicillin V (if trimethoprim-sulfamethoxazole intolerance). Supplemental medication required for <i>Pneumocystis jirovecii</i> pneumonia prophylaxis when using penicillin		Post-hematopoietic stem cell transplantation asplenic patients with chronic GVHD: prophylaxis until six months after IS or until 6 years old or two years after splenectomy (whichever occurs last)			
Encapsulated bacteria			Post-hematopoietic stem cell transplantation asplenic patients without chronic GVHD: one year after transplantation or until 6 years old or two years after splenectomy (whichever occurs last)			
			Sickle cell anemia: daily prophylactic penicillin for two years post-hematopoietic stem cell transplantation OR until 10 years old (whichever is longer); antibody titers should be assessed following post-transplant revaccination			
CMV	Letermovir: effective for CMV-seropositive recipients (R+) Prophylaxis until D+100 post-transplant. May extend to D+200 in selected cases		plant. May extend to D+200 in			
	Prophylaxis		Duration: fluconazole until D+75 post-hematopoietic stem cell transplantation			
Fungal infections			GVHD cases: prophylaxis recommended when immunosuppression includes corticosteroids (≥ 0.3 mg/kg/day prednisone equivalent)			



		Gastroint	estinal and hepatic complications post-hematopoietic stem cell transplantation 9,10,12-15		
			Ask about gastrointestinal symptoms of GVHD at follow-up visits		
		Monitor liver function by checking total bilirubin, alkaline phosphatase, and alanine aminotransferase (ALT) every one or two months during the first-year post-transplant, then annually for allo-hematopoietic stem cell transplantation recipients without liver disorder risk factors. Also evaluate ferritin levels to assess for possible iron overload			
Recommendations	Patients with pre-transplant indicators of hepatitis B (testing positive for HBsAg or anti-HBc) or those receiving stem cel from hepatitis B-infected donors face a risk of developing fulminant hepatitis B post-transplant if antiviral prophylaxis is n administered. These patients should receive prophylactic antiviral treatment				
			Hepatitis C infected patients: consider diagnosis of fulminant immune-rebound hepatitis, particularly during IS tapering When clinically indicated, implement treatment with antiviral drugs. Patients with chronic hepatitis B and C should receive follow-up care with a hepatologist		
		HBsAg testing or viral load quantification (polymerase chain reaction) for hepatitis B and C should be performed at least one year after transplantation			
			Evaluation criteria: duration, volume, blood presence, fever, concurrent symptoms		
Post-transplant diarrhea		Differential diagnosis: GVHD, medication effects (especially magnesium supplementation), viral infections (varicella zoster, herpes simplex, CMV, adenovirus, rotavirus, norovirus and others), enteric pathogens (bacterial pathogens, giardiasis, cryptosporidiosis)			
		Pancreatic abnormalities, though uncommon, should be considered in patients presenting with steatorrhea and weight loss. Evaluation for pancreatic insufficiency is essential, which may result from GVHD or medication toxicity, particularly tacrolimus			
			Iron overload ¹⁶⁻¹⁸		
	Serun	n ferritin: ind	direct marker of iron overload; influenced by inflammation and infection. Monitor every three to six months during the first year and/or during treatment		
Diagnosis	Tr	ansferrin sa	n saturation: assesses iron binding capacity. Monitory every three to six months during the first year and/or during treatment		
	T2-M	RI (liver/hea	tl (liver/heart)*: most sensitive technique to detect iron deposits in organs. If ferritin > 1,000 ng/mL, annual after engraftment		
			Liver biopsy confirms excessive iron deposits in cases of uncertain diagnosis, rarely used		
Phlebotomy		ebotomy	Most effective in patients with adequate hemoglobin levels (≥ 10 g/dL) and stable engraftment. It can be performed every 20–30 days. The volume per session ranges from 4 to 7 mL/kg, depending on patient tolerance, with a maximum limit of 400 mL		
Treatment			Deferoxamine (SQ, IM, or IV): 1,000–2,000 mg SQ daily; 500–1,000 mg IM daily; 40–50 mg/kg IV daily		
	Iron	chelators	Deferiprone oral tablets (with or without food): 75 mg/kg (typically 25 mg/kg three times daily		
			Deferasirox (oral tablets): Exjade (20 mg/kg daily, dissolved in liquids) or Jadenu (14 mg/kg daily). Both on an empty stomach or with a light meal (Jadenu)		
			Neurological complications ^{7,9,10,19-25}		
Recommendations		Perform	childhood cognitive developmental milestones ≥ annually. Some children, especially those given TBI before the transplant, may have learning disabilities (particularly in mathematics and abstract thinking)		
			Neurocognitive testing and educational/vocational progress assessment in pediatric survivors		
		Neurological examination should be performed in all bone marrow transplant patients			
	-		Audiologic evaluation: within first year post-hematopoietic stem cell transplantation		
			Clinical assessment for peripheral nervous system and central nervous system dysfunction, especially in patients with GVHD		



	Endocrinologic	al complications post-hema	topoietic stem cell transplantation ^{5,8–10,26,27}	
	Young age at diagnosis/treatment, radiotherapy: cranial ≥ 18 Gy (especially > 30 Gy) or TBI, Risk factors hypothalamic-pituitary tumors or surgery near sellar region and medications: prolonged glucocorticoids, TKI, isotretinoin, hedgehog inhibitors			
	Clinical monitoring	Assess weight, height, body mass index, growth velocity at every visit; evaluate pubertal stage (Tanner) at every visit; check body proportions annually if patient received spinal irradiation		
	Initial workup (for growth deficit/ decreased velocity)	Bone age, thyroid function (TSH, free T4), IGF-1, growth hormone stimulation test		
Growth hormone deficiency	Growth hormone deficiency diagnostic criteria	Clinical: reduced growth velocity (< -2 SD/1 year or < -1.5 SD/2 years); laboratory: normal thyroid function, low IGF-1, inadequate growth hormone response to stimulation; radiological: normal magnetic resonance imaging or decreased pituitary; additional: other pituitary deficiencies and/ or history of cranial radiotherapy, two growth hormone stimulation tests showing growth hormone peak < 5 ng/mL (only one test needed for radiotherapy patients)		
	Treatment	Initiate after one year fror growth hormone (rGH). Co and benefits: risk of recur	ried out under the guidance of a pediatric endocrinologist. In the end of oncological treatment. Daily subcutaneous recombinant Infirm absence of active disease, or stable disease. Consider safety, risks, Irence of the underlying disease (low and inherent to the disease) and In (decreases with time and is associated with radiotherapy use). Monitor In growth and adverse events	
Thyroid alterations	Annually: physical examination, thyroid function tests, and thyroid ultrasound	In case of alterations, request for hypothyroidism: anti-thyroperoxidase and anti-thyroglobulin; hyperthyroidism: anti-thyroperoxidase, anti- thyroglobulin, and TSH receptor antibody (TRAb) levels	Treatment of post-radiotherapy hypothyroidism and papillary carcinoma is similar to that of the general population.	
Gonadal dysfunction	Monitor Tanner stages at each visit, in females: track menarche/menstrual cycles; measure FSH/LH and conduct pelvic ultrasonography (uterine volume, estrogenic activity) for ages > 12–13; in males: measure LH, FSH, and total testosterone for ages > 13–14. Pediatric endocrinology follow-up essential for hormone replacement based on height/bone age. For thrombosis-risk females, prioritize transdermal hormone replacement			
Fertility		-	Refer patients wanting pregnancy to fertility specialists. In adolescents: ties, emphasize contraception despite fertility uncertainties	
Adrenal insufficiency		Evaluate HPA axis function (ACTH, cortisol) in patients on prolonged corticosteroids, assess recovery to determine if physiological doses can be discontinued, provide written instructions to affected patients to double medication during fever, trauma, or surgical procedures		
Obesity and metabolic syndrome		Monitor annually: body mass index, blood pressure, and abdominal circumference, as well as glucoses, basal insulin, lipid profile, and glycated hemoglobin levels. Follow-up with endocrinologist and pediatric cardiologist according to clinical and/or laboratory alterations		
	R	Recommended for one year or	until immunosuppression discontinuation (iron-free)	
Vitamin supplementation	Replacement: levels 20–30 ng/mL: < 1 year (400 IU/day), 1–8 years (600 IU/day), 9–18 years (800 IU/day), levels < 20ng/mL: 1–12 months (1,000–2000 IU/day for eight weeks), 1–18 years (1,000–5,000 IU/day or 50,000 mcg/week)			
	Check 25OH vitamin D after three months; repeat treatment if < 30 ng/m			
Magnesium		Replacement necessary for	all patients using IS (cyclosporine and tacrolimus)	
	Post-hemat	opoietic stem cell transplant	ration pulmonary complications 10,26,28,29	
	Pulmonary func transplantation patients). For ch	tion test screening protocol: p , every six months in second y ildren under 6 years old unabl	perform every three months in first year post-hematopoietic stem cell ear, then annually for five years (or until final adult height in pediatric le to perform standard pulmonary function tests, consider alternative multiple breath washout testing, or parametric mapping by computed tomography	
Recommendations	Computed tomography chest imaging: at onset of pulmonary symptoms or if abnormal pulmonary function test			
			noking/vaping and recommend pneumococcal vaccination	
	Children who have	e received TBI have an increase ietic stem cell transplantation:	nary function tests at diagnosis and quarterly until IS ends ed risk of developing restrictive lung disease later in life, 5–20 years after perform pulmonary function test annually on an ongoing basis nt for respiratory symptoms at every visit	



Prevention through lifestyle modifications: tobacco avoidance, exercise, diet, weight management Prevention through lifestyle modifications: tobacco avoidance, exercise, diet, weight management Prevention through lifestyle modifications: tobacco avoidance, exercise, diet, weight management Prevention through lifestyle modifications: tobacco avoidance, exercise, diet, weight management when annually) Formation		Cardiovascular complications post-hematopoietic stem cell transplantation 10,30-32		
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Regular monitoring Review symptoms, distress, medications, and physical activity at each follow-up (minimum: D+100, D+180, D+365, then annually) Standardized screening Medication adherence Lifestyle guidance Caregiver support Monitor psychological adjustment of spouse/caregiver and family functioning Provide additional support for employment and social reintegration Wellow symptoms, distress, medications, and physical activity at each follow-up (minimum: D+100, D+180, D+365, then annually) Use mental health questionnaires regularly Discuss and provide educational support Set goals for healthy diet, activity, and weight management Monitor psychological adjustment of spouse/caregiver and family functioning	•	Promote optimism, gratitude, hope, and perseverance		
Standardized Sereening Use mental health questionnaires regularly Medication adherence Discuss and provide educational support Lifestyle guidance Set goals for healthy diet, activity, and weight management Caregiver support Monitor psychological adjustment of spouse/caregiver and family functioning	•	Provide additional support for employment and social reintegration		
Medication adherence Discuss and provide educational support Lifestyle guidance Set goals for healthy diet, activity, and weight management Caregiver support Monitor psychological adjustment of spouse/caregiver and family functioning	Regular monitoring			
Medication adherence Discuss and provide educational support Lifestyle guidance Set goals for healthy diet, activity, and weight management Caregiver support Monitor psychological adjustment of spouse/caregiver and family functioning	Standardized	<u> </u>		
adherence Lifestyle guidance Set goals for healthy diet, activity, and weight management Caregiver support Monitor psychological adjustment of spouse/caregiver and family functioning	screening	Use mental nealth questionnaires regularly		
Caregiver support Monitor psychological adjustment of spouse/caregiver and family functioning		Discuss and provide educational support		
Reintegration	Lifestyle guidance	Set goals for healthy diet, activity, and weight management		
Reintegration	Caregiver support	Monitor psychological adjustment of spouse/caregiver and family functioning		
Help with return-to-work/school programs; provide healthcare education for adolescents and young adults patients assistance	Reintegration assistance	Help with return-to-work/school programs; provide healthcare education for adolescents and young adults patients		
Holistic approach: Encourage adequate sleep and age-appropriate preventive measures	Holistic approach:	Encourage adequate sleep and age-appropriate preventive measures		



	Renal complications ^{10,42-49}		
	eGFR \leq 60 mL/min/1.73 m ² calculated from serum creatinine for at least three months or more		
Chronic kidney disease	Risk factors: previous AKI/hypertension, baseline dysfunction, GVHD, older age, allogeneic transplant, myeloablative conditioning, nephrotoxic drugs, specific infections, and diagnosis		
	General screening: UA, rUPCR, BUN and creatinine levels every three months in the first year and ≥ yearly thereafter. Shorte interval if abnormal values or complications		
	After D+100 weekly screening if severe GVHD or infections		
Transplant- associated	Screening presence ≥ three of the following: anemia, thrombocytopenia, elevated LDH, proteinuria (≥ 1 mg/mg rUPCR), schistocytes, refractory HTN requires additional testing		
thrombotic microangiopathy	High-risk TA-TMA: any of following: elevated sC5b9, rUPCR \geq 1 mg/mg, organ dysfunction (except KDIGO stage I), LDH \geq 2x ULN, concurrent GVHD 2-4, or infections		
Nephrotic syndrome	Proteinuria (≥ 2g) or albuminuria > 3.5 g/24 h; edema; hypoalbuminemia; hypercholesterolemia; lipiduria		
Hypertension	Lifestyle changes and antihypertensive therapy to reduce risks of cardiovascular and CKD		
	Secondary malignancies ^{9,10,26,50,51}		
Increased risk	Skin cancers, solid tumors, myelodysplastic syndromes, leukemias, and post-transplant lymphoproliferative disorder		
	Skin exam with the complete physical examinations and clinical history		
	Pap smears and mammogram (women aged 25 or eight-years post-radiotherapy, whichever occurs later, but no later than age 40) and education to reinforce self-breast exams. Prostate exam and prostate-specific antigen (men > 45 years). Occult blood in stool (> 40 years) and colonoscopy (baseline at age 50, in absence of a family history, and as clinically indicated thereafter)		
	Oral exam by the dentist at six-month intervals		
	Regular thyroid ultrasound; fine needle aspiration in case of suspicious nodule (patients at risk: after TBI or local radiation		
Recommendation	Complete blood counts, thyroid function, and other tests as applicable		
Recommendations	Patients with inherited bone marrow failure syndromes have a higher risk of solid cancers. Fanconi anemia survivors with mutations in BRCA2 (FANCD1) or PALB2 (FANCN) require screening for specific solid cancers (including leukemias, brain tumors, and childhood-onset solid tumors)		
	Consider meningioma screening in patients who received central nervous system radiotherapy		
	All patients should use sun blocking creams or sunscreens (> 30 sun protection factor) when outdoors to prevent skin cancers and to prevent activation of chronic GVHD		
	Encourage to avoid high-risk behaviors, unhealthy diet (e.g., tobacco and vaping, passive tobacco exposure, alcohol abus high fat/low fiber diet)		
	Post-transplant proliferative disorder ⁵¹⁻⁶¹		
Risk factor	Main risk factors: EBV status and T-cell immunosuppression; highest risk: pediatric patients with negative EBV status; risk-increasing agents: ATG, anti-CD52 (alemtuzumab); risk-reducing agent: post-transplant cyclophosphamide		
Classification	lasmacytic hyperplasia, infectious mononucleosis-like, florid follicular hyperplasia, polymorphic, monomorphic (B-cell o NK-cell types), and classical Hodgkin lymphoma post-transplant proliferative disorder		
Diagnostic evaluation —	Positron emission tomography/computed tomography: highly sensitive for identifying active disease and guiding biopsy sites		
	Magnetic resonance imaging: preferred for central nervous system involvement assessment		
	Ultrasound: useful for detecting abdominal masses or lymphadenopathy		
Treatment strategies	Reduction of immunosuppression: first-line approach in stable patients		
	Rituximab (anti-CD20): effective in EBV-driven B-cell post-transplant proliferative disorder. Dose: 375 mg/m² intravenously weekly for four doses		
	Chemotherapy: indicated for aggressive or refractory cases		
_	EBV-specific cytotoxic T cells: emerging therapy with promising outcomes		
_	Antiviral therapy: Limited role but may be combined with other treatments		

TBI: total body irradiation; IOP: intraocular pressure; GVHD: graft *versus* host disease; DXA: dual-energy X-ray absorptiometry/bone densitometry; *for more information on diagnosis, treatment, and monitoring, refer to the chapter on infectious complications; CMV: cytomegalovirus; SQ: subcutaneous; IM: intramuscular; IV: intravenous; Gy: gray; TKI: tyrosine kinase inhibitors; TSH: thyroid-stimulating hormone; IGF-1: insulin-like growth factor 1; SD: standard deviation; FSH: follicle-stimulating hormone; LH: luteinizing hormone; HPA: hypothalamic-pituitary-adrenal; ACTH: adrenocorticotropic hormone; CRIE: Reference Center for Special Immunobiologicals; MMR: measles, mumps and rubella; eGFR: estimated glomerular filtration rate; AKI: acute kidney injury; UA: urine analysis; rUPCR: urine protein-to-creatinine ratio; BUN: blood urea nitrogen; LDH: lactate dehydrogenase test; TA-TMA: transplant-associated thrombotic microangiopathy; sC5b-9 is not available in most Brazilian centers; sC5b9: soluble complement C5 fraction b-9; KDIGO: Kidney Disease: Improving Global Outcomes; ULN: upper limit of normal; HTN: hypertension; CKD: chronic kidney disease.



CONFLICT OF INTEREST

Nothing to declare.

DATA AVAILABILITY STATEMENT

All dataset are presented/analysed in the text.

AUTHORS' CONTRIBUTIONS

Substantive scientific and intellectual contributions to the study: Pelegrina PRD, Gouveia RV, Macedo AV, Vieira AK, Landi GGF, Lopes J, Menezes Neto OA, Ferreira RS, Miachon AAS, Tavares R, Bonfim C. Conception and design: Pelegrina PRD, Gouveia RV, Macedo AV, Vieira AK, Landi GGF, Lopes J, Menezes Neto OA, Ferreira RS, Miachon AAS, Tavares R, Bonfim C. Analysis and interpretation of data: Pelegrina PRD, Gouveia RV, Macedo AV, Vieira AK, Landi GGF, Lopes J, Menezes Neto OA, Ferreira RS, Miachon AAS, Tavares R, Bonfim C. Manuscript writing: Pelegrina PRD, Gouveia RV, Macedo AV, Vieira AK, Landi GGF, Lopes J, Menezes Neto OA, Ferreira RS, Miachon AAS, Tavares R, Bonfim C. Final approval: Pelegrina PRD.

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