

Sigrún Þorsteinsdóttir, MD, PhD, is a physician and researcher at the Department of Hematology, Rigshospitalet in Copenhagen, and a postdoctoral researcher at the University of Iceland. She completed her PhD at the University of Iceland in 2019, focusing on multiple myeloma (MM) and its precursor conditions, and has since continued her research in both Iceland and Denmark.

Her work focuses on MM and the precursor disorders monoclonal gammopathy of undetermined significance (MGUS) and smoldering multiple myeloma (SMM). She combines large-scale population-based data with clinical and translational research approaches to improve early detection and disease monitoring.

Sigrún is an active investigator in the iStopMM study, a nationwide Icelandic screening study including more than 75,000 participants, which has provided insights into the epidemiology, natural history, and complications of MM precursor conditions. In Denmark, she also conducts research using nationwide population-based registry data to study disease progression, outcomes, and real-world clinical practice. Her research aims to refine diagnostic criteria, improve risk prediction, and support more individualized clinical decision-making.