

ORIGINAL ARTICLE

A modified DCF regimen as primary treatment for patients with metastatic gastric cancer

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Summary

Purpose: To retrospectively assess the efficacy and toxicity of a modified docetaxel, cisplatin, fluorouracil (mDCF) regimen as primary treatment in patients with metastatic gastric cancer (MGC).

Methods: mDCF included folinic acid 400 mg/m² (day 1) + 5-fluorouracil (5-FU) 400 mg/m² i.v. bolus (day 1) + 5-FU 2400 mg/m² 46-h infusion (days 1 and 2) + docetaxel 60 mg/m² (day 1) + cisplatin 50 mg/m² (day 1) and was administered once every two weeks in MGC patients.

Results: Eighty-nine patients (median age 59 years, range 31-79) were enrolled. The median number of courses was 6 (range 2-12), and the total number was 492. The median

follow-up duration was 8.6 months (range 2-14). Three (3.3%) patients showed complete response, 21 (23.6%) partial response, 36 (40.4%) stable disease, and progression was observed in 29 (32.6%) patients. The median progression-free survival (PFS) rate was 7 months (95% CI 5.7-8.2), and the median overall survival (OS) rate was 11 months (95% CI 9.7-12.2). The most common toxicity was neutropenia, which was observed in 52 (58.4%) patients.

Conclusion: mDCF with reduced drug doses, given every two weeks, is a rather efficient regimen for MGC patients.

Key words: cisplatin, docetaxel, fluorouracil, metastatic gastric cancer, modified DCF, primary treatment

Introduction

Gastric cancer is one of the most common malignant tumors, and ranks only second after lung cancer in terms of mortality [1,2]. Gastric cancer is mostly registered in developing countries. Its incidence changes according to geographic regions, being more common in east Asia, eastern Europe and south America [1]. Lately, while the incidence of distal gastric cancers is decreasing, there has been an increase in esophagogastric junction (EGJ) tumors (distal esophagus or proximal gastric tumor) that carry the same characteristics with gastric cancer [3,4].

Gastric cancer is one of the most lethal malignancies. Patients with this type of carcinoma have a poor prognosis, with frequent metastases and short life expectancy despite early diagnosis [5-8]. Since it usually advances to metastatic stage,

therapeutic options are becoming more of an issue. As a result, studies regarding chemotherapy (CT), the most commonly used therapy option in the metastatic stage, have gained much more importance. In these studies, it has been noted that CT, especially in combination with other therapeutic modalities, improves life expectancy, though it does not offer cure in metastatic disease [9-12].

Agents used in the past, which were beneficial in the treatment of MGC, are now being combined with two of the most frequent current treatment options: docetaxel, an agent whose efficacy has recently been proven, and different combination CT regimens. The single most important result of relevant research has been that adding docetaxel to combination CT in which 5-FU and cisplatin are the main components has led to a noteworthy increase in survival. Moreover, another aspect that merits mentioning in these studies

is the experimentation with different drug doses and time intervals of docetaxel-based regimens in order to find a more advantageous regimen in terms of efficacy and toxicity [13–23].

In reviewing the literature, we found plenty of studies [13–23] related to drug doses and time intervals involving other regimens that have been applied to MGC. In all CT regimens, especially epirubicin, cisplatin, fluorouracil (ECF) and docetaxel, cisplatin, 5-FU (DCF) authors have used different drug doses and time intervals, mainly once every 1, 2, or 3 weeks. The issues of which drug dose is best and at which intervals courses should be repeated are still a matter of debate.

The aim of the present study was to evaluate the efficacy and toxicity of a mDCF regimen administered to MGC patients.

Methods

Patients

mDCF was administered as primary treatment for all MGC patients that were referred to the Division of Medical Oncology in 2011. All of the patients enrolled had TNM stage IV disease [24].

Inclusion criteria

The patient performance status was evaluated according to the Karnofsky Performance Status (KPS) scale and only KPS \geq 80 patients were included in the study. Patients included had to be between 18 and 80 years and to have normal renal function with normal BUN and serum creatinine <1.1 mg/dl as well as normal cardiac function. Patients included in the study had also to have liver function tests normal or up to 2.5 times the upper limit of normal.

Response evaluation

Pre-treatment and response to treatment evaluations were done via thoracic and upper and lower abdominal computerized tomography (CT). Abdominal ultrasonography (US), upper and lower abdominal magnetic resonance imaging (MRI), and positron emission tomography (PET)-CT were used in special cases.

Response was evaluated every 3 months or every 6 cycles of CT, according to the tumor response assessment criteria of the World Health Organization [25]. Complete tumor disappearance was considered as complete response (CR), regression of the target lesion \geq 50% was considered as partial response (PR), regression of the target lesion $<$ 50% or progression of the target lesion $<$ 25% was considered as stable disease (SD), and progression $>$ 25% of the target lesion or appearance of new lesion(s) was considered as progressive disease (PD). CR plus PR were characterized as

objective response rate (ORR).

After the 3-month period or 6 cycles of CT, a \geq 50% reduction of serum carcinoembryonic antigen (CEA) level was considered as tumor marker response.

Treatment

mDCF consisted of administration of folinic acid 400 mg/m² (day 1) + 5-FU 400 mg/m² i.v. bolus (day 1) + 5-FU 2400 mg/m² 46-h infusion (days 1 and 2) + docetaxel 60 mg/m² i.v. bolus (day 1) + cisplatin 50 mg/m² (day 1) administered once every 2 weeks. Cisplatin was given in 250 ml normal saline over one hour. After treatment 2000 ml normal saline were given for diuresis along with antiemetic support. Twenty-four hours after finishing CT, all patients were administered prophylactic granulocyte colony-stimulating factor (G-CSF) for 5 days. When grade 3 toxicity was detected, drug doses were reduced by 25% and with grade 4 toxicity drug doses were reduced by 25% and treatment was postponed for a week.

Toxicity evaluation

Evaluation of toxicity was done according to the National Cancer Institute (NCI)-Common Toxicity Criteria, Version 2.0 [26].

Statistics

The time period from the beginning of the first CT cycle to the development of PD was considered as PFS. The time from the diagnosis to death was considered as OS.

Statistical data analysis was performed using the Statistical Package for Social Sciences (SPSS), version 15.0 for Windows (SPSS Inc., Chicago, Illinois, USA). Kaplan-Meier method was used for analyzing PFS and OS, and survival curves were compared using the log-rank test. Chi-square test was used to compare independent group ratios. P values of $<$ 0.05 were accepted as statistically significant.

Results

Patient characteristics

Eighty-nine MGC patients were enrolled in the study, and their median age was 59 years (range 31–79). Patient and disease characteristics are summarized in Table 1.

Response and survival

ORR was 67.4 %. Three patients (3.3%) achieved CR, 21 (23.6%) PR, and 36 (40.4%) SD. PD was seen in 29 patients (32.6 %) (Table 2). The median PFS was 7 months (95% CI 5.7–8.2; Figure 1), and the median OS was 11 months (95% CI 9.7–12.2; Figure 2). An interesting observation was that patients with a history of

Table 1. Patient and disease characteristics

Characteristics	N (%)
Gender	
Male	67 (75.2)
Female	22 (24.8)
Age (years)	
≥65	20 (22.5)
<65	69 (77.5)
Gastric cancer history in first-degree relatives	11 (12.4)
Comorbid diseases	13 (14.6)
Diabetes mellitus	11 (12.4)
Coronary artery disease	4 (4.5)
Hypertension	4 (4.5)
COPD	3 (3.4)
Habits	
Smoking	25 (28.1)
Alcohol	3 (3.4)
Symptoms consistent with the tumor	62 (69.6)
KPS	
≥80, <90	54 (60.7)
≥90, =100	35 (39.3)
Previous treatments	
Total gastrectomy	23 (25.8)
Subtotal gastrectomy	7 (7.9)
Palliative gastrectomy	9 (10.1)
Chemotherapy	20 (22.5)
Chemoradiotherapy	18 (20.2)
Tumor localization	
Cardia	44 (49.4)
Corpus	15 (16.9)
Antrum	23 (25.8)
Unspecified	7 (7.9)
Histology	
Adenocarcinoma	71 (79.8)
Intestinal	34 (38.3)
Diffuse	4 (4.5)
Unspecified	33 (37.0)
Signet ring cell carcinoma	13 (14.6)
Mucinous adenocarcinoma	5 (5.6)
Grade	
1	11 (12.4)
2	12 (13.5)
3	25 (28.1)
Unspecified	41 (46.1)
CEA (before treatment) ≤5ng/ml	8 (8.9)
CEA (before treatment) 5-50ng/ml	14 (15.7)
CEA (before treatment) >50ng/ml	67 (75.2)
Number of metastatic organs	
1	48 (53.9)
2	29 (32.6)
3	12 (13.5)
Metastatic organs	
Liver	41 (46.0)
Lymph nodes	37 (41.6)
Peritoneum	22 (24.8)
Lung	20 (22.5)
Ascites	18 (20.2)
Bone	11 (12.4)
Brain	2 (2.2)

COPD: chronic obstructive pulmonary disease, KPS: Karnofsky performance status

gastric cancer in first-degree relatives had a higher mortality rate ($p=0.007$). However, in terms of OS, patients under 65 years of age or above, female or male gender, low or high grade, and tumor localization showed no statistically significant differences ($p=0.789$, $p=0.465$, $p=0.130$, $p=0.871$, respectively). However, patients with more than one metastatic organ had significantly shorter survival compared to those with one metastatic organ ($p=0.001$).

Toxicity

Grade 1/2 neutropenia was seen in 32 (35.9%) patients and grade 3/4 in 20 (22.5%). Neutropenia of all grades was seen in 52 patients (58.4%) and was the most common kind of toxicity; only 2 (2.2%) patients developed neutropenic fever. The toxicity data are displayed in Table 3.

Discussion

Gastric cancer is a common, highly metastatic, lethal disease with a survival of mere months when metastatic. Because of this, chemotherapy given to such patients should be most efficient and less toxic.

It is well known that combination regimens are more effective in the treatment of MGC [9-12]. Current combination regimens applied to MGC and their response rates are shown in Table 4.

ECF, a 3-agent combination has shown considerable efficacy with acceptable toxicity when given once every 3 weeks. This regimen produced 71% ORR and a median OS of 9.4 months [27-29]. In the randomized ECF for Advanced and Locally Advanced Esophagogastric Cancer 2 (REAL-2) trial in which ECF, epirubicin, cisplatin, and capecitabine (ECX), epirubicin, oxaliplatin, and 5-FU (EOF) and epirubicin, oxaliplatin, and capecitabine (EOX) regimens, also given once every 3 weeks, were compared, the activity of oxaliplatin and capecitabine was evaluated. ORR was 40-50%, while the median OS rate was between 9.3 and 11.2 months. Toxicity was well tolerated [30]. In other studies in which oxaliplatin was used (FOLFOX, EOX, EOF, XELOX), the ORR were 40-70%, and the median OS ranged between 8 and 15 months [30-37].

Taxanes are important agents that have been shown to be beneficial in the treatment of MGC. In a 3- drug combination study using paclitaxel along with etoposide and cisplatin, the median OS was 12 months but with considerable toxicity [38,39]. Docetaxel, another taxane, is an agent commonly used in MGC. Studies

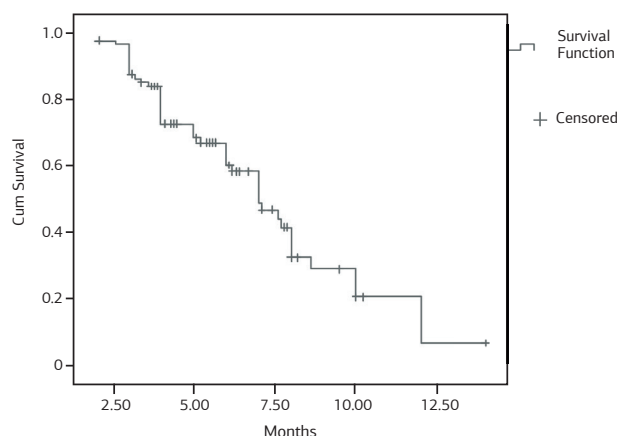


Figure 1. Progression-free survival (median 7.0 months) of patients treated with mDCF (N=89).

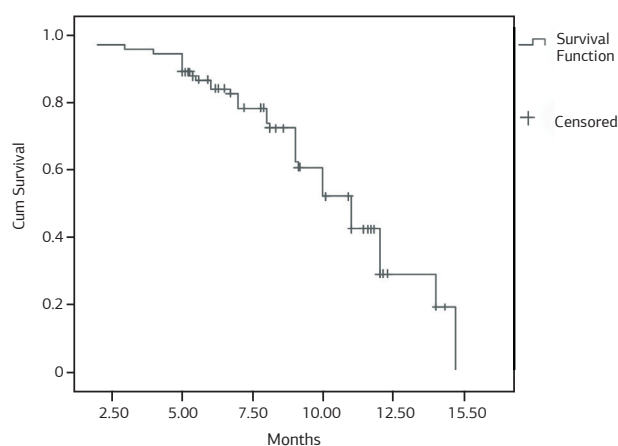


Figure 2. Overall survival (median 11.0 months) of patients treated with the mDCF (N=89).

conducted with docetaxel showed considerable survival advantage, especially when used as part of a combination therapy [13–23]. In the influential TAX-325 two-arm trial, a combination of 5-FU and cisplatin (CF) was given every 28 days in one arm, and a combination of 5-FU (750 mg/m², days 1-5), cisplatin (75 mg/m², day 1), and docetaxel (75 mg/m², day 1) (DCF) was given in 21-day cycles in the second arm [13]. In the DCF arm, the ORR was 37%, the PFS 5.6 months, and the OS 9.2 months. Grade 3/4 toxicity was 82% in the DCF arm and 57% in the CF arm. However, DCF has been reported to be well tolerated [13,21,22].

In one of the studies in which DCF was given once every 3 weeks (docetaxel initially 85 mg/m² on day 1 and later reduced to 75 mg/m² as a result of toxicity, cisplatin 75 mg/m² on day 1, and 5-FU 300 mg/m², days 1-14) the ORR was 36.6%, the median OS 10.4 months, and toxicity 57% [14]. Ajani et al. using the same regimen and intervals (docetaxel 75 mg/m², cisplatin 75 mg/m², both on

Table 2. Factors related with treatment efficacy and survival

Factors	N (%)
Total number of treatment cycles	492
Median	6
Range	2-12
Patients receiving 6 cycles	72 (80.8)
Patients with dose reduction	32 (35.9)
Patients with treatment postponements	22 (24.8)
Patients with CEA values < 5 ng mL ⁻¹ after treatment	7 (7.9)
Patients with CEA values decreased > 50 % after treatment	32 (35.9)
Follow up (months)	
Median	8.6
Range	2-14
PFS (months)	
Median	7.0
95% CI	5.7-8.2
OS (months)	
Median	11.0
95% CI	9.7-12.2
One-year OS	50 (42.4)
Patients deceased	47 (52.8)

PFS: progression free survival, OS: overall survival, CEA: carcinoembryonic antigen

day 1, and 5-FU 750 mg/m²/d as continuous infusion on days 1-5), reported an ORR 43%, PFS 5.9 months, and median OS 9.6 months. Neutropenia for this particular study was 86% [15]. In another DCF study given once every 3 weeks, the dose of docetaxel was decreased to 50 mg/m² in order to lower the toxicity rates (docetaxel 50 mg/m² on day 1, cisplatin 80 mg/m² on day 1, and 5-FU 1200 mg/m²/d on days 1–3). This study resulted in an ORR of 40%, a median PFS of 4.6 months, and a median OS of 9.7 months [16]. Overman et al. tested DCF given once a week so as to lower the side effects (20 mg/m² of cisplatin, 350 mg/m² of 5-FU, and 20 mg/m² of docetaxel administered once a week for 6 consecutive weeks followed by a 2-week break). This kind of administration yielded an ORR of 34%, a median PFS of 4.1 months, a median OS of 8.9 months, and a grade 3/4 neutropenia rate of 4.0% [17].

There are also studies in which docetaxel has been combined with capecitabine and carboplatin instead of cisplatin and 5-FU. The outcomes of these studies revealed an ORR between 40–50%, a median PFS of approximately 5 months, a median OS of between 8 and 12 months, and toxicity rates

Table 3. Toxicities encountered

Toxicities	N (%)
Hematologic toxicities	
Neutropenia grade 1/2	32 (35.9)
Neutropenia grade 3/4	20 (22.5)
Anemia grade 1/2	29 (32.6)
Anemia grade 3/4	10 (11.2)
Thrombocytopenia grade 1/2	5 (5.6)
Thrombocytopenia grade 3/4	4 (4.5)
G-CSF prophylaxis	89 (100.0)
Neutropenic fever	2 (2.2)
Erythrocytes' transfusion	
Patients with transfusions	8 (8.9)
Number of transfusions	17 (19.1)
Thrombocytes' transfusion	
Patients with transfusions	2 (2.2)
Number of transfusions	3 (3.4)
Lethargy, fatigue	40 (44.9)
Stomatitis	16 (17.9)
Nausea	12 (13.5)
Diarrhea	9 (10.1)
Vomiting	9 (10.1)
Hand-foot syndrome	5 (5.6)
Renal failure	5 (5.6)
Gastrointestinal bleeding	3 (3.4)
Deep vein thrombosis	2 (2.2)

G-CSF: granulocyte colony-stimulating factor

ranging from 40-50% [18-20,23].

Another potent agent in the treatment of MGC is irinotecan. A combination of docetaxel, irinotecan, and cisplatin (TPC) had an ORR of 54%, a median PFS of 7.1 months, and a median OS of 11.9 months [40]. In an irinotecan plus 5-FU (FOLFIRI) regimen, the ORR was 40%, the median PFS 6.9 months, and the median OS 11.3 months [41]. In a capecitabine plus irinotecan (XELIRI) regimen, the ORR was 43.6%, the median PFS 5.0 months, and the median OS 11.0 months [42]. In addition, a regimen composed of irinotecan, oxaliplatin, and 5-FU (FOLFOXIRI) yielded an ORR of 67%, a median PFS of 9.6 months, and a median OS of 14.8 months [43]. Finally, an ORR of 50%, a median PFS of 6.5 months, and a median OS of 11.5 months were reported with another regimen combining irinotecan, docetaxel, and oxaliplatin [44].

Current literature shows that there are some monoclonal antibodies and tyrosine kinase inhibitors that are beneficial in the treatment of MGC. Among these agents, two merit mentioning: trastuzumab and bevacizumab. Trastuzumab, an

anti-HER-2 monoclonal antibody, was added to cisplatin and 5-FU in an important study conducted on patients with HER-2 positive MGC [45]. The results of this study showed an ORR of 47 % and a median OS of 13.8 months. Toxicity evaluation showed that the most common toxicity was nausea; all grades of nausea were experienced by 197 (67%) patients and grade 3/4 by 22 (7%). Grade 3/4 neutropenia was experienced by 53% of the patients. The other monoclonal antibody, bevacizumab, was added to DCF, cisplatin plus irinotecan and cisplatin plus capecitabine, and produced an ORR of up to 67%, a PFS of up to 12 months, and a median OS of up to 16.8 months. Several studies showed that grade 3/4 neutropenia was approximately between 30 and 50% [46-48].

When all of the studies are examined, it is observed that there are many CT agents used in the treatment of MGC and that numerous CT regimens exist with various combinations of these agents. Choosing the appropriate CT regimen in patients with a seriously lethal condition like MGC is of utmost importance. Even though new and more efficient agents are constantly being discovered, the questions concerning which agents should be combined, the proper drug dosage to be administered and the interval of cycles' repetition along with efficacy and tolerability are issues that will continue to be discussed in the future.

We observed a satisfactory response rate of 67.4% with the mDCF regimen used in this study. In addition, when the side effects were reviewed, neutropenia was the most common with a rate of 58.4 %, while grade 3/4 neutropenia was registered in 22.5% of the patients. The authors believe that this regimen should be considered safe when these figures are taken into account. Another important point of our study is that 80.8% of the patients received 6 cycles of treatment and we believe that the prophylactic G-CSF administration contributed greatly to this. Along with fewer side effects, we also found a median PFS of approximately 7 months and a median OS of 11 months.

Conclusion

We conclude that the mDCF combination chemotherapy used in our study resulted in a satisfactory response and an advantageous toxicity rate for the treatment of MGC. The authors believe that better results may be obtained in the future if newly discovered agents will be combined with this mDCF regimen or one or two of the individual agents of the regimen, and that the same doses and time intervals should be used.

Table 4. Chemotherapeutic combinations given for gastric cancer

Study	Regimen	ORR (%)	Median PFS (months)	Median OS (months)
Murad et al [9]	FAMTX	50.0	8	16.0
Webb et al [28]	FAMTX	21.0	3.4	5.7
Pyrhönen et al [10]	FEMTX	62.0	5.4	12.3
Findlay et al [27]	ECF	71.0	7.0	8.2
Webb et al [28]	ECF	45.0	7.4	8.9
Ross et al [29]	ECF	42.4	7.0	9.4
Cunningham et al [30]	ECF	40.7	6.2	9.9
	ECX	46.4	6.7	9.9
	EOF	42.4	6.5	9.3
	EOX	42.9	7.0	11.2
Our study	mDCF	67.4	8.0	11.2
Van Cutsem et al [13]	DCF	37.0	5.6	9.2
Roth et al [14]	DCF	36.6	4.6	10.4
Ajani et al [15]	DCF	43.0	5.9	9.6
Park et al [16]	DCF	40.0	4.6	9.7
Overman et al [17]	DCF	34.0	4.1	8.9
Shah et al [46]	DCF-Bev	67.0	12	16.8
Evans et al [23]	DCarboX	48.0	-	8.0
Liu et al [36]	FOLFOX4	52.5	6.5	10.0
Bouche et al [41]	FOLFIRI	40.0	6.9	11.3
Oh et al [42]	XELIRI	43.6	5	11.0
Cao et al [43]	FOLFOXIRI	67.0	9.6	14.8
Bang et al [45]	CT-Trastuzumab	47.0	6.7	13.8
Shah et al [47]	IP-Bev	46.0	6.7	12.1
Ohtsu et al [48]	CapeP-Bev	65.0	8.3	12.3

ORR: objective response rate, PFS: progression free survival, OS: overall survival, FAMTX: 5-Fluorouracil (5-FU), doxorubicin, methotrexate, FEMTX: 5-FU, epirubicin, methotrexate, ECF: epirubicin, cisplatin, 5-FU, ECX: epirubicin, cisplatin, capecitabine, EOF: epirubicin, oxaliplatin, 5-FU, EOX: epirubicin, oxaliplatin, capecitabine, mDCF: docetaxel, cisplatin, 5-FU, folinic acid, DCF: docetaxel, cisplatin, 5-FU, DCF-Bev: docetaxel, cisplatin, 5-FU, bevacizumab, DCarboX: docetaxel, carboplatin, capecitabine, FOLFOX: 5-FU, leucovorin, oxaliplatin, FOLFIRI: 5-FU, leucovorin, irinotecan, XELIRI: capecitabine, irinotecan, FOLFOXIRI: 5-FU, leucovorin, oxaliplatin, irinotecan, CT-Trastuzumab: cisplatin, 5-FU or capecitabine plus trastuzumab, IP-Bev: irinotecan, cisplatin, bevacizumab, CapeP-Bev: capecitabine, cisplatin, bevacizumab

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