

REVIEW ARTICLE

An overview of high dose chemotherapy with autologous stem cell rescue for germ cell tumors in current practice

Sukru Ozaydin¹, Ugur Sahin², Nuri Karadurmus¹, Fikret Arpacı³, Taner Demirer²

¹Gulhane Military Medical Academy, Department of Medical Oncology, Etlik, Ankara, Turkey; ²Ankara University Medical School, Department of Hematology, Ankara, Turkey; ³Liv Hospital, Department of Medical Oncology, Ankara, Turkey

Summary

Testicular cancer is a frequent tumor of adolescent and young adult males. Chemotherapy has been reported to provide cure rates as high as 80% even in the presence of advanced testicular cancer. Studies regarding testicular cancer started after the advent of high dose chemotherapy (HDC) plus autologous stem cell rescue (ASCR) for the treatment of solid tumors in 1980s. Testicular cancer is highly responsive to HDC. Einhorn et al. have reported long-lasting remissions reaching up to 40% among patients with platinum-refractory disease. However, the present prospective randomized studies are heterogeneous in terms of patient characteristics and methodology, therefore superiority of HDC plus ASCR to

conventional chemotherapies could not be proven. The results of the TIGER study, which is a recent prospective randomized study being conducted by the European Organisation for Research and Treatments in Cancer (EORTC) and the European Society for Blood and Marrow Transplantation (EBMT) aiming to compare HDC plus ASCR to conventional chemotherapy are eagerly expected. In this review, we will evaluate the current use of HDC plus ASCR in patients with relapsed or refractory germ cell tumors.

Key words: autologous stem cell transplantation, germ cell tumors

Introduction

Testicular cancer constitutes 1% of all cancers and 5% of urological cancers in males. It is the most common tumor in 15-35 year-old men. In contrast to a historical annual mortality of 90% for metastatic testicular cancer 50 years ago, the advent of cisplatin and other chemotherapeutics has provided a cure rate of over 90% [1].

Testicular tumors are classified into favorable, intermediate and poor prognostic categories by the International Germ Cell Cancer Collaborative Group according to site of the primary tumor, presence of metastasis and serum tumor marker levels [2]. The standard treatment for metastatic testicular cancer involves 3 to 4 cycles of cisplatin, etoposide and bleomycin (BEP) regimen. BEP provides cure in over 90% of patients in the favorable group, whereas the cure rates in the inter-

mediate and poor prognostic groups are 75% and 50%, respectively [3].

Disease remission is possible after second or even third line chemotherapy among patients who do not sustain long-term remissions after the first line. Vinblastine, ifosfamide and cisplatin (VeIP) [4] or cisplatin, ifosfamide and paclitaxel (TIP) [5] regimens may provide long-lasting remissions in relapsed and/or refractory testicular cancer.

HDC with ASCR has been used in testicular cancer as an attractive treatment modality since the 1980s after the advent of HDC plus ASCR for the treatment of various solid tumors [6-15]. Taking into consideration the chemo-sensitivity of germ cell tumors, their steep dose-response curves, rarity of bone marrow involvement, younger patient age at diagnosis and wide therapeutic range of

Correspondence to: Taner Demirer, MD, FACP. Professor of Medicine and Hematology/Oncology, Ankara University Medical School, Department of Hematology, Cebeci Hospital, Ankara 06220, Turkey. Tel: +90 532 3251065, Fax: +90 312 4663717, E-mail: demirer@medicine.ankara.edu.tr

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drugs, testicular cancer was accepted as a good model for use of HDC. However, HDC also has an important dose limiting toxicity, namely myelosuppression [16-22]. Since long-lasting responses could not be proved in earlier studies involving cyclophosphamide and etoposide containing regimens [23,24], more studies have focused on high-dose carboplatin and etoposide containing regimens and resulted in more successful outcomes. Cyclophosphamide and ifosfamide might also be used as an adjunct to carboplatin and etoposide in the spectrum of HDC plus ASCR regimens. According to EBMT registry, germ cell tumors constituted the 27% of all reported HDC plus ASCR therapies for solid tumors between 2005 and 2010 [25].

The purpose of this review was to outline the current indications and clinical use, as well as the efficacy of HDC plus ASCR in the treatment of germ cell tumors in view of the relevant scientific evidence, considering that in our Center - Gulhane Military Medical Academy - germ cell tumors are frequently seen and treated with conventional chemotherapy as well as HDC plus ASCT, if needed.

High-dose chemotherapy as front-line treatment in poor risk patients

The first studies on HDC as front-line treatment in poor risk patients were conducted just after the demonstration of its efficacy in testicular cancer. Chevreau et al. compared the efficacy of 4 courses of vinblastine, etoposide, bleomycin and cisplatin (PVeBV) to one course of modified PVeBV followed by high-dose etoposide, cyclophosphamide and cisplatin (PEC). The 2-year overall survival (OS) rates were 82 vs 60% within a median follow-up of 30 months in the conventional therapy and HDC plus ASCR arms, respectively. However, this difference in favor of the conventional treatment did not reach statistical significance [26]. Droz et al. also reported similar OS rates within a median follow-up of 9.7 years [27].

A phase II study involving poor risk germ cell tumors compared observation after conventional chemotherapy vs high-dose carboplatin and etoposide plus ASCR after 2 courses of vinblastine, cyclophosphamide, dactinomycin, bleomycin, cisplatin (VAB-6). Although not statistically significant, HDC plus ASCR yielded favorable survival rates when compared to observation after conventional therapy [28].

A phase III trial of HDC plus ASCR in testicular cancer included intermediate and high risk patients and compared 4 cycles of BEP vs 2 cycles

of BEP followed by 2 cycles of high-dose carboplatin, etoposide and cyclophosphamide [29]. Overall response (OR) at 1 year and 2-year OS rates were similar between the two groups. However, a subgroup analysis of patients with an incomplete tumor marker response after 2 cycles of BEP revealed a significantly higher durable complete response (CR) rate (61 vs 34%) and a non-significant improvement in 2-year OS in the HDC plus ASCR arm [29].

A multicenter phase III trial demonstrated a superior progression-free survival (PFS) (44.8 vs 58.2%) and OS rates (72.9 vs 65.5%) with one cycle of cisplatin, etoposide and ifosfamide (VIP) followed by 3 cycles of high-dose VIP plus ASCR among patients with previously untreated metastatic non-seminomatous germ-cell cancers, when compared to 4 cycles of standard VIP regimen. However, the differences were statistically non significant [30].

Currently, the use of HDC plus ASCR as a front-line treatment in poor-risk patients remains an experimental approach.

High-dose chemotherapy as a salvage for relapsed germ cell tumors

Patients relapsing after first-line treatment should be encouraged to participate in clinical studies. Other second-line treatment options include conventional regimens, such as VIP, TIP and VeIP or HDC [31].

The first study regarding second-line treatment included 33 patients with either progressive disease within 4 weeks of cisplatin therapy or treatment failure despite 2 cisplatin-based regimens including a salvage with cisplatin and ifosfamide. The study regimen included infusion of etoposide at a dose of 1200 mg/m² and carboplatin at a dose of 1500 mg/m² plus ASCR. Of the patients, 39% received one course and the rest 2 courses of HDC plus ASCR. OR rate was 44% and CR was achieved in 24%, which was sustained in 12% of patients beyond one year [32].

In another phase III trial, patients with advanced germ cell tumors failing platinum-based treatment in the first-line received either 4 cycles of cisplatin, ifosfamide and etoposide (or vinblastin) or 3 cycles of the same regimen followed by high-dose carboplatin, etoposide and cyclophosphamide plus ASCR [33]. The two arms yielded similar CR and partial response (PR) rates. However, a significant improvement in PFS was observed among patients who achieved CR in the HDC plus ASCR arm (55 vs 75% at 3 years) but there was

no statistically significant difference between two arms regarding OS rates.

A prospective randomized multicenter trial by the German Testicular Cancer Study Group recruited patients with relapsed or refractory germ cell tumors and was prematurely stopped due to overriding treatment-related mortality with 3 cycles of VIP followed by one cycle of high-dose carboplatin (2,200 mg/m²), etoposide (1,800 mg/m²) and cyclophosphamide (6,400 mg/m²) with ASCR when compared to one cycle of VIP followed by 3 cycles of high-dose carboplatin (1,500 mg/m²) and etoposide (1,500 mg/m²) with ASCR [34]. Single or sequential HDC arms had similar results in terms of PFS and OS at one year (49 vs 53% and 61 vs 80%, respectively). In the long-term analyses, single or sequential HDC arms also yielded similar results in terms of PFS and OS (45 vs 47% and 39 vs 49%, respectively, at 5 years) [35]. This study showed that there was no advantage of using sequential HDC compared to single HDC in patients with relapsed or refractory germ cell tumors.

A multicenter retrospective study including patients with relapsed testicular cancer after first-line therapy compared HDC plus ASCR and standard-dose chemotherapy (SDC) [36]. To help in the choice of an optimal strategy, the International Prognostic Factor Study Group performed a large retrospective data collection on 1984 patients from major centers around the world and identified 7 prognostic factors with independent impact on survival rates after first salvage treatment [37]. This analysis, which was done by Lorch et al., showed that patients could reliably be classified into 5 prognostic categories based on prior prognostic classification from very low-risk to very high-risk. Within each of the 5 categories the PFS and OS after SDC and HDC plus ASCR were compared using the Cox model. Overall, 733 patients received SDC and 821 patients received HDC plus ASCR. Both treatment modalities were used with similar frequencies within each prognostic category [36]. In low-risk patients, no difference in OS was observed between the two treatment groups, but in all remaining prognostic groups both PFS and OS were superior for HDC plus ASCR [36]. Significantly higher rates of PFS and OS were achieved with HDC plus ASCR (PFS at 2 years 49.6 vs 27.8% and OS at 5 years 53.2 vs 40.8%, respectively) in patients with intermediate and high-risk relapsed germ cell tumors. In addition, sequential HDC plus ASCR also yielded a superior OS at 5 years (60.6 vs 46.3%) in this analysis. The authors concluded that when the patients are classified as

having a low, intermediate, high and very high-risk disease, HDC plus ASCR resulted in a significantly higher OS at 5 years in all groups excluding patients with low-risk disease. This retrospective analysis suggests a benefit for HDC plus ASCR given as intensification of first salvage treatment in patients with germ cell tumors, excluding low risk patients, and supports the prospective efforts that are under way to address the issue of HDC plus ASCR vs SDC in an international prospective randomized phase III trial, the TIGER trial [38].

High-dose chemotherapy as a salvage beyond second-line treatment

In their retrospective review, Einhorn et al. have reported a DFS of 44.9% with a median of 46 months among patients receiving HDC plus ASCR as a third-line or beyond therapy [39]. Another retrospective study included patients scheduled for either single or sequential HDC plus ASCR for testicular cancer relapsing after second-line treatment and reported an OR of 55% and a projected OS rate of 17% at 5 years [40]. Currently, there is no phase III randomized prospective trial showing the efficacy of HDC plus ASCR compared to SDC in this setting.

High-dose chemotherapy in extragonadal germ cell tumors

Extragenadal germ cell tumors constitute 2-5% of all testicular cancers [41,42]. They frequently originate from mediastinum and retroperitoneum and they have a poor prognosis according to International Germ Cell Cancer Consensus Group (IGCCCG) criteria [3].

In a study by the EBMT Solid Tumors Working Party (EBMT-STWP), patients with extragonadal germ cell tumors received high-dose carboplatin and etoposide plus ASCR after induction therapy. The reported CR rate was 77% and DFS 68% in a median follow-up of 50 months [43].

Another retrospective study by EBMT-STWP investigated the efficacy of HDC plus ASCR among patients relapsing after or during primary cisplatin-based chemotherapy. The patients were scheduled for 1 to 4 cycles, the majority 1 cycle, of high-dose carboplatin and etoposide plus ASCR. The reported PFS was 30% in a median follow-up of 58 months [44].

A trial including children with extragonadal germ cell tumors reported an OR of 70% and a DFS of 43% in a median follow-up of 66 months with HDC plus ASCR when performed after either

first relapse or beyond [45].

Extragenital germ cell tumors are very rare and therefore there is no prospective trial comparing SDC and HDC plus ASCR, head to head, for this subgroup of patients in the literature.

Discussion

Testicular cancer is a chemosensitive tumor. SDC may provide cure in 80% of patients with metastatic disease. Since HDC plus ASCR has been studied in a limited number of phase III trials, some issues are currently obscure. One of the ongoing matters of debate is the number of courses for HDC plus ASCR. The present studies have employed HDC plus ASCR from 1 to 3 courses. The study by Lorch et al. have demonstrated a 4-fold increase in treatment-related mortality with a single course of HDC plus ASCR due to higher doses of cisplatin and etoposide, when compared to sequential HDC using carboplatin and etoposide at lower doses [35]. In concordance, a retrospective review by Lorch et al. has also shown that sequential HDC plus ASCR may provide longer PFS and OS when compared to single course in patients with intermediate, high and very high-risk disease [36].

The second important issue is about the timing of HDC plus ASCR. The studies by Motzer et al. [29] and Daugaard et al. [30] comparing conventional chemotherapy and HDC in the front-line treatment of poor-risk germ cell tumors have yielded similar outcomes with both approaches. Thus, 4 cycles of BEP have been accepted currently as the standard therapy for poor-risk patients.

Finally, the advantage of HDC plus ASCR for relapsed and refractory disease when compared to conventional chemotherapy is being questioned. According to retrospective data by Lorch et al. HDC plus ASCR improved PFS and OS significantly when compared to SDC in patients with intermediate and high-risk disease [36]. On the contrary, in their phase III trial, Pico et al. have reported similar CR, PR, PFS and OS in HDC plus ASCR and SDC arms [33]. But one of the important hurdles of this study was the low accrual rates.

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Unfortunately, the duration of this prospective European study has just overlapped with the negative results of the prospective breast cancer trials evaluating the efficacy of HDC plus ASCR. Therefore, this study could not reach its target accrual rate and somehow closed early by EBMT-STWP. This lower accrual rate remarkably decreased the statistical power of this study and thus blocked the documentation of OS advantage of HDC plus ASCR in this setting, even if there is any.

Relapsed and refractory germ cell tumors still remain a challenging problem for practicing medical oncologists. Considering these conflicting results, the TIGER trial comparing 4 cycles of TIP with 2 cycles of paclitaxel and ifosfamide followed by 3 cycles of high-dose carboplatin and etoposide plus ASCR has been designed by an international collaboration group [38]. The primary end-point was defined as PFS at 2 years and secondary end-points as OS at 3 years, OR and toxicity profile. The results of this ongoing TIGER trial are expected to clarify the role of salvage HDC plus ASCR as second-line therapy of relapsed and refractory germ cell tumors. Practicing medical oncologists should be encouraged to participate and accrue patients for this pan-European TIGER trial.

In summary, HDC plus ASCR is reserved for patients with relapsing or refractory disease according to recommendations of National Comprehensive Cancer Network (NCCN) guidelines [31]. Currently, according to EBMT guidelines and recommendations HDC plus ASCR in patients with relapsed chemosensitive germ cell tumors remain as a clinical option after a careful assessment of risk and benefits, whereas HDC plus ASCR remains as a standard approach for patients with third-line refractory disease. NCCN and EBMT guidelines are being followed and used in the management of this subgroup of patients in our clinics.

Conflict of interests

The authors declare no conflict of interests.

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