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ORIGINAL ARTICLE

Phase II study of weekly chemotherapy with paclitaxel and gemcitabine as second-line treatment for advanced non-small cell lung cancer after treatment with platinum-based chemotherapy

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Abstract
Purpose We evaluated the tolerability and activity of the combination of weekly paclitaxel (PTX) and gemcitabine (GEM) in second-line treatment of advanced non-small cell lung cancer (NSCLC) after treatment with platinum-based chemotherapy.
Patients and methods PTX (100 mg/m^2) and GEM (1,000 mg/m^2) were administered to patients with previous treated NSCLC on days 1 and 8 every 3 weeks.
Results A total of 40 patients (performance status 0/1/2, 7/27/6 pts) were enrolled. The response rate was 32.5% (95% confidence interval: 18.0–47.0%). The median survival time was 41.7 weeks (95% confidence interval: 28.5–54.7 weeks). The median time to disease progression was 19 weeks. Hematological toxicities (grade 3 or 4) observed included neutropenia in 60%, anemia in 15%, and thrombocytopenia in 12.5% of patients. Non-hematological toxicities were mild, with the exception of grade 3 diarrhea, pneumonitis, and rash in one patient each. There were no deaths due to toxicity.
Conclusion The combination of weekly PTX and GEM is a feasible, well-tolerated, and active means of second-line treatment of advanced NSCLC.

Keywords Non-small cell lung cancer · Second-line chemotherapy · Weekly chemotherapy · Gemcitabine · Paclitaxel

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Introduction

The clinical usefulness of second-line chemotherapy has been established for cases of advanced non-small cell lung cancer (NSCLC) in which tumor has recurred or exhibits resistance to treatment after first-line chemotherapy. The effectiveness of docetaxel, pemetrexed, and elrotinib for second-line chemotherapy for NSCLC has been demonstrated in phase III clinical studies [13, 23, 24]. Furthermore, paclitaxel (PTX) and gemcitabine (GEM) have been shown to be effective against NSCLC resistant to platinum preparations [5, 16, 20]. There appears to be partial non-cross-resistance between these drugs and platinum preparations.

In previous attempts at second-line chemotherapy for NSCLC, the response rate was 0–38% for patients treated with PTX alone at intervals of 3 weeks [12, 21, 25] and 8–37.5% for patients treated with low-dose weekly PTX therapy [5, 16, 26, 28]. On the other hand, the rate of response to uncombined GEM therapy was 6–21% [7, 11, 17, 20, 22].

In combined PTX and GEM therapy, the two drugs exhibit interactions with each other but no overlap or synergism of adverse reactions. When this combined

regimen was applied to previously untreated patients with NSCLC, the response rate was high, at 29–46% [1, 3, 4, 8, 15, 18]. When a combination of PTX (administered every 3 weeks) and GEM was used for second-line chemotherapy, the response rate was either 18 or 39% [2, 14].

Weekly chemotherapy for lung cancer has recently been attempted at several facilities [3, 9]. Favorable results of weekly chemotherapy have also been reported for recurrent NSCLC [5, 16, 26, 28]. Compared to standard regimens of chemotherapy, with administration of drugs at intervals of 3–4 weeks, weekly chemotherapy has certain advantages. For example, the single dose level of anti-cancer drugs can be reduced with weekly chemotherapy, and the dose level can be adjusted after the start of treatment depending on signs of hematological toxicity of the drugs or the general condition of individual patients. In comparison with treatment at intervals of 3–4 weeks, weekly chemotherapy was of equal efficacy but had fewer side effects [3]. Weekly chemotherapy is thus a promising means of treating cases of recurrent NSCLC in which bone marrow function has been compromised by first-line chemotherapy.

The present study was undertaken to evaluate the effectiveness and safety of weekly chemotherapy using a combination of PTX and GEM in cases of advanced NSCLC in which tumor had recurred or relapsed after platinum-based first-line chemotherapy or platinum-based first-line chemotherapy had failed to exert efficacy.

Patients and methods

Patient selection

Patients were required to have histologically or cytologically confirmed non-resectable or metastatic NSCLC that had progressed during or after one or more chemotherapy regimens. The trial was initiated after a rest period of at least 4 weeks following previous chemotherapy (2 weeks in the case of radiotherapy). Patients were required to have recovered completely from prior therapy, and to have no ongoing toxicity greater than grade 1. Other eligibility criteria were as follows: measurable lesions; life expectancy of at least 12 weeks; Eastern Cooperative Oncology Group (ECOG) performance status ≤ 2; adequate bone marrow reserve (defined as absolute granulocyte count $\geq 2{,}000$/ml and platelet count $\geq 100{,}000$/ml); adequate hepatic and renal function (defined as serum creatinine level ≤ 2 mg/dl, AST and ALT ≤ 1.5 times the upper limit of normal, and bilirubin ≤ 1.5 mg/dl). Exclusion criteria included pre-existing motor or sensory neurological signs or symptoms $\geq$ grade 2 (Common Terminology Criteria for Adverse Events version 3.0) and active infections. Asymptomatic treated or untreated patients with brain metastases were not excluded from the study. The Ethics Committee of the Tochigi Cancer Center approved the study protocols. Written informed consent was obtained from every patient stating that the patient was aware of the investigational nature of this treatment regimen.

Treatment

Paclitaxel was administered at a dose of 100 mg/m^2 intravenously during a 1-h infusion on days 1 and 8 of the treatment cycle. Gemcitabine was administered at a dose of 1,000 mg/m^2 intravenously during a 30-min infusion on days 1 and 8 of the treatment cycle. Prior to each treatment, patients were given diphenhydramine 50 mg orally, and an H2 blocker intravenously along with dexamethasone 16 mg 30 min before PTX administration. Granisetron 3 mg was administered intravenously as an antiemetic. The length of each chemotherapy cycle was 21 days. Patients who experienced grade 4 leukopenia or neutropenia that lasted for 3 or more days, or who experienced grade 4 thrombocytopenia or reversible grade 2 neurotoxicity or liver dysfunction, received reduced doses of both PTX and GEM (PTX 80 mg/m^2, GEM 800 mg/m^2) for the next cycle. If non-hematological toxicities of grade 3 or higher occurred, treatment was stopped. Subsequent courses of chemotherapy were started after 3 weeks when the leukocyte count was 3,000/mm^3 or more, the neutrophil count was 1,500/mm^3 or more, the platelet count was 75,000/mm^3 or more, serum creatinine were less than 1.5 mg/dl, GOT and GPT were less than twice the upper limit of the normal range, and neurotoxicity was grade 1 or less. If these variables did not return to adequate levels by the first day of the next course of chemotherapy, treatment was withheld until full recovery. If more than 6 weeks passed from the time of the last treatment before these criteria were met or if change in treatment more significant than reduction of dose was indicated, the patient was removed from the study at that time, but still included in the analysis of its results.

Evaluation of responses and toxicity

Pretreatment evaluation included medical history, physical examination, complete blood count, bone marrow examination, serum biochemical analyses,

chest roentgenogram, electrocardiogram, and urinalysis. All patients underwent radionuclide bone scan, magnetic resonance or computerized tomography (CT) of the brain, and CT of the thorax and abdomen. Complete blood count, biochemical tests, serum electrolytes, urinalysis, and chest roentgenograms were obtained before patients received chemotherapy.

Responses and toxicity were evaluated on the basis of tumor images obtained by CT and other techniques, laboratory data, and subjective/objective symptoms and signs before, during, and after administration of the study drugs and during the period from completion of treatment to final analysis. Measurable disease parameters were determined every 4 weeks by various means such as computerized tomography. Evaluation was performed in compliance with the Response Evaluation Criteria in Solid Tumors (RECIST) Guidelines for antitumor activity and with Common Terminology Criteria for Adverse Events version 3.0 for safety. Patients were withdrawn from the study if evidence of tumor progression was obtained. The Institutional Ethical Review Committee gave approval to the study.

The primary endpoint of the study was the response rate. Simon's two-stage optimum design was used to determine sample size and decision criteria. It was assumed that a response rate of 30% among eligible patients would indicate potential usefulness while a rate of 10% would be the lower limit of interest, with $\alpha = 0.05$ and $\beta = 0.10$. Using these design parameters, the fist stage of the study was initially to enroll 18 patients, and this regimen was to be rejected if fewer than two patients had an objective response. If two or more patients responded, accrual was to be continued to 36 patients. Considering the percentage of probable dropout cases, 40 patients were required. Secondary endpoints were toxicity and overall survival. Response and survival rates were both calculated on an intent-to-treat basis. Overall survival and time to progression were measured from the start of this treatment up to the time of death or up to the date of the last follow-up clinical assessment. Survival curves were constructed using the Kaplan–Meier method.

Results

Patient characteristics

Forty patients were enrolled in this study from October 2000 to July 2003. All patients were assessable for toxicity, response, and survival. Characteristics of the 40 patients are listed in Table 1. All 40 patients had received a prior platinum-based chemotherapy regimen (Table 1). Two of these patients had received more than one chemotherapy regimen. All 40 patients were eligible for toxicity assessment. Four patients had received prior chemotherapy in the neoadjuvant setting. Of the 40 patients, 15 had initially responded to platinum-based therapy, 24 patients had achieved stable disease (SD), and one had progressive disease (PD).

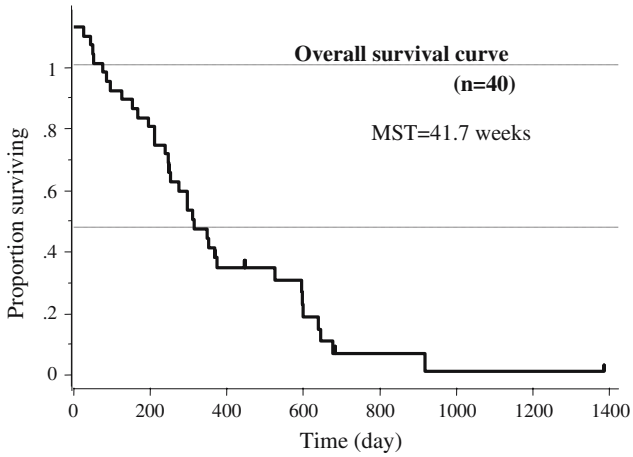

Fig. 1 Kaplan–Meier estimated overall survival curves. Median survival time, 41.7 weeks; 1-year survival rate, 38%

Efficacy of treatment

The mean number of cycles administered per patient was 4, and number of cycles ranged from one to twelve. Three patients required reduction of dose due to neutropenia and thrombocytopenia. Thirteen patients exhibited partial response (PR). Overall response rate was 32.5% (13/40) [95% confidence interval (CI): 18–47%]. SD was achieved in 26 patients (65%), and one (2%) achieved PD. All 40 patients were included in the survival analysis, with a median follow-up time of 82.9 weeks (range 56–263 weeks). The overall median survival time was 41.7 weeks (95% CI: 28.5–54.7 weeks). The 1-year survival rate was 37.5% (15/40) (Fig. 1). The median time to disease progression was 19 weeks.

Toxicities (Table 2)

Table 2 lists toxicities observed during this study. Hematological toxicities included high incidences of leukopenia and neutropenia, with leukopenia and neutropenia of grade 3 or higher occurring in 45 and 60% of patients, respectively. Anemia and thrombocytopenia of grade 3 or higher occurred in 15 and 12.5% of patients, respectively. Non-hematological toxicities

Table 1 Patient characteristics

Eligible patients	40
Gender	
Male	27
Female	13
Age (years)	
Median	59
Range	33–75
Performance status	
0	7
1	27
2	6
Histology	
Adenocarcinoma	30
Squamous cell	8
Large cell	2
Stage III	10
Stage IV	30
Number of metastatic sites	
Median	2
Range	0–3
Location of metastases	
Bone	13
Lung nodules	12
Brain	10
Lymph nodes	7
Liver	5
Adrenals	3
Subcutaneous	1
Prior surgery	4
Prior irradiation	15
Lung only	9
Brain only	4
Lung and bone	2
Prior chemotherapy	40
Cisplatin/vinorelbine	32
Cisplatin/docetaxel	5
Cisplatin/irinotecan	3
Response to prior chemotherapy	
Partial response	15
Stable disease	24
Progressive disease	1

observed included grade 3 pneumonitis in one patient, who exhibited rapid recovery following administration of steroids, grade 3 diarrhea in one, and grade 3 rash in one. Other non-hematological toxicities observed were of grade 2 or less and included nausea in 47.5%, vomiting in 20%, alopecia in 45%, sensory neuropathy in 35%, and fatigue in 32.5% of patients. All of these toxicities disappeared or were improved by symptomatic treatment. There were no deaths due to toxicity.

Discussion

Although a standard regimen of chemotherapy for recurrent NSCLC is being established, it is still important to determine how the outcome of treatment of this cancer can be improved [13, 23, 24]. At this point, the results of large-scale phase III clinical trials indicate single-agent chemotherapy with docetaxel, erlotinib, or pemetrexed as the standard chemotherapy regimen for recurrent NSCLC. In recent years, however, many reports have been published investigating two-drug combined therapy rather than single-agent therapy for recurrent NSCLC, with the objective of further improving therapeutic outcomes [2, 5, 7, 11–14, 20–26, 28].

A large number of reports have been published concerning salvage chemotherapy for recurrent NSCLC. Platinum-based chemotherapy is now used as the first-line chemotherapy at most medical facilities. Reports on second-line chemotherapy for NSCLC published to date have principally concerned uncombined drug therapy or two-drug combined therapy using non-platinum preparations [2, 5, 7, 11, 12, 14, 16, 17, 20–22, 25, 26, 28]. At several facilities, weekly administration chemotherapy has been adopted [5, 16, 26, 28]. Weekly-administration chemotherapy allows single dose levels to be reduced, thus making it possible to adjust the dose levels of anti-cancer agents after the start of treatment depending on adverse reactions or the general condition of individual patients.

Table 3 summarizes the results of two-drug combined therapy for recurrent NSCLC using non-platinum preparations [2, 6, 9, 10, 14, 19, 27]. The studies shown in this table were phase I-II in the case of that reported by Iaffaioli [14], phase III in that by Fossella [9], and phase II in the other studies. The overall response rate varied widely among studies, from 0.8 to 39%. The overall median survival time was 24–47 weeks and the one-year survival rate was 19–46%. Major adverse reactions observed in these studies were signs of hematological toxicity (particularly neutropenia), excluding the studies involving prophylactic G-CSF treatment reported by Androulakis [2] and Wachters [27]. Signs of non-hematological toxicity varied depending on the drugs used, and symptoms and signs unique to each drug were noted.

For combined PTX and GEM therapy for recurrent NSCLC, Androulakis [2] reported an overall response rate of 18%, an overall median survival time of 47 weeks, and a median time to disease progression of 34 weeks. Compared to the present study, the overall response rate reported by Androulakis was lower, while the overall median survival time and median time to disease progression were more favorable in the study by Androulakis. The dosing regimen used by Androulakis involved administration of PTX (175 mg/m^2; day 8), GEM (900 mg/m^2; days 1 and 8), and granulocyte colony-stimulating factor (G-CSF; days

Table 2 Maximum toxicity over 152 cycles (40 patients)

	CTCAE v 3.0 grade (number of patients)					Grade 3 ≤ (%)
	0	1	2	3	4	
Leukopenia	7	4	11	15	3	18 (45)
Neutropenia	6	5	5	17	7	24 (60)
Febrile neutropenia	–	–	–	2	–	2 (5)
Anemia	4	8	22	5	1	6 (15)
Thrombocytopenia	9	21	5	3	2	5 (12.5)
Pneumonitis	36	1	0	1	0	1 (2.5)
Diarrhea	27	9	3	1	0	1 (2.5)
Rash	22	15	2	1	0	1 (2.5)
Nausea	21	19	0	0	0	
Vomiting	32	3	5	0	0	
Fatigue	27	11	2	0	0	
Alopecia	22	17	1	0	0	
Neuropathy-sensory	26	14	0	0	0	
Edema	32	8	0	0	0	
Arthralgia	33	7	0	0	0	

CTCAE v 3.0 Common terminology criteria for adverse events version 3.0

Table 3 Non-platinum regimens used as second-line treatment of non-small cell lung cancer

First author (Ref.)	No. of patients	Regimen and schedule			Response rate (%)	Survival	
						Median (weeks)	1-year (%)
Androulakis [2]	49	P G G-CSF	175 mg/m^2 900 mg/m^2 150 μg/m^2	d 8 q 3w d 1,8 q 3w d 9–15	18	47	37
Iaffaioli [14]	37	P G	90–240 mg/m^2 1,000 mg/m^2	d 1 q 3w d 1,8 q 3w	39	40	46
Fossella [9]	123	FO V	2 g/m^2/day 30 mg/m^2	d 1–3 q 3w d 1,8,15 q 3w	0.8	24	19
Kosmas [19]	43	D G	100 mg/m^2 1,000 mg/m^2	d 8 q 3w d 1,8 q 3w	33	36	28
Cao [6]	33	CPT11 V	300 mg/m^2 30 mg/m^2	d 1 q 4w d 1,14 q 4w	9	25	23
Georgoulias [10]	76	CPT11 G	300 mg/m^2 1,000 mg/m^2	d 8 q 3w d 1,8 q 3w	18.4	38	24.5
Wachters [27]	52	CPT11 D G-CSF	200 mg/m^2 60 mg/m^2 150 μg/m^2	d 1 q 3w d 1 q 3w d 2–12	10	27	30
Present study	40	P G	100 mg/m^2 1,000 mg/m^2	d 1,8 q 3w d 1,8 q 3w	32.5	42	38

P paclitaxel, *G* gem citabine, *F0* infostamide, *V* vinorebine, *D* docetaxel, *CPT-11* irinotecan, *G-CSF* granulocyte colony-stimurating factor, *d* day, *q* every

9–15), with each cycle of treatment lasting for 3 weeks. Because their regimen involved prophylactic administration of G-CSF, the incidence of grade 3 or worse neutropenia was lower than that in the present study (12 vs. 60%). However, the incidence of grade 2 or worse fatigue (a sign of non-hematological toxicity) was lower in the present study (4%) than in that reported by Androulakis (51%).

Belani [19] reported the results obtained with combined use of PTX and GEM as first-line chemotherapy for NSCLC. In their study, PTX was administered using two regimens and a comparison was made between treatment with PTX on day 1 (200 mg/m^2) and weekly treatment with PTX on days 1 and 8 (100 mg/m^2/dose; identical to the regimen used in the present study). According to their report, the response rate was 45% for the first regimen and 46% for the second regimen, the median survival time was 42 and 39 weeks and the 1-year survival rate 46 and 41% for the first and second regimens, respectively. Efficacy thus did not differ

significantly between the two regimens. Signs of hematological toxicity were the major adverse reactions observed following treatment with both regimens. The incidences of neutropenia and alopecia were lower with the weekly regimen. On the basis of these results, Belani concluded that weekly PTX treatment combined with GEM is also useful as first-line chemotherapy for NSCLC.

In conclusion, weekly chemotherapy with PTX and GEM is a tolerable and active regimen for patients with advanced NSCLC previously treated with platinum-containing chemotherapy regimens. It should be recommended as a candidate regimen in planning a phase III clinical study of NSCLC previously treated with platinum-containing chemotherapy, and will ultimately be evaluated in a phase III clinical study.

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