

Review paper

Chemotherapy of gastric cancer

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Patients with gastric adenocarcinomas have a poor prognosis. Because curative surgery is often impossible (metastatic disease) or extremely difficult (locally advanced tumors), and the majority of patients undergoing curative resection relapse, chemotherapy has been actively studied in gastric cancer. Many drugs have shown activity; however, single-agent chemotherapy failed to demonstrate increased survival benefit. Several combination regimens have been developed with high activity in locally advanced and metastatic disease. Among them are 5-fluorouracil (5-FU) plus high dose methotrexate plus doxorubicin (FAMTX), etoposide plus doxorubicin plus cisplatin (EAP), etoposide plus leucovorin plus 5-FU (ELF), and epirubicin plus cisplatin plus 5-FU (ECF). Although the response rates of these schedules are encouraging, the toxicity is considerable. Randomized trials comparing chemotherapy with best supportive care showed an increase in overall survival and in quality-of-life. Up to now adjuvant chemotherapy in curatively resected gastric cancer patients has failed to improve survival as compared with surgical controls. Phase II trials with preoperative chemotherapy have shown very promising results, but results of randomized trials should be awaited to judge the real value of this approach. At this moment it cannot yet be estimated whether preoperative chemotherapy does positively influence the resection rate and survival of patients with clinically resectable tumors.

Key words: Adjuvant, chemotherapy, combination, gastric cancer, preoperative, single agent.

Introduction

Because surgery is the only treatment modality with curative intention, there is no doubt that surgery is the treatment of choice in localized gastric carcinoma. However, at diagnosis, 75% of all patients have disseminated disease.¹ Even among the subgroup of patients who are able to undergo poten-

tially curative resection, relapse is common. Since 5 year survival ranges only from 10 to 15% of all patients with newly diagnosed disease, the use of chemotherapy in patients with gastric cancer has been a subject of great interest.

Until recently gastric cancer has been regarded as a tumor in which chemotherapy is only marginally active. However, recent advances have shown encouraging results.^{2,3} This article reviews the most important results of phase II-III trials on chemotherapy of gastric cancer and of clinical trials on adjuvant and neoadjuvant chemotherapy published in the English literature from 1967 to April 1995, including those published in the English language in Japanese journals. The reports were obtained from a *MEDLINE* database search and from cross-reference from other published journals.

Single-agent chemotherapy

Over the last decade, much effort has been put into identification of active single agents in gastric cancer. Table 1 lists a number of agents and their observed response rates in gastric cancer. Direct comparisons of these responses are difficult because of different patient selection factors. Furthermore, evaluating chemotherapy in gastric cancer often involves some bias, as in many patients no bidimensionally measurable disease parameters are available.

At present, 5-fluorouracil (5-FU), doxorubicin (or its derivative epirubicin), mitomycin C and cisplatin have been identified as exhibiting modest or moderate single-agent activity in patients with advanced gastric cancer.^{4,5} Recently activity has been described for the new chemotherapeutic agents taxotere⁶ and irinotecan.⁷

5-FU is the most extensively studied drug in this disease. It was, until recently, used as an i.v. bolus administration, yielding a response rate of about

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Table 1. Single-agent chemotherapy in advanced gastric cancer

Drug	No. of evaluable patients	Overall response rate (%)	References
Antimetabolites			
5-FU (protracted infusion)	13	31	12
5-FU (bolus)	392	21	8, 9
capecitabine (oral)	31	19	5
hydroxyurea (oral)	31	19	5
methotrexate	28	11	41
triazine	26	15	41
Antibiotics			
mitomycin C	211	30	4, 5, 13
epirubicin	80	19	5, 13
doxorubicin	141	17	5, 13
Heavy metals			
cisplatin	139	19	5
carboplatin	41	5	14
Alkylating agents			
BCNU	33	18	5
chlorambucil	18	17	42
methyl-CCNU	37	8	5
Miscellaneous			
etoposide	25	12	5
bisantrene	26	4	43
mitoguanine	31	3	44
gemcitabine	41	2	45, 46
taxotere	26	23	6
irinotecan	60	23	7

20%.^{8,9} Because 5-FU is cell cycle specific and has a short plasma half-life, and because at any time approximately 3% of tumor cells are cycling, a protracted continuous i.v. infusion of this drug has been investigated.¹⁰ This type of administration was piloted in colorectal cancer, yielding a significant improvement of response compared with an i.v. bolus schedule.¹¹ Although there has been no randomized trial in gastric cancer, there has been a small study of protracted infusion of 5-FU, demonstrating an interesting high response rate of 31%.¹² The adverse effects of 5-FU are in general mild. The major side-effects of 5-FU are mucositis, diarrhea, myelosuppression and, especially if infusional therapy is given, the hand-foot syndrome. 5-FU has been a common element in most combination chemotherapy regimens for gastric cancer.

Mitomycin C, an antitumor antibiotic that probably acts as an alkylating agent, also has been extensively used in the treatment of gastric cancer. The overall objective response rate for mitomycin C has been approximately 30%.¹³ Its major toxic effect is delayed and cumulative myelosuppression.

Doxorubicin, an anthracycline antibiotic, is a potent drug in gastric cancer, yielding a response rate of 17%.^{5,13} Its most critical toxicity is irreversible myocardial damage, after exceeding a dose of

550 mg/m². Epirubicin, a derivative of doxorubicin, thought to be less cardiotoxic, has also been shown to have significant activity in gastric cancer (response rate approximately 19%).¹³

Cisplatin, a heavy metal compound acting as an alkylating agent, has been studied as a single-agent, giving major responses in 19% of patients, including those previously treated.⁵ Despite this activity, it has the disadvantages of nephrotoxicity, requiring hydration, and marked emesis, which in most of the cases can be alleviated by new antiemetic drugs. The less nephrotoxic and emetogenic analog of cisplatin, carboplatin, has not been found to be active in gastric cancer.¹⁴

Taxotere, a representative of the taxoids, is a new important antitumor compound, acting as a mitotic spindle poison and inducing a mitotic block.¹⁵ A response rate of 23% was achieved in a small phase II trial.⁶ Its dose-limiting toxicity is myelosuppression. Irinotecan, a topoisomerase inhibitor, is another new cytotoxic agent, also with a moderate activity in gastric cancer.⁷ Its main toxicity is diarrhea. Both taxotere and irinotecan are interesting new anticancer agents, and deserve further investigation in combination chemotherapy regimens.

Other chemotherapeutic agents that have been studied in advanced gastric cancer with modest or

minimal activity are shown in Table 1. Complete responses are extraordinarily uncommon with single agents, even with those having the highest reported activity. Responses are generally of brief duration and without a significant impact on survival. No single-agent treatment in gastric cancer can be recommended as a clinical routine at present. The role of single-drug clinical trials therefore is to identify agents with activity that can subsequently be evaluated when incorporated into multidrug regimens.

Combination chemotherapy

Cytotoxic combinations in gastric cancer have been derived from single agents and scheduled to maximize the antitumor effect while minimizing the toxicity. Table 2 lists a number of more frequently used combination regimens, their observed response rates and median survival time. Until recently, the most extensively used combination in gastric cancer was 5-FU, doxorubicin and mitomycin C (FAM).¹⁶ This schedule resulted in a response rate of approximately 30% and a median survival time of 5–9 months (Table 2). A number of similar combinations replacing mitomycin C in the FAM regimen with BCNU (FAB), methyl-CCNU (FAMe) or cisplatin (FAP) have been introduced, but without improvement of treatment results. The wide-scale use of FAM or other combinations like FAMe or FAP is a controversial issue, since in randomized

studies, they have not shown a significant advantage over 5-FU alone.^{17–19}

Klein *et al.* developed the FAMTX regimen, which includes the administration of high doses of methotrexate followed by 5-FU on day 1, and of doxorubicin on day 15, every 4 weeks. The methotrexate is given 1 h prior to 5-FU to modulate its action. They obtained a response rate of 58% in 116 patients, and a median survival of 9 months and for responders of 15 months.²⁰ Subsequent studies by other investigators yielded contradictory results (Table 2). However, in a randomized trial conducted by the EORTC, FAMTX induced a significantly higher remission rate (41 versus 9%) and a significantly longer median survival time (44 versus 29 weeks) than FAM.²¹ Furthermore, hematological toxicity was lower in the FAMTX regimen. Although in this study the response rate seen with the FAM regimen is less than seen in previous studies, these results support the place of FAMTX as the best standard therapy for further randomized trials. Further attempts at refining the scheduling of FAMTX have been initiated, either with modulation of 5-FU or alterations in schedule and in substitution of adriamycin by epirubicin.

5-FU is the most extensively studied single agent in gastric cancer. As in the laboratory the efficacy of 5-FU can be enhanced by modulation with leucovorin²², Machover *et al.*²³ developed a schedule in which 5-FU was combined with high-dose leucovorin. He obtained a response rate of 48% in 27 patients with gastric cancer. Subsequent studies by

Table 2. Results of more frequently used combinations for the treatment of advanced gastric cancer

Combination	Evaluable Patients	Response rate (%) (range)	Median survival time (months)	References
FAM and modifications	941	29 (12–65)	5–9	16–19, 47–67
FAP	232	37 (20–56)	4–12	54, 68–75
FAB	303	44 (24–51)	6–8	76–80
FAMe	141	25 (15–47)	6–13	48, 56, 62, 68, 81, 82
FMe	224	19 (9–40)	3–5	48, 56, 83–86
FAMTX and modifications	637	32 (0–58)	3–11	20, 21, 25, 30, 87–94
E*AP and modifications	509	48 (13–73)	6–10	24, 25, 67, 95–103
E*LF and modifications	222	32 (15–53)	6–12	94, 97, 104–107
FEMTXP	41	34 (33–35)	NA	108–110
FEMTX	32	25	8	111
FLP	100	61 (48–69)	9–14	112–115
FLEP	318	41 (15–67)	8	55, 93, 115–119
FLE	37	38	NA	120
HLFP	40	58	12	121
FP and modifications	261	38 (24–45)	4–11	94, 122–126
ECF	235	59 (36–71)	8–9	27–29, 122
FL and modifications	101	20 (0–48)	5–6	23, 127–130

Abbreviations: A, adriamycin; B, BCNU; E, epirubicin; E*, etoposide; F, 5-fluorouracil; H, hydroxyurea; L, leucovorin; M, mitomycin C; Me, methyl-CCNU; MTX, methotrexate; P (or C), cisplatin; NA, not available

others yielded contradictory results (Table 2). However, recent studies with high-dose 5-FU and high-dose leucovorin are promising, and will be tested in a randomized trial in the EORTC.

In the late 1980s, Preusser *et al.* developed a cisplatin-containing regimen, combining etoposide and adriamycin with cisplatin (EAP).²⁴ The peculiarity of this protocol is that it is the only combination regimen in advanced gastric cancer that does not utilize 5-FU. They obtained a response rate of 64%, including 21% complete responses. The median survival of all patients was 9 months. The subsequent experience from different centers confirms the activity of this regimen (Table 2). This regimen, however, did appear to be very toxic. This was confirmed in a randomized trial comparing EAP with FAMTX. The trial was stopped early because of no apparent difference in response, but a significantly higher toxic death rate with EAP.²⁵

Wilke *et al.* designed the etoposide/leucovorin/5-FU (ELF) combination²⁶ as a default study for patients with cardiac or other medical conditions or of advanced age, who were thought not likely to tolerate EAP. This combination achieved a response rate of 53%, including 8% complete responses. A median survival time of 11 months was observed. Because of the encouraging results and the low toxicity profile, the EORTC currently is comparing ELF, 5-FU combined with cisplatin and FAMTX in a randomized phase III trial.

The combination of 5-FU and cisplatin has been evaluated in six studies in 261 patients. Overall response rates of 24–45% with median survival times of 4–11 months have been reported (Table 2).

In a study in colorectal cancer patients,¹¹ 5-FU given as a continuous i.v. infusion yielded a higher tumor response (30 versus 7%) with less toxicity than an intermittent bolus schedule given daily for 5 days every month. In a small non-randomized trial in gastric cancer patients, continuous infusion of 5-FU yielded a response rate of 31%,¹² whereas 5-FU given as an i.v. bolus was known to give a response rate of about 20%.^{8,9} These results have made it an attractive base for new combination chemotherapy regimens in gastric cancer. Two other drugs were added to the infusional 5-FU: cisplatin because of its activity in this disease¹³ and potential synergy with 5-FU, and the anthracycline epirubicin. This combination has shown high antitumor activity (response rate 36–71%) with moderate toxicity.^{27–29} Thus, ECF is an effective form of palliative treatment for patients with advanced gastric carcinoma. Because of the encouraging results, Findlay *et al.* are now testing the ECF regimen in

a multicenter phase III study with FAMTX, using patient survival and quality-of-life as major end points.

Three studies compared chemotherapy with best supportive care. A study by Murad *et al.*³⁰ showed a survival benefit for chemotherapy in patients with advanced gastric cancer. Patients were randomized to a modified version of FAMTX or best supportive care. In the middle of the study the randomization was interrupted because of strong evidence of benefit in the treatment arm. Further patients were accrued to the treatment arm, and by the end of the study 30 evaluable patients had received chemotherapy and 10 supportive treatment only. The median overall survival of the treated group was 10 months and that of the control group only 3 months. A phase III study by Pyrhönen *et al.* comparing 5-FU, epirubicin and methotrexate (FEMTX) with best supportive care has also shown a significant prolongation of progression-free time ($p < 0.02$) as well as survival ($p < 0.007$) in the FEMTX group compared with the control group.³¹ In a small Swedish pilot study, initial chemotherapy (ELF or leucovorin with 5-FU) was compared with best supportive care.³² Overall survival was significantly better in the group of patients randomized to chemotherapy (median 10 months) than in those allocated to the best supportive care (median 4 months). In the overall assessment of quality-of-life, conducted to a structured questionnaire, more patients in the primary chemotherapy group than in the best supportive care group were improved or continued to have high quality-of-life for at least 4 months ($p = 0.06$).

In conclusion, the new chemotherapeutic developments have led to a step ahead in the systemic treatment of gastric cancer. Approximately half of the patients with metastasized disease may benefit from chemotherapy with the new combinations by amelioration of symptoms or prolongation of survival.

Adjuvant chemotherapy

The role of adjuvant chemotherapy in gastric cancer has been extensively studied over the last three decades, being the first attempt to improve the prognosis of resected gastric cancer patients. The most important studies of adjuvant chemotherapy that have used a surgery alone control arm are summarized in Table 3 and 4.

Up to now it could not be shown that adjuvant chemotherapy has a positive impact on survival as compared with surgery alone and a recently pub-

Table 3. Results of randomized trials of adjuvant single-agent chemotherapy following curative resection for advanced gastric cancer

Treatment	No. of patients randomized	Percent survival after no. of years	Median survival (months)	p	References
Surgery alone	315	19/5	NA	NS	131
Thiotepa	301	21/5	NA		
Surgery alone	212	34/3	NA	NS	132
FUDR	185	32/3	NA		
Surgery alone	34	24/5	16	NS	133
Cisplatin i.p.	33	21/5	17		
Surgery alone	66	26/5	NA	0.025	134
Mitomycin C	68	41/5	NA		
Surgery alone	37	62/5	NA	0.001	135
Mitomycin C	33	21/5	NA		
Surgery alone	223	43.5/5	NA	NS	136
Mitomycin C	207	52.5/5	NA		
Surgery alone	25	27/3	NA	< 0.005	137
Carbon absorbed mitomycin C i.p.	24	69/3	NA		
Surgery alone	56	stage II: 31/3 stage III: 22/3	stage II: 34 stage III: 22	NS	138
Florafur	59	stage II: 69/3 stage III: 41/3	stage II: 60 stage III: 34		

Abbreviations: FUDR, 5-fluorodeoxyuridine; NA, not available; NS, not significant.

lished meta-analysis ruled out an only small survival benefit produced by the adjuvant treatment programmes used so far.^{33,34} These negative results do not necessarily mean that the concept of adjuvant chemotherapy of gastric cancer is not working.³⁵⁻³⁸ In the published trials chemotherapy consisted of only marginally active schedules and the patient numbers were in most of these trials too small to allow an appropriate statistical conclusion. Furthermore, in most trials, a homogeneous surgical approach and a surgical and pathological quality control was not mandatory. Therefore, well-designed trials with new and active chemotherapy regimens as well as precisely defined surgery and surgical quality controls are needed. At this moment adjuvant chemotherapy of gastric cancer remains an experimental approach and is not indicated outside clinical trials.

Preoperative chemotherapy

To date, preoperative or neoadjuvant chemotherapy seems the most promising approach to increase the rate of curative resections in patients with gastric cancer by eradication of micrometastases early after diagnosis. In addition, reduction in tumor size could have an impact on resection rates (down-staging). A number of phase II trials have been performed

investigating the ability of preoperative chemotherapy to influence outcome in patients with gastric cancer. In assessing these trials, one should be careful to separate studies in which patients who had potentially resectable gastric cancer at diagnosis underwent surgery after receiving chemotherapy, from studies in which patients with unresectable locally advanced gastric cancer received similar treatment.

Table 5 summarizes trials in which it was shown that locally advanced and not resectable tumors as defined by explorative laparotomy could be rendered resectable by preoperative chemotherapy. In a trial of Wilke *et al.*,³⁹ who used preoperative EAP in 33 evaluable patients with irresectable gastric cancer, 20 of 23 patients who had an objective response to chemotherapy underwent a second look operation. In 15 patients the tumor had become resectable. In this study a median survival time for all patients of 18 months and for disease-free patients of 24 months was achieved, whereas in untreated patients a median survival of 3-5 months can be expected.

A positive impact on prognosis was also claimed in studies where preoperative chemotherapy was given to patients with clinically staged locally advanced disease (Table 6). However, the difficulty with this approach is the lack of reliable criteria for clinically defining locally advanced disease. The other difficulty is that in these studies no randomi-

Table 4. Results of randomized trials of adjuvant combination chemotherapy following curative resection for advanced gastric cancer

Treatment	No. of patients randomized	Percent survival after no. of years	Median survival (months)	p	References
Surgery alone	71	31/5	33	0.003	139
FMe	71	44/5	not reached		
Surgery alone	54	42/5	NA	NS	140
FB	49	57/5	not reached		
Surgery alone	34	10/5	15	NS	141
C/MTX/F/VCR	29	11/5	15		
Surgery alone	130	NA		NS	142
F/VCR/MTX/C	140	NA			
induction + F/M			16		
F/M	141	NA			
Surgery alone	145	13/5	14	NS	143
FAM	138	9/5	18		
Radiotherapy	153	18/5	12		
Surgery alone	69	50/5	NA	NS	144
FMe	75	50/5	NA		
FMe/levamisole	69	50/5	NA		
Surgery alone	47	38/4	33	0.03	145
FMe	41	55/4	not reached		
Surgery alone	68	NA	NA	NS	146
FMe	66	NA	NA		
Surgery alone	89	57/2	33	NS	147
FMe	91	57/2	37		
Surgery alone	79	51/5	NA	NS	148
M/F/Cyt + F	81	68/5	NA		
M/Ftorafur/Cyt + Ftorafur	83	63/5	NA		
Surgery alone	145	20/5	15	NS	149
Radiotherapy	153	12/5	13		
FAM	138	19/5	17		
Surgery alone	64	33/5	31	NS	150
FA	61	32/5	36		
Surgery alone	118	46/15	NA	0.03	151
M/Tegafur/PSK	137	57/15	NA		
Surgery alone	148	35/5	NA	NS	152
FAM (1 year)	133	46/5	NA		
Surgery alone	93	NA	28	NS	153
FAM	83	NA	32		
Surgery alone	26	18/5	27	NS	154
F/Vinblastine/C	27	16/5	24		
Surgery alone	38	56/5	NA		155
M	42	64/5	NA		
M/F/Cyt	40	67/5	NA	0.05	
Surgery alone	34	29/5	17	NS	156
M/F/Cyt	53	45/5	46		

Abbreviations: A, adriamycin; B, BCNU; C, cyclophosphamide; Cyt, cytarabine; E*, etoposide; F, 5-fluorouracil; I, ifosfamide; L, leucovorin; M, mitomycin C; Me, methyl-CCNU; MTX, methotrexate; Tri, triazinate; VCR, vincristine; NA, not available; NS, not significant.

zation to a no-treatment arm was performed, thus interpretation of results would rely only on historical controls.

In an interim report, Kang *et al.*⁴⁰ presented the preliminary results of a study comparing preoperative chemotherapy (cisplatin plus etoposide plus continuous infusion of 5-FU) followed by surgery with surgery alone in clinically staged locally

advanced gastric cancer. At the time of their preliminary report, 51 patients had entered the study. Curative resections were possible in 75% of patients in the neoadjuvant arm and 56% in the surgery arm. Twenty-five percent of patients had stage IB or less in the neoadjuvant arm, while no early stage tumors were seen in the surgery only arm. Based on these results the authors continue patient accrual.

Table 5. Results of preoperative chemotherapy in unresectable gastric cancer at prior laparotomy

Treatment	Timing of chemotherapy	No. of evaluable patients	Responses (CR + PR)	No. of patients having surgery	Complete resection achieved	Pathologic complete response	Median survival (months)	References
E*AP	pre + post	33	23	20	15	5	18	39
E*EP	pre	19	8	10	7	0	NA	157
FMTX	pre	17	8	14	8	0	NA	158
F*AP	pre	41	NA	37	32	0	NA	159

Abbreviations: A, adriamycin; E*, etoposide; E, epirubicin; F, 5-fluorouracil; MTX, methotrexate; P, cisplatin; NA, not available; NS, not significant.

Table 6. Results of preoperative chemotherapy in potentially resectable gastric cancer

Treatment	Timing of chemotherapy	No. of evaluable patients	Responses (CR + PR)	No. of patients having surgery	Complete resection achieved	Pathologic complete response	Median survival (months)	References
E*FP	pre + post	25	6	25	18	0	15	160
FLP + floxuridine + P i.p.	pre + post	38	17	35	29	1	17 +	161
E*AP	pre + post	48	15	41	37	0	16	162
FP	pre + post	27	15	27	17	0	16	163
E*FP	pre	24	NA	20	15	3	NA	40
E*AP + G-CSF	pre	30	NA	30	24	NA	16	164
FAMTX + P i.p. + F i.v.	pre + post	46	NA	37	23	NA	NA	165

Abbreviations: A, doxorubicin; E, epirubicin; E*, etoposide; F, 5-fluorouracil; G-CSF, filgrastim; MTX, methotrexate; P, cisplatin; NA, not available.

In summary, in assessing results of trials of neoadjuvant chemotherapy in gastric cancer, one has to take in mind that patients with potentially resectable tumors at the time of study entry are different from those with advanced unresectable disease, who only undergo exploration if they have response. The currently available data indicate that neoadjuvant chemotherapy is feasible and that the results are encouraging. Therefore it may be proposed to patients with locally advanced gastric carcinomas, if they have an unresectable gastric cancer at prior laparotomy. For patients with potentially resectable locally advanced cancer only randomized studies comparing preoperative chemotherapy versus initial surgery can be recommended.

Conclusion

Gastric cancer is a chemotherapy-sensitive neoplasm. With the new combination cytotoxic regimens approximately half of the patients with metastasized disease may benefit from chemother-

apy by reduction of tumor-related symptoms and/or prolongation of survival.

The results of trials with adjuvant chemotherapy of gastric cancer are disappointing. Further well designed trials with new and more active chemotherapy regimens are needed. At this moment adjuvant chemotherapy is not indicated outside of clinical trials.

Neoadjuvant chemotherapy has been studied in an attempt to improve relapse-free survival and cure rate in patients with locally advanced disease. There have been promising results, but large-scale confirmatory studies and prospective randomized trials are needed in order to establish the role of this treatment modality. Furthermore, new developed drugs such as taxotere and irinotecan have to be incorporated in new chemotherapy regimens.

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