

Review paper

Individualizing chemotherapy for solid tumors — is there any alternative?

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The burgeoning understanding of the molecular basis of carcinogenesis and tumor drug resistance is matched by an appreciation of the complexity of individual tumors. This complexity underlies the heterogeneity of response to treatment and is a major barrier to improving the outcome of solid tumor chemotherapy. While individualization of chemotherapy is theoretically attractive, past attempts to provide such information have produced many papers and little progress. However, the disparate molecular make-up of tumors of the same clinicopathologic type suggests that there may be no alternative and recent progress suggests that individualization of cancer therapy could have considerable benefits. In this review, we consider the alternative methods which might be employed and the requirements which need to be met before they are introduced. It will be some time before molecular analysis can predict chemosensitivity, although this may prove feasible for more specific agents than those currently in use. However, newly developed cellular chemosensitivity assays such as the ATP-tumor chemosensitivity assay allied to selected molecular measurement may already have the potential to select optimal therapy for patients. We need to develop a diverse series of acceptable and biologically logical regimens for each of the common tumor types, all of which can be tested *in vitro*.

Key words: ATP, chemosensitivity, chemotherapy, luminescence, *in vitro*, prediction.

Introduction

Despite many advances in understanding of carcinogenesis and an enlarged repertoire of anti-cancer agents, mortality rates from solid tumors remain stubbornly high. The lack of good response rates in metastatic or advanced disease is particularly problematic. For common tumors, vast resources are

devoted to testing new regimens for adjuvant, palliative and neo-adjuvant treatment. The high cost of trials to examine small differences leads to a slow rate of new regimen development. Furthermore, as each new agent comes to market, the number of trials required increases.

Cancer is now known to be the result of multiple genetic defects within a cell leading to loss of growth control. However simple this concept may be, any cell requires multiple mutations before it can produce a tumor and probably several more before it can metastasize. The mutations are not always the same for the same tumor type, indeed even p53, the most commonly mutated gene in human cancers, is of wild-type in up to 60% of breast carcinomas.^{1,2} Many tumors have an increased ability to mutate. This 'mutator phenotype' is mediated by mutation of one or more genes controlling the progression of genetically suspect cells through the cell cycle.³ They include a series of growth suppressor genes, of which p53 and RB are the most well known, and DNA repair enzymes. The genetic instability which results from formation of a mutator phenotype underlies the acquisition of further mutations in growth genes resulting in tumor formation.⁴ It also almost certainly underlies the ability of cancer cells to become rapidly resistant to cytotoxic agents, many of which are DNA-damaging mutagens which may paradoxically enhance this process.⁵ However, the effect of these mutations is modulated by external influences from normal cells within the tissue affected and within the tumor once this is established. The phenotype of tumor cells can vary widely⁶ and it is probable that this explains the observed differences in the influence of particular gene defects (e.g. p53) on the response to chemotherapy both *in vitro*^{5,7} and *in vivo*.⁸ Chemosensitivity is *context sensitive*. The point can be taken

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further: the degree of cellular stress will in part determine the ability of the cell to respond appropriately to chemotherapeutic agents, since stressed cells turn on p53 and other genes which prevent entry of damaged cells into the cell cycle⁹. Stress levels between cells vary, particularly within larger tumors, and there may therefore be heterogeneity of chemosensitivity *within* larger tumors of cells with the same genotype which will influence whether the patient has a sustained response.

Strategies for overcoming resistance

Current strategies for overcoming chemoresistance are based on the adjustment of dose and sequence to obtain an optimal effect. The use of drug combinations to prevent resistance is commonplace in both microbiology and oncology. The concept of treating the patient with two or more drugs to achieve enhanced tumor cell kill through additive or synergistic effects is attractive, and if the cells are resistant to one drug, they will probably be killed by the second.¹⁰

Since chemotherapy is too toxic to normal tissues to be given for long periods of time, it is usual to give cytotoxic agents at intervals, separated by an interval dependent upon the recovery time of the patient's bone marrow and other normally dividing cells. The use of granulocyte colony-stimulating factor (G-CSF) and cytoprotectants has allowed this interval to be compressed by up to 50% for a number of drugs.^{11,12} Dose intensification of this type is given on the premise that the tumor recovers slowly and requires multiple cell divisions to acquire resistance. Hence the use of shorter intervals between cytotoxic doses should prevent resistance developing in situations such as p53 mutation where rapid relapse is more common.^{13–16}

Some drugs can also be given on the usual schedule, but at higher dose using G-CSF rescue, leading to higher intra-tumor drug concentrations and greater likelihood of tumor cell kill. The logical conclusion of this thinking is the use of stem cell rescue following the administration of very high-dose chemotherapy designed to destroy all tumor cells in breast and ovarian cancer.^{17–19} Unfortunately, this rarely occurs. Such high doses are associated with high response rates, but partial responses are common — in solid tumors many cells are just not in growth phase and these are poorly susceptible to the agents used. It is debatable whether to exceed the minimum inhibitory concen-

tration (MIC) by 10-fold is any better than exceeding it 1-fold. Since most cell lines and primary tumor cell cultures show sigmoid dose-response curves, it is often the case that a 2- to 3-fold increase in drug concentration will *not* result in 100% tumor cell death.^{20–22}

Since resistant clones are likely to occur in situations where large numbers of tumor cells receive treatment, it is no surprise that adjuvant chemotherapy following removal of much of the tumor load is successful in reducing recurrence rates.¹⁹ As an extension of this, Bonnadonna²³ proposed that following one therapeutic regimen with another to which the patient was unlikely to develop resistance would be even more successful. Such sequential therapy regimens are now undergoing clinical trial in both the USA and Europe.²⁴

Individualization of chemotherapy

While the concept of combination chemotherapy is well-established, the use of several drugs, one or more of which may be ineffective, brings with it some inherent problems. It is often the case that the ineffective drug will contribute toxicity when it might have been possible to use the effective drug on its own at higher dose or with an effective alternative. The problem is knowing which tumors respond to which drug!

The heterogeneity of chemosensitivity of solid tumors has been apparent since the early days of chemotherapy. In a trial of two regimens (A and B), regimen A may produce a 60% response, while regimen B produces a 50% response. However, not all those given regimen B will respond to regimen A and if regimen A is then used for all patients with this tumor type, up to 40% may experience toxicity with no benefit.

Molecular studies confirm and clarify reasons behind this heterogeneity, since it is now apparent that tumors are genetically and phenotypically heterogeneous. To overcome this heterogeneity it is necessary to choose the drugs for each patient according to their likelihood of response. Recent evidence that the site of mutation within the p53 molecule can influence chemosensitivity^{25,26} was predictable^{5,27} given the pleiotropic effects of this molecule. Different molecular pathways interact leading to a level of complexity from different mutations which may well explain the observed heterogeneity of chemotherapeutic sensitivity in many tumors.^{5,27}

Tumors are therefore heterogeneous at the mole-

cular, cellular and tissue level. The requirement for individualization of therapy is obvious and needs to be addressed to take advantage of the increasing number of agents available for treatment.

Potential methods for individualizing cancer therapy

Some molecular methods for individualizing therapy are already in use. It is now mandatory to measure the estrogen receptor (ER) status of breast tumors and this is often used as a guide for the use of tamoxifen or other hormonal drugs. ER positivity has a 70% or so correlation with response and this is felt to be acceptable guidance by many oncologists.²⁸ Other molecular/histopathological methods of individualizing therapy are being developed, but their track record is poor.²⁹ Few can guide treatment for more than one drug or choice of chemotherapy versus radiotherapy. While some have suggested that measurement of levels of expression of markers such as p53 and *bcl* series gene products may be able to predict individual tumor responses,³⁰ evidence for this is lacking.⁵ We believe that the large number and complexity of such measurements that will be needed, together with the pleotropic nature of oncogenes²⁷ make it extremely unlikely that such approaches will succeed. However, the use of selected molecular measurements associated with use of new highly specific agents acting on oncogenes or intracellular pathways may well prove valuable.

The use of neoadjuvant therapy and the therapy of advanced tumors based on tumor marker levels are also forms of individualized therapy. One can see the tumor response and alter the regimen accordingly. However, often, the problem is knowing which of the drugs in any combination are effective and which should be dropped. Similar problems encountered by endocrinologists and immunologists in the whole organism or in organs have proved

intractable in the past due to the immense complexity of these systems: the problems inside the cell appear even greater.

In vitro chemosensitivity assays in which tumor cells are exposed to drug also have a poor track record.^{31–33} However, here the problems are mainly technical—in the past such assays have often had poor evaluability rates.^{31–34} There were indications from the few clinical trial results available that such testing certainly did no harm to patients and indeed may have provided some benefit.^{35,36} However, consistent failure has led many oncologists to abandon such assays despite the fact that there is no rational alternative in sight.^{32,33,37}

Chemosensitivity assays

Clonogenic assays show the effect of anticancer agents on cell division (Table 1), while non-clonogenic assays (Table 2) show the effect on cell viability, usually by means of a measure of metabolic activity. Assays of both types continue to be used extensively with cell lines for drug screening, but their use with primary tumor cells has been plagued by technical difficulties. It should be emphasized here that drug screening has different requirements to *ex vivo* tumor chemosensitivity testing. Most such assays require isolation of cancer cells from others and then require the cells to grow or at least survive *in vitro* for a variable time. Isolation of tumor cells from the tissue is not only technically demanding, but often detrimental to expression of the 'real' phenotype of the cells *in vivo* which is determined to some extent by interaction with these cells. For instance, evidence from xenograft studies suggests that removal of fibroblasts can reduce expression of MDR1 in colonic cancer leading to spurious doxorubicin sensitivity.^{38,39} If large cell numbers are required for *in vitro* assay, this causes clinical problems as the bulk of the tissue is often required for histopathology. It totally excludes patients in

Table 1. Clonogenic assays

Assay	Duration days	Evaluability rate (%)	Predictive accuracy (%)	Tumor types	References
Stem cell assay/ capillary stem cell assay	14–21	51–76	40–70	solid/hematogenous	34–36, 65–71
Thymidine incorporation	5	80	70	all	72–74

The figures given are estimated from the literature and only key references are quoted.

Table 2. Non-clonogenic assays

Assay	Duration days	Evaluability rate (%)	Predictive accuracy (%)	Tumor types	References
DiSC assay	4–6	86	83	all—especially hematogenous	48–49, 74–76
MTT assay	4–5	85	62	hematogenous, especially acute leukemia	31, 40–45, 78
ATP assay	6–7	> 97	75–85	solid tumors	5, 6, 12, 20, 22, 31, 41, 53–57, 63
Fluorescent cytoprint assay	4–5	91	87	solid tumors	47, 77
Histoculture drug response assay (HDRA)	7 days	96	92	solid tumors	46

DiSC = differential staining cytotoxicity, MTT = tetrazolium salt, ATP = adenosine triphosphate. The figures given are estimated from the literature and only key references are quoted.

whom surgical intervention is unlikely to be of benefit.

The ideal tumor chemosensitivity assay (TCA) would have the following characteristics:

- Ability to use small amounts of tumor material, always leaving sufficient for histological diagnosis and molecular analysis (e.g. ER status).
- Ability to measure multiple drugs and combinations using less than 5×10^6 cells.
- Provision of response information over a range of at least six concentrations.
- High evaluability rate (greater than 90%).
- Clearly defined criteria for analysis of results and interpretation.
- Good relevance to *in vivo* situation

Such criteria are only barely met by modern bacteriological testing and TCAs have some way to go before they reach the same level of sophistication. Many of the methods used to date are technically demanding. It is unlikely that any successful assay will reach routine clinical practice unless it has good inter-laboratory reproducibility and can be performed routinely by relatively junior laboratory staff. The most successful assays according with these criteria at present are all non-clonogenic: the MTT assay, the DiSC assay and the ATP-TCA.

The MTT assay is the best known example of a number of assays based on detection of cell viability by conversion of an added substrate to a colored or fluorescent product by intracellular enzymes.⁴⁰ Loss of viability results in loss of the enzyme from the cell. The MTT assay compares favorably on price with the ATP-TCA, but requires larger numbers of

cells and some drugs can interfere with the conversion of MTT (3-[4,5-dimethylthiazol-2-yl]-2,5-diphenyl-tetrazolium bromide) by mitochondrial succinate dehydrogenase.^{40,41} There are a number of other problems, including limited dynamic range, the metabolic state and pH of the tumor cells, and reagent quality^{31,42,43} as well as growth of normal cells.⁴⁴ Nevertheless, it has been shown that assay AUC values correlate well with clinically achievable AUC values for mitomycin C and nimustine-HCl.⁴⁵ The MTT has been applied as the end-point of micro-organ culture assays, including the histoculture drug response assay (HDRA).⁴⁶ The fluorescent cytoprint assay (FCA) uses a metabolic method resulting in fluorescein release from living cells in short-term agar cultures of small 'micro-organs' containing approximately 50 cells.⁴⁶

The DiSC assay has proved particularly useful in hematogenous malignancy⁴⁸ and has been used prospectively to guide treatment in non-small cell lung cancer,⁴⁹ although it is technically demanding. It does not require single-cell suspensions or pure tumor cells and is not dependent upon cell division. Cells are imposed to cytotoxic drugs and then stained with fast green/nigrosin blue. Those cells which fail to exclude the dye are dead and the proportion of tumor cells killed is estimated by direct microscopy. This requires considerable cytological expertise for some tumors in which it can be difficult to distinguish normal and malignant cells. Several newer assays are also of interest, particularly those based on the detection of apoptosis in small numbers of cells,⁵⁰ the semiautomated fluorometric microculture cytotoxicity assay (FMCA)⁵¹ and those measuring cell differentiation.⁵²

Recently, we have been involved in further development of the ATP-TCA,^{5,6,12,20,22,41,53-57} an assay based on the rapid loss of ATP from dead cells and the availability of extraordinarily sensitive luminescence assays using firefly luciferase,⁵⁸ which has been used by a number of groups.⁵⁹⁻⁶² This assay requires only 20 000 cells/well with a minimum of 20% tumor cells and can handle a variety of different samples (surgical, needle biopsy, effusion). Many technical problems associated with TCAs have been overcome by this assay.^{6,22,55} In particular, normal cells do not interfere with the assay, but are not removed immediately.⁵⁵ This maintains the environment of the tumor cells more faithfully than assays requiring pure tumor cell populations³⁸ and is accomplished using a serum-free assay medium with polypropylene plates which do not support cell attachment.⁵⁵ Intra- and inter-assay variation is less than 10%, and the assay is both simple and objective.⁵⁵ The concentrations of each agent used in the assay have been adjusted to give the greatest discrimination between sensitive and resistant tumors.⁵⁵

The ATP-TCA shows good evaluability (97% in one recent series of breast cancer biopsies)⁶³ and has good correlation with clinical outcome in both breast and ovarian cancer.^{55,63} The ATP-TCA has already shown its ability to aid the development of new therapeutic regimens.¹² This is consistent with a requirement for different regimens which hit different aspects of tumor cell biology. ATP-TCA results can be used in conjunction with molecular analysis.^{5,38} It can be used for preclinical drug assessment with real tumors,⁵⁶ not just cell lines, reducing the need for animal studies. Derivation of dose-response curves allows detailed examination of which drugs are suitable for dose intensification⁵⁷ (Kurbacher *et al.*, unpublished).

Few TCAs have been subjected to clinical trial against physicians' choice: several trials have foundered on the inability of the assay to produce good evaluability rates with clinical samples.³¹ However, recent experience in a case control study of recurrent ovarian cancer (Kurbacher *et al.*, unpublished) suggests that the ATP-TCA is worthy of such evaluation. In a prospective series of 25 patients and 30 controls, ATP-TCA directed therapy produced a 64% RR (37% in controls) and increased progression-free survival from 20 to 45 weeks. The majority of responses occurred with experimental combinations rather than the more commonly used single agents, but the diversity of different combinations used makes it likely that the ATP-TCA made a considerable contribution.

Conclusion

There is a need for a critical attitude to current chemotherapy success rates in solid tumors: the current level of success is still depressing despite the availability of new drugs.³³ There is overwhelming evidence of tumor heterogeneity at the molecular, cellular and tumor level. Some form of objective method is required to choose the best drug for each patient and it is necessary to avoid judging current success by past failures.^{33,64} TCAs are only as useful as the drugs available, but with increasing diversity of cytotoxic agents, individualization of chemotherapy is biologically justified and provides a means to exploit advances in the understanding of cancer. The second generation of TCAs (particularly the ATP-TCA and DiSC assay) have good evaluability and have been designed to work with small tumor samples. Many can be used in conjunction with molecular analysis.

In the past, it may have been acceptable to introduce new surgical and diagnostic methods without prospective clinical trials. This is no longer the case and it is indeed up to the proponents of such assays to conduct randomized trials comparing empirical choice with TCA-guided therapy. Such trials are urgently required—a working TCA could be of immense benefit to the pharmaceutical industry, oncologists and their patients.

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