

Achieving Optimal Outcomes in Chronic Lymphocytic Leukaemia

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Abstract

Chronic lymphocytic leukaemia (CLL) is a disease of late middle age and older. The majority of patients are diagnosed because of a lymphocytosis of at least 5 x 10<sup>9</sup>/L on an incidental blood count. It needs to be distinguished from mantle cell lymphoma and splenic marginal zone lymphoma by lymphocyte markers. The immunophenotype of CLL is sparse surface immunoglobulin, CD5+, CD19+, CD23+, CD79b-, and FMC7-. The disease is staged according to the presence of lymphadenopathy and/or splenomegaly and the features of bone marrow suppression. Most patients have an early stage of disease when diagnosed and perhaps 50% will never progress. This group of patients have a normal life expectancy and do not require treatment beyond reassurance.

Progression involves an increasing white cell count, enlarging lymph nodes and spleen, anaemia and thrombocytopenia. Complications of progression include autoimmune haemolytic anaemia and thrombocytopenia, immunodeficiency, and the development of a more aggressive lymphoma. A range of prognostic factors is available to predict progression, but most haematologists rely on close observation of the patient.

Intermittent chlorambucil remains the first choice treatment for the majority of patients. Combination chemotherapy offers no advantage. Intravenous fludarabine is probably more effective than chlorambucil, but no trial has yet shown a survival advantage for using it first rather than as a salvage treatment in patients not responding to chlorambucil. It is at least 40 times as expensive as chlorambucil. Cladribine may be as effective as fludarabine, although it has been used less and is even more expensive.

Patients who relapse after chlorambucil should be offered retreatment with the same agent and if refractory should be switched to fludarabine, which may also be offered for retreatment on relapse. For patients refractory to both drugs, a variety of options are available. High dose corticosteroids, high dose chlorambucil, CHOP (cyclophosphamide, prednisolone, vincristine and doxorubicin), anti-CD52, anti-CD20 and a range of experimental drugs which are being evaluated in clinical trials.

Younger patients should be offered the chance of treatment with curative intent, preferably in the context of a clinical trial. Autologous stem cell transplantation after achieving a remission with fludarabine has relative safety and may produce molecular complete remissions. Only time will tell whether some of these patients are cured but it seems unlikely. Standard allogeneic bone marrow transplant is probably too hazardous for most patients, but non-myeloablative regimens hold out the hope of invoking a graft-versus-leukaemia effect without a high tumour-related mortality.

Trials of immunotherapy are exciting options for a few patients in specialised centres.

Chronic lymphocytic leukaemia (CLL) is the second most common haematological malignancy in the Western world (after myelodysplastic syndrome). In the UK, the incidence is 5.6/100 000.<sup>[1]</sup> It is a disease of the elderly, with a median age of presentation of 69 years<sup>[2]</sup> and an incidence in those aged > 75 years of 27/100 000.<sup>[1]</sup>

## 1. Definition

Only recently have haematologists agreed on a definition of CLL. Several clinical entities have similar cellular morphology and clinical presentations, with the result that many clinical trials have been contaminated by the inclusion of patients with more or less malignant conditions with a superficial resemblance to CLL. A National Cancer Insti-

tute (NCI) sponsored Working Group recommended the diagnostic criteria shown in table I.<sup>[3]</sup>

These criteria have been to some extent superseded by the Royal Marsden scoring system that makes use of further immunological markers (table I).<sup>[4,5]</sup> Even within true CLL there is a degree of heterogeneity with respect to immunological markers, but most patients will score 4 or 5 out of 5 for these criteria.<sup>[5]</sup> The major interlopers into the clinical trials have been mantle cell lymphoma (MCL) and splenic marginal zone lymphoma (SMZL).

### 1.1 Mantle Cell Lymphoma

MCL<sup>[6]</sup> was previously known as diffuse centrocytic lymphoma. It is believed to arise from the follicular mantle in the lymph node. The cells are

**Table I.** Definition of chronic lymphocytic leukaemia

National Cancer Institute Working Group Definition <sup>[3]</sup>		Royal Marsden Score <sup>[4,5]</sup>
<b>Blood</b>		
Lymphocytosis of $\geq 5 \times 10^9/L$ ; morphologically mature; persisting $\geq 4$ wks		
<b>Bone marrow</b>		
$\geq 30$ lymphocytosis, normocellular or hypercellular Ig; (not essential)		
<b>Cell markers</b>	Score one for each consistent marker	
Monoclonal surface Ig; CD5+; sparse surface Ig	CD5+; CD23+; sparse surface Ig; CD79b neg; FMC7 neg	
<b>Ig</b> = immunoglobulin.		

thought to be naïve B cells, yet to confront antigen, although this has been disputed.<sup>[7]</sup> It is generally a very malignant tumour. Although initially sensitive to chemotherapy, it rapidly relapses and the median survival is <2 years. There are no long term survivors even with the most aggressive therapy. Cell markers distinguish it from CLL (table II). There is a characteristic t(11;14) chromosomal translocation which upregulates the expression of nuclear cyclin D1 (also known as BCL-1), which can be stained for. It is still a matter of dispute as to whether there is a type of CLL with the t(11;14) translocation,<sup>[8]</sup> but certainly some patients with this translocation resemble CLL. Their disease usually behaves like MCL.

1.2 Splenic Marginal Zone Lymphoma

SMZL<sup>[9]</sup> is the same condition as splenic lymphoma with villous lymphocytes. If only the bipo-

lar villi, characteristic of this condition, were a constant feature there would be less confusion. In general, the cells are larger and with more cytoplasm than in CLL. The tumours arise from the marginal zone surrounding the follicle centre and the cells have been educated following exposure to antigen.<sup>[10]</sup> Unfortunately, some MCLs can assume marginal zone appearances in splenic histology,<sup>[11]</sup> which probably accounts for the fact that some marginal zone tumours have been reported as CD5 positive or carrying the t(11;14) translocation. The immunophenotype is shown in table II. Clinically, SMZL is benign in most patients, often requiring no treatment. Splenomegaly is common and lymphadenopathy rare. Two-thirds of patients have a circulating paraprotein.

1.3 Other Lymphomas

More rarely, other lymphoid tumours have been confused with CLL including large granular lymphocytic leukaemia, small-cell Sezary syndrome, T cell prolymphocytic leukaemia, follicular lymphoma, B cell prolymphocytic leukaemia, hairy cell leukaemia (HCL) and hairy cell variant. With up-to-date resources, these mistakes should no longer occur. However, despite these modern resources, we still occasionally see leukaemias that do not fit in well with any category. In general these have a poor prognosis.

2. Staging Systems

There are two staging systems in current use: the American Rai system<sup>[12]</sup> and the European Binet system<sup>[13]</sup> (table III). Both systems have prognos-

**Table II.** Differential diagnosis - cell markers

	Surface Ig	CD5+	CD19+	CD23+	Cyclin D1	Cd79b	FMC7
CLL	Sparse	Pos	Pos	Pos	Neg <sup>a</sup>	Neg	Neg
MCL	Dense	Pos	Pos	Neg	Pos	Pos	Pos
SMZL	Dense	Neg <sup>b</sup>	Pos	Neg	Neg <sup>b</sup>	Pos	Pos

a Some CLLs have been described with the t(11;14) translocation and consequent cyclin D1 upregulation. The matter is contentious, but the author's contention is that these are cases of MCL masquerading as CLL.

b Some MCLs adopt the morphology of SMZL in the spleen and are consequently misdiagnosed.

CLL = chronic lymphocytic leukaemia; Ig = immunoglobulin; MCL = mantle cell lymphoma; Neg = negative; Pos = positive; SMZL = splenic marginal zone lymphoma.

**Table III.** Staging systems for chronic lymphocytic leukaemia

Stage	Characteristics	Survival (y)
<b>Rai</b>		
0	Lymphocytosis in blood and bone marrow only	12
I	Lymphocytosis plus lymphadenopathy	7
II	Lymphocytosis plus splenomegaly or hepatomegaly	7
III	Lymphocytosis plus anaemia (Hb <110 g/L)	<1
IV	Lymphocytosis plus thrombocytopenia (platelets <100 × 10 <sup>9</sup> /L)	<1
<b>Binet<sup>a</sup></b>		
A	<3 sites involved, Hb >100 g/L, platelets >100 × 10 <sup>9</sup> /L	9
B	≥3 sites involved, Hb >100 g/L, platelets >100 × 10 <sup>9</sup> /L	5
C	Hb <100 g/L, platelets >100 × 10 <sup>9</sup> /L	2

a Involved sites are liver, spleen and lymph nodes in inguinal, axillary and cervical regions.

**Hb** = haemoglobin levels.

tic value. Neither system decrees that the anaemia and thrombocytopenia should be the result of marrow failure, but clearly when they have another cause they do not necessarily carry the same grave prognosis. It is bizarre that the same levels of haemoglobin are required for both genders, but it is nevertheless true. Several groups have noted that a falling haemoglobin is a poor prognostic feature even if it is not so severe as to advance the stage of the disease.

**3. Other Prognostic Factors**

Evidence will be presented later in this review to show that early stage CLL does not benefit from early treatment, and that late stage disease is incurable. All late stage disease was once at an early stage. Because of this, it would be useful to be able to distinguish at an early stage those patients who will progress from those who will never have any trouble. A number of adverse prognostic factors have been identified. Absolute lymphocyte count is not of itself a prognostic factor, although patients with counts <30 × 10<sup>9</sup>/L are best left untreated.<sup>[14]</sup> A lymphocyte doubling time of <12 months carries

an adverse prognosis.<sup>[15]</sup> Diffuse bone marrow histology carries a worse prognosis than either nodular or interstitial patterns.<sup>[16]</sup> Typical rather atypical morphology,<sup>[17]</sup> low serum CD23+<sup>[18]</sup> and β<sub>2</sub>-microglobulin<sup>[19]</sup> levels, normal karyotype or 13q deletions rather than trisomy 12 or 11q deletions,<sup>[20]</sup> and CD38 negativity<sup>[21]</sup> all denote the more benign variant of the disease.

The French group described an especially benign A' group of patients with haemoglobin (Hb) >120 g/L and lymphocyte counts <30 × 10<sup>9</sup>/L with a survival curve identical to age-matched controls.<sup>[22]</sup> Similarly, a Spanish group<sup>[23]</sup> described smouldering CLL with the characteristics in table IV.

Two recent studies suggest that CLL is really two diseases.<sup>[24,25]</sup> One, deriving from memory B cells, detected by the presence of somatically mutated immunoglobulin (Ig) variable region (V) genes, has a median survival of 25 years, while the other, deriving from naïve B cells with unmutated V genes, has a median survival of only 8 years. Sequencing Ig V genes is a costly and time-consuming technique unavailable to most laboratories. One group has suggested that CD38 positivity might be a surrogate assay,<sup>[25]</sup> but the other has disputed this.<sup>[26]</sup> The importance of this study is that it distinguishes two separate diseases, one of which requires no treatment. There is no suggestion that one could transform into the other.

**4. Complications of Chronic Lymphocytic Leukaemia**

Patients with CLL seldom die of leucostasis. Lymphadenopathy may be unsightly, but it is not invasive. In the abdomen, enlarged nodes seldom cause ureteric obstruction. As with most leukemias, bone marrow failure is the principle hazard.

**Table IV.** Criteria for smouldering chronic lymphocytic leukaemia

<b>Stage A</b>
Non-diffuse bone marrow histopathology
Haemoglobin ≥130 g/L
Lymphocyte count <30 × 10 <sup>9</sup> /L
Lymphocyte doubling time >12 months

The drugs used to treat the disease themselves damage bone marrow stem cells. In addition, patients with CLL, including those with the more benign subtype, develop immunodeficiency. There is a profound hypogammaglobulinaemia, but T cells are also abnormal. Between 10% and 20% of patients develop autoimmune complications of which autoimmune haemolytic anaemia (AIHA) is the most common,<sup>[27]</sup> but immune thrombocytopenia,<sup>[28]</sup> pure red cell aplasia,<sup>[29]</sup> paraneoplastic pemphigus,<sup>[30]</sup> acquired angio-oedema<sup>[31]</sup> and glomerulonephritis<sup>[32]</sup> also occur.

Three types of transformation of CLL are reported, all to some extent misunderstood. Prolymphocytic (sometimes prolymphocytoid) transformation refers to the presence in the blood of more than 10% prolymphocytes in a patient who otherwise clearly has CLL.<sup>[33]</sup> Although the number of prolymphocytes may increase with time, in many cases it remains constant. Others have referred to this as one of the forms of atypical CLL.<sup>[34]</sup> Prolymphocytic leukaemia is a quite separate disease, and one does not transform into the other.

Transformation to acute lymphoblastic leukaemia is even more controversial. Most incidences belong to a time when the diseases were more poorly defined<sup>[35]</sup> and most CLL experts are skeptical that such a phenomenon exists.

Richter's syndrome, the development of an aggressive lymphoma on a background of CLL, certainly occurs,<sup>[36]</sup> but there are few patients in whom the aggressive lymphoma has been shown to be a sub-clone of the CLL.<sup>[37,38]</sup> An interesting recent suggestion implicates the proliferation of Epstein-Barr virus (EBV)-stimulated clones in an immunodeficient patient.<sup>[39]</sup>

Many workers believe that other cancers, both solid tumours and haematological neoplasms are more common in patients with CLL, but because these are all quite common diseases of the elderly it is difficult to be sure that this is so.

## 5. Aims of Treatment

The primary aim of all medical treatment is 'first do no harm'. Since there is a group of patients

in which CLL causes no symptoms and does not shorten life, it is important to identify these and refrain from treating them. For those with CLL that causes mortality or morbidity, the aim, were it possible, should be cure, and if not, the greatest prolongation of life for the least toxicity. For acute leukaemias and aggressive lymphomas, complete remission (CR) is a prerequisite for the optimal outcome. It may not necessarily be the case for CLL, which even if it is progressive, is often quite slowly so. In an older person, the disease may outlive the patient. Nevertheless, the NCI Working Group has recommended criteria of response which include CR.<sup>[40]</sup> A modification of these recommendations introduced the concept of a nodular partial response (PRn).<sup>[3]</sup> These patients fulfilled the criteria for a CR except for the presence of lymphoid nodules on trephine biopsy (table V).

In all these responses it is usual to find that the disease remains easily detectable by more sensitive methods. A population of CD5/CD19 positive cells can be detected by dual colour immunofluorescence, whereas molecular techniques will detect a single Ig heavy-chain-gene rearrangement.

## 6. The Option of No Treatment

Large numbers of patients (76% in one series<sup>[2]</sup>) present incidentally without symptoms or signs, simply because a blood test has been requested for an unrelated reason. In many of these patients CLL never progresses. Clearly, no treatment is the best option for these patients, but those who do need treatment often present in the same way. At the moment there is no sure way of identifying those who do not need treatment.

Several trials have addressed the question as to whether in stage A (Binet) or stage I and II (Rai) patients it would be safe to avoid treatment until progression occurs. A meta-analysis of 2048 such patients in 7 trials randomised between immediate or deferred treatment with chlorambucil (with or without prednisolone) suggested no benefit for either arm.<sup>[41]</sup> The 10-year survival was slightly worse (but not statistically significantly so) for those treated early (44 *vs* 47%). There is, therefore,

**Table V.** National Cancer Institute criteria for response (improvements must persist for at least 2 months) in patients with chronic lymphocytic leukaemia

Criterion	CR	PRn	PR
Hb g/L	≥110	≥110	≥110 or 50% reduction in transfusion requirement <sup>a</sup>
N × 10 <sup>9</sup> /L	≥1.5	≥1.5	≥1.5 or 50% improvement <sup>a</sup>
PI × 10 <sup>9</sup> /L	≥100	≥100	≥100 or 50% improvement <sup>a</sup>
L × 10 <sup>9</sup> /L	≤4	≤4	50% reduction
BM lymphocytes	≤30% no nodules in trephine biopsy	≤30% with nodules in trephine biopsy	No requirement
LN	0	0	50% reduction
L/S	0	0	50% reduction
Other	Absence of constitutional symptoms		Absence of constitutional symptoms

a Only one of these required for a partial response.

**BM** = bone marrow; **CR** = complete response; **Hb** = haemoglobin; **L** = lymphocytes; **LN** = lymph nodes; **L/S** = liver/spleen; **N** = neutrophils; **PI** = platelets; **PR** = partial response; **PRn** = nodular partial response.

no need to treat patients with stage A disease with chlorambucil unless there is evidence of a falling haemoglobin or platelet count, progression to a later stage of disease, unsightly or uncomfortable lymphadenopathy, a lymphocyte doubling time of <12 months or transformation of the disease.

In a French study,<sup>[42]</sup> 51% of patients allocated to the deferred treatment arm eventually required treatment, and 27% eventually died of a cause related to CLL. The outcome of patients who progressed to stage B was the same as patients who presented *de novo* with stage B.

Of course, were a superior treatment to chlorambucil to become available the question of early versus delayed treatment in stage A disease might have to be revisited.

## 7. Corticosteroids

Corticosteroids are effective agents in many cases of CLL. They are generally reserved as first-line agents in patients presenting with autoimmune haemolytic anaemia or thrombocytopenia, or as salvage therapy in patients with refractory disease. The dose for autoimmune disease is prednisolone 40 mg/m<sup>2</sup> daily for 14 days, tapering over another 2 weeks. Prednisolone alone will control CLL in about 10% of patients, but because of steroid-induced adverse effects it should not be used as a treatment of choice. Characteristically, patients on corticoste-

roids have an initial rise in lymphocyte count. This is due to redistribution of lymphocytes among compartments and does not carry a sinister significance.

High dose methylprednisolone has a place in end-stage, refractory CLL. Dosages of 250 mg/m<sup>2</sup> daily for 5 days often restore normal Hb and platelet counts, although the risk of infection is increased.<sup>[43]</sup>

## 8. Alkylating Agents

Chlorambucil is well tolerated in CLL as it avoids the usual alkylating agent adverse effects of alopecia and gastrointestinal intolerance. Dosages from 0.1 mg/kg daily given indefinitely to 0.7 mg/kg daily for 4 days every month have been used. No randomised study has demonstrated that one regimen is preferable. Many doctors suspect that continuous chlorambucil might induce secondary myelodysplastic syndrome, but there is no firm evidence that this is so.

A Croatian trial<sup>[44]</sup> compared a continuous high dosage of chlorambucil (15 mg/day) with a single dose (75mg) given intermittently every 4 weeks together with prednisolone. The prednisolone dosage was 50 mg/day tapered to 15 mg/day over 6 weeks followed by 30 mg/day for 7 days with each subsequent course of chlorambucil. The high daily dose was associated with greater toxicity and di-

minished compliance but gave a higher CR rate (70 vs 30%) and a significantly longer survival (median survival 6 vs 3 years;  $p < 0.01$ ). It should be noted, however, that the requirements for a CR were less stringent than in NCI guidelines in that it was not necessary to perform a post-treatment bone marrow biopsy. This study is of great interest since it suggests that chlorambucil is regularly given in less than the best schedule. As shown in the following sections, this more intense schedule performs well against newer agents and is considerably cheaper.

Three trials involving 424 patients have addressed the question of whether adding prednisolone to chlorambucil improves response or survival.<sup>[45-47]</sup> None of them demonstrated any advantage in adding the corticosteroid, but the trials are too small to know for certain that there is none. Given that better antibacterials and antifungals are now available to us, both of which would tend to diminish steroid-induced toxicity, the question of whether or not to add corticosteroids should be regarded as moot. Current practice in the UK is to use prednisolone if there is evidence of autoimmune disease, and during the first course of treatment if the patient has significant thrombocytopenia.

Cyclophosphamide 50 to 100 mg/day is an acceptable alternative in the few patients who are chlorambucil intolerant. Cyclophosphamide causes more alopecia but less marrow toxicity than chlorambucil.

Within clinical trials, chlorambucil is usually continued until maximal response, but this is seldom CR, and it virtually never eliminates all trace of the disease. In clinical practice outside trials, treatment is often discontinued when the blood count becomes relatively normal and the patient is symptom free. There have been no comparative trials of these practices.

## 9. Combination Chemotherapy

A study of patients with Stage C disease in France<sup>[48]</sup> suggested a benefit for patients treated with low dose CHOP (cyclophosphamide 300

mg/m<sup>2</sup>, prednisolone 40 mg/m<sup>2</sup> orally for 5 days, vincristine 1 mg/m<sup>2</sup> and doxorubicin 25 mg/m<sup>2</sup> intravenously on day 1). This was a small trial with only 70 patients randomised. However, a number of trials have now randomised patients between treatment with chlorambucil or combination chemotherapy (generally cyclophosphamide, vincristine and prednisolone, with or without an anthracycline). Although responses to regimens containing an anthracycline may be quicker, a meta-analysis of 10 trials involving 2035 patients with stage B and C disease<sup>[41]</sup> shows that there is no difference in overall survival between the 2 types of treatment. The presence of an anthracycline in the combination does not affect the outcome. Of particular interest among these trials was the International Society for Chemo-Immunotherapy trial comparing the high dose Croatian chlorambucil regimen with the low dose French CHOP regimen.<sup>[49]</sup> Among 228 randomised patients both the response rate (89.5 vs 75%) and the median overall survival (68 vs 47 months) was better for the chlorambucil arm.

## 10. Purine Analogues

Fludarabine, cladribine and pentostatin all have therapeutic effect in CLL. The molecules are similar in structure. Fludarabine is the most frequently used, cladribine less so and pentostatin hardly at all.

### 10.1 Fludarabine

At dosages of 25 mg/m<sup>2</sup>/day given by an intravenous infusion lasting 30 minutes for 5 days every 28 days, fludarabine is the most effective single agent known in CLL. In 12 phase I and phase II studies<sup>[50]</sup> among 1298 patients with relapsed or refractory disease, a response rate (CR + PR) of 41% was seen and among previously untreated patients the response rate was almost twice as high (79%), with the majority being complete or nodular responses. In the study of 703 patients receiving fludarabine via the Group C mechanism of the NCI,<sup>[51]</sup> the response rate was only 32% with 3% CRs, but these included many elderly patients with

poor performance scores and extensive prior therapy. Interestingly, in the Medical Research Council (MRC) of the UK CLL3NR trial, patients given salvage fludarabine after failure to respond to either chlorambucil or chlorambucil plus epirubicin, had a response rate of over 80%.<sup>[52]</sup>

There have been 5 phase III studies comparing fludarabine with other treatments. All demonstrate that it is probably the most effective drug available to treat CLL, but most patients failing other treatments will eventually receive it and as yet there is no survival advantage for those patients receiving it as first-line therapy.

Fludarabine has been compared with CAP (cyclophosphamide 750 mg/m<sup>2</sup>, doxorubicin 50 mg/m<sup>2</sup> both intravenously day 1, and prednisolone 40 mg/m<sup>2</sup> orally on days 1 to 5) in a multicentre European study.<sup>[53]</sup> In previously treated patients the response rates were significantly greater in the fludarabine arm (48 vs 27%). However, median remission duration at 324 days for the fludarabine group and 179 days for the CAP group was not significantly different, while the median survivals of the 2 arms of the study were very similar (at 728 and 731 days, respectively). For previously untreated patients, the response rates were not significantly different (71 vs 60%). However, fludarabine induced significantly longer remissions in this group. The overall survival of the fludarabine group in this ongoing study also looks better but this has not yet reached statistical significance and, because patients were allowed to cross over, may never do so. Alopecia, nausea and vomiting were significantly more frequent in the CAP arm, but infections were more common in the fludarabine arm.

In a similar French study,<sup>[54]</sup> fludarabine was compared with either CAP or the French low dose CHOP regimen. Randomisation to the CAP arm was stopped early because of a poorer outcome. Between 1990 and 1998 651 and 287 patients with stage B and stage C disease, respectively, were randomised. Clinical and haematological remission was significantly higher in the fludarabine arm (40 vs 30% for CHOP vs 15% for CAP), although failure to respond was higher with CAP (41 vs 27%

with CHOP). Grade 3 or 4 toxicities were similar in each group. Median overall survival was similar in all 3 groups (70 months for CHOP, 73 months for CAP and 74 months for fludarabine).

An American study<sup>[55,56]</sup> of previously untreated patients randomised more than 500 patients between fludarabine 25 mg/m<sup>2</sup>/day for 5 days (n = 179), chlorambucil 40 mg/m<sup>2</sup> on day 1 (n = 193) and the combination of the 2, fludarabine 20 mg/m<sup>2</sup>/day for 5 days and chlorambucil 20 mg/m<sup>2</sup> on day 1 (n = 137). Randomisation to the combination arm was stopped before the end of the trial because it was more toxic and had no chance of proving better than the fludarabine arm. The incidence of CR and overall responses was significantly greater for patients treated with fludarabine than those treated with chlorambucil (20 and 64% vs 5 and 39%). Median duration of response was 28 months for fludarabine and 19 months for chlorambucil, but overall survival was not significantly different for any of the 3 groups (66 months for fludarabine, 56 months for chlorambucil and 55 months for the combination). Non-responding patients were allowed to cross over to another arm.

An Italian trial<sup>[57]</sup> randomised 150 previously untreated patients with 'active' CLL between the standard fludarabine regimen and chlorambucil 30 mg/m<sup>2</sup> on days 1 and 15 plus prednisone 40 mg/m<sup>2</sup> intramuscularly on days 1 to 5 and 15 to 19. The overall response rate was 71% in both arms with more CRs with fludarabine (46 vs 37%). Toxicity was similar in both arms but response duration was longer for fludarabine (28 vs 21 months).

An European Organisation for Research and Treatment of Cancer (EORTC) trial<sup>[58]</sup> is comparing the Croatian high dose chlorambucil regimen with fludarabine 25 mg/m<sup>2</sup>/day every 3 weeks. Overall response rate is slightly higher for chlorambucil (86 vs 75%) which also produced more CRs (39 vs 36%). It should be noted that non-standard response criteria are used in this trial. The differences are not statistically significant and the trial is too immature for survival data. There has been more haematological toxicity in the chlorambucil group and more infections in the fludarabine group.



Complete remissions obtained with fludarabine are long lasting. Mean time to progression was 21 months for previously treated patients and 33 months for those not previously treated.<sup>[59]</sup> Second remissions are usually obtainable in those patients who received fludarabine as first-line therapy.<sup>[59]</sup> Occasionally, molecular remissions can be obtained.<sup>[60]</sup>

Fludarabine has also been used with other agents, but only the fludarabine and cyclophosphamide combination seems promising with 100% response rates in previously untreated patients and 38% response rates in patients refractory to fludarabine have been reported.<sup>[61]</sup> The addition of prednisolone to fludarabine does not improve the response rate but does increase the risk of opportunistic infections.<sup>[62]</sup>

An oral formulation of fludarabine is available with a bioavailability of 55% of the intravenous dose.<sup>[63]</sup> Early studies suggest that it is equally as effective as the intravenous preparation.<sup>[64]</sup>

## 10.2 Cladribine

Cladribine (2-chlorodeoxyadenosine) is converted to its active triphosphate in cells with high levels of deoxycytidine kinase and low 5'-nucleotidase activity.<sup>[65]</sup> It may be given as a 7-day continuous infusion as a dosage of 0.1 mg/kg/day or as a daily 2-hour infusion of 0.12 mg/kg/day for 5 days. In each case, the dose is repeated every 28 days.<sup>[66-68]</sup> In 8 phase I/II studies<sup>[66-73]</sup> involving 458 patients with CLL, the overall response rate was 48% with CRs of 14%. In 4 trials of 103 untreated patients, the response rate was 83% with 32% CR. Remissions in patients achieving CR lasted a median of 42 months and those achieving PR for a median 18 months. It is usual for retreated patients to respond. On the other hand it is very unusual that patients who fail to respond to one purine analogue will respond to another, despite earlier claims to the contrary.<sup>[74,75]</sup>

There have been no head-to-head comparisons with fludarabine. It is difficult to judge which drug is preferable. Some of the trials of cladribine use non-standard response criteria. There is quite a

strong feeling in the US that cladribine is an inferior drug and quite a strong feeling in Europe that it is not. An *in vitro* comparison of the 2 drugs showed them to be similarly effective against CLL cells.<sup>[76]</sup>

## 10.3 Pentostatin

Pentostatin (2-deoxycoformycin) is a purine analogue harvested from fermentation cultures of the soil organism *Streptomyces antibioticus*.<sup>[77]</sup> It is a potent inhibitor of the enzyme adenosine deaminase. This leads to the accumulation of 2-deoxyadenosine and its nucleotides within the cell. 2-Deoxyadenosine is phosphorylated to dATP (adenosine triphosphate), which accumulates in cells and down-regulates ribonucleoside reductase so that DNA replication and repair is impaired.<sup>[50]</sup>

Although originally introduced for the treatment of HCL, pentostatin is also effective in the treatment of CLL, although apparently less so than fludarabine or cladribine. In 5 separate studies involving 136 previously treated patients, there were 4 CRs and 32 PRs (overall response rate 26%).<sup>[78-82]</sup> The usual dosage is 4 mg/m<sup>2</sup> weekly intravenously. It is well tolerated.

## 10.4 Adverse Effects

Neutropenia occurs in between 30 and 80% of patients, being worse in those who have been previously treated or are unresponsive. Neutrophil counts seldom fall below  $0.5 \times 10^9/L$ . Thrombocytopenia also occurs with all 3 drugs but is seldom severe. Myelotoxicity usually recovers within 3 weeks of treatment, but in a minority of patients is long lasting and severe.<sup>[83]</sup>

Immunosuppression is a more important adverse effect and it is cumulative. Lymphocytopenia develops rapidly, mainly affecting the CD4+ T cells. Median CD4+ counts declined from  $1.015 \times 10^9/L$  to  $0.169 \times 10^9/L$  after 3 treatments.<sup>[63]</sup> The CD4+-cytopenia is prolonged and may barely have recovered after 2 years. The immunosuppression has important consequences. Opportunistic infections, including *Pneumocystis carinii*,<sup>[84]</sup> *Listeria monocytogenes*,<sup>[85]</sup> disseminated candidiasis,<sup>[84]</sup>

*Aspergillus niger*,<sup>[84]</sup> atypical mycobacteria,<sup>[84]</sup> cytomegalovirus,<sup>[86]</sup> cryptococcoses,<sup>[87]</sup> *Oocroconis gallopava*,<sup>[88]</sup> and astrovirus<sup>[89]</sup> have all been reported. In particular, *P. carinii* pneumonia is a serious hazard to be guarded against. Low dose cotrimoxazole, 480mg twice a day 3 days a week or 480mg daily 7 days a week, is recommended. These doses have been shown to be adequate in patients with AIDS.<sup>[90]</sup> Prophylaxis is essential while the CD4+ count remains depressed.

Transfusion related graft-versus-host disease (GVHD) has been observed and it is recommended that all patients treated with purine analogues should receive irradiated blood products.<sup>[91]</sup> Tumour lysis syndrome is a rare complication of treatment with purine analogues.<sup>[92,93]</sup>

Although AIHA is a relatively common complication of CLL, and indeed may be triggered by treatment,<sup>[94]</sup> haemolysis after treatment with the purine analogues is much more common than after other forms of treatment.<sup>[95]</sup> The first report appeared as a letter in 1992.<sup>[96]</sup> However, workers from the MD Anderson Cancer Center, Houston, Texas, USA, who had most experience of the new drug, argued that the cases they had seen (9 of 112) represented the natural prevalence of AIHA in CLL.<sup>[97]</sup> In 4 of 8 patients with pre-existing AIHA, fludarabine was given safely.

Byrd et al.<sup>[98]</sup> reported a further incidence and stated that the association had been reported to the US Food and Drug Administration on 30 occasions. In 1995, Myint et al.<sup>[99]</sup> reported that of 52 heavily pretreated patients 12 developed AIHA after between 2 and 6 courses of fludarabine. Since then many reports have confirmed the association and there are now reports of over 100 cases in the literature.<sup>[95]</sup> Only about 2% of patients treated for the first time develop AIHA, compared with about 5% of patients who have received some previous treatment and over 20% of heavily pretreated patients.<sup>[64,97,99-109]</sup>

Autoimmune thrombocytopenia may also be triggered by fludarabine. Montillo et al.<sup>[110]</sup> first reported relapse of CLL-associated immune thrombocytopenia purpura (ITP) after exposure to

fludarabine. A total of 25 cases of fludarabine-related ITP have now been reported.<sup>[95]</sup> Only one possible case of immune neutropenia has been reported<sup>[111]</sup> and 3 cases of pure red cell aplasia.<sup>[97,112,113]</sup> Paraneoplastic pemphigus has been reported in 5 patients after fludarabine.<sup>[114-116]</sup> There have been 2 cases of post-fludarabine glomerulonephritis.<sup>[117,118]</sup> The other purine analogues, cladribine and pentostatin are also capable of triggering autoimmune complications.<sup>[100,103,119-121]</sup>

*In summary*, almost all cases of autoimmunity following treatment with a purine analogue have occurred in patients who have been previously treated with an alkylating agent. The autoimmune disease is often very severe and resistant to treatment. Immunosuppressive treatment to control the autoimmune complication is hazardous because of the risk of infection. After gaining control of the autoimmune disease, re-exposure to any of the purine analogues is likely to lead to recurrence of the autoimmunity in an even more virulent form.<sup>[122,123]</sup> Recurrence may also be triggered by re-exposure to alkylating agents.<sup>[102]</sup> Although most cases of autoimmunity following treatment with a purine analogue have been in patients with CLL, it has also been seen in patients with other low grade lymphomas, and especially in Waldenström's macroglobulinaemia.

The autoimmune complications of the purine analogues are probably caused by loss of T cell regulatory control of autoreactive T cells.<sup>[99]</sup> Autoreactive T cells can readily be identified in the peripheral lymphocyte pool of both humans and mice.<sup>[124]</sup> In the mouse they can be identified as CD4+, CD25+.<sup>[125]</sup> Elimination of this population leads to the spontaneous development of autoimmune disease,<sup>[124]</sup> whereas these cells can also prevent the transfer of disease by cloned autoreactive T cells.<sup>[126]</sup> They suppress autoreactive T cells by specifically inhibiting the production of interleukin (IL)-2, an action remarkably like that of cyclosporin.<sup>[127]</sup> This subset of T cells is very susceptible to killing with chemotherapeutic agents compared with the CD4+/CD25 negative subset. In the human, the CD4+/CD45RA+ subset, which is be-

lieved to fulfil the same function, has been shown to be selectively lost in patients with more advanced stages of CLL, especially in those with AIHA.<sup>[128]</sup>

Autoimmune complications have proved difficult to treat but in most patients cyclosporin 2.5 to 5 mg/kg/day has been effective. It should be continued as long as the risk persists. We aim to keep the blood level at about 100 µg/L. It is not clear whether patients with a history of AIHA or a positive antiglobulin test should be treated with purine analogues. Some authors have reported effective control of both the CLL and the autoimmune complication.<sup>[104,129]</sup> the author would counsel that such patients should only be treated with these drugs under cover with corticosteroids or preferably cyclosporin.

There is a possibility that second malignancies are commoner in patients treated with purine analogues. In a retrospective study at the NCI there were 111 second malignancies among 2014 patients who had received 1 of the 3 drugs. Although this was slightly (but significantly) higher than the rate of malignant disease in age-matched controls, it was within the excess that might have been expected for patients with CLL or HCL.<sup>[130]</sup> There have been several reports of myelodysplasia following therapy with purine analogues,<sup>[131-134]</sup> but even in those patients where the bone marrow changed from non-dysplastic to dysplastic after therapy, it is difficult to apportion blame between the purine analogue and the previous alkylating agent treatment.

## 11. Monoclonal Antibodies

Despite many attempts to treat CLL with monoclonal antibodies,<sup>[135-137]</sup> only 2 specificities have shown activity. CD20 is present on the surface of CLL cells at slightly lower densities than in other B cell lymphomas. Responses to anti-CD20 antibody have been disappointing, with <20% of patients benefiting from the standard regimen of 375mg/m<sup>2</sup> intravenously once a week for 4 weeks.<sup>[138]</sup> Trials with larger doses are continuing, as are studies with radiolabelled antibody.

Campath-1H (anti-CD52) has shown great promise in clearing the tumour from blood and bone marrow. In a study of 29 previously treated patients, the blood was cleared in 97%, with spleen and marrow clearance in about one-third.<sup>[139]</sup> However, only 7% showed a lymph node response. Among 9 previously untreated patients, 100% showed clearance of tumour cells from the blood, and two-thirds showed clearance from the spleen and bone marrow. Only 37% had a lymph node response. Response duration was between 6 months and over 2 years. The antibody is administered either intravenously or subcutaneously 3 times a week and the major adverse effects are fevers, rigors and rashes related to the infusion. Profound immunosuppression is likely to occur and cases of autoimmunity have been reported. The use of anti-CD52 therapy to clear residual disease from bone marrow after a fludarabine-induced partial remission and before a stem-cell harvest is becoming increasingly popular.

## 12. Transplantation

Although it is only applicable to a small minority of young patients, allogeneic bone marrow transplantation offers the best chance for cure of CLL. The combined registries of the European Group for Blood and Marrow Transplant (EBMT) and International Bone Marrow Registry (IBMR) reported 70 allogeneic bone marrow transplants in CLL between 1984 and 1995.<sup>[140]</sup> Conventional transplant regimens were used. Only 3% were in CR before transplantation. Engraftment occurred in all except 2 patients and CR was achieved in 75%. Actuarial survival was 48% at 3 years.

Data from the EBMT have now been extended.<sup>[141]</sup> 188 patients have now received allografts, 63% under the age of 45. 25% were in CR before transplant and 85% after. 39% developed grade 2-4 acute GVHD and 20% chronic GVHD. Treatment-related mortality was 49%. The probability of survival at 3 years was 46%, and the probability of relapse 14%. The same group has reported its experience with autografts.<sup>[141]</sup> Of 225 patients three-quarters received stem cells from pe-

ripheral blood rather than marrow. 51% were in CR before treatment and 85% after treatment. Treatment-related mortality was 14%. The probability of survival at 3 years was 78% and the probability of relapse 45%.

A group in Boston demonstrated the importance of eliminating minimal residual disease.<sup>[142]</sup> They treated 41 patients with CLL, apparently in CR, with high dose chemoradiotherapy followed by either a T-cell-depleted matched sibling allogeneic bone marrow transplant (13 patients) or a monoclonal antibody purged marrow autograft (28 patients). Four patients died of infection-related GVHD and 2 died of autologous transplant-related complications. 31 patients had molecularly detectable disease at the time of transplant and all except 5 eventually became negative. Only these 5 relapsed. The actuarial disease-free survival for the whole group was 77% at 19 months.

The experience of the Houston group stresses the hazards of further immunosuppressive therapy in patients who have already been treated with fludarabine. They reported 22 patients with advanced CLL receiving transplants.<sup>[143]</sup> 11 received syngeneic or allogeneic grafts and 11 autografts. Of the first group, 7 achieved CR, 2 a nodular CR and 1 a PR. Ten were alive 2 to 36 months after the transplant. Greater toxicity occurred in those receiving autologous marrow. Although 6 patients achieved CR, 4 a nodular CR and 1 a PR, 2 patients relapsed with CLL and 3 with a Richter's transformation. Two developed immune cytopenias while in morphological remission and 1 of these died of cytomegalovirus pneumonia. Six of 11 remained in CR 2 to 29 months after transplantation. Notably, the patients with allografts received cyclosporin while those with autografts did not.

An MRC pilot study has examined the feasibility of a stem-cell autograft programme in patients treated with 3 to 6 cycles of fludarabine.<sup>[144]</sup> Fludarabine may inhibit the generation of stem cells. 99 patients <60 years of age and early in their disease were entered; 2 were withdrawn after being reclassified as having MCL. 78 completed fludarabine therapy; 42 achieved a CR or PRn. One

died of transfusion-related GVHD. Some of the patients failing to achieve sufficient response had further treatment, and eventually attempts were made to harvest stem cells in 50 of them. 45 have been autografted, but only 14 had sufficient cells for the planned CD34+ cell selection. There has been 1 transplant-related death (due to transverse myelitis). Of those tested, 17 of 22 achieved a molecular remission. 3 of these 17 have had a molecular relapse, and 1 has died from secondary myelodysplastic syndrome. Although the trial is immature, the outcome so far suggests that the adage 'many are called but few are chosen' might apply.

Because of the high treatment-related mortality of bone marrow allograft in CLL, attempts have been made to evaluate 'mini-allografts'. These avoid myelo-ablation but rely on conditioning with either fludarabine or Campath-1H to ensure engraftment and on a graft-versus-leukaemia effect to achieve remissions. Donor lymphocyte infusions may also be used. Early results from the MD Anderson Cancer Center<sup>[145]</sup> suggest that this is as yet a hazardous procedure, with only 3 patients alive and in remission of the first 8 treated. Many other groups are experimenting with this technique which offers the chance of extending bone marrow transplantation into the age range in which CLL usually occurs.

### 13. Experimental Agents

A range of new agents currently under investigation in CLL has been reviewed by Byrd et al.<sup>[146]</sup> UCN-01 is a hydroxylated derivative of staurosporine, believed to abrogate the checkpoints of cell division. It is able to induce apoptosis independently of p53. Preliminary data suggest that it might sensitise CLL cells to the effect of fludarabine, and clinical trials are continuing.<sup>[147]</sup>

Several topoisomerase-I inhibitors are under investigation. Although topotecan seems to have no useful activity in CLL,<sup>[148]</sup> a second study using IDEC-132 (9-aminocamptothecin), an agent less susceptible to multiple drug resistance, is under way.

Bryostatins, a protein kinase C activator, alters the morphology of CLL cells to resemble HCL. On this basis, it has been used as a preliminary to treatment with agents effective in HCL.<sup>[146]</sup>

Flavopiridol is a synthetic flavone that antagonises several cell cycle proteins and is toxic to CLL cells *in vitro*. Again, it induces apoptosis independently of p53.<sup>[146]</sup> Phase II trials in CLL are currently taking place.

Nelarabine or compound 506-U78, a methoxy derivative of guanine arabinoside, has undergone phase I testing at the MD Anderson Cancer Center.<sup>[149]</sup> Responses of 31% were seen in 16 elderly patients with advanced refractory CLL.

## 14. Immunotherapy

Kipps et al.<sup>[150]</sup> transduced CLL cells with an adenovirus vector encoding CD40 ligand. Such cells became highly effective stimulators of autologous T cells that could generate CLL specific cytotoxic T cells *in vitro*. In a phase I trial patients were infused with increasing amounts of transduced autologous CLL cells. Toxic effects were minor, but bystander leukaemia cells were induced to upregulate CD80 and CD86, there were 2- to 3-fold increases in circulating T cells and 20 to 70% reductions in absolute lymphocyte counts with 33 to 90% reductions in lymph node size.

A phase II trial of DNA vaccination for CLL is taking place in the UK.<sup>[151]</sup> Idiotypic determinants encoded by Ig heavy and light chains are assembled as single chain Fv fused to the gene for fragment C of tetanus toxin in a plasmid vector. The vaccine is protective against both B cell lymphoma and myeloma in mice.

## 15. Radiotherapy

There is a limited role for radiotherapy in CLL. Some groups have used total body irradiation for transplant conditioning. In the rare situation of patients with retro-orbital or cerebral deposits, localised radiotherapy is useful, and sometimes large and unsightly nodal enlargement is better treated by local radiotherapy to spare the use of systemic chemotherapy.

## 16. Splenectomy

Removal of the spleen is indicated in patients with hypersplenism and often in those with immune thrombocytopenia. Even in elderly and frail patients, it may be possible to remove the spleen with little trauma laparoscopically. Splenic irradiation should be considered in patients too frail even for this procedure.

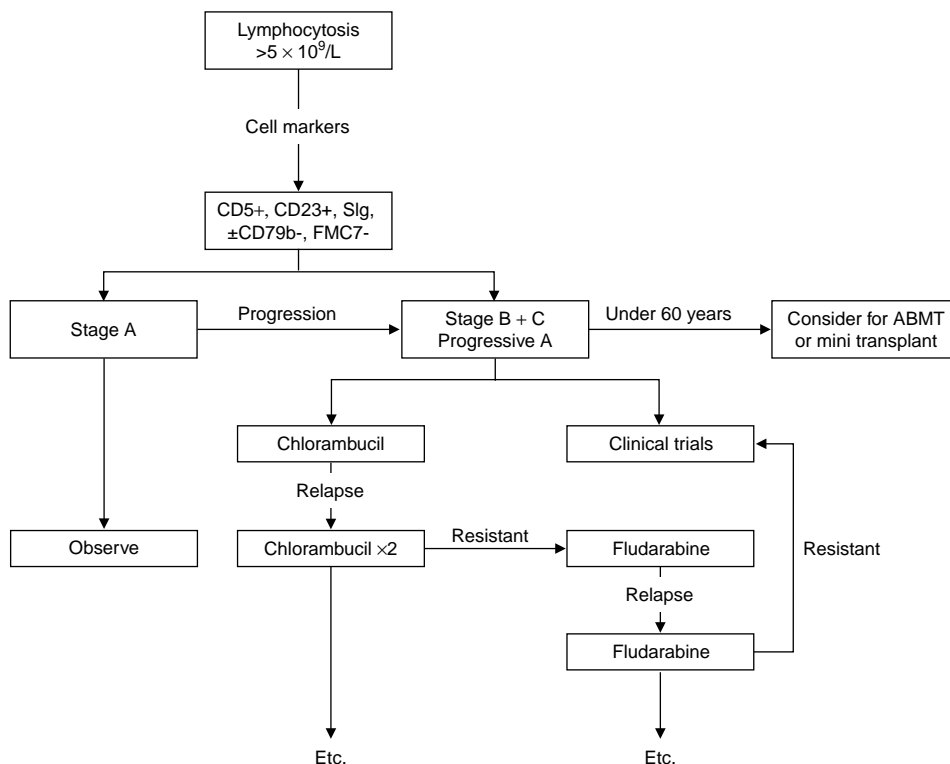
## 17. Supportive Care

All patients surviving long enough will eventually develop hypogammaglobulinaemia.<sup>[2]</sup> Nevertheless, prophylactic immunoglobulin is neither beneficial nor cost effective except in patients with recurrent bacterial infections.<sup>[152-154]</sup> Prophylactic antibacterials are not indicated except for cotrimoxazole prophylaxis against *P. carinii* in patients who have received a purine analogue.<sup>[155]</sup>

## 18. Conclusion: A Strategy for Treatment

At present there are no indications to treat patients with stage A disease unless it is progressive (fig. 1). Such patients should be observed at a frequency determined by the presence or absence of adverse prognostic factors. If any of the prognostic indicators were shown to unerringly select stage A patients destined to progress then there would be a case for treating such patients early, and if they were younger, to treat with curative intent.

For patients who require treatment there is no certain recommendation. For many years chlorambucil has been the standard treatment and it has certainly not been supplanted by anthracycline-containing combinations. In many respects fludarabine is an attractive alternative. It is probably more active than chlorambucil and produces more complete remissions with longer disease-free survivals. On the other hand it does not cure CLL, it has not been shown to increase overall survival and it has to be given intravenously, although an oral form is in development. There is a high response rate in relapsed and refractory CLL so that it is a



**Fig. 1.** Flow chart for treatment recommendations in patients with chronic lymphocytic leukaemia. **ABMT** = autologous bone marrow transplant; **Slg** = surface immunoglobulin.

useful second-line treatment. The argument is over whether it should be used as first-line.

Cheson<sup>[156]</sup> has advocated using our best drug first. He stresses that it is much more effective when given first-line. He concedes that there is a financial disincentive but argues that since the patient will eventually receive fludarabine, it does not matter whether the bill comes earlier or later. It might also be argued that fludarabine given late in the disease is far more likely to trigger autoimmune and infectious complications, either of which might have daunting financial consequences.

The cost difference between the 2 drugs is substantial. In the UK, a month's fludarabine for a patient of 1.7m<sup>2</sup> costs £552.50 compared with £12.45 for chlorambucil (British National Formulary, September 2000). When the cost of intravenous ad-

ministration and co-trimoxazole prophylaxis is added the difference is greater. If every patient who received chlorambucil were destined eventually to receive fludarabine then the cost might be justified, but there is no evidence in real life of what proportion of chlorambucil-treated patients would opt for subsequent fludarabine treatment.

Until a clear survival advantage can be demonstrated for first-line fludarabine, patients requiring treatment should preferably be entered into clinical trials. The high dose Croatian chlorambucil regimen still requires further evaluation against fludarabine. All such trials should evaluate quality of life and cost-benefit. For patients not entered into trials, intermittent chlorambucil remains the treatment of choice with fludarabine or cladribine reserved for unresponsive disease.

When a patient relapses, re-treatment with chlorambucil should be offered. Most patients will respond again and this process may be repeated on several occasions. Chlorambucil treatment will probably eventually cause bone marrow damage and a judgement must be made when to switch to fludarabine. There is no clinical trial evidence to help this decision. Fludarabine may also be offered as many times as the patient tolerates it and their disease responds to it.

A number of options are available for refractory disease. The combination of fludarabine and cyclophosphamide, CHOP, high dose 'Croatian' chlorambucil, anti-CD52, anti-CD20 and a range of experimental drugs are available; they should best be used in clinical trials. One alternative is to be guided by *in vitro* chemosensitivity testing.<sup>[43]</sup> There is a dearth of comparative clinical trials for end-stage, drug-resistant CLL, although the MRC CLL4 trial is comparing treatment determined by the DiSC assay with treatment determined by physicians' best guess.

Younger patients should be given the opportunity of entering trials of treatment with curative intent. Stem-cell autograft has not been demonstrated to give a survival advantage and should be compared with conventional treatment in phase III trials. Allogeneic stem-cell transplantation is a hazardous procedure with a high treatment-related mortality. Transplants with non-ablative conditioning regimens appear promising but need further evaluation in clinical trials. Some patients will be entered into trials of experimental immunotherapy.

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