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Phase III randomised trial

Effectiveness of an 18F-FDG-PET based strategy to optimize the diagnostic trajectory of suspected recurrent laryngeal carcinoma after radiotherapy: The RELAPS multicenter randomized trial

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Purpose: The purpose of this study is to evaluate the efficacy of 18F-FDG-PET as first-line diagnostic investigation, prior to performing a direct laryngoscopy with biopsy under general anesthesia, in patients suspected of recurrent laryngeal carcinoma after radiotherapy.

Patients and methods: 150 patients suspected of recurrent T2–4 laryngeal carcinoma at least two months after prior (chemo)radiotherapy with curative intent for resectable disease were randomized to direct laryngoscopy if PET was assessed ‘positive’ or ‘equivocal’ (PWU: PET based workup strategy), to compare the effectiveness of these strategies. Primary endpoint was the number of indications for direct laryngoscopies classified as unnecessary based on absence of recurrence, both on direct laryngoscopy and on six month follow up. Safety endpoints comprised resectability of recurrent lesions and completeness of surgical margins following salvage laryngectomy.

Results: Intention-to-treat analyses were performed on all randomized patients (CWU: n = 74, PWU: n = 76). Tumor recurrence was similar in both groups: 45 patients (30%; 21 CWU, 24 PWU) within six months. In 53 patients in the CWU arm (72%, 95% CI: 60–81) unnecessary direct laryngoscopies were performed compared to 22 in the PWU arm (29%, 95% CI: 19–40) (p < 0.0001). The percentage of salvage laryngectomies (resectability) and positive surgical margins were similar between CWU and PWU (81%, 63% respectively, p = 0.17, and 29%, 7%, respectively, p = 0.20). The prevalence of the combination of local unresectability and positive margins is in the CWU group 24% and in the PWU group 8%. No difference (p = 0.32) in disease specific survival between both groups was found.

Conclusion: In patients with suspected laryngeal carcinoma after radiotherapy, PET as the first diagnostic procedure can reduce the need for direct laryngoscopy by more than 50% without jeopardizing quality of treatment.

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For most patients with residual or recurrent laryngeal carcinoma who have been treated by (chemo)radiation for initially resectable disease, timely detection increases the likelihood of successful surgical salvage. Dysphonia, dyspnoea, or local primary site pain, especially if progressive, can be a sign of recurrent laryngeal carcinoma. However, differentiating tumor and sequelae of radiotherapy is often difficult: in one study only 50% of all patients with severe edema or necrosis had residual or recurrent cancer [1]. Current clinical practice mandates direct laryngoscopy with biopsy under general anesthesia – an invasive, expensive procedure with a low yield of recurrence of 53% at a first attempt [2]. Depending on T-stage, between two and five direct laryngoscopy procedures are usually required to detect one recurrence within a time period of six months after suspicion was first considered [2]. After a first negative direct laryngoscopy, 31% of patients will manifest a proven recurrence within the subsequent six months of observation [2]. In addition, biopsy itself exacerbates post-radiotherapy changes, which further reduces the sensitivity of subsequent procedures. Current imaging techniques offer no help: neither CT changes, which further reduces the sensitivity of subsequent procedures randomized patients to the groups on a 1:1 ratio. Strata comprised current smoking (yes/no), institute of treating physician, and T-stage (T2/T3–4). Neither patients, investigators nor central office personnel were masked to the diagnostic group chosen by the allocation procedure.

Methods

Patients

Eligible patients were clinically suspected (at indirect or flexible laryngoscopy or because of patient’s complaints) of local residual or recurrent disease at least two months after completed (chemo)radiotherapy with curative intent for a resectable T2–4 laryngeal carcinoma, with a clinical indication for direct laryngoscopy and biopsy under general anesthesia (abbreviated as ‘direct laryngoscopy’). Exclusion criteria were age below 18 years, clinically evident recurrence (in which case direct laryngoscopy would only be indicated to confirm recurrence histopathologically and assess its extent; such procedure would be performed regardless of imaging results), and pregnancy. The eligibility criterion of the minimal interval between radiotherapy and randomization was changed after trial commencement from four to two months to investigate the target group in daily clinical practice, because high negative predictive values of PET after eight weeks were reported [5].

The protocol was published [6] and approved by ethics committees as required in The Netherlands and Belgium. All patients provided written informed consent. Seven University and two Community Hospitals recruited patients for the study that was designed in collaboration with the Dutch Head and Neck Society (NWHHT).

Randomization and masking

Patients were enrolled by the treating physician, registered at the Comprehensive Cancer Centre Amsterdam by telephone and then centrally randomized to either the conventional workup comprising direct laryngoscopy and biopsy under general anesthesia (CWU), or to 18F-FDG-PET, with direct laryngoscopy under general anesthesia only in cases with positive or equivocal PET findings (PWU). Allocation was performed by a central office on-site computer combined with allocations kept in a locked, unreadable computer file that investigators can access only after the characteristics of an enrolled participant are entered. A stratified permuted-block procedure randomized patients to the groups on a 1:1 ratio. Strata comprised current smoking (yes/no), institute of treating physician, and T-stage (T2/T3–4). Neither patients, investigators nor central office personnel were masked to the diagnostic group chosen by the allocation procedure.

Procedures

Patients in the CWU group underwent direct laryngoscopy under general anesthesia, combined with biopsies when indicated during direct laryngoscopy at the discretion of the attending head and neck surgeon. If direct laryngoscopy (with biopsies) was negative or equivocal, this procedure was repeated within six weeks, unless clinical signs and symptoms had decreased or resolved. In the PWU group, patients with a negative PET scan received no further investigations (imaging or direct laryngoscopy) for at least another three months, except in case of progression of clinical signs or symptoms. In both study groups, patients with histopathologically proven recurrence were considered for total (or partial) laryngectomy based on an assessment of resectability. This assessment included MRI or CT of head and neck and chest X-ray, CT chest, ultrasound guided fine-needle aspiration cytology and/or PET(-CT) where indicated.

After an initial negative PET or negative direct laryngoscopy, the head and neck surgeon evaluated the patient every four to eight weeks, for at least a period of 12 months. Outpatient clinic visits, hospital admission, operative procedures, additional imaging and pathological recurrence of tumor, the results of any surgical procedure, and death were documented during the follow-up period. Data were collected by the assistant investigator (LvdP). The principal (RdB) and assistant investigator had access to all data and vouch for the completeness and accuracy of the reported data and analyses. Statistical analyses were performed by a clinical statistician (HVT).

PET(-CT) scans were performed in the local head and neck center, per protocol within two weeks after inclusion of each patient. Patients fasted for 6 h before the scan. A 20 min head and neck acquisition of images was started 1 h after injection of 100–587 MBq 18F-FDG (dose dependent on body weight and scanner) and the scanned trajectory included skull base to clavicle. The data supplied by the physician contained the pre-treatment stage, site and T-stage, per protocol within two weeks after inclusion of each patient. Patients fasted for 6 h before the scan. A 20 min head and neck acquisition of images was started 1 h after injection of 100–587 MBq 18F-FDG (dose dependent on body weight and scanner) and the scanned trajectory included skull base to clavicle. The data supplied by the physician contained the pre-treatment stage, site and T-stage, and the scanned trajectory included skull base to clavicle.
included information on lymph node involvement and distant metastases in the field of view (extending beyond head and neck area according to local preference).

The primary efficacy parameter was the difference in the number of unnecessary indications for direct laryngoscopies between the CWU and PWU arms after 6 and 12 months of date of clinical suspicion for recurrent cancer (i.e. from randomization). An indication for direct laryngoscopy was classified as unnecessary if no recurrence was diagnosed on direct laryngoscopy nor subsequently within the reference follow-up period of 6 months (primary period) or 12 months (secondary period) from date of clinical suspicion of cancer. Importantly, in the CWU group an indication for direct laryngoscopy was considered justified (necessary) in all cases where recurrence was diagnosed within the reference follow-up period (tumor positive pathology), even if the original direct laryngoscopy found no recurrence (false negative result). To guard against possible adverse effects of PET delaying detection of potentially resectable recurrences safety end points comprised resectability of recurrent lesions (percentage of laryngectomies performed in case of recurrence) and surgical margins of a salvage laryngectomy (percentage of positive margins of laryngectomy specimen).

Statistical analysis

With a reduction (from 38% to 13%) as our aim, a sample size calculation on Fisher’s Exact test with a two-sided significance level of 0.05 and a power of 85%, revealed a sample size of 39 evaluable patients per group [6]. In the anticipation that 20% of patients would not be evaluable a total of 150 patients were randomized equally to the two study arms. Because of the expected low risk of PET imaging and the relatively short accrual time, no interim statistical analysis was planned. Efficacy analyses were performed according to the intention-to-treat principle, followed by per-protocol-analyses. Logistic regression was performed to account for potentially confounding variables (age, smoking and clinical stage at presentation before radiotherapy). Proportions were tested using the Chi-square statistic or Fisher’s Exact test if considered more appropriate. Continuous variable was compared using t-tests or Wilcoxon two-sample rank test in case of non-normal distribution. Time-to-event analysis was performed using the method of Kaplan–Meier. Disease-specific survival was defined as time from randomization to death due to disease (laryngeal cancer) and overall survival included all deaths irrespective of the cause of death. For overall survival the log-rank and Cox-proportional hazard analysis were used to compare groups and to calculate hazard ratios and 95% confidence intervals. Disease-specific survival between the groups (at 12 months) was compared in the context of competing risks using Gray’s method [7].

Results

Patients

Between February 2005 and February 2009, 150 patients attending eight collaborating centers, members of the Dutch Head and Neck Society, and one Belgian center (seven university and two community/categorical hospitals) were randomly assigned to the CWU (n = 74) or the PWU strategy (n = 76).

The groups were balanced with respect to the baseline characteristics of the patients, except for age (Table 1). Randomization resulted in an equal distribution of symptoms and findings after diagnostic flexible endoscopic laryngoscopy (see Appendix). The median time from completion of radiotherapy to entry into the study was 10 and 7 months for CWU and PWU, respectively. In the PWU group 54 patients underwent PET only and 21 patients

<table>
<thead>
<tr>
<th>Variable</th>
<th>Conventional strategy CWU (N = 74)</th>
<th>18F-FDG-PET based strategy PWU (N = 76)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender – No. (%)</td>
<td>Male 58 (78%)</td>
<td>60 (79%)</td>
</tr>
<tr>
<td></td>
<td>Female 16 (22%)</td>
<td>16 (21%)</td>
</tr>
<tr>
<td>Age</td>
<td>Mean (SD) – year</td>
<td>60 (9)</td>
</tr>
<tr>
<td></td>
<td>&lt;65 year – No. (%)</td>
<td>52 (70%)</td>
</tr>
<tr>
<td></td>
<td>≥65 year – No. (%)</td>
<td>22 (30%)</td>
</tr>
<tr>
<td>Primary tumor site – %</td>
<td>Supraglottic 39 (53%)</td>
<td>43 (57%)</td>
</tr>
<tr>
<td></td>
<td>Glottic 34 (46%)</td>
<td>33 (43%)</td>
</tr>
<tr>
<td></td>
<td>Subglottic 1 (1%)</td>
<td></td>
</tr>
<tr>
<td>Primary tumor stage – %</td>
<td>T2 43 (58%)</td>
<td>44 (58%)</td>
</tr>
<tr>
<td></td>
<td>T3 27 (37%)</td>
<td>25 (33%)</td>
</tr>
<tr>
<td></td>
<td>T4 4 (5%)</td>
<td>7 (9%)</td>
</tr>
<tr>
<td>Primary node stage – %</td>
<td>N0 60 (81%)</td>
<td>61 (80%)</td>
</tr>
<tr>
<td></td>
<td>N1 6 (8%)</td>
<td>6 (8%)</td>
</tr>
<tr>
<td></td>
<td>N2a 5 (7%)</td>
<td>5 (7%)</td>
</tr>
<tr>
<td></td>
<td>N2b 2 (3%)</td>
<td>3 (4%)</td>
</tr>
<tr>
<td></td>
<td>N2c 6 (8%)</td>
<td>6 (8%)</td>
</tr>
<tr>
<td></td>
<td>N3 3 (4%)</td>
<td></td>
</tr>
<tr>
<td>Previous treatment – %</td>
<td>Radiotherapy 70 (95%)</td>
<td>72 (95%)</td>
</tr>
<tr>
<td></td>
<td>Chemoradiotherapy 4 (5%)</td>
<td>(5%)</td>
</tr>
</tbody>
</table>

PET/CT. Median delay between injection of 18F-FDG and scan was 60 min (range 42–99). All patients were normoglycemic at PET (mean serum glucose: CWU 5.6, PWU 5.8). The median (IQR) time interval between randomization and the first direct laryngoscopy was 18 days (12–24) in CWU patients, vs. 27 days (17–40) in patients with positive or equivocal PET in the PWU group (p = 0.0002), and 84 days (57–134) for PWU patients with progression of clinical signs and symptoms who underwent direct laryngoscopy despite a negative PET (Wilcoxon two-sample test).

The number of tumor recurrences was similar in both groups: 45 patients (30%; 21 CWU, 24 PWU) within six months and 48 (32%; 23 CWU, 25 PWU) within 12 months. Likewise, time from randomization to recurrence was similar (HR = 0.93, p = 0.81). Laryngectomy was performed in 81% (95% CI 57–94) of CWU vs. 63% (95% CI 41–80) of PWU patients with a recurrence (p = 0.17, Table 2). Median time from randomization to laryngectomy with positive resection margins was six (n = 5; range 1–33) and one (n = 1) months for CWU and PWU, respectively. In the CWU group, four patients had no salvage laryngectomy because of: metastases (n = 2) and non-tumor related factors (n = 2). In the PWU group, nine biopsy positive patients did not proceed to laryngectomy because of: unresectable primary tumor (n = 1), metastases (n = 2), non-tumor related factors (n = 6). The prevalence of positive resection margins was not significantly different between the groups (CWU 29% (95% CI 10–56), PWU 7% (95% CI 2–32); p = 0.2). The prevalence of the combination of local unresectability and positive margins is in the CWU group 24% (5 positive margins/21 recurrences) and in the PWU group 8% (1 local unresectable + 1 positive margins/24 recurrences).

Primary outcome

Indication for direct laryngoscopy was classified as unnecessary in 53 (72%) CWU compared to 22 (29%) PWU patients (difference 43%, 95% CI: 27–58; p = 0.0001). This absolute difference in unnecessary indications for direct laryngoscopies of 43% can be interpreted as 2.3 patients to be evaluated with PET (95% CI: 1.7–3.7).
to avoid at least one unnecessary indication for direct laryngoscopy. Direct laryngoscopies were unnecessary after PET in 19/54 (35%, 95% CI: 23–49) and after PET/CT in 3/21 (14%, 95% CI: 7–23). Direct laryngoscopies were unnecessary after PET in 19/54 (35%, 95% CI: 23–49) and after PET/CT in 3/21 (14%, 95% CI: 7–23).

Adjustment for potential confounders (stratification factors and age) did not essentially change this difference. Current smoking was associated with an increased probability for an unnecessary direct laryngoscopy ( \( p = 0.02 \), Logistic regression). Seven patients died within six month follow-up without overt recurrence. In all per-protocol analyses (excluding three patients) the difference in unnecessary direct laryngoscopies between CWU and PWU remained significant. In none of the prespecified subgroup analysis a difference in number of unnecessary indications for direct laryngoscopies was found between PET and PET/CT. Thirty PET findings were true negative and one was false negative. The latter concerned a PET/CT with negative PET but positive (diagnostic) CT, followed by a direct laryngoscopy within one month; however, the patient refused total laryngectomy. In the first six months of follow-up five CWU patients died; due to progressive disease ( \( n = 3 \) : 2 local and 1 locoregional disease); cardiovascular disease ( \( n = 1 \) ); and chest dyspnea without evidence of recurrence ( \( n = 1 \)). In the same period 13 PWU patients died; due to progressive disease ( \( n = 8 \) : 3 local, 1 regional disease and 4 distant metastases), cardiovascular disease ( \( n = 3 \) ), infection ( \( n = 1 \) ), and primary lung cancer ( \( n = 1 \)). In three of four patients with distant metastases these had already been identified by PET. In the next six months another six patients died, all in the PWU group, due to progressive disease ( \( n = 1 \) : distant metastases after laryngectomy), cardiovascular disease ( \( n = 1 \) ), primary pulmonary carcinoma ( \( n = 2 \) ), car accident ( \( n = 1 \) ), and pulmonary edema without evidence of cancer ( \( n = 1 \)). No difference ( \( p = 0.32 \) ) in disease specific survival between both groups was found. Disease specific and overall survival Kaplan–Meier curves for the first 36 months are shown in Figs. 2 and 3.

Discussion

This trial demonstrates that a diagnostic strategy including \(^{18}\text{F}-\text{FDG PET} can effectively exclude disease recurrence in patients treated for laryngeal carcinoma, strongly and safely reducing the need for invasive procedures such as direct laryngoscopy.

Without the need for hospitalization and anesthesia, and lacking bothersome side effects, PET is clearly a more acceptable
procedure for these patients than direct laryngoscopy. A reduction in unnecessary procedures also increases efficiency of expert personnel and saves resources. PET also allows entire body scanning in the same setting, enabling the detection of regional and distant metastases [8–10].

A prerequisite to forego a diagnostic technique (in this case direct laryngoscopy) is diagnostic safety. Preferably detection of true positive, false negative, false positive, true positive, false positive, false negative, true negative.

**Fig. 1.** Flow chart of included patients, based on six month follow-up. (1) two patients: no laryngoscopy, (2) one patient: no PET, local tumor, (3) one patient: although PET was negative, laryngoscopy was performed, (4) two patients: follow-up <6 months, (5) three patients: follow-up <6 months.

**Fig. 2.** Disease specific survival for CWU and PWU arms.

**Fig. 3.** Overall survival for CWU and PWU arms.
Conflicts of interest

The authors declare that we have no conflict of interest.

Acknowledgments

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Appendix A. Supplementary data

Supplementary data associated with this article can be found, in the online version, at http://dx.doi.org/10.1016/j.radonc.2015.10.010.

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