

ChIVPP IS AS EFFECTIVE AS ALTERNATING ChIVPP/ABOD IN ADVANCED STAGE HODGKIN'S DISEASE

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The purpose of the study was to evaluate and compare the efficacy and tolerability of two cytostatic regimens—chlorambucil, vinblastine, procarbazine and prednisone (ChIVPP) vs. ChIVPP alternating with doxorubicin, bleomycin, vincristine and dacarbazine (ABOD). One hundred eligible patients with stage IIIA–IVB Hodgkin's disease were randomized to either ChIVPP or ChIVPP alternating with ABOD. The complete response rate (CR) was 80% in both treatment groups. After a median follow-up time of 59 months, 42 (84%) of the patients in the ChIVPP-treated group were in CR compared with 39 (78%) treated with ChIVPP/ABOD. The estimated five-year overall and relapse-free survival rates were 87% and 74%, respectively, for the ChIVPP-treated patients and 76% and 73% for the ChIVPP/ABOD-treated patients. The ChIVPP regimen showed a slightly better subjective tolerance than the ChIVPP/ABOD regimen. The given dose intensity was very close to optimal, and equal for the two regimens.

Combination chemotherapy yields a long-term disease-free survival of 50 to 65% of all patients with advanced stage Hodgkin's disease (1, 2). Numerous efforts to improve these results have been made (1–4). There is also a general concern that late side effects such as secondary neoplasia as well as pulmonary and cardiac failure may be as important for long-term survival as minor improvements in complete remissions (1–11). Furthermore, the importance of dose intensity on remission rate and survival has been emphasized by several authors (3, 12).

MOPP chemotherapy was until the last decade the standard chemotherapy regimen in advanced Hodgkin's disease. After the published results (13) that the better-tolerated ChIVPP regimen was equally effective, all Norwegian Oncological Departments adopted this regimen as standard therapy in 1982. At the time of the initiation of

the present study, Bonadonna et al. had claimed that alternating chemotherapy using MOPP and ABVD every other course gave superior results compared with MOPP therapy alone (14). In addition, by reducing the use of alkylating agents (mustine and procarbazine), the likelihood of secondary cancer and infertility may be reduced (6).

At the start of this study, the addition of radiotherapy to combination chemotherapy in advanced Hodgkin's disease was a controversial issue, and still is. Results from several centres support the use of radiotherapy to sites with initial bulky disease, usually the mediastinum, and to patients who do not obtain a complete response towards the end of the chemotherapy programme (3). The long-term toxicity after combined modality therapy especially in terms of secondary malignancies (5, 6) and pulmonary and cardiac toxicities are considerable (10, 11, 15) and should always be kept in mind when planning the therapy programme.

The present study was initiated as a Norwegian prospective randomized multicentre study to compare alternating combination chemotherapy using ChIVPP and ABOD with a 4-drug regimen—ChIVPP. The hypothesis tested in this study was that no difference existed between the two regimens concerning efficacy and tolerance. The main end-

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point of the study was overall survival. The secondary endpoint was relapse-free survival. Other important issues of the study were the tolerance to the two regimens and the given dose intensity. All responding patients were to receive eight courses in eight months. Radiotherapy would be given to sites of bulky disease at the initiation of chemotherapy, and in cases where complete remission was not obtained after six of the eight courses of chemotherapy.

Patient selection can confound the results even of randomized studies. As practically all patients with Hodgkin's disease in Norway in the given period were treated at one of the oncology departments contributing to the study, we believe a Norwegian multicentre randomized study including a population-based group of patients is less hampered by selection and in this respect yields important information.

Material and Methods

Four of the five regional oncology departments in Norway participated in this prospective randomized trial: The Norwegian Radium Hospital (75 patients randomized), Haukeland Hospital (14 patients), The Regional Hospital in Tromsø (11 patients) and The Regional Hospital in Trondheim (5 patients). The patients entered the study between February 1985 and February 1991 and were found eligible if they fulfilled the following criteria: A histopathological diagnosis of Hodgkin's disease classified according to the Rye nomenclature (16), stage III or IV disease according to the Ann Arbor classification, age between 15 and 70 years and no prior therapy for Hodgkin's disease. The patients were, however, found ineligible if they suffered from serious concurrent medical illness which would limit the administration of effective dose intensity and of life expectancy. Five patients were

found ineligible because of wrong initial histopathological diagnosis (non-Hodgkin lymphoma four cases) and re-evaluation of staging classification (one case). No patients were lost to follow-up. Four patients refused further chemotherapy, two after one course and two after four courses of chemotherapy, because of side effects (nausea and vomiting). These four patients were included in the analysis. In total, 50 patients in each treatment arm were assessable.

The characteristics of eligible patients are listed in Table 1. The known risk factors were evenly distributed between the two treatment groups, with the exception of age in that a significantly higher proportion of patients receiving LVPP were in the 40–70-years age group.

The extent of the disease was assessed by clinical examination, x-ray of the chest, CT scans of thorax and abdomen and radionuclide scanning of liver and spleen. Bone marrow involvement was examined by bilateral bone marrow biopsies. Bipedal lymphography was performed if the above-mentioned examinations revealed disease involvement exclusively above the diaphragm. If uncertainty about infradiaphragmatic involvement persisted, staging laparotomy including splenectomy was performed.

Eight courses of chemotherapy were scheduled for each regimen. ChIVPP chemotherapy was administered according to the original publication by Mc Elwain et al. (17): Chlorambucil 6 mg/m² orally (maximum of 10 mg/m² for a few patients) and procarbazine 100 mg/m² orally days 1–14, vinblastine 6 mg/m² intravenously day 1 and day 8 and prednisone 45 mg orally days 1–14. Patients randomized to receive ChIVPP/ABOD received ChIVPP as described on cycles 1, 3, 5 and 7, and ABOD on cycles 2, 4, 6 and 8. Patients were given 2 mg vincristine intravenously on day 1 and day 15 instead of vinblastine, as in the ABVD regimen, to avoid undue marrow toxicity (vinblastine was given in the ChIVPP regimen). With this exception, ABOD was administered according to Bonadonna et al. (18): doxorubicin 25 mg/m², bleomycin 10 mg/m² and dacarbazine 375 mg/m², all substances administered intravenously on day 1 and day 14.

Standard criteria for response evaluation were used. Complete remission (CR) required a complete regression of all palpable or radiographic abnormalities. Residual tumours stable for at least two cycles were, however, considered to consist of only fibrous tissue. Response evaluation during chemotherapy was performed after two, four and six cycles of chemotherapy and consisted of repeating tests that had been found positive during pre-treatment evaluation. The final evaluation was performed one to two months after completion of therapy. In cases of progressive disease after two cycles or later during therapy, the patients were given alternative chemotherapy (ABOD for patients randomized to ChIVPP, MIME (19) or CEP (20) for patients randomized to ChIVPP/ABOD), or in some cases radiotherapy. Further chemotherapy according

Table 1
Patient's characteristics

Treatment group	ChIVPP	ChIVPP/ABOD	All patients
Number of patients	50	50	100
Sex (male/female)	34/16	35/15	69/31
Mean age (years)	36.8	32.4	34.6
Stage			
IIIA	13	18	31
IIIB	12	12	24
IVA	6	3	9
IVB	19	17	36
Histology			
Nodular sclerosis	24	26	50
Mixed cell type	21	16	37
Lymphocyte predominance	3	6	9
Lymphocyte depleted	0	0	0
Unclassified	2	2	4

Table 2
Details of chemotherapy

Treatment group	ChIVPP	ChIVPP/ABOD	All patients
Number of patients given			
8 courses	40	40	80
6 or 7 courses	4	1	5
<6 courses	6	9	15
Reason for discontinuation of chemotherapy (number of patients)			
Death from lymphoma	0	3	3
Inadequate response	4	1	5
Death from infection	3	1	4
Leucopenia	0	2	2
Allergic reaction	1	1	2
Patient refusal	2	2	4
Total	10	10	20
Dose reductions or delay			
Optimal dose on time	39	30	69
Reduced or delayed dose	8	14	22
Reduced and delayed dose	3	6	9
Actual as % of intended dose intensity for patients given 6–8 courses of chemotherapy			
Chlorambucile max. 10 mg pr day	97.5	95.7	96.6
Chlorambucile 6 mg/m ²	95.5	94.2	94.9
Number of patients given various levels of intended dose intensity for those given 6–8 courses of chemotherapy			
70–80%	0	2	2
80–90%	2	3	5
>90%	42	36	78
Total	44	41	85

to the randomized regimen required at least a partial remission after four cycles. Patients having achieved a PR or CR after six cycles of chemotherapy were given two additional cycles.

Radiotherapy was given after chemotherapy according to the following three indications: Sites of bulky disease (tumour diameter greater than 6 cm or mediastinal width >1/3 of the thoracic diameter on an anterior-posterior x-ray film) at the initiation of chemotherapy, residual disease after six courses of chemotherapy or induction failures on first-line and second-line chemotherapy when considered the best therapy option for the patient.

The randomization was performed according to a simple randomization without stratification for any risk factors. Estimated overall survival time for individual patients is given from the date treatment was initiated until the date of the last observation or death. Relapse-free survival of patients having achieved a CR on induction treatment is given from date of treatment initiation to date of last observation or relapse. The overall survival (all deaths of any cause counted) and relapse-free survival curves were calculated by the product-limit method of Kaplan & Meier (21). The differences between the survival curves were tested by the logrank test (22). For two-way frequency tables, Fisher's exact test was used. All statistical analyses were performed with the BMDPC statistical software package (23).

All patients had sufficient data on dose and time schedule of the chemotherapy given to calculate the dose intensity. Fifteen patients who did not complete at least six cycles of therapy were excluded from the analysis of dose intensity (Table 2): Four patients refused further chemotherapy, four patients died early due to infection, and three patients had progressive disease. In four patients therapy was changed due to induction failure. The patients who suffered from an early death and early induction failures were all given adequate dose intensity during their initial cycles.

Actual and projected dose intensities were calculated for each drug and for each patient as described by Longo et al. (24). The chlorambucile dose was calculated also without capping the dose at 10 mg per day. Average percentage of projected dose intensity is given for the individual drugs and for the two regimens as a whole. As prednisone also was considered an important drug, it is included in the analysis, presuming the patient had taken the tablets as prescribed.

Results

Patients' characteristics

In all, 100 patients, 50 in each treatment arm, were evaluable and were included in the analysis. The two arms

of the study were well balanced as to patient characteristics, stage and histology (Table 1), with one exception: A significantly higher proportion of patients above the age of 40 had stage IV disease compared with the younger patient population (67% vs. 36%, $p < 0.003$). The median overall observation time was 59 months.

Toxicity and dose intensity of chemotherapy

Eighty patients (40 in each treatment arm) were given all eight planned courses, and, in addition, five patients were considered adequately treated with six or seven courses. The reasons for the patients not being given all eight courses are detailed in Table 2. It is noteworthy that only three patients died from tumour progression during the induction chemotherapy, and that none of these patients were in the ChIVPP arm. The two patients with allergic reactions had exanthema, probably due to chlorambucil, and were treated with the ABOD regimen later on.

Seventy-eight percent of the patients in the ChIVPP arm and 60% of the patients in the ChIVPP/ABOD arm were given scheduled doses at scheduled times (postponement of the entire course of 32 weeks by no more than one week, no dose reduction at all). Most dose reductions were, however, minor. Concerning the patients who were given six courses or more, the given dose intensity of the ChIVPP arm was 97.5% of the scheduled dose compared with 95.7% in the ChIVPP/ABOD arm (Table 2).

As for the majority of patients, a cut-off dose of 10 mg chlorambucil daily was practised; we have also considered the dose intensity for the patients who should have a higher dose in relation to their calculated body surface. The overall effect was minor, however, with a reduction of the relative dose intensity to 95.5% and 94.2% in the two arms. The number of patients with reduced dose intensity is also given in Table 2.

Radiotherapy

Standard indications for radiotherapy as part of the induction therapy were bulky disease at the initiation of therapy (14 patients) and partial remission after six chemotherapy courses (32 patients). Seven patients with a residual mass compatible with fibrous tissue at evaluation after six courses were not given radiotherapy, and they are all alive and in complete remission. No difference in the two treatment arms was observed in terms of the use of radiotherapy as part of the induction treatment.

Treatment results

At the end of therapy, 40 patients in each treatment arm achieved a CR (Table 3). All three early deaths in the ChIVPP arm were due to infections, while three of four early deaths in the alternative treatment arm died of

Table 3

Status at the end of therapy/at last observation (number of patients)

Treatment group	ChIVPP	ChIVPP/ABOD	All patients
CR	40/42	40/39	80/81
PR	6/0	6/1	12/1
SD	1/0	0/0	1/0
PD	0/1	0/0	0/1
Death from lymphoma	0/2	3/7	3/9
Death from infection	3/3	1/1	4/4
Death from other causes	0/2	0/2	0/4

progressive disease. All four fatal infections were in patients above 40 years of age with stage IV disease. At the last observation, 42 in the ChIVPP group (84%) and 39 in the ChIVPP/ABOD group (78%) were in complete remission (Table 3). One patient in each treatment group is alive with Hodgkin's disease. Only two of seven diseased patients in the ChIVPP-treated group succumbed from Hodgkin's disease, compared with seven of ten patients in the other treatment arm. Projected five-year overall survival is 87% for the ChIVPP group and 76% for the ChIVPP/ABOD group. The relapse-free survival rates with a median observation time of 59 months are 74% (ChIVPP) and 73% (ChIVPP/ABOD). A significantly higher proportion of older patients (40 years and above) received the ChIVPP regimen. There is, however, no difference between the two treatment groups when stratifying for age in the analysis (data not shown). Figures 1 and 2 show estimated overall and disease-free survival, respectively, for the two treatment groups. The difference in five-year overall survival was 13% (87% vs. 74%), giving a 95% confidence interval for the difference equal to 0–23%. ChIVPP and ChIVPP/ABOD seemed equally effective for both the stage III and the stage IV group of patients (Fig. 3a and Fig. 3b).

Taking both treatment groups into consideration, patients with stage IV disease had a significantly poorer overall ($p < 0.001$), but not relapse-free survival rate (data not shown) compared with patients with stage III disease. This is explained by the fact that all early deaths occurred among the patients with stage IV disease. Interestingly, in this study with a documented high dose intensity, the elderly patients eligible for the study fared no worse than the younger ones. Despite all the early deaths from infections during chemotherapy-induced leukopenia that occurred in the older age group, there were no differences in the long-term overall and disease-free survival rates in the two age groups.

As reductions in dose intensity were due to prolonged leukopenia, tumour progression and patient compliance, we have not analysed the effects of dose on patient survival.

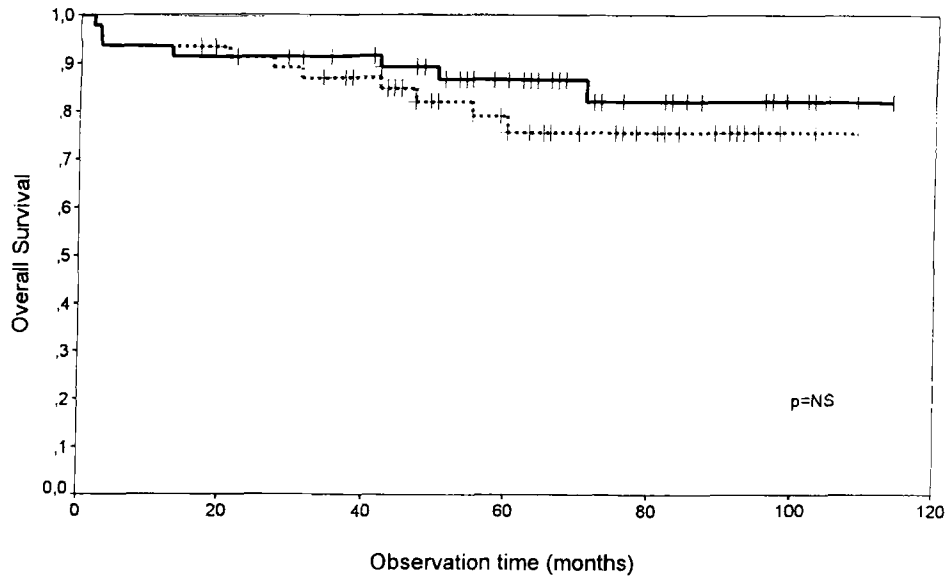


Fig. 1. Overall survival for 100 patients treated with ChIVPP stage III-IV Hodgkin's disease — (50 patients) or with ChIVPP/ABOD ----- (50 patients), $p = \text{NS}$ (not significant).

Discussion

As only 100 patients were included in the study, the results must be interpreted with caution. Thus, the power ($1-\beta$) of detecting a difference of 15% between the groups (i.e. 75% vs. 60% 5-year survival with type I error (α) = 0.05) is only 0.35. Nevertheless, our results indicate ChIVPP to be equally as effective as alternating ChIVPP/ABOD. Thus, there is no significant difference in CR rate at the completion of therapy or the five-year projected overall or disease-free survival between the two groups. In fact, only two patients receiving ChIVPP have died in

direct relation to their lymphoma compared with seven patients in the group receiving alternating chemotherapy. This is, however, balanced by a slightly increased number of patients dying from infectious complications in the ChIVPP group (three patients versus one patient). All patients who died from infections were over 40 years of age and with stage IV disease.

Controversy still exists between centres treating advanced Hodgkin's disease for which a first-line regimen is preferred (12, 25). The issue entails several interacting questions including remission rates, disease-free and over-

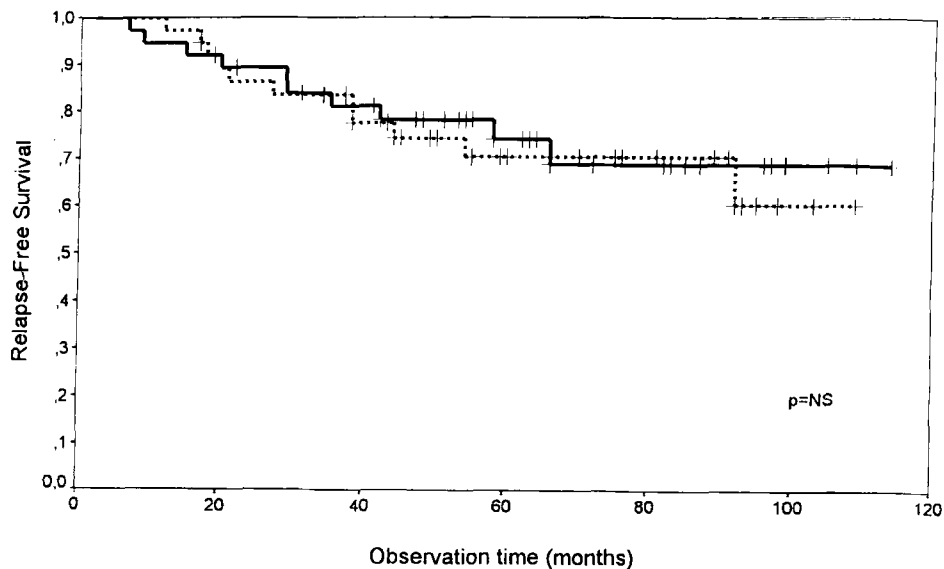


Fig. 2. Relapse-free survival for 100 patients treated with ChIVPP stage III-IV Hodgkin's disease ----- (50 patients) or with ChIVPP/ABOD — (50 patients), $p = \text{NS}$.

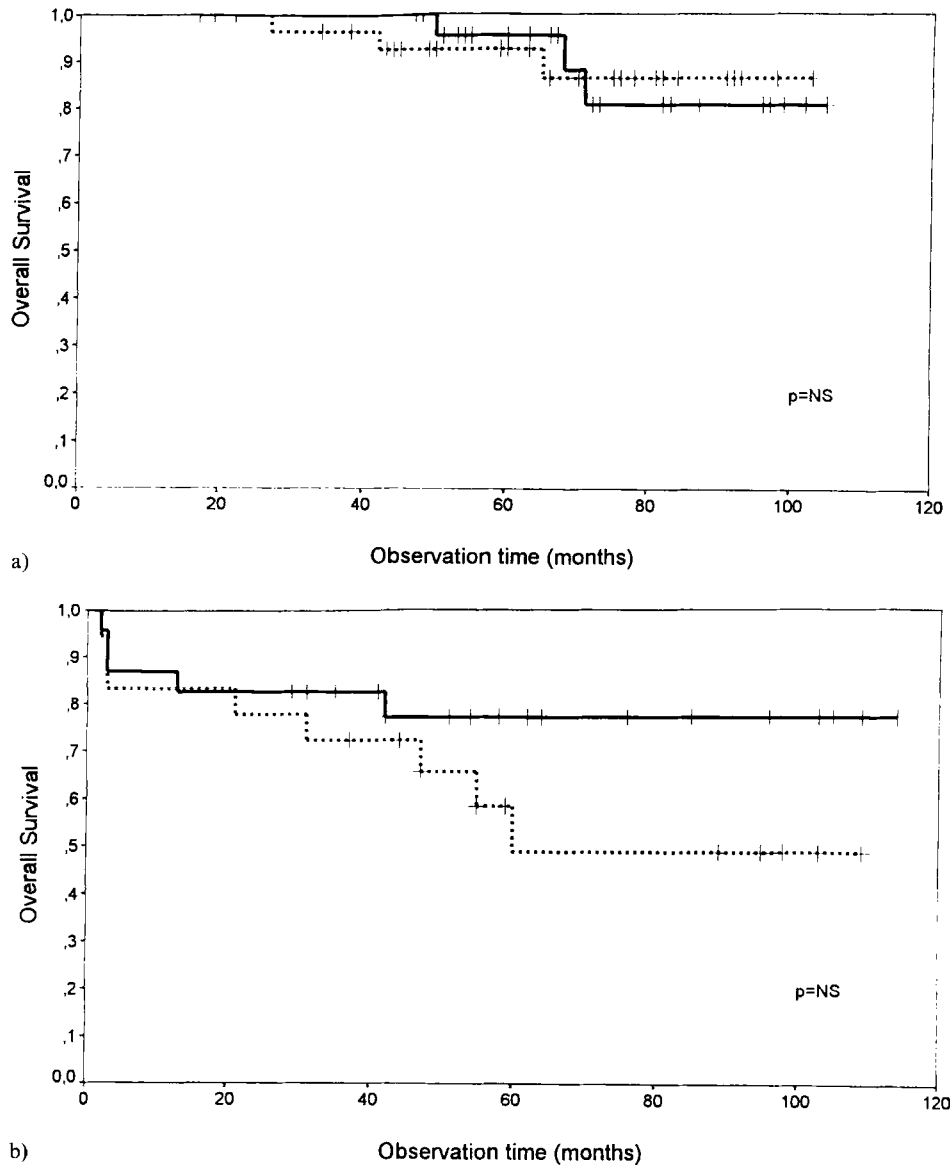


Fig. 3. Overall survival for a) 55 patients treated with ChIVPP stage III Hodgkin's disease xyz — (25 patients) or with ChIVPP/ABOD ----- (30 patients), $p = NS$; and b) for stage IV with ChIVPP xyz — (25 patients) or with ChIVPP/ABOD ----- (20 patients), $p = NS$.

all long-term survival, short-term and long-term side effects and the chance of inducing long-term remissions with a salvage regimen. Even randomized studies (14, 26–29) have not fully solved the question of the preferable four-drug regimen (MOPP-like or ABVD-like) or whether seven- to eight-drug regimens are better than a four-drug regimen. De Vita—the 'founder' of the MOPP-regimen which was the first regimen shown to cure advanced stage Hodgkin's disease in a considerable number of cases (15)—states that the one important factor determining the outcome is the dose intensity (2, 12). One logical reason for a combination of a seven- to eight-drug regimen in some studies (14) being superior to MOPP is that the use of alternating regimens or a hybrid regimen spreads out the toxicities because the dose of any single agent is

reduced. Furthermore, as the main explanation for reducing the dose of the MOPP-regimen is the considerable nausea caused by mustine (12), we have used the ChIVPP-regimen at our institutions since the early 1980's. This is to our knowledge the first randomized trial comparing the ChIVPP regimen with an eight-drug regimen in advanced Hodgkin's disease.

The high dose intensity in both treatment groups documented in this study may be one factor explaining the favourable results. Both regimens were generally well tolerated. We thus consider ChIVPP to be preferable to MOPP, which is more difficult to administer in adequate doses due to excessive nausea and vomiting (13, 30). This study confirms that a four-drug regimen is equally effective to one including eight drugs.

The impact of radiotherapy in the first-line treatment cannot be confirmed from this study, but it is tempting to indicate that radiotherapy contributes to the high long-term survival. Other studies indicate that the recurrence rate is reduced by the addition of radiotherapy to bulky tumour sites (31–35). The role played by radiotherapy on the outcome of advanced stage Hodgkin's disease is presently addressed in the ongoing trial of the EORTC Lymphoma Cooperative Group (EORTC—20932).

In Norway, Hodgkin's disease is at present treated exclusively at the five departments of Oncology and Radiotherapy. As only one centre, covering 10% of the entire Norwegian population, did not participate, this study is less selective and basically population-based compared with all other similar studies. The median age of 34.6 years is comparable to or higher than that reported from other studies.

Several publications show that older patients with Hodgkin's disease have an inferior prognosis compared with younger patients (34, 36–42). In this study, only five patients above the age of 60 years were included. The survival rate for the 15–40 age group years is, however, comparable to that for the 40–70-years age group. Although the number of patients is limited, our study confirms previous results (42) showing that patients above the age of 60 years with Hodgkin's disease have an inferior bone marrow tolerance to curative combination chemotherapy. The ChIVPP regimen in particular seems too toxic for this age group, as three out of the four patients who died from infections during leukopenia had received this regimen. During later years, we thus adopted a less toxic regimen from the Swedish Hodgkin programme for this age group, in which doxorubicin, etoposide, vincristine and prednisone are alternated with ChIVPP at less intensive doses.

Results from The Norwegian Radium Hospital (6) and other institutions show that long-term side effects such as secondary leukaemias (43) and sterility are mainly attributed to the alkylating agents (44, 45), cardiomyopathy is due to antracyclins (9, 11), pulmonary toxicity is caused by bleomycin (7, 8, 10) and neuropathy is due to vinca alkaloids. Cardiopulmonary disease (10, 11) and secondary carcinomas (5, 6) are attributed to the use of combined chemotherapy and irradiation to the mediastinum. These serious long-term effects may be equally important for survival as minor differences in 5–10-year relapse-free survival. Many of the side effects may have a threshold level for each individual drug, which is an argument for the use of a seven- to eight-drug regimen. Some consider, however, that the secondary leukaemias and solid cancers together with the high probability of lifelong sterility in both males and females are more important than the cardiopulmonary toxicity of the ABVD regimen. Only one patient in our study developed another cancer (pulmonary carcinoma), and this lung cancer was diagnosed 2 years

after the completion of first-line therapy. A longer follow-up is, of course needed to evaluate the risks of secondary cancers from the ChIVPP and ChIVPP/ABOD regimens.

The number of courses necessary to induce durable remissions is just as important as the choice of established drug combinations used in the primary treatment of Hodgkin's disease. The ongoing project on determining risk factors in Hodgkin's disease (International Prognostic Factor Project on Advanced Hodgkin's Disease) may indicate subgroups with better prognosis for which only four to six courses will be necessary. To reach firm conclusions, the optimal number of courses should then be tested in prospective randomized multicentre studies including a sufficient number of patients.

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