COMMENTARY

Advanced adrenocortical carcinoma: Combination chemotherapy health

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ABSTRACT

Adrenocortical carcinoma has an incidence of 1 per million people and is a rare and aggressive disease. A big tumor's compressive symptoms, hormonal production, or an unintentional finding on imaging tests all contribute to the diagnosis. The best opportunity for a cure is provided via surgery, which has been the basis of treatment. Metastatic disease and local recurrence, however, are frequent. Stage I illness has an 82 percent 5-year survival rate, whereas stage IV disease, which is indicated by distant metastases, has a 13% survival rate. 70% of patients have stage III or stage IV illness when they first arrive. Consequently, a lot of people need systemic treatment. Since 1960, mitotane adjuvant therapy has been the sole authorised treatment for ACC. Patients who have a high risk of recurrence are advised to get adjuvant radiation to the tumour bed. Palliative chemotherapy with etoposide, doxorubicin, and cisplatin with mitotane is the current standard of care if the illness has spread to other organs. Response rates to the EDP + mitotane regimen are 23%. Systemic targeted medicines have had less success than this plan. For metastatic illness, ablative methods are frequently employed. To increase the possibilities for this patient population, further medicines are still being researched, and collaborative organisations have been established all around the world.

Key Words: *Adrenocortical carcinoma ; Mitotane ;Tumour*

INTRODUCTION

Adrenocortical carcinoma is a rare malignancy with a bad prognosis (estimated incidence, 0.7 to 2.0 occurrences per 1 million people per -er year)1, 2. Patients with metastatic disease have a 5-year survival rate of fewer than 15%. Although its effectiveness has never been demonstrated in a controlled study, mitotane is the only medication licensed for the treatment of adrenocortical carcinoma and is used both as adjuvant therapy and for advanced illness. Even little is known about the use of other antineoplastic medications to treat this illness. Only retrospective data and modest phase 2 trials serve as the foundation for current treatment plans for advanced illness. The first randomized phase 3 study of therapy for this uncommon tumour was planned during the international consensus conference on adrenocortical carcinoma in 2003. We examined the two most effective treatment plans for individuals with advanced illness in this experiment, known as the First international randomized trial in locally advanced and metastatic adrenocortical carcinoma treatment (FIRM-ACT). In a trial including 28 patients with advanced adrenocortical cancer, one regimen that included etoposide, doxorubicin, and cisplatin (EDP) with mitotane achieved an objective response rate of 53%. In a trial including 22 patients with advanced adrenocortical cancer, the second regimen, which included streptozocin and mitotane, achieved an objective response rate of 36%. The trial's objective was to provide a standard of care for advanced illness.

METHODS

Patients

Age of 18 years or older, adrenocortical carcinoma histologically confirmed and radiologically measurable, unresponsive to radical surgical resection, no history of cytotoxic drug therapy other than mitotane, an Eastern Cooperative Oncology Group (ECOG) performance status of 0, 1, or 2 (asymptomatic, symptomatic but ambulatory, or symptomatic and in bed 50% of the day), and adequate hematologic and biochemical function were the eligibility

Study Design

This research was an investigator-initiated, randomised, controlled, open-label, parallel-group trial for the treatment of adrenocortical cancer that was carried out in 12 countries at 40 specialist sites. The data centre in Uppsala, Sweden, used disguised 1:1 randomization to assign patients, after registration, to receive either EDP with mitotane or streptozocin (streptozotocin) plus mitotane. Randomly permuted balanced blocks and random block sizes were employed as a method. The trial was authorised by the ethical committee at each research location and complied with the principles of the declaration of Helsinki and the good clinical practice guidelines. Written informed consent was given by each patient.

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The gathering of effectiveness and safety data was overseen by an independent data and safety monitoring board (board members are listed in the supplementary appendix). The research's design and initial draught of the paper were written by the study statistician and protocol committee, and all of the authors reviewed and approved the final version. (NEJM.org has the procedure and the strategy for the statistical analysis). One institution was chosen to be held legally accountable for carrying out the study in compliance with European medicines agency standards, and Uppsala university hospital accepted this responsibility. The patients' normal health care insurance was used to pay for the medications. This trial involved no business enterprise. The German universities of Marburg and Munich performed the statistical analysis of the data that Uppsala university collected. The data's veracity and the study's adherence to the protocol are attested to by all authors. The design of the experiment, data analysis, and paper writing were all done solely by trial participants who were also investigators. The document was not prepared by someone who is not an author. We predicted a significant number of treatment failures during first-line therapy based on the findings of the phase 2 trials. The plan therefore stipulated that all patients who had either disease progression or intolerable adverse events with the prescribed regimen would receive second-line therapy with the alternate regimen. As a result, the research design included two parallel phase 2 studies for second-line therapy.

Study Treatment

The EDP-mitotane regimen included intravenous administration of etoposide at a dose of 100 mg/m2 of body surface area from 2 day to 4 day of each cycle, intravenous administration of doxorubicin at a dose of 40 mg/m2 on day 1, intravenous administration of cisplatin at a dose of 40 mg/m2 on 3 day and 4 day and continuous oral administration of mitotane. A 4 week period was regarded as one cycle for the regimen. The streptozocin-mitotane regimen included continuous oral administration of mitotane along with intravenous injection of streptoz--ocin at a dosage of 1 g for 5 days in the initial cycle and 2 g on day 1 in subsequent cycles. The regimen's cycles were separated by 3 week intervals. With the intention of achieving a blood level of 14 mg/m2 to 20 mg/m2, mitotane was begun in both treatment plans at least one week prior to the commencement of the cytotoxic therapy. Prior use of mitotane was permitted since adjuvant mitotane therapy is widely utilised in individuals with adrenocortical carcinoma. The local investigators had the authority to permit concurrent drugs and therapies that they felt were required for the patients' safety and supportive care. Except for those with persisting Cushing's disease, all patients were advised to replace their glucocorticoids. At the beginning of each therapy cycle, patients had a physical examination, an assessment of their ECOG performance status, a complete blood count, and serum biochemical tests. Every eight weeks, thoracic and abdominal computed tomography or magnetic resonance imaging was used to evaluate the tumour response as determined by the Response Evaluation Criteria in Solid Tumors (RECIST). The period from the date of randomization to the dates of death and disease progression, respectively, was used to compute overall survival and progression-free survival. The cause of death was either determined to be progressive adrenocortical cancer or not. The final follow-up appointment and the last tumor response evaluation date, respectively. This is used to filter the data for patients who survived and those who survived without disease progression. Using the European Organization for Research and Treatment of Cancer (EORTC) quality-of-life core questionnaire, we evaluated quality of life every 8 weeks (QLQ-C30, version 3.0). The national cancer institute common terminology criteria for adverse events, version 2.0, was used for safety evaluations prior to each treatment cycle. Only when expected hazardous events matched the standards for a significant adverse event were they documented.