



DIAGNOSTIC AND THERAPEUTIC CHALLENGES IN LUNG CANCER: AN INTEGRATED APPROACH

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Abstract

Lung cancer is the common type of cancer continues to increase worldwide today. The International Agency for Research on Cancer (IARC) GLOBOCAN reported more than 1 million people per year affected by lung cancer worldwide. All lung cancer cases classified as Non-small-cell lung cancer (NSCLC) which accounts for major part and the remainder comes under Small-Cell lung cancer (SCLC). The prognosis is poor with overall survival rate is very low compare to all cancers due to lack of effective early detection methods and treatment. This review provides a comprehensive discussion of the latest developments in diagnosis and treatment of lung cancer. However, the signs and symptoms vary depending on tumor type and extent of metastasis. Treatment options and prognosis are correlated to the type and stage of the tumor. The low dose computed tomography in lung cancer screening is comparatively high rate of tumor detection. Surgical resection is remains single most continual and successful option for treatment. In addition to this, the successful development of a handful of new targeted agents could potentially leads to earlier diagnosis and the development of novel investigational approaches to the treatment of lung cancer. The Video Assisted Thoracoscopic (VATS) lobectomy, as a suitable procedure for patients with early-stage lung cancer, and morbidity remains lower. However, the molecular identification of over-expression of oncogenes and signature miRNAs are associated with lung cancer may be an important approach for early diagnosis and provide novel therapeutic reagents of lung cancer. However currently there are no standard treatment options, hence new approaches for the treatment of lung cancer are very essential.

INTRODUCTION

Lung cancer is the utmost common universal cause of cancer-related death in men, and second only to breast cancer in women (Jemal *et al.*, 2011). In 2011 estimated 1,608,800 new lung cancer cases worldwide and estimated 1,387,400 deaths from this (Jemal *et al.*, 2011). In 2015, there will be an estimated 1,665,540 new cancer cases diagnosed and 585,720 cancer deaths in the US (Siegel *et al.*, 2014). An assessed 158,040 Americans are expected to die from lung cancer in 2015, it's accounting for approximately 27% comparatively of all cancer deaths (Cancer Facts and Figures, 2015). Siegel and colleagues reviewed current lung cancer data and estimated a total of 239,320 new cases and 161,250 deaths from lung cancer in the United States in 2010 (Siegel *et al.*, 2011). In lung cancer non-small-cell lung cancer (NSCLC) accounts for 85% of all lung cancer cases, and the remainder classified as small cell lung cancer (SCLC) (Herbst *et al.*, 2008; NCCN Guidelines, 2014). Adenocarcinoma (AC), squamous cell carcinoma (SQCC) and large cell carcinoma (LCLC) is the most common subtype of NSCLC. Recently, genomic-based classification of LCLC eliminated this subtype, demonstrating that it can be molecularly sub-classified as either adenocarcinoma or neuroendocrine tumor (Clinical Lung Cancer Genome, 2013). The International Agency for Research on Cancer (IARC) GLOBOCAN reported, one million people were affected worldwide in a year by lung cancer and it has highest mortality rates comparatively (Ferlay *et al.*, 2010; Siegel *et al.*, 2013). In 1912, lung cancer was defined as "one of the rarest forms of cancer" (Adler, 1912). An estimated 85% of lung cancer cases in the United States are caused by cigarette smoking. For illustration, a longer smoking duration, a younger age of initiation and a higher number of packs-per-day increase the risk of lung cancer (Knoke *et al.*, 2004), lung cancers in heavy smokers have the poorest prognosis due to the huge mutation load that has accumulated in cancers. In fact, more lung cancer occurs in individuals who have stopped smoking (Tong *et al.*, 1996). The presence of sputum atypia is considerably associated with the development of cancer (Prindiville *et al.*, 2003).

In many lung tumorigenesis results from a series of genetic and epigenetic alterations in pulmonary epithelial cells. Genome associated studies have identified with inherited susceptibility variants of lung cancer on several chromosomal loci, including 6q, 8q, 12q, and 15q (Hung *et al.*, 2008; Amos *et al.*, 2008). Alberg *et al.* (2013) discussed in more details about the genetic associations of lung Cancer. Now receding in some nations where tobacco control has reduced smoking (World Health Organization, 2011). Overall age-adjusted incidence rate per 100,000 populations (2005–2009) are higher in men than women (Howlander *et al.*, 2011). The lowermost female lung cancer incidence rates are reported in Africa and India, however the highest rates are in Pacific Rim countries (Philippines, Hong Kong, Japan, and the Chinese population of Singapore) and in China (Jonathan *et al.*, 2009). Advances in early detection and in the various treatment modalities for many



cancers have become curable and the survival rates for newly diagnosed lung cancer approximately as 17% (Pollack *et al.*, 2009; Rajani *et al.*, 2009). Average 5-year lung cancer survival is among the poorest (15%) of all cancers. The poor survival is attributable to lack of effective early detection methods and treatment for metastatic disease, and more than 75% of patients present with stage III or IV disease and it's rarely curable with current therapies (Fred *et al.*, 2001; Howlander *et al.*, 2012). In distant tumors the five-year survival rate is only 4.05% (SEER Cancer Statistics Review, 1975-2011). However, as yet there are no standard indicators of clinical significance in lung cancer. This paper will review a complete overview of diagnostic and treatment option of the lung cancer.

DIAGNOSIS

The physician performing diagnostic procedures, adequate tissue is acquired to achieve accurate histologic and molecular characterization of cancer cells. Early diagnosis of patients with stage I and II lung cancer benefit from surgical resection. In patients with early stage NSCLC, thoracotomy is the recommended experiment for diagnosis and staging of tissue (Lauren *et al.*, 2007). Small cell or metastatic non-small cell carcinomas, the diagnosis should be made using thoracentesis of a pleural effusion, excisional biopsy of an accessible node, bronchoscopy and transthoracic needle aspiration (Rivera *et al.*, 2003). Further evaluation for metastases depends on the clinical presentation. Sputum cytology is an acceptable method of establishing the diagnosis, with a pooled sensitivity and specificity rate is (66%, 99%) considerably higher according to the location of the tumor (Rivera *et al.*, 2013) and this test detects 71 percent of central tumors but less than 50 percent of peripheral tumors (Rivera *et al.*, 2003). Understanding of molecular abnormalities in lung cancer could potentially lead to earlier diagnosis and the development of novel investigational approaches to the treatment of lung cancer (Salgia and Skarin, 1998). Daniel *et al.* (2013) concluded that complement fragment C4d may serve as a biomarker for early diagnosis of lung cancer. (Daniel *et al.*, 2013)

SYMPTOMS

Mostly the lung cancers symptoms occur in advanced stage but in some people occur on early stage. Patients may present with primary tumor caused by symptoms of fatigue, anorexia, and weight loss. Pneumonia occurs in up to 75 percent, Dyspnea in 60 percent and Hemoptysis in 35 percent of patients with symptoms from a primary tumor (Beckles *et al.*, 2003). Symptoms may include persistent cough, sputum streaked with blood, chest pain, voice change, and recurrent pneumonia or bronchitis (Cancer Facts & Figures 2014).

SCREENING OF LUNG CANCER

Screening studies for lung cancer have only been done in high risk populations, such as smokers and workers with occupational exposure to certain substances. Earlier lung cancer screening trials using chest radiography (Brett, 1969; Oken *et al.*, 2011) and sputum cytology (Marcus *et al.*, 2000), however chest X-rays beginning in the 1930s (US Department of Health, Education, and Welfare, 1964), flexible bronchoscopy since the late 1960s (Ikeda *et al.*, 1968), thin needle aspiration and computerized scans during 1980s (Wittenberg, 1983) and helical computed tomography (CT) scans since late 1990s (Henschke *et al.*, 2004). The American Cancer Society (ACS) had recommended lung cancer screening with chest X-ray (CXR) in the 1970s for current and former smokers (Eddy *et al.*, 1980), However sensitivity of CXR is reliant on the size and location of the lesion, the image quality, and the skill of the interpreting physician. Lung cancer screening with LDCT is the comparatively high rate of identification of noncalcified nodules, and, the average nodule detection rate per round of screening was better. In 1999, Early Lung Cancer Action Project (ELCAP) investigators comparing the lung cancer screening with low-dose CT (LDCT) and CXR in volunteers aged 60 years and over with a smoking history (Henschke *et al.*, 1999). Only lesser evidence mentions the screening approach to reduce mortality.

TREATMENT

Surgery

Patients with resectable disease may be cured by surgery or surgery followed by chemotherapy. Most stage I and stage II non-small cell lung cancers are treated with surgery by surgeon to removes the lobe, or section of the lung containing tumor. Surgery can be divided into three major groups: lobectomy (removal of a lobe), bilobectomy (removal of two lobes on the right side) and pneumonectomy (removal of an entire lung). In 1947 the first sleeve resection was achieved for a carcinoid tumour in the right upper-lobe (Naef, 2003). The final aim of non-small-cell lung cancer (NSCLC) surgical treatment is complete (R0) resection, however this specific criteria have been established by a working group of the International Association for the Study of Lung Cancer (IASLC) (Rami *et al.*, 2005). Significantly improved survival rates are reported in surgical series. Several surgeons practice video-assisted thoracoscopic surgery (VATS), this process, the surgeon makes a small incision, or cut, in the chest and inserts a tube called a thoracoscope, that has a light and a minute camera connected



with video monitor, lung tumor can be removed through the scope. VATS lobectomy, is a suitable procedure for a number of patients with early-stage NSCLC. Morbidity remains lower with the VATS approach, although in a nationwide database of 13,619 patients who underwent lobectomy by thoracotomy or VATS (Gopaldas *et al.*, 2010). Pierre Denoit (1912-1990), a surgical oncologist, first started using the tumour, node, metastasis (TNM) classification system and defines the anatomic extent of disease (Goldstraw, 2009), a complete intraoperative systematic lymph node dissection is important to provide an accurate pathological TNM staging. A complete mediastinal lymph-node dissection identified more levels of N2 disease in patients with stages II and IIIA NSCLC, and was associated with improved survival (Sakurai *et al.*, 2004; Schulte *et al.*, 2009).

Radiation therapy

The main aim of radiation therapy is to deprive multiplication potential of cancer cells. There are two main types of radiation therapy, external beam radiation therapy and brachytherapy (internal radiation therapy); External beam radiation therapy (EBRT) focuses radiation from outside the body on the cancer that is most often used to treat a primary lung cancer. External beam radiation therapy most often used to treat small cell lung cancer (SCLC). Radiation therapy contributes to around 40% towards curative treatment (Delaney *et al.*, 2005). High-energy radiation damages genetic material (deoxyribonucleic acid, DNA) of cells and thus blocking their ability to divide and proliferate (Jackson and Bartek, 2009). Rapid progress in this field continues to be boosted by advances in imaging techniques, computerized treatment planning systems, radiation treatment machines (with improved X-ray production and treatment delivery) as well as improved understanding of the radiobiology of radiation therapy (Bernier *et al.*, 2004). The effects of fractionated radiation therapy in the 1920s eventually led to the development of regimes comparing different treatment schedules based on total dose, number of fractions and overall treatment time (Bernier *et al.*, 2004). Programmed cell death or apoptosis is a major cell death mechanisms involved in cancer therapy and in radiation therapy in particular (Rupnow and Knox, 1999; Cragg *et al.*, 2009). Radiation therapy to the chest may damage your lungs and cause a cough and breathing problems. Radiation is also being delivered in combination with molecular targeted therapy with the aim of further improving the therapeutic ratio of the radiation treatment (Tofilon *et al.*, 2003; Begg *et al.*, 2009). Local control can be achieved with radiation therapy in a large number of patients with unresectable disease. Conventional Radiation therapy (RT) alone resulted in a median survival of 10 months and a 5-year survival rate of 5%. Many phase 3 trials have confirmed that cisplatin based chemotherapy plus RT produces better survival rates than RT alone (Schaaqe-Koning *et al.*, 1992; Le Chevalier *et al.*, 1992).

Chemotherapy

Chemoprevention is demarcated as the use of nutritional or pharmaceutical interventions to slow or converse the development of premalignancy to invasive cancer, the main consideration for chemoprevention trials is the safety profile and reduces the incidences and mortality of lung cancer. Clinical trials have revealed that chemopreventive agents may have dramatically different results in current and former smokers (Omenn *et al.*, 1996). A diet rich in fruits and vegetables is associated with a lower cancer incidence. A large clinical study evaluated N-acetyl cysteine agent in 1,023 patients with NSCLC (pT1-T3, N0-1, or T3, N0) treated by therapeutic intent, but there is no significant differences were noted among the groups (van Zandwijk *et al.*, 2000). A large randomized trial of 1,166 patients with stage I NSCLC treated with placebo or isotretinoin and this no improvement in reduce tumor size, recurrence rate and mortality (Lippman *et al.*, 2001). Fritz *et al.* investigated selenium as a lung cancer chemo preventive agent (Fritz *et al.*, 2011).

Targeted therapy

Scientific advances in understanding lung cancer at the molecular level have accelerated to make improvements in diagnostics and therapeutics. Particular mutations in growth factor receptors are the hallmarks of definite lung cancer phenotypes and form the basis of molecularly targeted therapies (Pao *et al.*, 2011). One randomized experimental in Japan showed a considerably prolonged progression-free survival (PFS) in patients proceeding gefitinib versus standard chemotherapy (Maemondo *et al.*, 2010). However these targets are KRAS, BRAF, ERBB2, PI3KC and translocations involving RET and ROS, as well as RTK MET, which is activated mainly in tumors that develop resistance to targeted therapies. The discovery of activating mutations in the *EGFR* gene heralded a new era of personalized medicine in thoracic oncology, however presently existing tyrosine kinase inhibitors (TKIs) such as erlotinib, gefitinib and afatinib target EGFR provide dramatic tumor responses compared with conventional chemotherapy in patients with Non-small-cell lung cancer NSCLC (Salgia, 2015). Over expression of EGFR occurs 60% in NSCLC. Inhibitors of targeting EGFR or anaplastic lymphoma kinase (ALK) have demonstrated major efficacy in the treatment and diagnostic assays of lung cancer, patients are benefit from these treatments (Salgia, 2015). EGFR inhibitors that bind to EGFR or other receptors in the EGFR family, however Afatinib is an irreversible Erb family blocker that covalently binds to the cysteine residue of EGFR, and providing



longer inhibition of EGFR (Nelson *et al.*, 2013). Recent studies have been shows several mechanisms are resistance to EGFR inhibitors (Chong *et al.*, 2013). MET over expression has been observed in 25% to 61% of NSCLC patients. A comparative study of MET inhibitor tivantinib (ARQ 197), in combination with erlotinib treated patients, has shown better activity versus erlotinib alone (Sequist *et al.*, 2011). KRAS mutations are observed in close to 30% of adenocarcinomas of the lung, but are uncommon in SQCC about 5% only. A preclinical study based on shRNA screening recognized BCL-XL and MEK inhibition as a potentially active approach for treatment of KRAS-mutant adenocarcinoma (Corcoran *et al.*, 2013). The MEK inhibitor selumetinib combined with docetaxel in a phase 2 clinical trials showed promising results in KRAS-mutated NSCLC (Janne *et al.*, 2013). The PAX5 gene might be a key regulator of c-MET transcription and an approaching target for therapy in Small cell lung cancer (SCLC) (Rajani *et al.*, 2009). The combining of KIF14 kinesin and miRNAs in associated with lung cancer may be an important approach for early diagnosis of lung cancer, and may provide novel therapeutic reagents (Shahid *et al.*, 2014; Xi Liu *et al.*, 2010).

Immunotherapy

The principles of tumor biology and immunology have been critical in the development of immunotherapy in laboratory and implementation of immunotherapy in the clinic, this better understanding of immunotherapy and the mechanisms underlying immunity in cancer has powered an increasing of new therapeutic agents for a different cancers. In the 1970s and 1980s, immunologists searched for antibodies that would bind to tumors in the serum of cancer patients, and lymphocytes activated with lectins or interleukin-2 (IL-2) were found in target tumor cells *in vitro* (Grimm *et al.*, 1982; Mazumder *et al.*, 1982). Bevacizumab is a recombinant, humanized mAb that binds and neutralizes, vascular endothelial growth factor (VEGF), preventing its association with endothelial receptors like Flt-1, and KDR, Bevacizumab is approved for the suggestions of nonsquamous NSCLC (Miller *et al.*, 2007).

Small cell lung cancer (SCLC) have been shown to reduced expression of class I and class II antigens due to reduced gene transcription, with diminished immunogenicity (Ball *et al.*, 1986; Marley *et al.*, 1989). Interferon IFN- have been exposed to bring the expression of MHC antigens on SCLC cells in both *in vitro* and *in vivo* (Kelly *et al.*, 1995). Some immunotherapeutic agents have been assessed without significant toxicity in patients with SCLC; Such as fucosyl monosialoganglioside (GM1), polysialic acid, disialoganglioside (GM2), and the gangliosides (GD2 and GD3) (Zhang *et al.*, 1997). However, these trials failed to demonstrate significant improvement in Overall survival (OS) or PFS compared with observation (Giaccone *et al.*, 2005; Bottomley *et al.*, 2008). Tumor vaccination strategies have also been tested in NSCLC randomized trial of the BLP25 liposome vaccine immunizing against the MUC1 antigen, a cell surface glycoprotein was associated with a trend toward improved survival (Butts *et al.*, 2005). The international trials in the cancer germline melanoma-associated antigen (MAGE)-A3 as a vaccination in NSCLC on the phase 2 studies that suggest a potential benefit of vaccination with this antigen (Ding *et al.*, 1994).

CONCLUSION

The increasing lung cancer incidents are a fact. The increasing lung cancer incidents and poor prognosis are mainly due to lack of effective early detection methods and treatments of metastatic lung cancer. The patients present with advanced stage (III or IV) disease are rarely curable with current therapies. Creating the essential novel treatments are the presently more demanding. Diagnosis of lung cancer, LDCT screening is comparatively high rate of tumor detection and understanding of molecular abnormalities in lung cancer that could potentially lead to earlier diagnosis. Several surgeons practice video-assisted thoracoscopic surgery; however the morbidity remains lower. Advances in biologically targeted therapeutic agents advanced the better treatment of lung cancer should continue to make incremental improvements. However past several decades, we have made only a few small strides in our fight against lung cancer, in medical research community. New approaches for the standard treatment of lung cancer are very essential to save lives.

RECOMMENDATIONS

Diagnosis

- Thoracotomy is the recommended for diagnosis and staging of tissue patients with early stage NSCLC.
- Sputum cytology is an acceptable method of establishing the diagnosis and its sensitivity and specificity rate is higher according to the location of the tumor
- LDCT is highly recommended for the early examination of lung cancer screening and its nodule detection rate per round of screening was better.



Surgery

- VATS lobectomy is a suitable procedure for patients with early-stage NSCLC and Morbidity remains lower.

Immunotherapy

- Bevacizumab is recommended immunotherapy for the suggestions of nonsquamous NSCLC.

Chemotherapy

- Placebo or isotretinoin is a chemotherapy for stage I NSCLC patients

Targeted therapy

- The inhibitors of targeting EGFR or ALK have major efficacy in the treatment and diagnostic assays of lung cancer.

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