

Diagnostic and Therapeutic Approach to Pancreatic Adenocarcinoma

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Abstract

Pancreatic adenocarcinoma is the sixth leading cause of cancer-related death in Europe with survival rates remaining unchanged over the last three decades. Early diagnosis and accurate staging are essential due to the difficulty of curing this tumor in its advanced form. Endoscopic or laparoscopic ultrasonography and computed tomography are the preferred imaging and staging modalities for many patients with pancreatic adenocarcinoma. Morbidity and mortality are similar for pylorus-preserving and classic pancreaticoduodenectomy. Extended retroperitoneal lymphadenectomy does not improve survival and increases morbidity compared with standard pancreaticoduodenectomy, while adjuvant chemoradiotherapy prolongs survival in selected groups of patients. This article reviews the causes, risk factors, and clinical features of pancreatic adenocarcinoma and discusses the methods of optimal diagnosis, staging and treatment.

Key words

Pancreas - adenocarcinoma - pancreatectomy - chemoradiotherapy

generally the sixth leading cause of cancer-related death all over Europe. The latest data from Europe show that the highest mortality rates are found in Hungary, Austria and the Czech Republic, while the lowest rates are found in Albania and Latvia (3).

Pancreatic adenocarcinoma is characterized by a late presentation which is responsible in part for the 5-year survival rate up to 4% (4). Recently, improvements in perioperative management have decreased the patients' morbidity and mortality after pancreatectomy but their prognosis remain unchanged. Between 10% and 20% of patients are candidates for curative resection with a 5-year survival rate of 7-25% (5). Although surgery remains the cornerstone for the management of pancreatic adenocarcinoma and the only potential for cure, virtually all patients are dead within 7 years of surgery (1).

This study reviews the causes, risk factors, clinical symptoms and signs, diagnosis, staging and management of pancreatic adenocarcinoma. A Pubmed database search was performed. All abstracts were reviewed and every article and prospective randomized clinical trials of pancreatic adenocarcinoma was scrutinized. Further references were extracted by cross-referencing.

Introduction

Pancreatic adenocarcinoma is the most common epithelial exocrine pancreatic neoplasm which accounts for up to 80-90% of all malignant pancreatic tumours. It was found that in series of surgical resections, 80-90% of tumours were located in the head of the pancreas (1). It is one of the most lethal human cancers and currently the fifth most common cause of cancer death in men, the sixth in women (2), and

Causes and risk factors

Pancreatic adenocarcinoma is more prevalent in men than women and occurs in older age-groups, affecting individuals in their 60s and 80s (6). A family history of pancreatic cancer or a genetic defect is often present in patients with an early onset of this disease. Inherited genetic factors and environmental factors are known as the main causes of pancreatic adenocarcinoma (Table I).

Racial factors may influence the natural course of pancreatic adenocarcinoma. In a study that included more than 10,000 patients residing in the USA, Asian patients tended to have less aggressive tumors compared with white and black patients. There were no clear explanations for this finding, but it could be attributed both to genetic factors and to differences in environmental exposures (7).

Table I Risk factors for pancreatic adenocarcinoma

Environmental factors
Smoking
Exposure to carcinogens (formaldehyde, organochlorines, chlorinated hydrocarbons)
Fat content of the diet
Pre-existing diseases
Chronic pancreatitis (alcoholic, non-alcoholic, hereditary)
Diabetes
Morbid obesity
Hereditary factors
Hereditary pancreatitis
Familial breast cancer syndrome
Non-polyposis colorectal cancer syndrome (HNPCC)
Peutz-Jeghers syndrome
Familial multiple mole melanoma syndrome (FAMMM)
Cystic fibrosis

Tobacco smoking is an established risk factor for pancreatic adenocarcinoma (8). The relative risk ranges from 1.5- to 3-fold for smokers versus non smokers patients depending on the number of smoked cigarettes per day (9). Dietary factors, particularly the fat content in the diet, have most consistently been associated with pancreatic adenocarcinoma (10), while coffee and alcohol unlikely play a major role in pancreatic carcinomatosis (6). Jobs with exposure to several carcinogens such as formaldehyde, organochlorines, chlorinated hydrocarbons and various other substances, could result in an increased risk of pancreatic adenocarcinoma (11).

Pre-existing diseases such as chronic pancreatitis, diabetes, cholelithiasis, and morbid obesity are associated with increased risk for pancreatic adenocarcinoma. In patients with history of alcoholic and non-alcoholic chronic pancreatitis the increased relative risk for pancreatic adenocarcinoma varies from 10- to 20-fold, while the cumulative risk for patients with hereditary pancreatitis is with 30-40% higher than for any other known risk factor (12-13). However, only 3-4% of pancreatic adenocarcinomas may be attributed to chronic pancreatitis (14). In patients with type 2 diabetes the increased relative risk ranges from 1.3- to 2-fold for pancreatic adenocarcinoma, while the role of cholelithiasis in pancreatic carcinogenesis is uncertain (6). The estimated risk for pancreatic cancer among obese patients is 19% when compared with patients with normal body mass index (15).

Finally, up to 10% of cases of pancreatic adenocarcinoma are attributed to hereditary factors (16). The familial breast cancer syndrome, the hereditary non-polyposis colorectal cancer syndrome (HNPCC), the Peutz-Jeghers syndrome, and the familial multiple mole melanoma syndrome (FAMMM) are familial cancer syndromes associated with high incidence of pancreatic adenocarcinoma (6). The most important inherited germline disorder is BRCA2 which was found in 17% of patients with a strong family history of pancreatic adenocarcinoma (17). In addition, germline mutations of p16^{INK4a} have been observed in families which have a combination of pancreatic adenocarcinoma and melanoma (18).

Clinical symptoms and signs

There are no specific early-warning symptoms of pancreatic adenocarcinoma. Symptoms often appear when the tumor grows large enough to interfere with the function of the stomach, liver, or other nearby organs. The first symptoms are usually abdominal pain and weight loss. The characteristic pain pattern is a vague epigastric pain that may radiate to the back. It is typically more severe in the supine position and is improved by leaning forwards. The presence of either abdominal or back pain is reported to be an ominous predictor of resectability and survival. Kelsen et al (19) observed that 55% of patients without pain had a resectable disease, while only 25% of the patients reporting pain were amenable to resection. Similarly the median survival among patients with resectable pancreatic adenocarcinoma without pain history was 21.9 months whereas in patients with pain history the reported median survival was only 9.2 months (19).

Late-onset diabetes mellitus or an unexplained attack of acute pancreatitis may be the first sign of pancreatic adenocarcinoma but only in rare cases (20-21). The presence of insulin-dependent diabetes before the age of fifty in a healthy, non-obese, and with no family history of diabetes patient, increases the possibility of pancreatic adenocarcinoma. About 80% of pancreatic adenocarcinomas occur in the head of the pancreas and can cause obstructive jaundice with pruritus, light-colored bowel movements, and slow digestion of food. A palpable Courvoisier's gallbladder may be also present. Dyspepsia due to delayed gastric emptying, and vomiting due to duodenal obstruction may be manifestations of late stage pancreatic adenocarcinoma. Changes in bowel habits and diarrhoea as a result of common bile duct obstruction may be another symptom. In rare cases a superficial migratory thrombophlebitis may be the first but a delayed symptom of the disease. Finally, clinical features such as rapid weight loss, ascites, abdominal mass, and supraclavicular lymphadenopathy usually indicate an irresectable tumour.

Diagnosis and staging

Improvement of imaging modalities has led to the diagnosis of small and early stage tumours but have failed to demonstrate small liver metastases or peritoneal dissemination found during laparotomy.

Contrast-enhanced computed tomography (CT), with arterial and portal venous phases, is considered to be the 'gold standard' modality for staging pancreatic adenocarcinoma. Its accuracy in predicting resectability is high (90-100%) (22), but it is much less accurate in identifying potentially resectable small tumours due to its poor accuracy in detecting lymph node metastases, microscopic local tumor extension, small hepatic metastases and pancreatic adenocarcinomas smaller than 1 cm in diameter. Helical CT is reported to be accurate in determining tumour resectability

in 83%, the extent of the primary tumour in 73%, regional extension in 74%, vascular invasion in 83%, and distant metastases in 88% (23).

Endoscopic ultrasonography (EUS) is the preferred imaging modality in many patients due to its efficiency for evaluation of the whole pancreas using the combination of stomach and duodenum scans and its ability to detect small lesions (24). Its accuracy for tumor staging ranges from 78% to 94% and for nodal staging ranges from 64% to 82% (24,25). EUS-guided fine needle aspiration (EUS-FNA) can achieve the histologic diagnosis of primary tumours, lymph node and distant metastases (24,26), but it should be avoided when the outcome of the EUS-FNA does not affect treatment strategy in order to prevent tumor dissemination. In comparison with CT, EUS is more accurate in determining tumor size and lymph node involvement and is considered to be the most cost effective test for resectable pancreatic adenocarcinoma (23).

Magnetic resonance imaging (MRI) is equal or superior to CT for the staging of pancreatic adenocarcinoma; its ability to detect liver metastases is higher when compared with CT while its accuracy for lymph node infiltration is similar to CT (27). Magnetic resonance cholangiopancreatography (MRCP) and magnetic resonance angiography also provide additional information for pancreato-biliary ductal abnormalities and invasion of vascular structures (27).

Endoscopic retrograde cholangiopancreatography (ERCP) can provide detailed pancreatograms of the main pancreatic duct and its branches revealing the morphologic changes in the ductal system as a result of histologic changes. It allows biopsy of the pancreatic duct, brush cytology and collection of pancreatic fluid for cytology, and gene analysis, while the introduction of ultrasonic probes and baby scopes into the pancreatic duct is helpful in diagnosis of small intra-ductal and intra-parenchymal lesions (28,29).

Staging laparoscopy can identify small peritoneal or liver metastases which have failed to be evidenced in pre-operative staging (30,31) and in combination with laparo-

scopic ultrasound (LUS) and peritoneal cytology can identify occult metastatic lesions in the peritoneal cavity and the liver in 10-35% of instances that were not detected by other imaging modalities (32,33). John et al (34), in a series of 50 patients, reported 68% sensitivity and 100% specificity for predicting non resectability using LUS compared with 71% sensitivity and 47% specificity using CT.

No single best modality is available for diagnosis and staging of pancreatic adenocarcinoma. Even the combination of imaging modalities may miss over one third of patients with irresectable tumour (35-37). Avoiding the morbidity and the cost of an unnecessary laparotomy, the routine use of laparoscopy is justified for patients with the diagnosis of a resectable tumour during the preoperative work-up. Furthermore, in patients who underwent neoadjuvant chemoradiation and restaging, laparoscopy is necessary for identifying resectable tumours (38).

Standard pancreaticoduodenectomy versus extended lymphadenectomy

In the past, some non randomized retrospective studies suggested that extended lymphadenectomy (ELND) in patients with pancreatic adenocarcinoma could benefit longer-term survival rates (39-41). Since then, several centers have undertaken prospective randomized trials to compare the results of these two procedures (Table II).

In the first ever prospective multicenter study of 81 patients, Pedrazzoli et al (42) failed to demonstrate significant differences in survival between the standard pancreaticoduodenectomy (PD) and ELND in patients with pancreatic head adenocarcinoma. The patients were randomized in standard (n = 40) or extended (n = 41) lymphadenectomy and retroperitoneal tissue clearance groups. None of them received any postoperative adjuvant therapy. The number of lymph nodes resected in the PD group was 13.3 ± 8.3

Table II Evaluation of survival, morbidity and mortality of standard pancreaticoduodenectomy versus extended lymph-adenectomy

Study, year (ref.)	Study type (period)	No. of patients	PD	ELND	Results on mortality and morbidity	Results on survival
Pedrazzoli et al, 1998 (42)	Multicenter prospective randomized (1991-1994)	81	40	41	NS	NS / Trend towards longer survival rates for patients with positive nodes in the ELND group
Farnell et al, 2005 (43)	Single institution prospective randomized (1997-2003)	79	40	39	NS	NS
Riall et al, 2005 (44)	Single institution prospective randomized (1996-2001)	162	80	82	29% morbidity in the PD group 43% morbidity in the ELND group	NS

PD: standard pancreaticoduodenectomy; ELND: extended lymphadenectomy; NS: not statistically significant

compared with 19.8 ± 15.1 of the ELND group. There was no statistical significance regarding mortality, morbidity, length of the operation, transfusion requirements, and hospital stay. There was no difference in the overall survival rate but the authors demonstrated that patients with positive nodes who underwent ELND appeared to have longer survival rates and might have benefitted from a more aggressive procedure such as ELND.

Similarly, a study by Farnell et al (43) showed no long-term survival in patients who underwent ELND. The trial involved 40 patients in the PD group and 39 patients in the ELND group. The median number of resected lymph nodes was 15 and 36, respectively. Both groups received adjuvant therapy consisting of 5-fluorouracil (5-FU) and external beam radiation. After a median follow-up of 4 years, the median survival was 19 and 26 months, respectively with 1-year, 3-year and 5-year survival consisting of 71%, 25%, and 16.5% in the PD group and 82%, 41%, and 16.4% in the ELND group. Morbidity and mortality were similar in the two groups.

A large study by Johns Hopkins Medical Institution (44,45) with an update on 5-year survival, reported no improvement in long-term survival and a higher complication rate. This study included 294 patients with periampullary cancer; 162 of them had pancreatic adenocarcinoma. Eighty patients were randomized in the PD group and 82 in the ELND group. The mean number of resected lymph nodes in the two groups was 17 and 28 respectively. 78% of patients in both groups underwent postoperative chemoradiation. After a median follow-up of 5.3 years, the 1- and 5-year survival for pancreatic adenocarcinoma was 75% and 13% respectively compared with 73% and 29% in the patients who underwent ELND. The authors reported that this difference was not statistically significant and they attributed the apparent difference in the 5-year survival to the fact that 21% of patients in the PD group had a margin positive resection compared with a 5% in the ELND group. The overall complication rate was 29% in the standard group

compared with 43% in the radical group, with longer hospital stay, increased rate of pancreatic fistula, and delayed gastric emptying.

Recent prospective randomized studies were unable to demonstrate an improvement in survival when performing more radical operations. Morbidity was similar, while in some of the studies this remained higher during the radical procedures.

Standard pancreaticoduodenectomy versus pylorus preserving pancreaticoduodenectomy

The pylorus preserving pancreaticoduodenectomy (PPPD) was originally described by Watson in 1944 and popularized by Traverso and Longmire in the late 1970s (46). In the past, it was criticized for its radicalness when applied to patients with malignancy (47,48) and it was associated with a higher incidence of delayed gastric emptying (49). Several prospective randomized trials were undertaken investigating the effectiveness of PPPD towards PD for the treatment of pancreatic head adenocarcinoma (Table III).

In a prospective randomized multicenter analysis enrolling 134 patients with pancreatic adenocarcinoma and periampullary tumours, the two procedures were found equally effective in the treatment of pancreatic adenocarcinoma. The study included 68 patients (47 of them with pancreatic adenocarcinoma) who underwent PPPD and 66 patients (43 of them with pancreatic adenocarcinoma) who underwent PD. The duration of operation, blood loss, hospital stay, and postoperative weight loss were similar in these two groups. In the subgroup of patients with pancreatic adenocarcinoma the disease-free survival was 6 months in the PPPD group and 7 months in the PD group. The median survival was 12 and 11 months, respectively (50).

Table III Evaluation of survival, morbidity and mortality of standard pancreaticoduodenectomy versus pylorus preserving pancreaticoduodenectomy

Study, year (ref.)	Study type (period)	No. of patients	PD	PPPD	Results on mortality and morbidity	Results on survival
Tran et al, 2004 (50)	Multicenter prospective randomized (1992-2000)	134	66 (Pancreatic cancer n = 43)	68 (Pancreatic cancer n = 47)	NS	NS
Seiler et al, 2000, 2005 (51,52)	Multicenter prospective randomized (1996-2001)	110	57 (Pancreatic cancer n = 37)	53 (Pancreatic cancer n = 43)	Shorter operative time, less blood loss, earlier return to work after surgery in the PPPD group	NS
Lin and Lin 1999(53)	Single institution prospective randomized (1994-1997)	31	15 (Pancreatic cancer n = 3)	16 (Pancreatic cancer n = 2)	Delayed gastric emptying in the PPPD group with marginal statistical significance	NS

PD: standard pancreaticoduodenectomy; PPPD: pylorus preserving pancreaticoduodenectomy; NS: not statistically significant

A study by Seiler et al (51,52) enrolled 110 patients with proven pancreatic cancer; 53 patients in the PPPD group (37 with pancreatic adenocarcinoma) and 57 patients in the PD group (43 with pancreatic adenocarcinoma). Both procedures were found to be equally effective, while PPPD were found to be associated with shorter operative time, less blood loss, and an earlier return to work 6 months after surgery. There was no difference in terms of overall survival, tumour recurrence and quality of life. For the patients with pancreatic adenocarcinoma the median survival in the PPPD group was 49 months (lymph node-negative) and 15 months (lymph node-positive) compared with 39 and 18 months respectively, in the PD group.

In another small study with 31 patients, (16 patients in PPPD group and 15 patients in PD group), there was no significant difference in the term of operating time, blood loss and blood transfusion, while delayed gastric emptying was observed more frequently after PPPD with marginal statistical significance (53).

PPPD is as effective as PD for the treatment of the pancreatic head adenocarcinoma. It may be associated with shorter operating time and less blood loss, while there are conflicting results regarding the incidence of delayed gastric emptying. A possible explanation is that the incidence of delayed gastric emptying is not associated with the type of the procedure per se but is strongly correlated with the incidence of intra-abdominal complications (50-54).

Adjuvant therapy

Published data about the role of adjuvant therapy in pancreatic adenocarcinoma are not conclusive and the treatment strategies vary (5,55-59). In a study using the U.S. National Cancer Database in which a total of 100,313 patients with pancreatic cancer were enrolled, 9% (n = 9044) of them underwent pancreatectomy. Of these 9044 patients, 60% underwent pancreatectomy alone, 28% pancreatectomy and chemoradiation, and 12% pancreatectomy and radiation or chemotherapy. The overall five year survival rates in these three groups of patients were 23.3%, 17%, and 14.9% respectively (5).

The European Study Group for Pancreatic Cancer (ESPAC) 1 trial (55) used a two-by-two factorial design in which each patient was randomly assigned to receive chemoradiotherapy or chemotherapy, both, or no adjuvant treatment after the resection of the pancreatic adenocarcinoma. In this study, which randomized 289 patients from 11 European countries, the results showed that in terms of prolonged survival the standard care for resectable pancreatic adenocarcinoma should be a negative margin resection followed by systemic chemotherapy. Patients who were treated with postoperative chemotherapy had a median survival of 20.1 months compared with 15.5 months in the group of patients who were treated with surgical resection only. Surprisingly, chemoradiotherapy was found to reduce survival when it was performed before chemotherapy and did not show any benefit. Chemotherapy

consisted of leucovorin and fluorouracil, while chemoradiotherapy consisted of 20 Gy dose plus fluorouracil.

Neoadjuvant chemoradiotherapy may downstage patients with locally advanced irresectable pancreatic adenocarcinoma and permit surgical resection (60-63). In a group of 61 patients with locally advanced pancreatic adenocarcinoma, 23 (38%) patients had tumoral response and in 13 (21%) of them a Whipple procedure was performed. These patients received a total dose of 45 Gy of radiation therapy combined with infusion of fluorouracil and cisplatin. The median survival of the patients who underwent surgical resection was 20 months, which was similar to that of patients with initially resectable pancreatic adenocarcinoma (60).

Several studies showed a survival benefit of adjuvant chemotherapy (55,59) and adjuvant treatment was established in patients who had "curative" resection. The benefits of radiotherapy and neoadjuvant treatment on the other hand are still controversial.

Survival prognostic factors after resection

Previous reports have identified negative lymph node status, a small primary tumour diameter less than 2 cm, well or moderately differentiated tumour, negative resection margins and absence of vascular invasion as favourable prognostic factors (56,64,65) for pancreatic adenocarcinoma. Several other factors such as biological features, preoperative Ca 19.9 levels, centre specialization and administration of adjuvant therapy also influence prognosis (58,66-70). The ESPAC-1 trial reported that only tumour grade and lymph node status were identified as independent prognostic factors (1). The limits of surgery are defined by the low resectability rates on presentation and the aggressiveness of pancreatic adenocarcinoma. However, recurrence after 5 years remains likely despite the presence of favourable prognostic factors (71).

Conclusion

Pancreatic adenocarcinoma has dismal prognosis due to late diagnosis and tumor aggressiveness. Surgical resections provide the only influential chance of increased survival. Adjuvant treatment improves survival after oncological resection. The current standard of care of pancreatic adenocarcinoma is the combination of surgical resection and adjuvant chemotherapy. Current and future developments in diagnosis, in epidemiology, in tumour behavior, in adjuvant and gene therapy may improve survival rates.

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