

# Small-cell lung cancer

Jan P van Meerbeek, Dean A Fennell, Dirk K M De Ruyscher



The incidence and mortality of small-cell lung cancer worldwide make this disease a notable health-care issue. Diagnosis relies on histology, with the use of immunohistochemical studies to confirm difficult cases. Typical patients are men older than 70 years who are current or past heavy smokers and who have pulmonary and cardiovascular comorbidities. Patients often present with rapid-onset symptoms due to local intrathoracic tumour growth, extrapulmonary distant spread, paraneoplastic syndromes, or a combination of these features. Staging aims ultimately to define disease as metastatic or non-metastatic. Combination chemotherapy, generally platinum-based plus etoposide or irinotecan, is the mainstay first-line treatment for metastatic small-cell lung cancer. For non-metastatic disease, evidence supports early concurrent thoracic radiotherapy. Prophylactic cranial irradiation should be considered for patients with or without metastases whose disease does not progress after induction chemotherapy and radiotherapy. Despite high initial response rates, most patients eventually relapse. Except for topotecan, few treatment options then remain. Signalling pathways have been identified that might yield new drug targets.

## Introduction

Small-cell lung cancer (SCLC) is a distinct clinical and histological entity within the range of lung cancers. Its management has followed the major developments of modern cancer treatment through the integration of biology, imaging, chemotherapy, and radiotherapy.

SCLC was originally thought to originate from the lymphatic system because of microscopic similarities between SCLC and lymphoma cells. In 1879, Härting and Hesse<sup>1</sup> described an arsenic-induced lymphosarcoma in miners. The term SCLC was first coined in 1926, when its epithelial origin was recognised.<sup>2</sup> In this and ensuing classifications, phenotypical variants were described as oat cell or mixed subtypes. These terms are no longer used in WHO's classification.<sup>3</sup>

Here we address the scientific advances that have been made in defining the biology of SCLC and that have increased our ability to manage this cancer. We also consolidate the evidence on the usefulness of current therapeutic and prophylactic methods, and suggest ways they can be further improved by new developments in targeted therapy.

## Epidemiology

Lung cancer accounts for 12% of all new cases of cancers worldwide, it is the second most common cancer in men and women, and it is the leading cause of cancer-related death in the USA.<sup>4</sup> SCLC represents 13% of all newly diagnosed cases of lung cancer worldwide, or more than 180 000 cases per year. More than 90% of patients with SCLC are elderly current or past heavy smokers, and risk rises with increasing duration and intensity of smoking.<sup>5</sup> Although rare cases have been reported in people who have never smoked,<sup>6</sup> SCLC, by contrast with non-small-cell lung cancer (NSCLC), is not associated with a specific somatic mutation.<sup>7</sup> In industrialised countries the annual incidence of SCLC has decreased over the past 30 years, probably owing to changes in smoking patterns. A shift in the WHO classification of lung cancers might also have contributed, as some borderline cases that were previously described as mixed subtypes are now classified

as NSCLC.<sup>3,8</sup> An increase in incidence is expected in countries where smoking prevalence remains high, such as those in eastern Europe and Asia.

## Diagnosis

SCLC is defined as “a malignant epithelial tumour consisting of small cells with scant cytoplasm, ill-defined cell borders, finely granular nuclear chromatin, and absent or inconspicuous nucleoli” (figure 1).<sup>3</sup> Typical SCLC involves only small cells and accounts for around 90% of cases. The remaining cases are classified as combined disease, in which the tumour contains large-cell components.<sup>3,9</sup>

## Molecular biology

Cytogenetically, SCLC has several distinguishing abnormalities in DNA copy number. In virtually all expression microarray analyses, SCLC has shown many specific gene expression features.<sup>10</sup> Several important genetic and molecular characteristics have been recorded, including the identification of autocrine growth loops, proto-oncogene activation, and loss or

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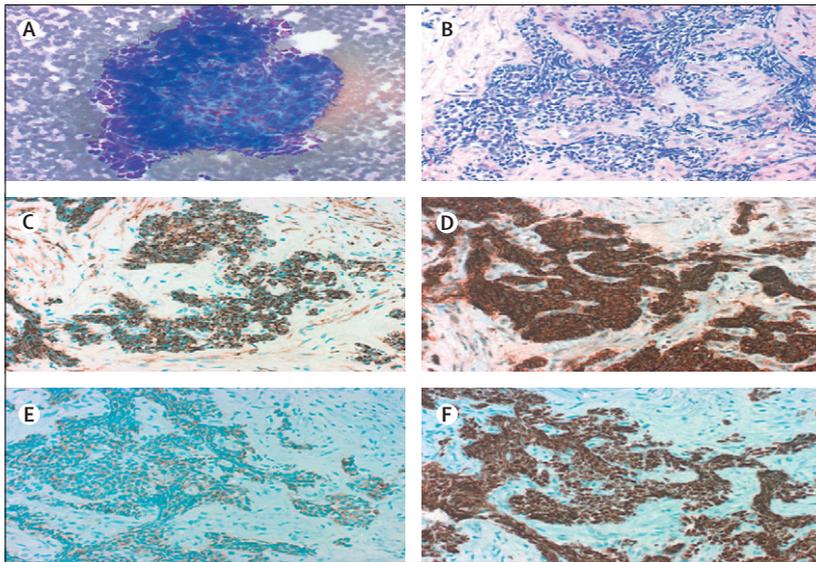
Department of Respiratory Medicine and Lung Oncological Network, Ghent University Hospital, Ghent, Belgium (Prof J P van Meerbeek CMO); Belfast Cancer Research UK Centre, Queen's University Belfast, Belfast, UK (D A Fennell FRCP); and Department of Radiation Oncology (Maastricht Clinic), Maastricht University Medical Centre, GROW—School for Oncology and Developmental Biology, Maastricht, Netherlands (Prof D K M De Ruyscher MD)

Correspondence to:

Prof Jan P van Meerbeek, Department of Respiratory Medicine and Lung Oncological Network Ghent University Hospital (LONG), De Pintelaan 185, B-9000 Ghent, Belgium  
jan.vanmeerbeek@ugent.be

## Search strategy and selection criteria

We searched PubMed with the following keywords used in various combinations: “carcinoma”, “small cell lung”, “epidemiology”, “pathology”, “biology”, “diagnosis”, “staging”, “treatment”, “management”, “antineoplastic agents”, “targeted agent”, “radiotherapy”, and “surgery”. The search was limited to articles published in peer-reviewed, journals published from 2005 onwards. For the management section we searched all publications and for the other sections we only searched journals published in English. Some classic papers were also selected according to the authors' knowledge. We consulted the latest guidelines of the National Institute for Health and Clinical Excellence in the UK, the American College of Chest Physicians, the National Comprehensive Cancer Network, and the European Society of Medical Oncology.



**Figure 1: Microscopic features of SCLC**

(A) In typical SCLC, cells are small (generally less than the size of three small resting lymphocytes) with scant cytoplasm, nuclear moulding, and finely granular nuclei with inconspicuous nucleoli (Diff-Quick staining,  $\times 200$ ). (B) Cells can be round, oval, or spindle-shaped and cell borders are rarely seen. Architectural patterns include nesting, trabeculae, peripheral palisading, and rosette formation, as seen in other neuroendocrine-tumour cells (haematoxylin and eosin staining,  $\times 200$ ). Immunohistochemistry shows strongly positive results for (C) CK-7, the neuroendocrine markers (D) CD56 and (E) synaptophysin, and (F) TTF-1 along plasma membranes and in the nuclei. SCLC=small-cell lung cancer. All pictures reproduced by permission of M Praet and L Ferdinande, N Goormaghtigh Institute of Pathology, Ghent, Belgium.

inactivation of tumour-suppressor genes.<sup>9</sup> The deletion 3p(14–23) in the region containing the tumour-suppressor gene *FHIT* is seen in virtually all SCLC tumours.<sup>9</sup> Another common finding is a copy-number gain in 7p22.3, which encompasses *MAD1L1*, which encodes the mitotic spindle assembly checkpoint protein MAD1.<sup>11</sup> Nearly all patients with SCLC also have loss of the tumour-suppressor retinoblastoma gene *RB1* and have more frequent mutations in *TP53* than do patients with NSCLC. These mutations decrease proapoptotic activity during SCLC tumorigenesis, which encourages aggressive growth and increases the survival advantage of carcinogenic cells.<sup>12</sup> Tyrosine-kinase signalling genes, including *KRAS* and *EGFR*, are rarely mutated.<sup>9</sup> Information on the molecular features of SCLC is, however, not yet sufficient to affect diagnostic methods.

### Histopathology

Although SCLC is often suspected on the basis of presenting symptoms and signs, pathological and cytopathological studies are typically required to confirm the diagnosis. Samples from the primary tumour, lymph nodes, or other metastatic sites should be obtained by bronchoscopic biopsy or fine-needle aspiration. The tumour grows under the bronchial mucosa and, therefore, bronchial biopsy, cytological brush, or sputum samples might be negative. Necrosis or crush artifacts by the bronchoscopic forceps sometimes hamper

diagnosis, but good interobserver agreement has been reported between pathologists for differentiation of SCLC from NSCLC.<sup>3,9</sup> Immunohistochemical studies can be used to confirm difficult cases. Testing for neuroendocrine markers, such as chromogranin, synaptophysin, and CD56, can be useful (figure 1); less than 10% of SCLC tumours are negative for all neuroendocrine markers. SCLC is also positive for TTF-1 in up to 90% of cases. Epithelial markers, such as cytokeratins, are seen in many SCLC tumours and help to distinguish them from lymphomas and other small round tumours.

### Presentation

Watson and Berg<sup>13</sup> were the first to describe distinct clinical features of SCLC, especially the predominantly central and bulky location on chest radiography, the tendency for early dissemination, the high initial response rates to chemotherapy, and the high frequency of metastases at autopsy. Patients are typically men older than 70 years who are heavy current or ex-smokers and have various pulmonary, cardiovascular, and metabolic comorbidities.<sup>14</sup> Onset of symptoms is rapid, with the duration before presentation generally being 8–12 weeks. The most frequent symptoms are cough, wheeze, dyspnoea, haemoptysis caused by local intrapulmonary tumour growth, symptoms due to intrathoracic spread to the chest wall, superior vena cava, or oesophagus, recurrent nerve, pain, fatigue, anorexia, and neurological complaints caused by distant spread, and paraneoplastic syndromes.<sup>15,16</sup> Preferential metastatic sites are the brain, liver, adrenal glands, bone, and bone marrow.

SCLC is the most frequent cause of paraneoplastic syndromes (table 1).<sup>28</sup> These syndromes should be actively excluded whenever a patient presents with any of their associated features. The most frequent endocrine syndromes are the syndrome of inappropriate anti-diuresis<sup>17,18</sup> and Cushing's syndrome.<sup>19,20</sup> Subclinical presentations of both have been reported. Dermatological abnormalities specifically associated with SCLC include acquired tylosis, trip palms, and erythema gyratum repens.<sup>15</sup>

Rarer manifestations are dermatomyositis, hyperglycaemia, hypoglycaemia, hypercalcaemia, and gynecomastia. SCLC elicits various serum antibody responses. Among these, neurological syndromes are of special interest, owing to the generation of autoantibodies and T lymphocytes specific for common epitopes in the tumour and components of the nervous system.<sup>21</sup> These syndromes can antedate a diagnosis of SCLC by several months. Lambert-Eaton syndrome is a disease of the neuromuscular junction and is caused by antibodies directed against the P/Q-type voltage-gated calcium channels in the presynaptic nerve terminal that are expressed by SCLC cells. This complication suggests autoimmunisation by the tumour is the cause of the

	Main symptoms, signs, and findings	Cause	Proportion of SCLC patients with syndrome (%)	Proportion of patients with the syndrome that have SCLC (%)	Prognosis
Syndrome of inappropriate antidiuresis <sup>17,18</sup>	Weakness, dysgeusia, and clinical euvoaemia (osmolality <275 mOsmol/kg water, urinary osmolality >100 mOsmol/kg water during hypotonicity, urinary sodium >40 mmol/L with normal dietary salt intake)	Arginine vasopressin or atrial natriuretic peptide	15–40	..	Frequently normalises with treatment but precedes relapse
Cushing's syndrome <sup>19,20</sup>	Hypercorticism	Ectopic corticotropin	2–5	3–11	Poor owing to high rate of infections during chemotherapy
Lambert-Eaton syndrome <sup>21–24</sup>	Muscle weakness and fatiguability, mostly in proximal muscles of lower extremities, abnormal gait, hyporeflexia, increased deep-tendon reflexes after facilitation, autonomic dysfunction, and paraesthesia	Antibodies to voltage-gated calcium channels of nerve terminal and to SOX	3	50	50% of patients improve during treatment, 50% refractory
Limbic encephalitis and encephalomyelitis <sup>21,25–27</sup>	Personality and psychiatric changes, seizures, short-term memory loss, and space and time disorientation, with or without dementia	Antibodies to Hu family proteins	<1	50	Neurological symptoms not reversible
Paraneoplastic cerebellar degeneration or Hu syndrome <sup>21,25–27</sup>	Truncal, limb, and gait ataxia, dysarthria; ocular findings, and vertigo with inability to stand, walk, or sit	Antibodies to Hu family proteins, YO, CRMP-5, Pca-2, MA1, voltage-gated calcium channels of nerve terminal, and RI	<1	5	Neurological symptoms not reversible
Superior vena cava syndrome <sup>16</sup>	Oedema of upper body	Obstruction of superior vena cava by primary tumour, enlarged mediastinal lymph nodes, or thrombus	50	25	Resolves rapidly with chemotherapy or radiotherapy

SCLC=small-cell lung cancer.

**Table 1: Paraneoplastic and other syndromes frequently associated with SCLC**

	Number of patients	Origin of patients' details	Factors associated with improved outcomes		
			Patient	Tumour	Biology
Cerny et al <sup>35</sup>	407	Manchester Group clinical trials	Karnofsky performance status >80	Limited stage	Normal baseline concentrations of LDH, sodium, alkaline phosphatase, or bicarbonate in serum
Albain et al <sup>36</sup>	1137	SWOG clinical trials	Age <70 years	Limited stage, no pleural effusion	Normal baseline concentration of LDH in serum
Sagman et al <sup>37</sup>	614	Clinical trials	ECOG performance status 0–1; female sex	Limited stage, no liver metastasis	Normal baseline concentrations of LDH or alkaline phosphatases in serum or normal baseline WBCC
Paesmans et al <sup>38</sup>	763	ELCWP clinical trials	Karnofsky performance status >80; female sex; age <60 years	Limited stage	Baseline neutrophil rate <75%
Sculier et al <sup>39</sup>	4359	IASLC database	Performance score <1, female sex, age <65 years	Limited stage	..
Foster et al <sup>40</sup>	910 (ES only)	NCCTG clinical trials	Performance status <1, female sex	Low number of metastatic sites	Normal baseline creatinine concentration

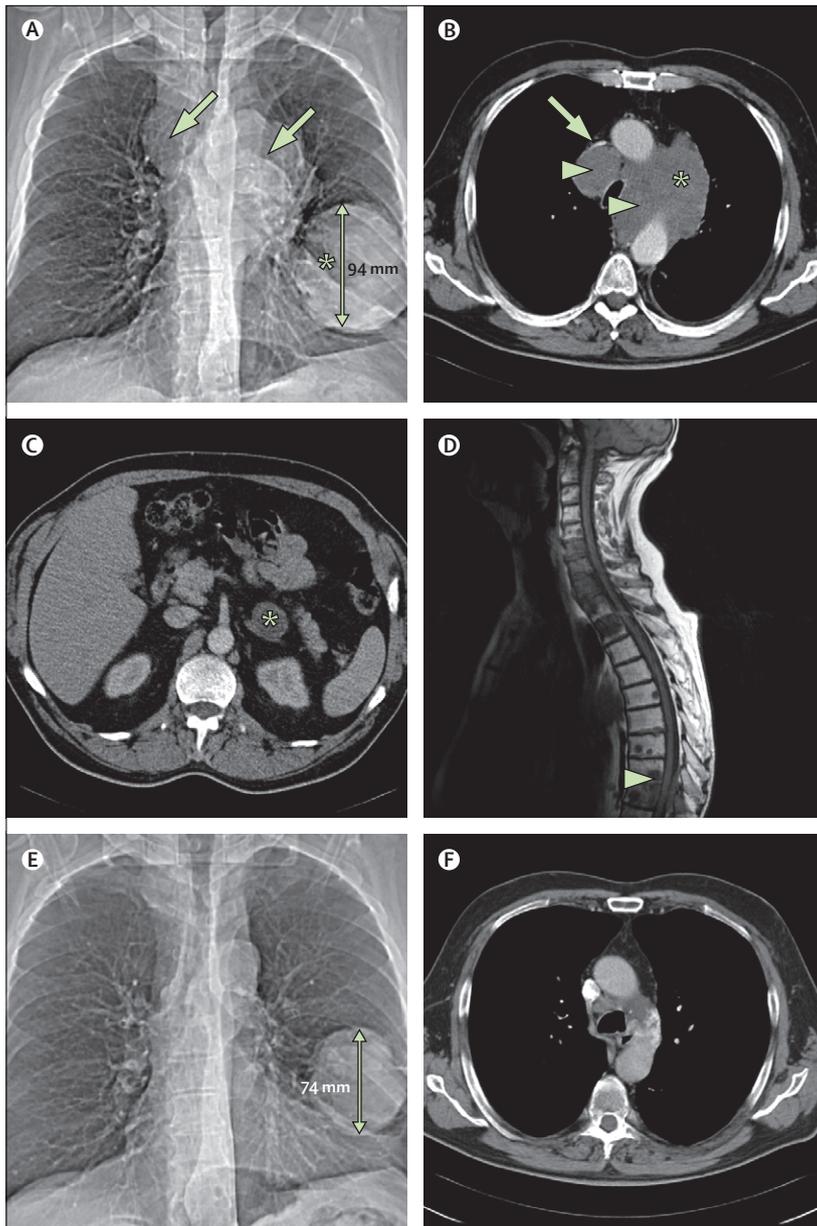
SCLC=small-cell lung cancer. LDH=lactate dehydrogenase. SWOG=South West Oncology Group. ECOG=Eastern Cooperative Oncology Group. WBCC=white-blood-cell count. ELCWP=European Lung Cancer Working Party. IASLC=International Association for the Study of Lung Cancer. ES=extensive stage SCLC. NCCTG=North Central Cancer Treatment Group Trials.

**Table 2: Prognostic factors in reported in SCLC database studies**

syndrome. In one series, five of 63 unselected SCLC patients had raised concentrations in serum of antibodies against P/Q-type voltage-gated calcium channels, although only two had Lambert-Eaton syndrome.<sup>22</sup> Antibodies against SOX family proteins have diagnostic value in discriminating Lambert-Eaton syndrome associated with SCLC from other non-tumorous forms.<sup>29</sup> Lambert-Eaton syndrome should be differentiated from

myasthenia gravis, which is not frequently associated with SCLC.

Patients with SCLC might have raised concentrations of antibodies against other antigens, such as the Hu family of DNA-binding proteins. Paraneoplastic encephalomyelitis and paraneoplastic sensory neuropathy have been associated with raised titres of antibodies to Hu family proteins.<sup>25</sup> Low titres in serum,



**Figure 2: Radiological imaging of SCLC at presentation and after treatment in a patient presenting with dyspnoea, stridor, and superior vena cava syndrome**  
 (A) Radiography showed a left lower lobe tumour (asterisk) with multiple enlarged mediastinal lymph nodes (arrows). (B) On CT the superior caval vein and the trachea were compressed (arrow), multiple lymph nodes were enlarged in the para-aortic (asterisk) and both paratracheal zones (arrowheads), and (C) left adrenal metastasis could be seen (asterisk). (D) MRI showed diffuse vertebral metastases with medullar compression at the level of T9–T10 (arrowhead). After two cycles of etoposide and cisplatin a partial response was seen (E) on radiography and (F) on CT, with shrinkage of 20% in the primary tumour and reduction in size of the mediastinal lymph nodes.

without accompanying clinical paraneoplastic syndrome, have been found in 16% of neurologically asymptomatic patients with SCLC.<sup>30</sup>

### Staging and prognosis

The aggressive early locoregional and distant spread of SCLC led the Veterans Administration Lung Study

Group, in 1957, to create a dichotomised staging system: limited stage was characterised by a tumour volume encompassed in one radiation portal; all other disease spread was classified as extensive stage.<sup>31</sup> 50 years later, the International Association for the Study of Lung Cancer recommended that the TNM classification system should be used for SCLC as well as for NSCLC.<sup>32</sup> This recommendation was based on a retrospective analysis of data from 8000 patients with SCLC, which showed significantly worse survival for patients with limited-stage disease and mediastinal lymph node involvement (TNM stage III) than for those with no lymph node involvement (stage I) or with N1 lymph node involvement (stage II).<sup>33</sup> Intermediate prognosis was assigned to patients with pleural effusion, between that for patients in stage III and those with haematogenous spread (stage IV). Thus, patients with cytologically negative effusions are now classified as having stage III disease. Although its simplicity makes the Veterans Administration Lung Study Group classification attractive for use in routine practice, clinicians and cancer registrars are nevertheless strongly encouraged to use TNM staging. This classification can be easily converted to limited stage (TNM stages I–III) and extensive stage (TNM stage IV).

Prognosis in SCLC is poor. Median survival without treatment has been reported as 2–4 months.<sup>34</sup> The most reproducible prognostic factor is disease extent, although a few other prognostic factors have been identified: performance status, sex, and some routine laboratory tests show some merit.<sup>35–40</sup> No histological or molecular features are prognostically useful.<sup>41</sup> Several algorithms have been validated for predicting survival (table 2).<sup>35–40</sup> The individual value of these tools, however, remains poor.<sup>42</sup> Paraneoplastic syndromes are more frequently seen in patients with limited-stage SCLC than in those with extensive-stage disease, but their presence is not unequivocally prognostically favourable (table 1).<sup>23,24,26,27</sup>

As disease extent is the major prognostic factor, staging aims to identify whether the tumour has metastasised (figure 2). The number and sequence of staging tests should be guided by the patient's signs and symptoms at presentation, the most likely sites of metastatic involvement at diagnosis, and the availability and accuracy of the diagnostic tests. Around two-thirds of patients present with clinically obvious metastatic disease, although unequivocal proof can be challenging. Even in patients whose history and clinical examination suggest that disease is limited to the hemithorax, a full assessment should be planned because identification of occult dissemination spares patients from unnecessary chest radiotherapy.

In view of the rapid growth of SCLC tumours, staging should be done quickly and include at least full history, physical examination, chest radiography, complete blood count (including differential counts), liver and renal

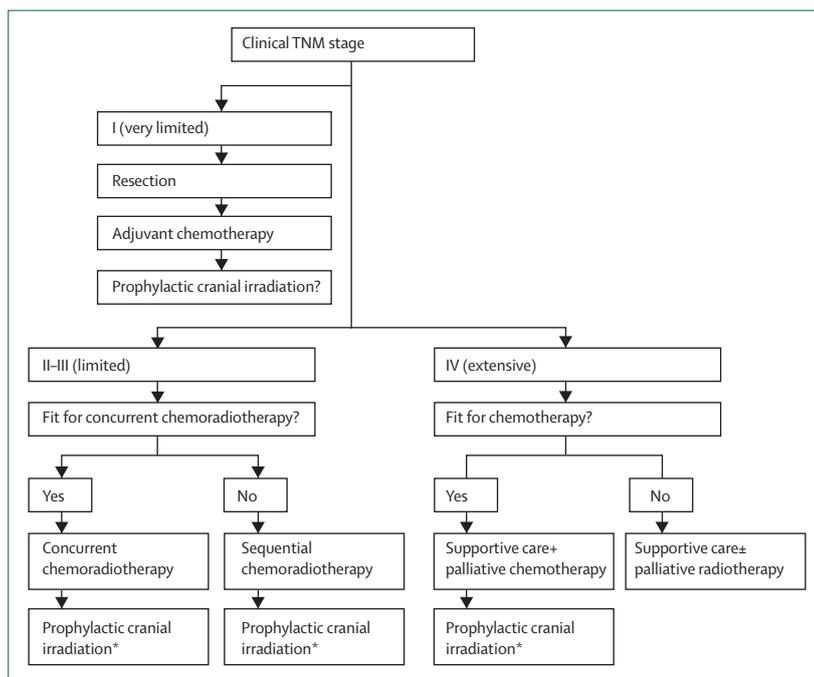
function tests, assay of lactate dehydrogenase and sodium concentrations, and contrast-enhanced CT of the chest and upper abdomen. Bone scintigraphy is optional. CT or MRI of the brain with intravenous contrast are recommended in patients being considered for chemoradiation with curative intent,<sup>43</sup> or are mandatory<sup>44,45</sup> to exclude asymptomatic brain metastases. In one series, the prevalence of brain metastases was 10% with CT and 24% with MRI.<sup>46</sup> All CT-detected brain metastases were symptomatic, whereas 11% of those detected by MRI were asymptomatic. Bone-marrow infiltration should be suspected if an isolated rise in lactate dehydrogenase concentration or blood counts indicating otherwise unexplained anaemia or a leucoerythroblastic response are seen.

Once metastatic spread is detected by one test, further staging can be omitted in the absence of symptoms that require intervention. Routine use of pulmonary function tests is not necessary, other than to exclude or assess comorbid pulmonary disease.<sup>47</sup> Use of combined fluorodeoxyglucose PET (FDG-PET) and CT notably improves the accuracy of staging in NSCLC by the detection of mediastinal nodal and occult metastatic spread, but its routine use in SCLC remains controversial. PET is, however, being used for fast-track diagnosis or to plan radiotherapy in some countries. Evidence that it changes the planning target volume is limited,<sup>48</sup> and wider implementation will probably increase the proportion of patients who are identified as having metastatic patients, which could improve stage-specific survival because of stage migration.<sup>49</sup> Most chemoradiation trials were done, however, before PET was available.

## Management

Early treatments for SCLC were nitrogen mustard,<sup>50</sup> surgery (which was first used in 1948), radical radiotherapy,<sup>51</sup> and cyclophosphamide; treatment with cyclophosphamide significantly favoured survival.<sup>52</sup> In the mid-1970s, the possibility of cure seemed feasible as new drugs were developed and combination chemotherapy became possible and led to better results than did single-agent treatments.<sup>53</sup> Although no cure has emerged, combined chemotherapy remains the cornerstone for all stages of SCLC.<sup>54</sup> Median survival for patients with limited-stage disease is currently 15–20 months, with 20–40% surviving to 2 years, and for those with extensive-stage disease the values are 8–13 months and 5%, respectively.<sup>55</sup> Since the mid-1980s, increases in survival have slowed<sup>56</sup> although stage migration, platinum-based chemotherapy, and radiotherapy have all exerted beneficial effects. A simplified treatment algorithm of SCLC is given in figure 3.

Identification of the best drug combinations and scheduling have been the focus of much investigation for the past 30 years. Anthracycline-based treatment in combination with cyclophosphamide and vincristine



**Figure 3: Simplified algorithm for the management of SCLC**  
SCLC=small-cell lung cancer. \*If not progressive after induction treatment

became standard therapy during the 1970s,<sup>57</sup> followed by etoposide-containing regimens,<sup>58</sup> Cisplatin-based regimens became first-line treatment in the 1980s.<sup>59,60</sup>

## Extensive-stage disease

SCLC is very chemosensitive and, therefore, chemotherapy can produce rapid responses with sometimes striking improvements in symptoms and outcomes. First-line treatment is also useful in patients with poor performance status,<sup>61</sup> by contrast with the situation in NSCLC, albeit at the risk of serious toxic effects.

The first-line treatment of choice in extensive-stage SCLC remains four to six cycles of etoposide combined with a platinum salt (cisplatin or carboplatin). In two meta-analyses such a combination was better than other combined treatments,<sup>62,63</sup> although a third analysis did not support the findings (table 3).<sup>64</sup> Differences in design probably explain the discrepancy. All three analyses included patients with extensive-stage and limited-stage disease, but one did not include trials involving any regimen containing carboplatin,<sup>62</sup> and in another the study regimens had to include etoposide, cisplatin, or both, and the same drug or drugs had to be omitted from the control groups.<sup>63</sup> The third meta-analysis included trials comparing any platinum agent at any dose or for any number of cycles compared with any other chemotherapy regimen.<sup>64</sup> The substitution of cisplatin by carboplatin to avoid the side-effects of cisplatin is unlikely, however, to have contributed to the discrepancy between the meta-analyses because survival was not

	Regimens	Number of trials/patients	Response	Outcome	Toxic effects
Pujol et al <sup>62</sup>	Etoposide and cisplatin vs non-platinum-based-chemotherapy*	19/4054	Increased response rate with cisplatin (OR 1.35, 95% CI 1.18–1.55; $p < 1 \times 10^{-3}$ )	Reduced risk of death at 1 year (OR 0.80 [95% CI 0.69–0.93], $p < 0.002$ )	No difference in mortality related to toxic effects
Mascaux et al <sup>63</sup>	Etoposide, cisplatin, or both vs one or neither drug	36/7173	NR	Survival benefit in favour of etoposide alone or in combination with cisplatin	NR
Amarasena et al <sup>64</sup>	Platinum-based vs non-platinum-based	29/5530	Significantly higher rate of complete response with platinum-based regimen, no significant difference in overall tumour response	No significant difference in survival at 6, 12, and 24 months; risk ratios numerically favour platinum-based regimens	Significantly higher rates of nausea, vomiting, anaemia, and thrombocytopenia with platinum-based regimen

SCLC=small-cell lung cancer. OR=odds ratio. NR=not reported. \*Etoposide was administered in some comparison groups.

**Table 3: Meta-analyses of platinum-based compared with non-platinum-based chemotherapy in SCLC**

altered, even with the use of split doses of both drugs in elderly patients or those with poor outlook.<sup>65</sup> Many clinicians already deem carboplatin to be an acceptable palliative option for extensive-stage SCLC when the tolerability of full-dose etoposide with cisplatin is of concern.<sup>43</sup> In one review toxic effects were increased with regimens containing platinum,<sup>64</sup> although the effects on quality of life could not be assessed because of a lack of data. Major differences in quality-of-life outcomes between an anthracycline and platinum-based regimen are, however, not expected, and use of modern antiemetics and growth factor transfusions will probably be able to counteract these toxic effects. Large comparative studies of quality of life are, therefore, unlikely to be done in the near future.

In a pooled meta-analysis of six trials involving 1476 previously untreated Asian and white patients with extensive-stage SCLC, irinotecan and platinum combination regimens were associated with higher response rates and better overall survival than was etoposide and cisplatin.<sup>66</sup> The irinotecan-containing regimens led to less severe anaemia, neutropenia, and thrombocytopenia but more severe vomiting and diarrhoea than those containing etoposide and cisplatin; treatment-related mortality was similar. Whether the results of this meta-analysis apply to white patients is debatable, as rates of toxic effects and death have been lower in Asian than in European or US trials.<sup>67–70</sup> Differences between Japanese and white patients in the frequency of variant alleles that encode topoisomerase I enzymes, which are involved in DNA repair and affect irinotecan metabolism, might explain this discrepancy.<sup>71</sup> Amrubicin is a synthetic anthracycline that inhibits topoisomerase I and has shown promising first-line activity when used alone or in combination with platinum,<sup>72</sup> and might provide an alternative to irinotecan. Thus, in patients with extensive-stage SCLC who are otherwise fit, four to six cycles of etoposide and cisplatin (in non-Asian patients) or irinotecan and cisplatin (in

Asian patients) should result in a complete response rate of more than 20% and keep treatment-related mortality below 5%.

Strategies that have alternated non-cross-resistant drugs and increased total dose, dose intensity, number of courses, or number of drugs have been unsuccessful. These approaches are not recommended outside clinical trials.<sup>73</sup>

Preliminary evidence suggests that adding thoracic radiotherapy to chemotherapy improves survival in patients with extensive-stage SCLC who have a complete response outside the thorax and at least a partial response within the thorax after three cycles of etoposide and cisplatin.<sup>74</sup> This finding, however, was from a single-centre trial, and the results of a larger, multicentre Dutch randomised trial (CREST) and a US trial (NCT01055197) are awaited.

Immediate whole-brain radiotherapy is indicated in patients with brain metastases and intracranial hypertension, pending lock-in syndrome, or other neurological emergencies. In some series in patients with SCLC and NSCLC and brain metastases whole-brain radiotherapy combined with different chemotherapy regimens seemed to increase the risk of neurological toxic effects, but also to increase response rates and lengthen the time to progression of brain metastasis.<sup>75–78</sup> This increase in toxic effects was probably related to the use of anthracyclines and high doses of radiation per fraction. On the basis of this evidence whole-brain radiotherapy should be started after the completion of chemotherapy in patients with brain metastases, with or without symptoms, but not delivered concomitantly with cytotoxic treatment.

#### Limited-stage disease

Although SCLC is deemed a systemic disease, local treatments might have a role in certain patients with limited-stage disease. Immediate surgery should be considered for individuals who have biopsy-proven T1N0M0 tumours, but only after node negativity has been

confirmed by endoscopic ultrasonographic or mediastinoscopic staging. These patients typically present with a pulmonary nodule, the nature of which can only be ascertained after resection. The role of postinduction surgery has never been greatly explored because most patients with non-metastatic SCLC present with unresectable stage III tumours. Two phase 3 trials of surgery alone or in combination with chest radiotherapy showed no survival advantage compared with radiotherapy alone.<sup>51,79</sup> A review of the data from these studies, however, suggests that the usefulness of surgery was underestimated because resection was not complete in all patients assigned surgery.<sup>51,79</sup> Retrospective reports suggest that surgery led to good local control and favourable long-term survival in highly selected patients with stage I–III SCLC.<sup>80,81</sup> A formal randomised trial, however, has never started.<sup>82</sup> Adjuvant chemotherapy is recommended in patients who undergo surgery, followed by prophylactic cranial irradiation. This approach yields 5-year survival rates up to 57%.<sup>41</sup>

Meta-analyses indicate that chemotherapy combined with chest irradiation improves survival.<sup>83,84</sup> An improvement of around 5.4% in the absolute survival at 3 years was observed in patients who received chest radiotherapy after induction chemotherapy, compared with that in patients receiving chemotherapy alone. The 5-year survival rate, however, remained disappointingly low at 10–15%. Among chemotherapy regimens some had better effects than others. For instance, survival was significantly better in patients who received etoposide and cisplatin than among those given a cyclophosphamide, etoposide, and vincristine regimen.<sup>60</sup> In a small, randomised study, chest radiotherapy plus cisplatin instead of carboplatin, alone and in combination with etoposide, resulted in similar survival.<sup>85</sup> New drugs added to etoposide and cisplatin or tested as new regimens have not improved outcomes.<sup>86–90</sup>

Data on the optimum radiotherapy dose and fractionation come mostly from retrospective and phase 2 prospective studies. The results from non-randomised studies of patients receiving sequential or alternating schedules of chemotherapy and radiotherapy indicate a notable increase in local control when the dose is increased from 35 to 40 Gy and a possible slight further gain with 50 Gy.<sup>91</sup> Whether dose escalation to higher than 45–50 Gy is beneficial in patients receiving concurrent chemotherapy and radiotherapy, however, is unclear. The current standard regimen of a 45 Gy dose administered in 1.5 Gy fractions twice daily for 30 days is being compared with higher-dose regimens in two phase 3 trials, one in the USA (NCT00433563) and one in Europe (NCT00632853).

The definition of the target volumes is important to keep irradiation of normal tissues and side-effects to a minimum. In NSCLC, elective irradiation of the mediastinum has gradually been replaced by treatment limited to mediastinal nodes identified by CT or

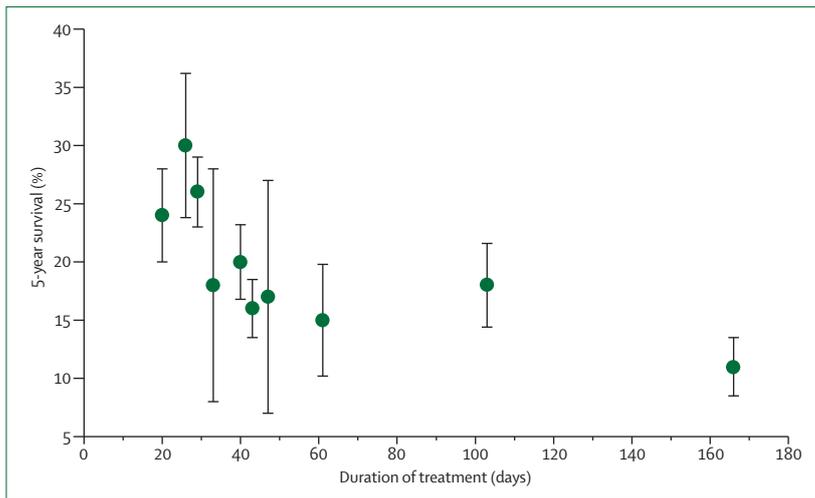
FDG-PET as being involved. Little evidence to support this approach in SCLC is, however, available. In a prospective study in which only CT-positive mediastinal lymph nodes in patients with limited-stage SCLC were included in the target volume, the isolated recurrence rate was 11%, which was higher than expected.<sup>92</sup> Irradiation of only nodes positive on FDG-PET was tested in a phase 2 study.<sup>48</sup> Among 60 patients isolated nodal failures were seen in only two (3%). Confirmation of this finding is awaited. Elective nodal irradiation, therefore, remains the recommended approach outside clinical studies.

Many phase 3 studies have been done to investigate the optimum timing of chest irradiation.<sup>93,94</sup> At 5 years, survival was significantly higher when chest radiotherapy was given within 30 days of starting platinum-based chemotherapy than when it was started after 30 days (20% vs 14%). In a pivotal phase 3 study, shortening the duration of radiotherapy also increased survival: 45 Gy administered in 1.8 Gy fractions once daily in 25 treatments over 5 weeks yielded 16% survival, compared with 26% after 1.5 Gy fractions twice daily for 3 weeks.<sup>95</sup> All patients received concurrent etoposide and cisplatin. Grade 3 acute esophagitis was reported in 56 (27%) of 211 patients who received accelerated radiotherapy and in 22 (11%) of 206 who received non-accelerated radiotherapy. In this trial, elective mediastinal radiotherapy was used. Importantly, toxic effects to the lungs did not differ between groups. A time interaction was suspected between chest irradiation and chemotherapy and, therefore, accelerated repopulation was postulated to be triggered by the first dose of any effective cytotoxic agent.<sup>96</sup> Thus, to obtain local tumour control, the last tumour clonogen should be killed by the end of radiotherapy. Long-term survival, therefore, decreases with increasing time between the start of any treatment to the end of radiotherapy (figure 4). A meta-analysis showed better long-term survival if time from the start to the end of radiotherapy was shorter than 30 days.<sup>96</sup> These results are consistent with the hypothesis that accelerated proliferation of tumour clonal cells is triggered by radiotherapy, chemotherapy, or both.

In summary, for limited-stage SCLC, current evidence supports early administration of 45 Gy with concurrent etoposide and cisplatin at systemic doses. If for reasons of fitness or availability this regimen cannot be offered, chest radiotherapy should follow induction chemotherapy.

### Prophylactic cranial irradiation

The response rate and a median survival after whole-brain radiotherapy in SCLC patients with recurrence in the brain alone are 50% and 4–5 months, respectively.<sup>97</sup> Several randomised studies have been done, therefore, to investigate the usefulness of prophylactic cranial irradiation against microscopic brain involvement in limited-stage disease. Prophylactic cranial irradiation could indeed kill small tumour deposits with low



**Figure 4:** Survival at 5 years as a function of the time from the start of any treatment to the end of radiotherapy. Each dot represents one trial with and error bars show SE. Reproduced from reference 96 by permission of the American Society of Clinical Oncology.

radiation doses, thus resulting in increased long-term survival if all extracranial cancer is controlled. In an update of a meta-analysis of studies involving patients in radiographically confirmed remission, the addition of prophylactic cranial irradiation was significantly associated with higher 3-year survival than no cranial irradiation (21% vs 15%,  $p=0.01$ ).<sup>98</sup> Furthermore, disease-free survival was higher and cumulative incidence of subsequent brain metastases was lower for patients who received prophylactic cranial irradiation. A significant trend was seen for effect on prevention of brain metastases, which seemed to increase with decreasing time between induction therapy and irradiation, although the relative risk of death was not altered.

Radiological assessment of response after radiotherapy is notoriously inaccurate because changes cannot be distinguished from active tumour.<sup>91</sup> In current phase 3 trials, therefore, patients without progressive disease are being offered prophylactic cranial irradiation (NCT00433453 and NCT00632853). After this meta-analysis a 25 Gy dose delivered in 2.5 Gy fractions once daily for 10 days became standard. In a large phase 3 trial, patients with limited-stage SCLC in remission after induction chemotherapy were randomly assigned this standard or a higher radiation dose of 36 Gy.<sup>99</sup> No survival benefit was seen with the higher dose and the risk of neurotoxic effects was increased.<sup>100</sup> On the basis of these results, this standard regimen remains recommended.

In patients with extensive-stage (stage IV) SCLC, symptomatic brain metastases occur in up to 50% and, therefore, the use of prophylactic cranial irradiation seems justified. In a phase 3 trial, patients who received prophylactic cranial irradiation had a lower risk of symptomatic brain metastases at 1 year than did controls (15% vs 41%) and 1-year survival was almost twice as high (27% vs 13%).<sup>101</sup>

Little investigation has been done into the neurotoxic effects of prophylactic cranial irradiation.<sup>102–104</sup> Neurocognitive testing before irradiation has shown impaired cognitive function in 47% of patients.<sup>102–104</sup> Some transient and early decline is seen in executive function and language performance after prophylactic cranial irradiation.<sup>102–104</sup> Large daily fractions and concomitant chemotherapy should be avoided. Furthermore, competing risk factors for neurocognitive decline (eg, mental stress, paraneoplastic syndromes, small-vessel CNS thrombosis, and age-related predisposition) should be carefully assessed before administration.<sup>105</sup>

Overall, prophylactic cranial irradiation should be planned for all patients with SCLC but no comorbidities and with no disease progression after induction therapy. Caution should be exercised when treating patients with severe medical comorbidities, poor performance status, or impaired neurocognitive function.

#### Relapsing and refractory disease

Despite high initial response rates, relapse is frequent after combined etoposide and cisplatin, probably because of rapid selection of a small number of residual tumour-insensitive cells or stem cells.<sup>96</sup> Patients are classified as having relapsed if disease returns after treatment. Patients are classified as being sensitive to treatment if recurrence is seen 90 days or more after the end of first-line treatment, or resistant if disease recurs within 90 days. If disease progresses during first-line treatment, SCLC is classified as refractory (figure 5). Only sensitive patients benefit from rechallenge with first-line treatment.

Second-line treatment is an option in only a few patients, owing to rapid disease progression and poor performance status. When used, the response rate is low and, although a significant benefit is seen, the duration of survival is only a few months longer than best supportive care.<sup>106</sup> Third-line treatment for SCLC is very rarely used.

Topotecan is currently the only approved drug for the treatment of patients with SCLC who relapse after first-line chemotherapy.<sup>107,108</sup> Administration of 1.5 mg/m<sup>2</sup> in 30 min infusions given daily for 5 days in cycles with 21 day intervals leads to outcomes similar to those achieved with a cyclophosphamide, doxorubicin, and vincristine regimen after first-line treatment with etoposide and cisplatin.<sup>109</sup>

Owing to the frequency of relapse, several new drugs have been assessed, including anthracyclines, camptothecins, antifolates, and taxanes.<sup>73,110</sup> A randomised, phase 2 trial of amrubicin compared with topotecan indicated efficacy of amrubicin in sensitive and resistant patients.<sup>111</sup> This drug is being assessed further in trials in first-line and second-line regimens (NCT00547651, NCT00388960, NCT00660504).

The efficacy of picoplatin, a platinum compound designed to overcome platinum resistance and toxic effects, is being investigated.<sup>112,113</sup>

### Non-tumour treatment targets

Several targeted therapies have been assessed in SCLC, but, unlike for advanced-stage NSCLC, none has made their way into daily practice.<sup>73,110,114</sup> Various small-molecule inhibitors of different receptor tyrosine kinases (eg, EGFR, c-Kit, and VEGFR) have been studied in phase 2 trials, with or without chemotherapy, but did not show the expected activity, probably because patients were not selected according to target expression. Two large, randomised, phase 3 trials showed no significant benefits from adding thalidomide, a broadly targeted, antiangiogenic agent, to standard chemotherapy. Similarly, the addition of two different matrix metalloproteinase inhibitors to standard chemotherapy did not improve survival and adversely affected quality of life. A vaccine against the ganglioside family of antigens on the SCLC surface has shown no benefit.

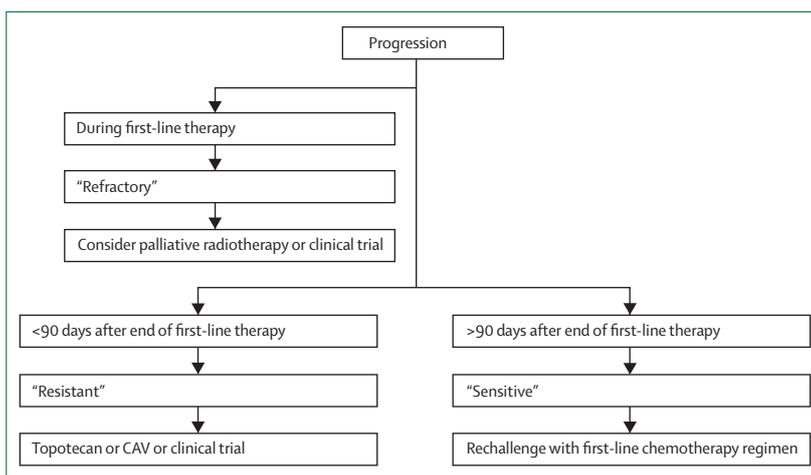
Results with systemic treatments and therapies used to treat the symptoms of paraneoplastic syndromes have varied (table 1). Endocrine and dermatological abnormalities have often resolved, but neurological symptoms have generally remained refractory. Changes in concentrations of biochemical markers or antibodies can precede relapse.

Treatment with anticoagulants has been proposed for cancer owing to an antitumour effect. In a meta-analysis warfarin has been associated with lower mortality at 6 months in SCLC, particularly in patients with extensive-stage disease, but the risk of major and minor bleeding was increased and the advantage was not sustained at 1 year.<sup>115</sup> Heparin was associated with a survival benefit in cancer patients in general, and in particular in patients with limited-stage SCLC, but not in those with extensive-stage disease.<sup>116</sup> Randomised trials to investigate the use of low-molecular-weight heparins in SCLC are currently recruiting patients in Sweden (NCT00717938) and the UK (NCT00519805).

In preclinical studies, simvastatin suppressed tumour growth, induced apoptosis of SCLC cells, and increased tumour sensitivity to etoposide.<sup>117</sup> Pravastatin might stop the growth of tumour cells by blocking some of the enzymes needed for cell growth and increasing tumour cells sensitivity to chemotherapy.<sup>118</sup> A randomised, controlled, phase 3 trial to investigate the addition of pravastatin to standard first-line treatment in SCLC is currently accruing in the UK (NCT00433498).

### Smoking cessation

Smoking cessation should be an integral part of the management of patients with SCLC. Patients who cannot quit alone should be referred for specialist help, such as in smoking clinics.<sup>119</sup> Tobacco smoke exacerbates oral mucositis and leads to loss of taste, xerostomia, weight loss, and fatigue.<sup>120</sup> Patients with lung cancer who stop smoking report decreases in fatigue and dyspnoea, and improvements in activity level, sleep, and mood.<sup>121</sup> Smoking during radiotherapy has been associated in some studies with an increase in the probability of



**Figure 5: Simplified algorithm for the management of relapsing SCLC**

SCLC=small-cell lung cancer. CAV= cyclophosphamide, doxorubicin, and vincristine.

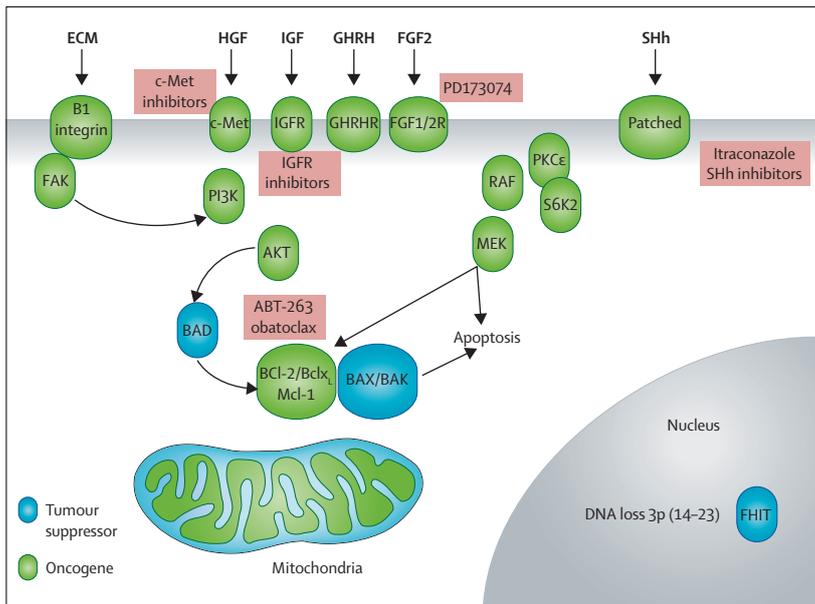
radiation pneumonitis,<sup>122</sup> but not in others.<sup>123</sup> Finally, continuing or relapsing smokers are at increased risk of second primary tumours<sup>124</sup> and prognosis is poorer than that in patients who stop smoking altogether.<sup>125</sup>

### Novel biological targets

Evasion of apoptosis is a hallmark of cancer and is a major factor underlying drug resistance in SCLC. The mechanisms are complex and incompletely understood, but, similarly to other cancers, SCLC cells seem to suppress apoptosis by at least three mechanisms: increase in stimulation of antiapoptotic pathways via extracellular signals, desensitisation of the intrinsic cell death machinery via addiction to antiapoptosis proteins, and mutational burden leading to the loss of proapoptotic tumour suppressors. These mechanisms might offer targets for new treatments. Insights into genetics might also lead to the discovery of treatment biomarkers and targets.

SCLC cells are surrounded by an extensive extracellular matrix that includes collagen IV, tenascin, fibronectin, and laminin (figure 6). High expression of these components is associated with a poor prognosis. Adhesion of SCLC cells to the extracellular matrix requires  $\beta$ 1-integrins and results in suppression of chemotherapy-induced apoptosis by stimulation of PI3K.<sup>126</sup> The cell cycle arrest and apoptosis normally induced by etoposide is, therefore, prevented.

Several growth factors have been implicated as mediators of autocrine signalling in SCLC, including growth hormone releasing hormone,<sup>127</sup> insulin like growth factor I (IGF-I),<sup>128</sup> bombesin,<sup>129</sup> hepatocyte growth factor,<sup>130</sup> and fibroblast growth factor 2 (FGF2).<sup>131</sup> Inhibitors of several of these growth factor pathways are in clinical development (NCT00896752). For example, FGF2 drives the proliferation of SCLC cells, and confers resistance to etoposide in vitro by upregulation of



**Figure 6: Suppression of apoptosis in SCLC cells and interaction with targeted agents**

SCLC cells can suppress apoptosis by increase in stimulation of antiapoptotic pathways via extracellular signals, by desensitisation of the intrinsic cell death machinery via addition to antiapoptosis proteins, and by mutational burden in genes capable of inducing apoptosis, leading to the loss of proapoptotic tumour suppressors. The pink boxes indicate where investigational targeted agents interact with the the relevant pathways. SCLC=small-cell lung cancer. ECM=extracellular matrix. SHh: sonic hedgehog homologue.

antiapoptotic proteins (Bcl- $X_L$ , Bcl-2, and X-linked IAP) and suppression of the proapoptotic protein BAD. This activity depends on the mitogen-activated protein kinase pathway in a regulatory protein complex comprising RAF, protein kinase C  $\epsilon$  type, and S6K.<sup>132</sup> Inhibition of FGF2 signalling by the compound PD173074 impairs SCLC proliferation and chemoresistance, and induces apoptosis *in vitro* and *in vivo*. Clinical evaluation of FGF2 inhibitors, therefore, seems warranted.<sup>133</sup> Monoclonal antibodies against IGF-I and hepatocyte growth factor are in clinical development (NCT00940225).

SCLC cells activate the hedgehog signalling pathway, which is involved in embryonic development of the airway epithelium by regulation of morphogenesis and stem-cell fate. In SCLC the hedgehog pathway is abnormal. Activation of the pathway is required to sustain SCLC cells *in vitro* and *in vivo*.<sup>134</sup> Mutations of the pathway receptor, however, have not been associated with SCLC. Itraconazole inhibits the hedgehog pathway, by a mechanism distinct from those used by prototype compounds, such as cyclopamine,<sup>135</sup> and might, therefore, become a useful treatment for SCLC tumours that show dependence on hedgehog signalling.

Targeting of the mitochondrial apoptosis pathway is currently being explored as a therapeutic strategy for SCLC. The Bcl-2 family proteins are crucial regulators of apoptosis and have proapoptotic and antiapoptotic roles. The antiapoptotic protein Bcl-2 is overexpressed in SCLC cell lines and primary tissue<sup>136–138</sup> and inhibits the proapoptotic proteins BAX and BAK. These two proteins

initiate apoptosis by forming pores in the outer membrane of mitochondria, which leads to the release of other proapoptotic factors, and thereby to activation of caspase enzymes. Activation of BAX requires interaction with other proteins in the Bcl-2 family, such as BID, that harbour the Bcl-2 homology domain BH3, either directly or by the release of bound proapoptotic members (eg, BAD). BAD blocks the antiapoptotic actions of Bcl-2, Bcl- $X_L$ , and Bcl-W.

Study of the interaction between the BAD BH3 domain and Bcl- $X_L$  has led to the discovery of a highly potent small-molecule BAD mimetic called ABT-737 (oral formulation ABT-263). This agent is currently being tested in patients with SCLC (NCT00445198).<sup>139</sup> Although SCLC cell lines have been sensitive to ABT-737 in preclinical studies, resistance to this agent is conferred by expression of the prosurvival Bcl-2 family member Mcl-1.<sup>140</sup> Studies of SCLC cell lines and primary xenograft models established with samples from patients with SCLC suggest that resistance also arises via other mechanisms, such as raised concentrations of proapoptotic BAX, BIM, and NOXA, and reduced concentrations of Mcl-1. A gene expression profile associated with sensitivity indicates involvement of multiple genes linked to apoptosis.<sup>141</sup> Copy number gains at 18q lead to increased expression of Bcl-2 and NOXA, which correlates with sensitivity.<sup>142</sup> These mechanisms of resistance will probably be relevant to studies with ABT-263 and other drug regimens that selectively target Bcl-2, such as antisense oligonucleotides.<sup>143</sup>

Another Bcl-2 inhibitor, obatoclox, is in clinical development as a treatment for SCLC (NCT00682981). By contrast with ABT-737, obatoclox and another compound AT-101 target all antiapoptotic members of the Bcl-2 family, including Mcl-1 (NCT00773955).<sup>144</sup> These agents, but not ABT-737, however, exhibit toxic effects independent of BAX and BAK.

High-throughput sequencing of SCLC samples, coupled with clinical phenotyping, has the potential to reveal information crucial to deciphering chemoresistance. Such knowledge should help to focus development of targeted treatments, especially for relapse. Several small-molecule inhibitors of Src kinase, an enzyme involved in cell migration and adhesion, are in development for relapsing and refractory SCLC (NCT00528645).<sup>145,146</sup>

SCLC is also one of the most hypoxic tumours; more than 60% of patients develop severe hypoxia.<sup>147</sup> This complication is associated with resistance to chemotherapy and radiotherapy and with a raised risk of metastasis. Prevention of hypoxia tolerance has, therefore, become of interest in SCLC.<sup>148</sup> Methods investigated include inhibition of hypoxia-induced factor-1 and autophagy.<sup>149,150</sup>

The advent of next-generation DNA sequencing will enable detailed interrogation of somatic gene alterations and their roles in SCLC. The mutational range of an SCLC cell line, H209, has been established with

massively parallel sequencing technology and revealed 22 910 somatic mutations, of which 134 were in the exome and revealed signatures of tobacco exposure.<sup>151</sup> Specific gene rearrangement in CHD-7, a member of the chromodomain helicase DNA binding domain family of ATP-dependent chromatin remodelling enzymes, has been reported.<sup>151</sup> Comprehensive mapping of other somatic mutations in SCLC might, therefore, lead to identification of crucial gene networks involved in tumorigenesis and reveal potential targets for therapeutic intervention.

The tailoring of therapy with novel agents to individual patient's needs will become the most beneficial approach to treatment of SCLC. In addition to new agents, biomarkers of chemosensitivity will need to be identified to efficaciously assess single agents for relapse after first-line therapy or as maintenance therapy in placebo-controlled, randomised designs.

### Conclusions and additional issues

SCLC remains a frustrating disease to research and to treat. In extensive-stage disease new drug combinations and approaches have made little difference to overall survival. Improved survival remains the ultimate goal as, unlike in other chemosensitive cancers, second-line treatment is not an option for most patients.

Although most patients with limited-stage SCLC will also succumb, long-term survival has been improved by good integration of chemotherapy with early, accelerated chest radiotherapy and prophylactic cranial irradiation. A small but notable proportion of patients with SCLC survive long term. After 2 years, the risk of death from the initial disease begins to decrease.<sup>125</sup> The risk of a second primary cancer, however, is 2–10% per patient per year, which is higher than in adult male smokers who have never developed lung cancer. Patients should, therefore, be monitored and refrain from smoking for life.<sup>121</sup> Any new lung mass should undergo biopsy and be tested for early stage NSCLC.<sup>152</sup>

Etoposide and cisplatin remain the mainstays of first-line SCLC treatment. Although the decreasing prevalence of smoking in industrialised countries will be associated with decreasing incidence of SCLC, the burden of disease is shifting to developing countries. Further investment in research for this disease is, therefore, warranted. Many phase 1 and 2 studies of drugs with potential activity in SCLC and phase 2 and 3 trials to improve radiotherapy are underway. Inclusion of patients with SCLC in such trials should be encouraged, especially otherwise healthy patients with relapsing or refractory SCLC, for whom treatment options are limited. A new, effective, and active combination for extensive-stage SCLC would be quickly moved up as a treatment priority.

#### Contributors

All authors were involved in the literature searches, writing, review, and correction of drafts.

#### Conflicts of interest

JvM has received money for consultancy from AstraZeneca, Amgen, Pfizer, Hospira, Eli Lilly, Sanofi-Aventis, and GlaxoSmithKline, and for speaking from Eli Lilly, and his institution has received educational grants from Eli Lilly. DAF has received money for consultancy from Merck, Astellas, Genentech, Boehringer Ingelheim, AstraZeneca, Amgen, and Daiichi Sankyo, and for speaking from Merck, Genentech, and Roche. DDR declares that he has no conflicts of interest.

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