

research article

# A multi-institutional analysis of diffuse large B-cell lymphoma (DLBCL) treated with consolidative radiotherapy and the impact of cell-of-origin on outcomes

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**Background.** Patients with diffuse large B-cell lymphoma (DLBCL) with bulky disease and/or those who fail to achieve complete response benefit from the addition of radiotherapy (RT). We aim to review the outcome, as well as determine the impact of cell-of-origin, on patients undergoing consolidative RT.

**Patients and methods.** Patients with DLBCL treated with radical intent consolidative RT were included. Clinical, pathological and treatment characteristics were extracted from electronic medical records. Survival outcomes and factors that predict for disease-free survival (DFS) were analysed.

**Results.** Seventy-four patients were included in this analysis. The median follow up was 3 years (0.7–16 years). Fifty-eight percent of patients had stage I–II disease, and 61% received at least 6 cycles of chemotherapy. Cell-of-origin was discernible in 60% of patients, and approximately half were classified as Germinal centre origin. The 5-year overall survival (OS) of this group was excellent at 92% (median survival not reached). The 5-year DFS was 73% (95% CI 57–83%). Seven percent (n = 5) of patients experienced local recurrence at a median time of 6 months. Failure to achieve complete response post RT and/or initial bulky disease are significant predictors of inferior DFS. There was no association between cell-of-origin and DFS or OS.

**Conclusions.** The outcome of patients who received radiotherapy as consolidation is excellent. Patients who fail to achieve complete response after radiotherapy had poorer outcomes. Despite using radiotherapy, presence of bulky disease remains a significant predictor of disease recurrence. We did not find any association of poorer outcomes, with regards to cell-of-origin, in the use of consolidative RT.

Key words: lymphoma; cell-of-origin; radiotherapy; consolidation

## Introduction

Diffuse large B-cell lymphoma (DLBCL) is the most common non-Hodgkin's lymphoma in adults, ac-

counting for about 30–60% of all cases.<sup>1</sup> It has an aggressive natural history, with a prognosis of less than a year without treatment.<sup>2</sup> Radiotherapy (RT), historically, has been an integral part of DLBCL

treatment.<sup>3</sup> However, with the implementation of new systemic therapy agents, the use of RT has declined.<sup>4,5</sup> The discovery of the chimeric monoclonal antibody rituximab against CD20 receptors has greatly improved the control and cure of DLBCL.<sup>6</sup> Data from the MINT studies suggest that rituximab reduced the risk posed by bulky disease, but did not eliminate it.<sup>7</sup> In line with that, many studies have shown the improved outcome with the addition of RT, especially in the context of bulky disease.<sup>8,9</sup>

However, clinicians have noticed that the behaviour of DLBCL can be varied, and attempts have been made to better classify DLBCL.<sup>10</sup> Based on gene expression profiling studies, DLBCL can be divided into 2 distinct subtypes: Germinal Centre B cell (GCB) and non-Germinal Centre B-cell subtype (non-GCB).<sup>11</sup> Immunohistochemistry based algorithms have been shown to have good concordance with gene expression profiling for cell-of-origin classification.<sup>12</sup> Studies based on Western populations have suggested that GCB-subtypes are associated with improved outcomes.<sup>13</sup> However, these findings could not be replicated in the Asian population.<sup>14</sup> It is important to note that these patients were treated primarily with chemotherapy, and the impact of cell-of-origin for patients undergoing consolidative RT is unclear.

The aim of this study is to report the outcome of patients with DLBCL treated with rituximab, cyclophosphamide, hydroxydaunorubicin, oncovin, prednisone (R-CHOP) or R-CHOP like chemotherapy and consolidative RT. In addition, we classified patients according to cell-of-origin (where information available) and determined the impact on the outcomes.

## Patients and methods

### Patient selection criteria

This was a retrospective cohort study carried out at two tertiary hospitals in Singapore. (National University Hospital and Tan Tock Seng Hospital). Institutional review board approval was obtained and waiver of consent was granted. From June 2001 to August 2015, patients with histologically confirmed DLBCL, stages I-IV, who received R-CHOP, or R-CHOP like chemotherapy, and received consolidative RT were identified through the institutional RT database. Only patients treated with curative intent were included.

Staging was based on Ann Arbor Classification. Bulky disease was defined as any nodal or extra-

nodal mass with a dimension of more than 7.5 cm in any direction. International prognostic index (IPI) score was based on age, Eastern Cooperative Oncology Group (ECOG) performance status, serum lactate dehydrogenase (LDH), stage of the disease and the number of extra-nodal sites.<sup>15</sup>

Patient records were carefully reviewed and the following parameters were extracted: Age, gender, ethnicity, stage, use of positron emission tomography / computed tomography (PET/CT) for staging, extra-nodal involvement, baseline PET standardized uptake value (SUV), Eastern Cooperative Oncology Group (ECOG) performance status, B symptoms, presence of bulky disease, elevated LDH, IPI score, number of cycles of chemotherapy, pre-RT response (complete response *vs.* not in complete response) and RT dose-fractionation. For cell-of-origin, patients were classified based on the Hans algorithm (Figure 1).

### Treatment details

All patients received R-CHOP or R-CHOP like chemotherapy. Patients with IPI 0-1 and limited stage received 3-4 cycles of chemotherapy, whereas all other patients received 6 or more cycles of chemotherapy. All patients had a response assessment scan post-chemotherapy, before proceeding onto RT. The cell-of-origin did not influence the treatment decision.

The decision for RT was made based on consensus at the multidisciplinary board meeting, taking into account the bulky disease, number of chemotherapy cycles and response to chemotherapy (assessed on PET/CT or contrast-enhanced CT using established guidelines).<sup>16</sup> Patients with complete response were treated to a dose of 30-36 Gy, and patients with partial response or stable disease were treated to 40-50 Gy, both in 1.8-2 Gy fractions. RT was delivered using either using a 3-dimensional conformal or intensity-modulated tech-

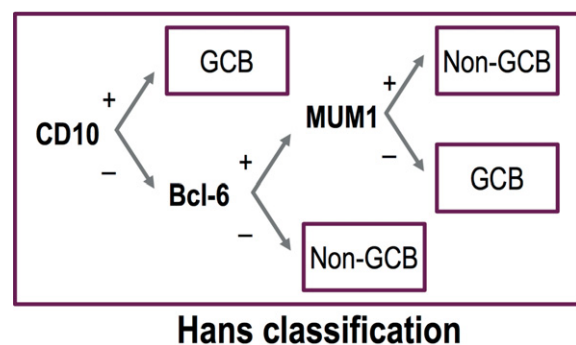


FIGURE 1. Hans classification.

nique, at the discretion of the treating physician. Involved-field radiotherapy (IFRT) was used in cases who were not staged by PET/CT.<sup>17</sup> Involved-site radiotherapy (ISRT), described below, was used in cases who were staged with PET/CT.<sup>18</sup> PET/CT staging was available from 2011 and routinely used from 2014. In both situations, the staging and post-chemotherapy scans were utilized to determine the target volume.

**ISRT technique:** The gross tumour volume [GTV] was the residual tumour post-chemotherapy. The clinical target volume [CTV] included the GTV, craniocaudal extent of the pre-chemotherapy tumour volume and the circumferential extent of the post-chemotherapy tumour volume with the addition of 1–1.5 cm craniocaudal margin and 0.5–1 cm of circumferential margin. When there was a complete response to chemotherapy, the CTV was based on pre-chemotherapy volumes respecting anatomical boundaries for lateral extent of tumour. The planning target volume [PTV] was created by adding 0.5–1 cm to the CTV. Image guidance was performed primarily with electronic portal imaging. On-board kilovoltage cone beam CT was used for selected cases (available since 2011).

## Follow up

Patients were followed up with PET/CT or contrast-enhanced CT scan 3 months after the completion of RT. The complete responders were reviewed every 3 months for the first 2 years alternating with the haematologist and for 6 months from 3<sup>rd</sup> to the 5<sup>th</sup> year. A full blood count and lactate dehydrogenase were checked at each follow-up, together with clinical history and examination for signs of recurrence. Re-imaging and further investigations were performed when there was a suspicion of recurrence.

## Outcome assessment

Overall survival (OS) was defined as the time from diagnosis to death due to any cause. Disease-free survival (DFS) was defined as the time from diagnosis to recurrence, or death. Patterns of relapse: local in-field (*i.e.* within radiation field), in the nodal regions (out-of-field) and distant sites. The time to local relapse was studied time from date of completion of RT to date of relapse.

## Prognostic factors examined

We analysed the influence of age, gender, ECOG performance status, stage, presence of B symp-

toms, LDH, IPI score, presence of bulky disease, baseline SUV on PET, number of chemotherapy cycles, radiation dose, response to radiation and cell-of-origin on OS and DFS.

## Statistical analysis

Descriptive statistics were used to summarize clinical and treatment characteristics. DFS and OS were analyzed using the Kaplan-Meier methods and graphically presented. The actuarial 5-year survival rates were estimated. For DFS, patients without recurrence were censored at death or date of last follow up. For OS, patients who were still alive were censored at the date of last follow-up. Patterns of relapse were reported with descriptive statistics. Univariable analysis was carried out on factors that may influence outcomes such as DFS and OS. Univariable factors with a P-value of < 0.1 were included in the multivariable analysis. The Cox regression model was used to compare sur-

TABLE 1. Patient characteristics and treatment details

Variable	Level	Number of patients (%)
All patients		74 (100)
Age	Median (range)	61 (14–88)
Gender	Males	43 (58)
	Females	31 (42)
Ethnicity	Chinese	54 (73)
	Malay	10 (14)
	Indian	1 (1)
	Others	9 (12)
Stage	I–II	43 (58)
	III–IV	31 (42)
Staging PET/CT	No	44 (59)
	Yes	30 (41)
	SUV max ≤ 20 SUV max > 20	12 (40) 18 (60)
Involvement of extra-nodal sites	Nodal only	19 (26)
	Extra-nodal +/- nodal	55 (74)
ECOG	0	20 (27)
	1	47 (64)
	2	3 (4)
	3	4 (5)
Bulky disease	≤ 7.5 cm	37 (57)
	> 7.5 cm	28 (43)
IPI score	0–1	28 (38)
	2	26 (35)
	3	13 (18)
	4–5	7 (9)
Number of chemotherapy cycles	< 6	28 (39)
	≥ 6	44 (61)
Radiotherapy dose	≤ 36 Gy	45 (61)
	> 36 Gy	29 (39)
Cell-of-origin	Germinal centre	20 (27)
	Non-germinal centre	22 (30)
	Unknown	32 (43)

ECOG = Eastern Cooperative Oncology Group performance status; IPI = international prognostic index; SUV = standardized uptake value

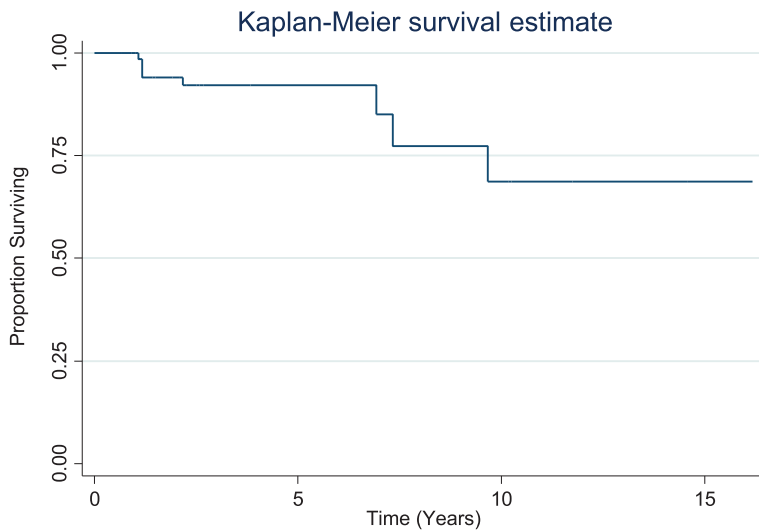


FIGURE 2. Overall survival.

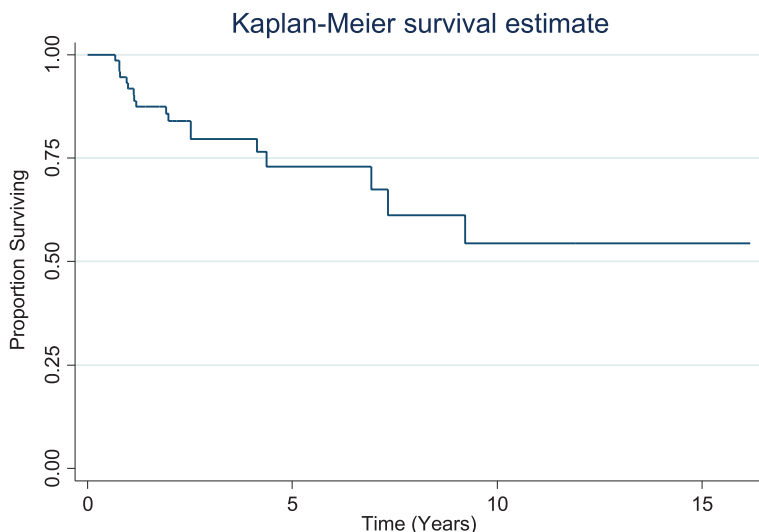


FIGURE 3. Disease-free survival.

vival estimates and calculate P values and hazard ratios. A P-value of  $< 0.05$  was considered to be statistically significant. Statistical analysis was carried out using Stata Statistical Software (Release 14, College Station, TX: StataCorp LP)

## Results

Seventy-four patients were included in the study and the demographic characteristics are shown in Table 1. The median age was 61 years ranging from 14–88 years. Fifty-eight percent were males and the same proportion had early-stage disease

(Stage I–II). Bulky disease was seen in 43% of patients. About a third of the included patients had IPI scores of 0–1. Sixty-one percent had at least 6 cycles of chemotherapy. About two-thirds of the patients were treated to a dose of 36 Gy or less. Information on cell-of-origin was available in 60% of patients and was equally distributed between GCB and non-GCB origin. Median follow up of the cohort was 3 (0.7–16) years.

## Survival and patterns of relapse

The 5-year OS was 92% (median survival not reached) (Figure 2) and 5-year DFS was 73% (median survival not reached) (Figure 3).

Fifty-three patients (72%) were in complete remission post-RT. Patients who achieved complete remission had a significantly better DFS (HR 11.05, 95% CI 4.11–29.69,  $P < 0.01$ ). (Figure 4). The presence of initial bulky disease was associated with an inferior DFS (HR 3.16, 95% CI 1.02–9.78,  $P = 0.04$ ) (Figure 5).

Uni-variable and multi-variable analysis for DFS and OS are presented in Table 2. Response to RT ( $P < 0.001$ ) and tumour bulk ( $P < 0.02$ ) were significant predictors of DFS. Only response to RT ( $P = 0.011$ ) was a significant predictors of OS. There was no association between cell-of-origin and DFS or OS ( $P = 0.16$ ,  $P = 0.61$  respectively).

## Patterns of relapse

In total 13 (18%) patients failed. Among those failed, 5 (7%) failed locally inside the treatment field, 11(15%) outside the treatment field in nodal regions and 10 (14%) at distant sites.

The median time for local recurrence was 6 [0–23] months. All five patients who recurred in-field, received doses between 36–40 Gy. These 5 patients also recurred in nodal regions outside the treatment field or at distant sites. Three of these patients were salvaged and were alive at the last follow up and two died due to progressive disease.

## Discussion

DLBCL is an aggressive condition, which can behave variably.<sup>10</sup> The decision on whether to use consolidative RT remains controversial, especially in advanced stages where complete response has been achieved.<sup>19</sup> In this study, we report the outcomes of our patients treated with consolidative RT.

TABLE 2. UNI- and multivariable analysis for disease-free survival (DFS) and overall survival (OS)

Variable	DFS						OS		
	Univariable analysis			Multivariable analysis			Univariable analysis		
	HR	95% CI	P	HR	95% CI	P	HR	95% CI	P
Age (continuous)	1.03	1–1.06	0.081	1.02	0.98–1.06	0.37	1	0.96–1.05	0.86
Gender (ref: male)	1.78	0.70–4.51	0.23				1.38	0.34–5.51	0.65
ECOG (continuous)	1.64	0.92–2.95	0.096	0.42	0.18–1.00	0.05	1.05	0.35–3.15	0.93
Stage 1–2 (ref) vs. 3–4	1.19	0.46–3.01	0.71				1.84	0.44–6.4	0.4
B symptoms (ref: yes)	0.51	0.8–1.48	0.22				0.25	0.5–1.23	0.088
Elevated LDH yes (ref) vs. no	1.06	0.34–3.34	0.92				2.38	0.28–20.18	0.43
IPI (ref) vs. 2–5	1.48	0.55–3.99	0.43				2.32	0.46–11.69	0.31
Bulk < 7.5 cm(ref) vs. ≥ 7.5 cm	3.16	1.02–9.78	<b>0.045</b>	6.10	1.34–27.87	<b>&lt; 0.02</b>	3.19	0.46–22.15	0.24
Baseline PET SUV ≤ 20 (ref) vs. > 20	0.25	0.45–1.35	0.11				-	-	-
Chemotherapy < 6 cycles (ref) vs. ≥ 6 cycles	2.24	0.78–6.34	0.13				1.73	0.39–7.69	0.47
Dose < 36 Gy (ref) vs. ≥ 36 Gy	0.89	0.34–2.30	0.81				2.21	0.52–9.37	0.28
RT response CR(ref) vs. non CR	11.05	4.11–29.70	<b>&lt;0.001</b>	5.64	2.78–11.45	<b>&lt;0.001</b>	<b>6.26</b>	<b>1.53–25.7</b>	<b>0.011</b>
Cell of origin (ref GC)									
NGC	3.72	0.74–18.54	0.11				2.57	0.23–28.94	0.44
unknown	3.60	0.79–16.50	0.10				3.77	0.44–32.49	0.23

ECOG = Eastern Cooperative Oncology Group performance status; GC = germinal centre B cell (GCB); IPI = international prognostic index; NGC = non-GC; RT = radiotherapy; SUV = standardized uptake value

TABLE 3. Survival outcomes of aggressive lymphoma treated with consolidative RT

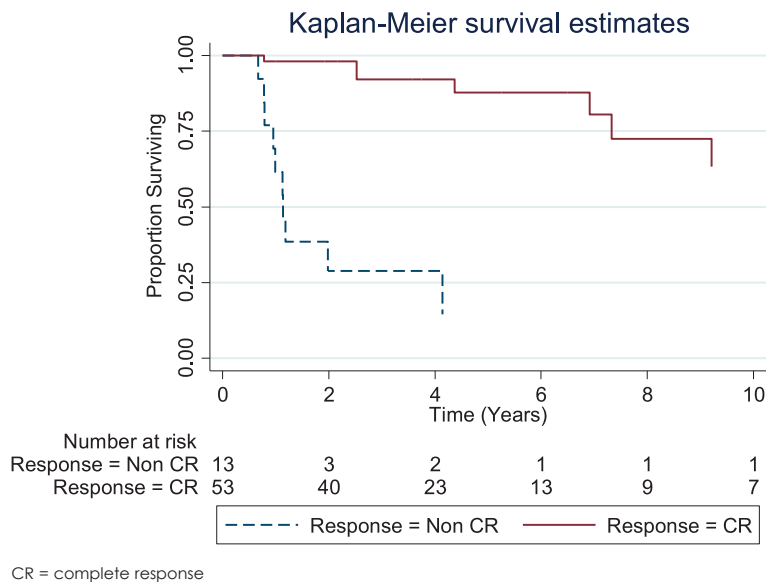
Author	Year of publication	Limited/advanced disease	DFS	OS
Horning <i>et al.</i>	2004	Limited	73% (6 yr)	82% (6 yr)
Reyes <i>et al.</i>	2005	Limited	74 (5 yr)	81 (5 yr)
Bonnet <i>et al.</i>	2007	Limited	63% (5 yr)	68% (5 yr)
Held <i>et al.</i>	2014	Limited & advanced	68% (3 yr)	78% (3 yr)
Aviles <i>et al.</i>	2018	Advanced	Not reported	91% (5 yr)
Lamy <i>et al.</i>	2018	Limited	92% (5 yr)	96% (5yr)
Pfreundschuh <i>et al.</i>	2018	Limited & advanced	84% (3 yr)	93% (3 yr)
Rajasooriyar <i>et al.</i>	2019	Limited & advanced	73% (5 yr)	92% (5 yr)

DFS = disease-free survival; OS = overall survival

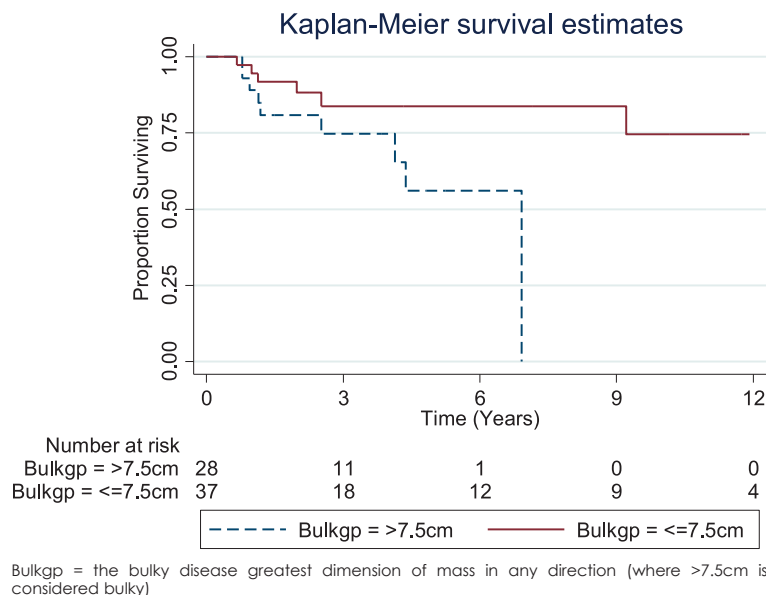
We report encouraging survival and disease control rates in this cohort—5-year OS of 92% and 5-year DFS of 73%. Our results are congruent with other contemporary series<sup>9,20-25</sup>, which are summarised in Table 3. While assessing for predictors for improved DFS, we found that patients who were in complete response (post-RT) had improved DFS on multivariable analysis (HR 5.64, 95% CI 2.78–11.45,  $P < 0.001$ ). This was not an unexpected finding as it is likely suggestive of better tumour biology. In addition, patients who had bulky disease (> 7.5cm) had an increased risk of relapse (HR

6.1 95% CI 1.34–27.87,  $P < 0.02$ ). Bulky disease (at initial presentation) is considered to be an indication for consolidative RT, although the definition of bulk has varied across studies, from 5 cm(8, 26) to 10 cm.<sup>20</sup> In our institution, we use 7.5 cm as a definition of bulk, in line with the MINT studies.<sup>7</sup> As such, it is likely that consolidative RT reduces the risk of disease recurrence, but does not prevent it. As for OS, only complete response (post-RT) was predictive of improved OS.

Secondly, we were able to classify about two-thirds of our patients by cell-of-origin (into GCB



**FIGURE 4.** Disease-free survival by response to radiotherapy.



**FIGURE 5.** Disease-free survival by presence of initial bulky disease.

vs. non-GCB). IHC markers of CD10, BCL-6 and MUM-1 were routinely performed from 2013. As such, 27% were classified to have GCB, 29% non-GCB and remainder were unclassified. Based on univariate analysis, non-GCB was not deemed to be a significant predictor of worse DFS or OS. (HR 3.72 95% CI 0.74–18.54,  $P = 0.11$ ; HR 2.57 95% CI 0.23–28.94,  $P = 0.44$ ), compared to GC. This should only be considered as hypothesis-generating as

the number of events from our cohort is relatively small. In addition, we would like to qualify that there were no statistically significant differences between the GCB and non-GCB groups, in terms of initial bulky disease ( $P = 0.09$ ) or response to RT ( $P = 0.27$ )

Thirdly, with regards to patterns of recurrence, some previous studies have analysed the patterns of failure in patients with DLBCL. Shi *et al.* analysed patients with DLBCL, who achieved complete remission after R-CHOP.<sup>26</sup> Almost half of the patients with advanced-stage DLBCL failed at the initial presenting sites even after achieving complete remission with R-CHOP. In addition, around half of such local failures occurred at initial bulky or bony sites. The local failure rate was 44% in the R-CHOP alone group compared to 7% with R-CHOP plus consolidative RT. Our series echoes the findings of Shi *et al.*, where only 7% of patients failed inside the treatment field with a local control rate of 93%. However, it is important to note that these were not isolated local failures. As such, RT continues to provide excellent local control for bulky and/or residual disease.

The UNFOLDER study examining the role of consolidative RT (for bulky and/or extranodal sites) in patients who had achieved complete response to chemotherapy underwent early termination of the no-RT arm, due to increased number of recurrences.<sup>27</sup> The full results are eagerly awaited.

Our study has several strengths. Our data is well-curated, as all the patients were treated at two institutions which rely on electronic medical records, electronic PACS (picture archiving and communication system), and where the management of majority of the cases are discussed at the weekly lymphoma tumour board meetings. Moreover, the patients were regularly followed up by haematologists and radiation oncologists. Secondly, we are the first to examine the clinical relevance of cell-of-origin on RT outcomes. However, we acknowledge the limitations of our study. Despite close follow-up, there are patients with missing data, as with any retrospective study. In addition, we captured all patients who received consolidative RT - and this included patients with both limited and advanced disease, where the outcomes can be different. Our data spans over 15 years, where staging methodology, chemotherapy choices and response assessment modalities have evolved. Moreover, there is evidence to show that the survival of DLBCL patients has improved over the years.<sup>28</sup> Lastly, the overall number of events (recurrence or death) in our analysis was small, so it is possible

that we had insufficient power to detect prognostic factors (type II error). It would also have been useful to have a control group of patients who were treated with chemotherapy alone.

## Conclusions

Although DLBCL is considered to be an aggressive form of non-Hodgkin's Lymphoma, it has an excellent outcome with modern treatment. RT contributes significantly towards local control and survival in patients with bulky disease or residual disease following first-line chemotherapy. The cell-of-origin, by Hans algorithm, may not be a relevant prognostic factor in patients undergoing consolidative RT. A well-designed randomised controlled trial, comparing patients treated with chemotherapy alone, would be useful to determine the additional benefit of RT.

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