

A phase III randomised trial of cisplatin, methotrexate, cisplatin + 5-FU and cisplatin + methotrexate in end stage squamous carcinoma of the head and neck

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Summary We describe a phase III trial on 200 patients with end stage squamous cell carcinoma of the head and neck. The patients were randomised to one of four treatment arms: cisplatin alone, methotrexate alone, cisplatin + 5-FU and cisplatin + methotrexate. There was no significant difference in the response rates, but the survival of the cisplatin arm was significantly better than that of the methotrexate arm. The survival of patients receiving cisplatin as a single agent was longer than that of patients receiving cisplatin in combination with methotrexate or 5-FU, but not significantly so. Nausea/vomiting and anaemia were significantly more common in the cisplatin arms than in the methotrexate arm, but the toxicity of combination regimens was not significantly greater than that of cisplatin used as a single agent.

Chemotherapy can be used in the treatment of squamous carcinoma of the head and neck, either as an adjuvant to surgery or radiotherapy, or for the sole treatment of end stage disease (that is advanced or recurrent tumours).

Methotrexate was previously regarded as the standard chemotherapeutic agent for end stage disease and its dosage and mode of administration have been extensively investigated in phase II studies. Weekly administration of 40-60 mg m⁻² produces the best response rates; higher dosage and/or more frequent administration does not improve the rate or duration of response (Muggia *et al.*, 1980).

Cisplatin has been shown to have antitumour activity in squamous cell carcinoma of the head and neck (Jacobs *et al.*, 1980; Wittes *et al.*, 1979). In one of the few randomised trials undertaken cisplatin achieved similar response rates (23.5% and 28.6% respectively) to methotrexate in patients with recurrent head and neck cancer (Hong *et al.*, 1983).

Several studies using combination chemotherapy suggest that cisplatin in combination is superior to cisplatin alone. High dose bolus cisplatin plus 120 h continuous infusion of 5-fluorouracil every 3 weeks achieves a 70% objective response rate (26% complete responses) in end stage disease (Decker *et al.*, 1983; Kish *et al.*, 1984). The importance of the timing is also emphasised. In a randomised study using equitoxic doses, 5-FU given as a continuous infusion produced a 72% response rate, but when given as a bolus injection on days 1 and 8 the response rate dropped to 20% (Kish *et al.*, 1985).

Only two randomised trials have been conducted to assess the value of cisplatin as a single agent compared with cisplatin in combination. A previous prospective randomised trial carried out in this department on end stage patients compared cisplatin, bleomycin, cisplatin + bleomycin and a control untreated group (Morton *et al.*, 1985).

Although there was no significant difference in the response rates of the three treated arms, cisplatin as a single agent significantly prolonged the median survival time compared with the other groups. A randomised phase III trial of cisplatin with and without methotrexate showed that methotrexate merely increased the toxicity but not the survival (Jacobs *et al.*, 1983).

We now report a prospective randomised phase III trial comparing cisplatin, methotrexate, cisplatin + 5-fluorouracil and cisplatin + methotrexate. There was no control (untreated) arm as we have already shown that cisplatin as a single agent significantly prolongs survival in this group of patients (Morton *et al.*, 1985).

Patients and methods

Patients

Patients with histologically proven end stage squamous cell carcinoma of the head and neck that was unsuitable for treatment with surgery or radiotherapy were admitted to this trial. End stage disease is defined as disease which is too advanced for treatment by radiotherapy or surgery, or disease which has recurred after prior radiotherapy and/or surgery.

Seventy-one patients had received no prior treatment; 129 patients had an untreatable recurrence after prior radiotherapy and/or surgery. No patient had had prior chemotherapy. Two hundred such patients were admitted between May 1984 and November 1987.

The patients' tumour was classified using the site and stage groupings recommended by the UICC (UICC, 1987). Forty-five patients with recurrent tumour solely in the neck could not be assigned a stage group because of the absence of a primary tumour.

The patients' performance status was classified by Karnofsky's criteria (Karnofsky & Buckenall, 1949). The data are shown in Table I.

Pretreatment assessment

This included classification of each tumour by site and stage according to the UICC classification, assessment of the patient's general condition and Karnofsky performance status, complete physical examination, routine haematological and biochemical screening, liver function tests, 24 h creatinine clearance, chest radiograph, ECG and pure tone audiometry. Other appropriate investigations were carried out in specific cases, including CT scan, bone scan, etc. Every patient was assessed by the same consultant physician, who advised also on any medical problems encountered during the trial.

Randomisation

The method of 'intention to treat' was followed, i.e. first all patients presenting with end stage disease were randomised to the various treatment groups *before* assessment of fitness and obtaining of consent; second no patient was withdrawn from analysis once he had been randomised, even if he

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Table I Patient details

	Cisplatinium	Methotrexate	Cisplatinium + 5-FU	Cisplatinium + MTX
<i>Site</i>				
Mouth	9	14	10	15
Oropharynx	7	8	12	4
Hypopharynx	14	12	7	10
Larynx	13	13	14	13
Others	7	3	7	8
Men	34	36	38	33
Women	16	14	12	17
Age (mean)	62	65	59	58
<i>Karnofsky</i>				
Median	70	60	70	60
Range	30-90	30-80	20-90	10-90
<i>Previously untreated tumours</i>				
Stage III	3	4	3	1
IV	17	11	19	14
<i>Recurrent Tumours</i>				
Stage II	0	0	1	0
III	3	2	1	2
IV	19	24	12	19
Not classifiable	8	9	14	14

refused, or was unfit, to receive chemotherapy. The patients were randomised between the four arms by drawing cards from a bag. Fifty patients were admitted to each arm: calculation showed that this number will detect a three month prolongation of median survival in this group of patients, with a type I error of 5% and a type II error of 20%. Stratification for prognostic factors was not used.

Dosage and administration

Cisplatinium was given by the same method and at the same dose, in all the three cisplatinium arms: the patients were prehydrated with 2 litres of normal saline over 16 h, followed immediately by infusion of cisplatinium at 100 mg m^{-2} plus 12.5 g of mannitol, in 1 litre of normal saline over 8 h. During the infusion of cisplatinium, patients were given Maxolon (metoclopramide) at 5 mg kg^{-1} diluted in 500 ml of normal saline. The cisplatinium infusion was stopped for 15 min every 2 h while the Maxolon infusion was given. Following the cisplatinium the patients were post-hydrated with 1 litre of normal saline in 8 h.

Methotrexate was given by intravenous bolus injection, at a dose of 40 mg m^{-2} . 5-Fluorouracil was given at a dose of 1000 mg m^{-2} for 4 days as a continuous infusion, each day's dose being given in 2 litres of normal saline. This infusion followed the cisplatinium immediately and replaced the post-hydration.

All of the cisplatinium containing regimens were repeated at monthly intervals, whereas methotrexate was given every 2 weeks.

Assessment during the trial

During treatment we attempted to see all patients at 2-weekly intervals to assess the response, the patients' general condition and any specific symptoms, and to alter any medications. An FBC and an SMAC (urea, electrolytes and LFTs) were done on all patients. In addition to this patients receiving cisplatinium had a chest X-ray, ECG, pure tone audiometry and 24 h urinary creatinine clearance before each course of treatment. If the creatinine clearance fell to between 50 and 60 ml min^{-1} the dose of cisplatinium was reduced to 50 mg m^{-2} . If it fell below 50 ml min^{-1} treatment was postponed until the creatinine clearance returned to normal. Treatment was not given when the haematological indices were unsatisfactory.

Cessation of treatment

Treatment was discontinued, with the patient's consent, if there was no evidence of response after three cycles, with the

development of major toxicity or at the patient's own request.

Assessment of response

The WHO definition of response was used (Miller *et al.*, 1981). Accessible lesions of the mouth and nodes in the neck were measured by calipers. Assessment of laryngeal and hypopharyngeal lesions was mainly based on clinical examination. Lesions of the nose, sinus, nasopharynx and ear were assessed by radiology.

Toxicity

Toxicity was assessed after each course of chemotherapy. The data are displayed according to the WHO criteria (Miller *et al.*, 1981).

Informed consent

Ethical committee approval was obtained for the trial. The trial, its purpose and side-effects of the chemotherapy were discussed fully with each patient and his or her relatives.

Follow-up and analysis of the data

The exact date of death of those who have died is known either from personal follow-up or from the Mersey Region Cancer Registry. The status of the patients who are alive has been checked within, at most, the past 6 weeks. No patient has been lost to follow-up.

Qualitative data are displayed in contingency tables and analysed by χ^2 . Survival is presented by the Kaplan-Meier method (Kaplan & Meier, 1985). Differences between survival curves were analysed by the log rank test (Peto *et al.*, 1976). Prognostic factors were identified by Cox's regression analysis (Cox, 1972).

Results

Response rate

The response rates are shown in Table II. The response rate for the whole group was 21.5%, and for treated patients was 27.8%. There was no significant difference in the response rate between the various arms, either of the whole group ($\chi^2_3 = 14.42$) or of the treated group ($\chi^2_3 = 6.99$). The response rate for previously untreated patients was 35% (19/55).

Table II Response rates

	Cis	MTX	Cis + 5-FU	Cis + MTX
Untreated	14	16	11	5
Progressive disease	11	15	14	12
Stable disease	11	13	13	22
Partial response	13	6	9	11
Complete response	1	0	3	0

Survival

Figure 1 shows the survival curves for the four treatment groups: the cisplatin arm had a significantly better survival than the methotrexate arm ($\chi^2_1 = 5.53, P < 0.025$). The survival of those receiving cisplatin in combination with methotrexate or 5-FU was worse than that of those receiving cisplatin alone, but the differences were not significant ($\chi^2_1 = 1.95, \chi^2_1 = 0.81$ resp.). The survival of those patients receiving cisplatin plus methotrexate was only slightly better than that of those receiving methotrexate alone, and the difference was not significant ($\chi^2_1 = 0.77$).

The median survival for various host, tumour and treatment factors is shown in Table III. Univariate analysis using the log rank method showed that performance status and response were significant factors, whereas age, sex, histological grade, site and previous treatment were not. Analysis for trend confirmed that the trend of improving survival with higher rates of Karnofsky status was also highly significant ($\chi^2_1 = 46.6, P < 0.001$). Almost all patients were in stage IV so that analysis for different stage groups was not done.

The data were then submitted to Cox's multivariate regression analysis, which confirms that only two prognostic factors had a significant effect on survival: Karnofsky status and response to chemotherapy (Table IV). The effect of previous treatment was not quite significant ($P = 0.07$). This analysis also confirmed that cisplatin was better than methotrexate ($z = 2.18, P < 0.05$), whereas those patients receiving cisplatin plus 5-FU or cisplatin plus methotrexate did not do significantly better than those patients receiving methotrexate alone ($z = 1.07, \text{ and } z = 1.53$ respectively).

Toxicity

Nausea, vomiting and renal toxicity caused by the cisplatin containing regimens were the major problems. Mild nausea and vomiting (WHO 1-2) affected approximately one third of the patients receiving cisplatin (Table V) alone or in combination, and severe nausea and vomiting (WHO 3-4) in 22%. Methotrexate produced mild nausea and vomiting in 15% of patients and severe vomiting in 10%. The difference between the methotrexate and cisplatin arms was significant, but not between the various cisplatin arms.

Renal damage sufficient to affect the serum creatinine was uncommon. Mild (WHO 1-2) effects were seen in 4% of patients in the cisplatin arms and in 2% of the methotrex-

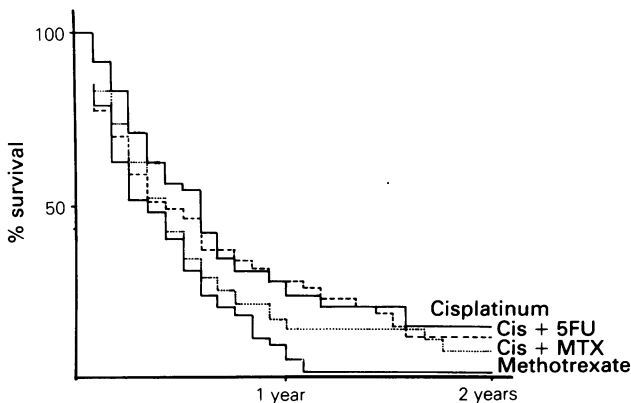


Figure 1 Survival curves of all four groups.

ate patients. There was no significant difference between the arms. Severe toxicity (WHO 3-4) was not seen (Table VI). Figure 2 is a histogram showing the percentage of patients with a creatinine clearance of less than 50 ml min⁻¹, for each agent, related to the number of courses.

Mild anaemia occurred in 28% of patients receiving the cisplatin regimens, compared with 9% in the methotrexate arm. This difference was significant but there was no difference between the various cisplatin arms. Only one patient had severe anaemia (WHO 3-4) (Table VII).

Mild reduction of white cell count (WHO 1-2) affected 8% of patients receiving cisplatin, and 3% of patients receiving methotrexate. These differences were not significant. Severe toxicity (WHO 3-4) was rare (0.5% of the whole series) (Table VIII).

Mild reduction of platelets (WHO 1-2) was unusual (2.1% of the whole group) and severe reduction rare (0.2%). There was no significant difference between the arms (Table IX).

Many other indices were routinely monitored but the number of patients recording any abnormalities was very small. Table X summarises these indices.

Table III Univariate analysis of survival

	No. of pts	Median survival (days)	χ^2 (d.f.)	P
<i>Host factors</i>				
Age 0-59	76	143		
≥ 60	124	151	0.43 (1)	n.s.
Sex Men	141	150		
Women	59	148	0.2 (1)	n.s.
<i>Karnofsky</i>				
0-50	33	28		
60	52	96		
70	55	200		
80-90	60	205	65.23 (3)	<0.001
<i>Tumour factors</i>				
<i>Histology</i>				
Well diff.	21	89		
Mod/poorly diff.	40	164		
n.o.s.	139	145	5.71 (3)	n.s.
<i>Sites</i>				
Mouth	48	160		
Naso/oropharynx	37	95		
Larynx/hypopharynx	96	147		
Miscellaneous	19	126	0.49 (3)	n.s.
<i>Treatment factors</i>				
No previous RX	72	164	2.72 (1)	n.s.
Recurrent tumours	128	131		
<i>Response</i>				
Prog. dis.	51	79		
Stable dis.	59	165		
PR/CR	43	388	60.53 (2)	<0.001

Table IV Cox's regression analysis

	z	P
<i>Host factors</i>		
Age	0.11	n.s.
Sex	0.37	n.s.
Karnofsky status	9.12	<0.0001
<i>Tumour factors</i>		
<i>Histology</i>		
Well diff. (compared with mod/poorly diff.)	1.48	n.s.
<i>Sites (compared with mouth)</i>		
Naso/oropharynx	1.79	n.s.
Larynx/hypopharynx	0.10	n.s.
Miscellaneous	1.65	n.s.
<i>Treatment factors</i>		
Previous treatment	1.85	n.s.
Response	6.93	<0.001

Table V Nausea and vomiting

Regime	No. of courses	WHO grade				
		0	1	2	3	4
Cisplatinium	94	43	7	19	25	0
Methotrexate	122	92	14	4	12	0
Cis. + 5-FU	101	50	7	20	23	1
Cis. + MTX	96	36	9	35	9	7

All groups $\chi^2_3 = 36.3$, $P < 0.001$. Cisplatinium arms $\chi^2_2 = 2.99$, n.s.

Table VI Serum creatinine

Regime	No. of courses	WHO grade				
		0	1	2	3	4
Cisplatinium	94	87	7	0	0	0
Methotrexate	122	119	3	0	0	0
Cis. + 5-FU	101	98	2	1	0	0
Cis. + MTX	96	93	3	0	0	0

All groups $\chi^2_3 = 4.24$, n.s. Cisplatinium arms $\chi^2_2 = 2.89$, n.s.

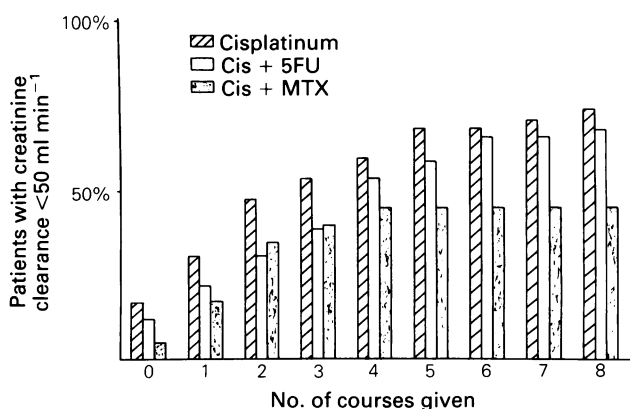


Figure 2 Histogram of cumulative effect on creatinine clearance.

Table VII Haemoglobin

Regime	No. of courses	WHO grade				
		0	1	2	3	4
Cisplatinium	94	64	23	7	0	0
Methotrexate	122	110	7	4	0	1
Cis. + 5-FU	101	75	21	4	0	0
Cis. + MTX	96	68	16	12	0	0

All groups $\chi^2_3 = 18.5$, $P < 0.0001$. Cisplatinium arm $\chi^2_2 = 2.43$, n.s.

Table VIII WBC

Regime	No. of courses	WHO grade				
		0	1	2	3	4
Cisplatinium	94	89	5	0	0	0
Methotrexate	122	116	3	1	2	0
Cis. + 5-FU	101	89	7	5	0	0
Cis. + MTX	96	90	5	1	0	0

All groups $\chi^2_3 = 4.98$, n.s. Cisplatinium arm $\chi^2_2 = 3.96$, n.s.

Table IX Platelets

Regime	No. of courses	WHO grade				
		0	1	2	3	4
Cisplatinium	94	94	0	0	0	0
Methotrexate	122	119	1	1	1	0
Cis. + 5-FU	101	97	1	3	0	0
Cis. + MTX	96	92	2	2	0	0

All groups $\chi^2_3 = 4.08$, n.s. Cisplatinium arms $\chi^2_2 = 3.93$, n.s.

Table X Treatment regimen

	Cisplatinium	Methotrexate	Cis + 5-FU	Cis + MTX
Diarrhoea	11 (4)	1	10 (4)	12 (6)
Ulceration	0	2 (1)	2 (2)	0
Cutaneous	0	0	5 (1)	0
Pulmonary	0	1	0	0
Pyrexia	0	1	0	0
Allergy	0	0	1	0
Alopecia	0	0	12 (4)	0
Cardiac	0	0	1	0
Consciousness	0	0	1	0
Neuropathy	0	0	1	0
Urea	11 (4)	3 (3)	6 (2)	9 (4)
Alkaline phosphatase	16 (6)	13 (6)	11 (5)	10 (3)
Bilirubin	3 (1)	0	3 (1)	0
AAT	4 (3)	15 (4)	7 (2)	0
Gamma GT	16 (4)	25 (8)	11 (3)	21 (7)

The figure in parentheses is the number of patients affected.

Discussion

This randomised trial was designed to assess whether treatment of advanced or recurrent head and neck cancer with cisplatinium alone could produce a survival advantage over methotrexate alone, and whether the addition of methotrexate or 5-FU to cisplatinium would have any benefit. However, we have also looked at response rates, and at the toxicity of the regimens used.

Our response rates are rather poor when compared with the excellent results of others. In particular our response rate

of 30% to cisplatinium + 5-FU compares badly with that of Kish *et al.* (1984), who achieved an overall response rate of 70%, using the same treatment regime. This can perhaps be explained by the patients' general condition. In Kish *et al.*'s study, 80% of patients had a performance status of better than 70 whereas only 63% in our series were in good condition.

There was no significant difference in the response rates of the four groups. However, this is probably a type II error related to the large number of patients needed to produce a significant result if response is the sole criterion.

Our survival analysis showed that cisplatin as a single agent was better than methotrexate, and superior also to cisplatin in combination with 5-FU or methotrexate, although not significantly so. This is contrary to the present climate of opinion, which favours a search for combination regimens. However, no phase III trial has yet demonstrated that combination regimens achieve a better survival than single agent cisplatin.

We have not stratified our patients for prognostic factors. Many statisticians now agree that the benefits of this method are not great (Peto *et al.*, 1976), and that multivariate analysis should be used to identify prognostic factors. Using Cox's multivariate regression analysis we confirmed the findings of univariate analysis that the only significant factors were Karnofsky performance status and response to chemotherapy. Other factors, such as age, sex, site of the tumour and histological grade were not significant prognostic factors. It seems that every trial/study of chemotherapy in head and neck cancer produces a different set of significant prognostic factors (Amer *et al.*, 1980; Bertino *et al.*, 1975; Campbell *et al.*, 1987; Siodlak *et al.*, 1989; Vogel & Kaplan, 1979; Wolf *et al.*, 1984), probably because these factors are being confounded by other as yet unidentified factors concerned with cell growth and behaviour, for example tumour DNA content (ploidy) (Goldsmith *et al.*, 1986) and oncogene expression (Field *et al.*, 1986).

Methotrexate is clearly a less toxic compound than cisplatin, although it was surprising to find no increased toxicity in combination regimens compared with cisplatin

alone. The explanation might be that the toxicity categories in the WHO scale are rather liberal. Even if combination regimens do not increase toxicity they inevitably increase cost. This is particularly true of the cisplatin + 5-FU regimen, which requires five extra days in hospital. This adds a further £1500 (at 1988 prices) to the cost of treatment. In the complete absence of any survival benefit this extra cost cannot be justified.

We did not attempt to assess symptom scores in this group of patients. Most of them had already received extensive treatment and their quality of life is already so low that meaningful differences are very hard to detect and measure. One measure of the quality of life is the proportion of patients surviving beyond six months. There are two reasons for this: first, untreated patients rarely survive beyond this time interval (Morton *et al.*, 1985); and second, six courses of treatment with the recovery period after each course produces a period of 6 months when the quality of life is very low. In order to benefit the patient must survive beyond this period in reasonable condition, and preferably beyond 1 year. Fifty-two per cent of patients randomised to receive cisplatin survived beyond 6 months, whereas 31% of patients in the methotrexate arm survived beyond this time. Only the patient can decide whether this extra survival is worth the increased morbidity of chemotherapy.

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