

# The influence of sex and histology on outcomes in non-small-cell lung cancer: a pooled analysis of five randomized trials

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**Background:** Some non-small-cell lung cancer (NSCLC) surgical series have indicated that the positive prognostic effect of female sex is limited to patients with adenocarcinoma. We carried out a retrospective analysis to investigate the role of sex and histology on efficacy, toxicity, and dose delivery after chemotherapy.

**Patient and methods:** Individual patient data were pooled from five randomized, phase III, advanced NSCLC chemotherapy trials. Primary outcomes were response rate, overall survival (OS), toxicity, and dose delivery. A secondary analysis examined survival by sex in histological subgroups.

**Results:** Of 2349 patients, 34% were women. Women had a higher response rate to chemotherapy (42% versus 40%,  $P = 0.01$ ) and longer survival than men (median OS 9.6 versus 8.6 months,  $P = 0.002$ ). The difference in OS remained after adjusting for age, stage, performance status, and histology (hazard ratio 0.83, 95% confidence interval 0.74–0.92,  $P = 0.0005$ ). Upon further examination, longer survival in women was only seen in patients with adenocarcinoma (test for interaction  $P = 0.006$ ). There were no differences in hematological toxicity or transfusions. Women experienced more grade 3–4 emesis than men ( $P < 0.0001$ ) and more dose delays ( $P = 0.02$ ) or dose reductions ( $P < 0.0001$ ).

**Conclusion:** The positive prognostic effect among women is confirmed in patients receiving platinum-based chemotherapy but appears confined to those with adenocarcinoma histology.

**Key words:** chemotherapy, histology, non-small-cell lung cancer, sex

## introduction

In many countries around the world, lung cancer historically has been more common in men than in women, reflecting the different rates of cigarette smoking between genders. In recent decades, in Western countries in particular, rates of cigarette smoking have fallen and are approaching parity between women and men. With this, there has been a convergence in the rates of lung cancer observed in both sexes [1, 2].

Regarding the prognostic effect of female sex, we previously reported results of a pooled analysis of 1090 patients receiving chemotherapy in non-small-cell lung cancer (NSCLC) trials carried out by the National Cancer Institute of Canada Clinical Trials Group (NCIC CTG), in which women had a significant progression-free survival advantage over men [hazard ratio (HR) 0.83, 95% confidence interval (CI) 0.71–0.97,  $P = 0.02$ ],

but the difference in overall survival (OS) did not reach statistical significance in multivariate analysis (HR 0.89, 95% CI 0.75–1.05,  $P = 0.17$ ) [3].

However, significant prognostic effects have been reported both in surgical series and in other series of patients with advanced disease receiving palliative chemotherapy [4–8]. Furthermore, in early-stage lung cancer, some studies have indicated that the positive prognostic effect in women may be confined to those patients with adenocarcinoma histology [9, 10].

We therefore carried out this large pooled analysis of individual patient data (IPD) from chemotherapy trials from the Manchester Lung Group (MLG), London Lung Cancer Group (LLCG), and the British Thoracic Oncology Group (BTOG), to validate the results from NCIC CTG and to compare with other published analyses. We investigated the influence of sex on efficacy, toxicity, and dose delivery in these NSCLC studies, and we carried out a secondary analysis to investigate the influence of sex on outcomes in histological subgroups.

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## methods

### studies included

Five randomized phase III trials conducted by the MLG, LCG, and BTOG, investigating first-line platinum-based chemotherapy regimens in NSCLC between 1997 and 2006, were identified [11–15]. Ethics approval for a retrospective analysis was available from each trial. IPD were available from all trials and were included in the analysis. The trials are summarized in Table 1.

### assessment

The primary end points of this analysis were efficacy, toxicity, and dose delivery. Efficacy and activity end points were OS, measured as the time from randomization until death of any cause, and tumor response. Because the NCIC CTG analysis had demonstrated differences in baseline rates of comorbidities between sexes, we also measured lung-cancer-specific survival (LCSS), measured as the time from randomization until death from lung cancer. Due to a lack of recording of the date of progression in many patients, progression-free survival was not included as an end point following discussion between the investigators. Responses were measured using the RECIST criteria in BTOG1 and Study 14 [16]. In Study 11, GC–MIC–MVP (gemcitabine and carboplatin; mitomycin, ifosfamide, and cisplatin; mitomycin, vinblastine, and cisplatin), and the Gemcitabine Hospitalization studies, World Health Organization response criteria were used [17]. Toxic effects were recorded using National Cancer Institute Common Toxicity Criteria version 2.0 in all studies except GC–MIC–MVP, which used version 1.0. Laboratory results were recorded for hematological toxicity scoring. All common and important toxic effects (grade 1 and above) and severe toxic effects (grades 3 and 4) were reported for all patients who received at least one cycle of treatment. Reported hematological toxic effects included anemia, leukopenia, neutropenia, thrombocytopenia, and febrile neutropenia. Non-hematological toxic effects reported included emesis, mucositis, fatigue, diarrhea, neuropathy, and non-neutropenic infection. The rates of blood and platelet transfusions were recorded and reported.

Information on doses of drugs administered was not available for all studies. Dose intensity (DI) was calculated by the total number of chemotherapy cycles delivered divided by the planned number of cycles. The number of treatment delays and dose reductions was calculated for each patient.

### statistical methods

The Pearson chi-square test was used to compare various demographic and clinical factors between the sexes. OS was examined using Kaplan–Meier

curves. Univariate Cox proportional hazards regression was used to test the association of baseline factors with OS. Statistically significant prognostic factors from the univariate analysis were entered into the multivariate model. A test for heterogeneity was carried out to compare HRs from the individual trials. All statistical analyses were carried out using SAS version 9.1 (SAS Institute, Cary, NC) and R version 2.1.1.

## results

### patients

A total of 2349 patients were included in the analysis, with 793 women (34%). The distribution of sexes in each trial was similar. Median follow-up was 8.6 months, and there were 1988 deaths.

Baseline demographics are reported in Table 2. Women and men were well matched for stage and performance status. Women were slightly younger than men at study entry (median age 61 versus 63 years,  $P < 0.0001$ ). Adenocarcinoma was more common in women than in men (41% versus 31%,  $P < 0.0001$ ). Men were more likely to be anemic than women at study entry (64% versus 32%,  $P < 0.0001$ ).

### efficacy

Response and survival results are shown in Table 3. The overall response rate (complete response plus partial response) was slightly higher in women than in men (42% versus 40%,  $P = 0.01$ ).

In the overall cohort, women had a significantly longer median survival than men (9.6 versus 8.6 months, HR for death 0.86, 95% CI 0.78–0.95,  $P = 0.002$ ). One-year survival was 41% in women and 35% in men, and 3-year survival rates were 8% and 5%, respectively. LCSS was almost identical to OS in both sexes, favoring women (9.7 versus 8.7 months, HR 0.86, 95% CI 0.78–0.95,  $P = 0.002$ ). The test for heterogeneity, comparing the HRs of each trial, demonstrated no significant difference in effect across the trials ( $P = 0.99$ ).

In univariate analysis, female sex, stage III disease (compared with stage IV), and a good performance status were associated with significantly improved survival. In multivariate analysis (controlling for age, stage, performance status, sex, and histology), female sex (HR 0.83, 95% CI 0.74–0.92,  $P = 0.0005$ ), stage III disease (HR 0.75, 95% CI 0.68–0.82,  $P < 0.0001$ ), and

**Table 1.** Trials included in the analysis

Study	Author	Years	Treatment	<i>n</i> analyzed in sex analysis (%)	
				Female	Male
Study 11	Rudd et al. [14]	1999–2001	GC versus MIC	126 (30)	296 (70)
Study 14	Lee et al. [13]	2003–2005	GC + thalidomide versus GC + placebo	257 (36)	465 (64)
DOCMIC (BTOG1)	Booton et al. [11]	2001–2002	DC versus MIC or MVP	138 (32)	295 (68)
GC–MIC–MVP	Danson et al. [12]	1997–2001	GC versus MIC or MVP	138 (37)	233 (63)
Gemcitabine Hospitalization study	Blackhall et al. [15]	2002–2006	GC versus GP	134 (33)	267 (67)
Total				793 (34)	1556 (66)

GC, gemcitabine and carboplatin; MIC, mitomycin, ifosfamide, and cisplatin; DC, docetaxel and carboplatin; MVP, mitomycin, vinblastine, and cisplatin; GP, gemcitabine and cisplatin.

a good performance status (HR 0.56, 95% CI 0.49–0.63,  $P < 0.0001$ ) remained significant predictors of longer survival.

In subgroup analysis, the extent of longer survival in women was greater among patients with adenocarcinoma (median OS 10.9 versus 8.4 months, HR 0.70, 95% CI 0.59–0.83,  $P < 0.0001$ )

than among patients with non-adenocarcinoma histology (median OS 8.8 versus 8.5 months, HR 0.97, 95% CI 0.85–1.10,  $P = 0.61$ ). The test of interaction between histology (adenocarcinoma versus non-adenocarcinoma) and sex was highly significant ( $P = 0.006$ ; Figure 1).

**Table 2.** Baseline demographics by sex

	Women, <i>n</i> = 793		Men, <i>n</i> = 1556		<i>P</i> value
	<i>n</i>	%	<i>n</i>	%	
Age at randomization, years					
<65	547	69	867	56	<0.0001
≥65	246	31	689	44	
Median in years (range)	61 (34–83)		63 (23–85)		
Stage					
IIIa	58	7	90	6	0.19
IIIb	319	40	673	43	
IV	416	52	791	51	
Unknown	0		2		
Performance status					
Good <sup>a</sup>	636	80	1249	81	0.97
Poor	155	20	303	19	
Unknown	2		4		
Histology (reported as a percentage of those recorded)					
Adenocarcinoma	272	41	399	31	<0.0001
Squamous cell	203	31	550	43	
Large cell	35	5	41	3	
NOS	149	23	299	23	
Not recorded	134		267		
Baseline hemoglobin (reported as a percentage of those recorded)					
Normal	256	68	268	38	<0.0001
≥Grade 1 anemia <sup>b</sup>	120	32	481	64	
Unknown	417		807		

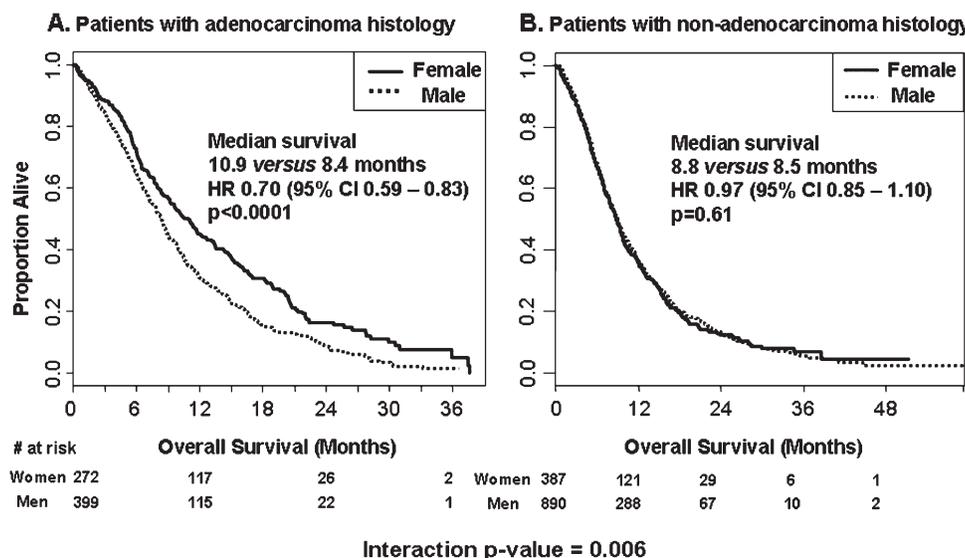
<sup>a</sup>Eastern Cooperative Oncology Group 0/1, Karnofsky 80–100.

<sup>b</sup>Grade 1 anemia defined as <12 g/dl in women and <14 g/dl in men. NOS, not otherwise specified.

**Table 3.** Response and survival by sex

	Women, <i>n</i> = 793 (%)	Men, <i>n</i> = 1556 (%)	<i>P</i> value
Response rate (those evaluated received a cycle of chemotherapy)			
Overall response (CR + PR)	42	40	0.01
Stable disease	41	38	
Progressive disease	17	22	
Overall survival (all patients)			
Median survival, months (95% CI)	9.6 (9.0–10.3)	8.6 (8.1–9.0)	
One-year survival, % (95% CI)	41 (37–44)	35 (33–38)	
Hazard ratio (95% CI)	0.86 (0.78–0.95), $P = 0.002$		
Lung-cancer-specific survival			
Median survival, months (95% CI)	9.7 (9.1–10.5)	8.7 (8.4–9.1)	
One-year survival, % (95% CI)	41 (38–45)	36 (34–39)	
Hazard ratio (95% CI)	0.86 (0.78–0.95), $P = 0.002$		
Overall survival (adenocarcinoma subset, <i>n</i> = 671)			
Median survival, months (95% CI)	10.9 (9.2–12.6)	8.4 (7.5–9.0)	
Hazard ratio (95% CI)	0.70 (0.59–0.83), $P < 0.0001$		
Overall survival (non-adenocarcinoma subset, <i>n</i> = 1277)			
Median survival, months (95% CI)	8.8 (7.9–9.6)	8.5 (7.9–9.1)	
Hazard ratio (95% CI)	0.97 (0.85–1.10), $P = 0.61$		

CR, complete response; PR, partial response; CI, confidence interval.



**Figure 1.** Overall survival by sex in adenocarcinoma and non-adenocarcinoma subgroups.

## toxicity

Severe toxic effects (grades 3–4) are shown in Table 4. There were no significant differences between sexes in any measure of hematological toxicity. For non-hematological toxicity, women experienced greater levels of nausea and vomiting of any grade (62% versus 54%,  $P = 0.0004$ ) and severe grades (11% versus 6%,  $P < 0.0001$ ). Women experienced more mucositis of any grade (39% versus 34%,  $P = 0.03$ ), but there was no difference in the rates of grade 3 or 4 mucositis (2% versus 1%,  $P = 0.10$ ). Eleven men (2%) experienced grade 3 or 4 peripheral neuropathy, compared with no women ( $P = 0.02$ ). There were no significant differences in the rates of infection between sexes, and there was no difference in treatment-related death rates (0.6% versus 0.7%,  $P = 0.97$ ).

## treatment delivery and DI

DI, calculated as the number of cycles received divided by the number of cycles planned, was not statistically different between women and men (0.85 versus 0.83,  $P = 0.50$ ). More women required at least one dose reduction (32% versus 23%,  $P < 0.0001$ ) or experienced more than one treatment delay (39% versus 32%,  $P = 0.02$ ), when compared with men. At least one blood transfusion was given in 38% of women and in 37% of men ( $P = 0.78$ ). Platelet transfusions were administered in 12% of women and in 11% of men ( $P = 0.43$ ).

## discussion

In this retrospective pooled analysis, we report the results based on IPD from 2349 patients from randomized trials, who all received first-line platinum-based chemotherapy as treatment for advanced or unresectable NSCLC.

This is the largest series to date reporting sex differences in chemotherapy-treated patients with NSCLC, and the number of patients available for this analysis allowed us to carry out a subgroup analysis according to histological subtype, despite one of the trials not recording histology (Gemcitabine Hospitalization study).

We report the primary finding that women have improved efficacy outcomes, with a modestly improved response rate when compared with men (42% versus 40%,  $P = 0.01$ ). Women had a longer OS compared with men (9.6 versus 8.6 months,  $P = 0.0005$ ), but this was confined to patients with adenocarcinoma (median survival 10.9 versus 8.4 months,  $P < 0.0001$ ). For patients with non-adenocarcinoma histology, there was no difference in survival between women and men (8.8 versus 8.5 months,  $P = 0.61$ ). This difference was highly significant (test of interaction  $P = 0.006$ ).

When comparing these findings with other, smaller, published series of sex differences in outcomes from NSCLC chemotherapy, this UK-based series supports the previous literature. Most of these previous analyses have demonstrated a modest survival advantage to women, with HRs in the range 0.75–0.99 favoring women [3, 6–8, 18, 19]. There are no published series that show an advantage to men (Table 5).

Although the improved response rate we observed in women may suggest that it is this response to chemotherapy that leads to the survival benefit, the difference is actually quite small and in fact previous analyses of patients treated surgically for early-

**Table 4.** Severe toxic effects (National Cancer Institute Common Toxicity Criteria grade 3 or 4)

Toxicity variable	Women (%), <i>n</i> = 793	Men (%), <i>n</i> = 1556	<i>P</i> value
Hematological toxic effects			
Anemia	7	7	1.00
Leukopenia	22	21	0.88
Neutropenia	31	30	0.73
Thrombocytopenia	13	13	0.79
Non-hematological toxic effects			
Nausea and vomiting	11	6	<0.0001
Infection	6	7	0.45
Anorexia	5	6	0.67
Mucositis	2	1	0.10
Lethargy	1	1	0.69
Neuropathy	0	2	0.02
Tinnitus or deafness	<1	<1	0.56

**Table 5.** A comparison of pooled analyses reporting the prognostic effect of female sex in non-small-cell lung cancer chemotherapy trials

Author	Source	Year	<i>n</i>	Hazard ratio (95% CI)	<i>P</i> value
Mandrekar et al. [19]	NCCTG	2006	1053	0.99 (0.84–1.17)	0.92
Belani et al. [18]	TAX326	2006	1218	0.88	0.18
Efficace et al. [7]	EORTC	2006	391	0.75 (0.59–0.97)	0.03
Wakelee et al. [8]	ECOG	2006	1157	0.84 (0.74–0.94)	0.004
Albain et al. [6]	SWOG	2007	1324	0.86 (0.75–0.98)	0.02
Wheatley-Price et al. [3]	NCIC	2008	1090	0.89 (0.75–1.05)	0.17
Wheatley-Price et al. (this analysis)	UK	2010	2349	0.83 (0.74–0.92)	0.0005

CI, confidence interval; EORTC, European Organisation for Research and Treatment of Cancer; ECOG, Eastern Cooperative Oncology Group; NCIC, National Cancer Institute of Canada.

stage NSCLC, or not receiving chemotherapy at all in advanced disease, also report longer survival in women [4, 5, 9, 20–25]. Our previous analysis of chemotherapy trials conducted by NCIC CTG did not demonstrate a difference in response rates, and although the HR for death of 0.89 favored women, it did not reach statistical significance ( $P = 0.17$ ).

Therefore, looking at patients with NSCLC of all stages, it is clear that female sex is a positive prognostic factor, although the differences are of questionable clinical relevance. However, although there is no placebo-controlled clinical trial data to confirm the hypothesis, it would appear that treatment with chemotherapy is not predictive of a further incremental benefit for women.

This is the first analysis by sex in chemotherapy-treated patients with NSCLC that has reported that longer survival in women is confined to an adenocarcinoma subgroup. Visbal et al. [9] reported a case series of 4618 newly diagnosed patients with NSCLC from the Mayo clinic, where men had a poorer OS (HR 1.23, 95% CI 1.14–1.33,  $P < 0.01$ ). They further reported

that among patients with adenocarcinoma, this effect favoring women was even greater (HR 1.37, 95% CI 1.23–1.53,  $P < 0.01$ ) but not as strong in patients with squamous histology (HR 1.11, 95% CI 0.96–1.30,  $P = 0.17$ ). Keller et al. [10] reported a sex analysis of an adjuvant trial in resected stage II and IIIa NSCLC, where patients were randomly assigned to receive either radiotherapy or chemoradiotherapy. Overall, there was no observed difference in survival between sexes (41 versus 35 months,  $P = 0.12$ ), but in the non-squamous histology subset, a significant and clinically relevant survival advantage was observed in women (43 versus 25 months,  $P < 0.01$ ).

We demonstrated in this analysis, and from our analysis of NCIC CTG trials and in other published series, that adenocarcinoma is more common in women than in men [3, 26–29]. It would seem plausible, therefore, that the entire prognostic benefit seen in women in NSCLC is accounted for by the improved survival in the adenocarcinoma subset.

Adenocarcinoma has always been the most common histological NSCLC subtype in women, and it has only overtaken squamous cell cancer as the most common type in men in recent years [30]. It is thought that this change occurred when filters were routinely added to cigarettes, resulting in deeper inhalation of smoke and peripheral tumors (that are more commonly adenocarcinoma) becoming more prevalent.

Cigarette smoking history was not available in the trials included in this analysis, as the concept of lung cancer in never smokers as a separate entity was not yet established when these trials were designed. Therefore, it is plausible that the lack of these data has biased our results. It is known that women and adenocarcinoma are overrepresented in the subgroup of never smokers with lung cancer [8, 31], and recent reports have demonstrated that never smokers with NSCLC survive longer than smokers with NSCLC [31, 32]. Therefore, one could hypothesize that female sex *per se* is not a positive prognostic factor, but rather cigarette smoking history is more important. This could be tested in an analysis of chemotherapy trials where cigarette smoking data are available, and future randomized trials in NSCLC should consider stratification of patients by sex, histological subtype, and smoking history.

Why women are more prone to adenocarcinoma than men is unclear, and an explanation of this may unlock the key to the interplay of sex, histology, smoking, and outcomes. The role of genetic, biological, or hormonal factors in this difference is not well understood [33]. Although not all series agree, it has been postulated that women are more prone to the carcinogenic effect of cigarette smoke than men [34, 35]. As squamous cell cancers are thought to require a relatively heavy smoking history to develop, a lower exposure but increased susceptibility to cigarette carcinogens may explain the higher prevalence of adenocarcinoma in women. Women may be more likely to smoke cigarettes with lower tar or nicotine content, with resulting deeper inhalation and holding of smoke in the lung to achieve the nicotine effect. The mutational spectrum of transversion mutations in the p53 gene varies by sex, supporting epidemiological data suggesting that women are more at risk from carcinogens of cigarette smoking [36, 37]. It is also clear that mutations in the epidermal growth factor receptor gene (EGFR) are more common in women, and patients with EGFR mutations are more likely to benefit from

EGFR inhibitors than chemotherapy [38]. However, on further analysis the actual rates of EGFR mutations in never smokers are similar between the sexes but more common in women than in men among ever smokers [39]. It has also been reported that EGFR mutation status is a more powerful predictor of response to gefitinib than sex or smoking history [40].

It would have been preferable to report post-protocol therapy in this study, to examine the influence of second- and third-line therapies on the primary end point of OS. In particular, patients with adenocarcinoma may benefit from pemetrexed or one of the EGFR inhibitors, erlotinib or gefitinib. However, these data were not available for analysis from the pooled dataset. Furthermore, for the time period of these trials (1997–2006), these drugs were not funded for routine use in the UK, and therefore, it is unlikely that the results would have been significantly different.

Increasingly, the treatment of advanced lung cancer is tailored according to tumor histology, with pemetrexed and the EGFR inhibitors demonstrating better efficacy in patients with adenocarcinoma [41, 42]. Therefore, a better understanding of the interaction between patient sex, smoking history, and histology is important in planning and interpreting future NSCLC trials.

In conclusion, this analysis validates previous research demonstrating longer survival for women with NSCLC treated with chemotherapy, but the benefit seems confined to those with adenocarcinoma histology.

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## disclosure

None of the authors declare conflicts of interest.

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