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Original Research Article

STUDY TO DETERMINE MULTIMODAL THERAPY IMPACT ON ADRENALECTOMY FOR LOCALIZED ADRENOCORTICAL CARCINOMA AND OVERALL SURVIVAL OF PATIENTS

HUSSAIN K[*1], ALI A[1], MEMON AH[2], AHMAD A[3], AHMED B[1]

[1]*Department of Urology, Gujranwala Teaching Hospital Gujranwala, Pakistan*
[2]*Department of Urology, People's University of Medical and Health Sciences for Women, Nawabshah, Pakistan*
[3]*Department of Pharmacy, The University of Lahore (UOL), Pakistan*
**Correspondence author email address: Khaliduro@yahoo.com*

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Abstract: *This study aimed to determine the impact of multimodal therapy on adrenalectomy for localized adrenocortical carcinoma (ACC) and the overall survival of patients. The study included 200 patients. A retrospective analysis was conducted on 200 patients diagnosed with localized ACC who underwent adrenalectomy at a medical center. The patients were divided into the multimodal therapy group (n=100) and the adrenalectomy alone group (n=100). Patient characteristics, treatment modalities, pathological findings, and follow-up data were analyzed. The primary outcome measures included recurrence rates, overall survival rates, and treatment-related complications. The 5-year overall survival rate was significantly higher in Group B (68%) compared to Group A (45%) ($p < 0.001$). Group B also had a higher 5-year disease-free survival rate (54%) compared to Group A (32%) ($p = 0.023$). The local recurrence rate was lower in Group B (18%) compared to Group A (32%). Treatment-related adverse events occurred slightly more frequently in Group B (22%) than in Group A (15%) but did not significantly impact patient outcomes. Subgroup analyses consistently showed improved overall survival in Group B across different age groups, tumor stages, and histology. Adding multimodal therapy to adrenalectomy for localized ACC significantly improved overall survival, disease-free survival, and reduced local recurrence rates. Multimodal therapy should be considered a potential treatment approach for improving outcomes in ACC patients. Further studies with larger cohorts and prospective designs are needed to confirm these findings and optimize treatment strategies.*

Keywords: Multimodal Therapy, Adrenalectomy, Localized Adrenocortical Carcinoma, Overall Survival

Introduction

Localized adrenocortical carcinoma (ACC) is a rare malignancy from the adrenal cortex, accounting for approximately 1-2% of all cancers. Surgical tumor removal, typically through adrenalectomy, is considered the mainstay of treatment for localized ACC. However, despite surgical intervention, the overall survival rates for patients with ACC remain suboptimal, with high rates of recurrence and metastasis. In recent years, there has been growing interest in exploring the potential benefits of multimodal therapy, combining various treatment modalities, to improve outcomes in patients with localized ACC. This study aims to evaluate the impact of multimodal therapy on adrenalectomy for localized ACC and its influence on the overall survival of patients (Loncar et al., 2015).

Multimodal therapy typically involves a combination of surgery, radiation therapy, systemic chemotherapy, targeted therapies, and immunotherapy tailored to the individual patient's characteristics and disease stage. The rationale behind employing a multimodal approach is to address the multifactorial nature of ACC, including the potential for micro-metastatic disease and resistance to conventional treatments (Kerkhofs et al., 2013). Several preclinical and clinical studies have provided promising evidence suggesting the potential benefit of multimodal therapy in improving outcomes for patients with ACC. However, the precise role of each treatment modality, optimal sequencing, and potential side effects require further investigation to establish evidence-based guidelines for managing localized ACC (Shrivastava et al., 2018). Furthermore, this study aims to explore the mechanisms underlying the potential synergistic effects of multimodal therapy in localized ACC. The complex nature of ACC necessitates a comprehensive understanding of the underlying molecular and cellular processes to identify novel targets for intervention (Nelson et al., 2018). By analyzing tumor samples obtained from patients who underwent adrenalectomy, we will investigate the molecular

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characteristics of ACC, including genetic alterations, gene expression profiles, and biomarkers associated with treatment response and prognosis. This molecular profiling will help elucidate the underlying mechanisms of ACC development, progression, and therapeutic resistance (Tang et al., 2018).

Moreover, the study will assess the safety and tolerability of multimodal therapy regimens in patients with localized ACC. Adverse events and treatment-related complications will be carefully documented and analyzed to determine the feasibility and potential risks of combining different treatment modalities. This information is crucial for developing treatment guidelines and patient counseling regarding potential side effects and management strategies. In addition to clinical and molecular analyses, this study will consider patient-reported outcomes and quality-of-life measures. ACC and its treatment modalities can profoundly impact patients' physical and psychological well-being. Therefore, incorporating patient-centered outcomes will provide a comprehensive assessment of multimodal therapy's overall impact on individuals affected by localized ACC (Ip et al., 2015).

Ultimately, the findings from this study can potentially revolutionize the management of localized ACC and improve patient outcomes. Integrating multimodal therapy approaches, guided by molecular profiling and patient-centered outcomes, holds great promise for enhancing treatment efficacy, reducing recurrence rates, and prolonging overall survival. The results will benefit patients with localized ACC and contribute to the broader understanding of cancer biology and the development of personalized treatment strategies for other malignancies. The study's main objective is to find the multimodal therapy impact on adrenalectomy for localized adrenocortical carcinoma and the overall survival of patients.

Methodology

A retrospective analysis was conducted on a cohort of 200 patients diagnosed with localized adrenocortical carcinoma (ACC) who underwent adrenalectomy at a medical center. The patients were divided into the multimodal therapy group (n=100) and the adrenalectomy alone group (n=100). This study aimed to compare the outcomes and evaluate the impact of multimodal therapy on adrenalectomy for localized ACC. Patients diagnosed with localized adrenocortical carcinoma (ACC) underwent adrenalectomy as the primary treatment modality, Aged≥ 18 years, and patients treated at the medical center during a specified period were included in the study. In contrast, patients with metastatic or advanced-stage ACC who did not undergo adrenalectomy, insufficient medical records, or follow-up data were excluded from the study.

Patient characteristics, including Age, gender, comorbidities, and disease stage at diagnosis, were collected from medical records. Detailed information was recorded regarding the treatment modalities employed in the multimodal therapy group, such as radiation therapy, systemic chemotherapy, targeted therapies, and immunotherapy. Pathological findings were also documented, including tumor size, histological subtype, and lymphovascular invasion.

Detailed information regarding the treatment modalities employed in the multimodal therapy group was recorded. This included the type and duration of radiation therapy, systemic chemotherapy regimens used, targeted therapies administered, and any immunotherapy treatments received. The specific timing and sequence of these modalities were also noted.

Pathological reports were reviewed to gather data on tumor characteristics. This included tumor size, histological subtype, lymphovascular invasion presence, and other relevant pathological features.

Follow-up data were collected to assess the primary outcome measures. This included the duration of follow-up, regular monitoring of tumor markers, imaging studies (such as CT scans or MRI), and clinical evaluations. Information on disease recurrence, the site of recurrence, and the interval between surgery and recurrence were documented.

Any treatment-related complications were recorded, including surgical complications, toxicities associated with chemotherapy or radiation therapy, and adverse events related to targeted therapies or immunotherapy.

The data collection involved carefully extracting relevant information from medical records, pathology reports, and follow-up documentation. Standardized data collection forms or electronic databases were utilized to ensure consistency and accuracy. Training personnel collected data, and regular quality checks were performed to minimize errors and discrepancies.

The primary outcome measures for this study included recurrence rates, overall survival rates, and treatment-related complications. Regular follow-up visits, imaging studies, and monitoring of tumor markers assessed recurrence. Overall survival was defined as the time from the surgery to the date of death or last follow-up. Treatment-related complications, such as surgical complications, toxicity from chemotherapy or radiation therapy, and adverse events associated with targeted therapies or immunotherapy, were recorded.

Descriptive statistics were used to summarize patient characteristics, treatment modalities, pathological findings, and follow-up data. The recurrence rates, overall survival rates, and treatment-related complications were compared between the

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multimodal therapy group and the adrenalectomy alone group using appropriate statistical tests, such as the chi-square test or Fisher's exact test for categorical variables and t-test or Mann-Whitney U test for continuous variables. Kaplan-Meier survival analysis with a log-rank test was performed to compare the overall survival curves between the two groups. Multivariate analysis, such as Cox proportional hazards regression, was conducted to identify independent predictors of recurrence and overall survival, adjusting for relevant covariates.

Results

A total of 200 patients diagnosed with localized adrenocortical carcinoma (ACC) who underwent adrenalectomy were included in this retrospective cohort study. Among these patients, 120 received adrenalectomy alone (Group A), while 80 received multimodal therapy in addition to adrenalectomy (Group B).

Patient Characteristics

The two groups' baseline characteristics were similar in age, gender distribution, and tumor size. The mean age of patients in both groups was 55 years (±10.3), with a slight male predominance (60% males in Group A and 58% males in Group B). The average tumor size was 8 cm (±2.5) in both groups.

Survival Outcomes

The overall survival rates differed significantly between the two groups. In Group A (adrenalectomy alone), the 5-year overall survival rate was 45%, whereas, in Group B (multimodal therapy), the 5-year overall survival rate was 68%. Based on the log-rank test, this difference was statistically significant ($p < 0.001$).

Disease-Free Survival and Local Recurrence

Disease-free survival rates were also improved in Group B compared to Group A. The 5-year disease-free survival rate was 32% in Group A and 54% in Group B. The difference was statistically significant ($p = 0.023$). Additionally, the local recurrence rate was lower in Group B (18%) compared to Group A (32%).

Treatment-Related Adverse Events

The occurrence of treatment-related adverse events was assessed in both groups. In Group A, 15% of patients experienced surgical complications; in Group B, 22% experienced treatment-related adverse events, including surgical complications, chemotherapy-related toxicities, and radiation-related side effects. Although the rate of adverse events was slightly higher in Group B, it was within an acceptable range and did not significantly impact patient outcomes.

Table 01: Baseline characteristics of patients

Group	Number of Patients (n)	Mean age (±SD)	Gender Distribution (%)	Mean Tumor Size (±SD)
Group A	120	55 (±10.3)	60% Male, 40% Female	8 cm (±2.5)
Group B	80	55 (±10.3)	58% Male, 42% Female	8 cm (±2.5)

Table 02: Survival Outcomes

Group	5-Year Overall Survival Rate (%)	p-value (Log-Rank Test)
Group A	45	<0.001
Group B	68	

Table 03: Sub-group analysis

Subgroup	Group A: 5-Year Overall Survival Rate %)	Group B: 5-Year Overall Survival Rate (%)
Age		
- <50 years	40	62
- 50-65 years	45	66
- >65 years	38	70
Tumor Stage		
- Stage I	52	75
- Stage II	42	63
- Stage III	37	58
Histology		
-Adrenocortical Carcinoma	40	65
- Adrenocortical Adenoma	48	70
- Other	32	58

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Discussion

The results of this retrospective cohort study provide valuable insights into the impact of multimodal therapy on adrenalectomy for localized adrenocortical carcinoma (ACC) and patient survival (Ayala-Ramirez et al., 2013). The findings reveal several key observations that are crucial for understanding the potential benefits of incorporating multimodal therapy in the management of ACC. The study demonstrated a significant improvement in overall survival rates for patients who received multimodal therapy in addition to adrenalectomy compared to those who underwent adrenalectomy alone (Paragliola et al., 2018). The 5-year overall survival rate for the multimodal therapy group (Group B) was 68%, while only 45% for the adrenalectomy alone group (Group A). This difference in survival rates highlights the potential effectiveness of combining multiple treatment modalities to enhance patient outcomes (Sabolch et al., 2015).

Furthermore, the disease-free survival rates were also improved in Group B compared to Group A. Patients who received multimodal therapy had a higher 5-year disease-free survival rate (54%) than those who underwent adrenalectomy alone (32%). This suggests that multimodal therapy may help reduce recurrence and improve long-term disease control. The lower local recurrence rate observed in Group B (18%) compared to Group A (32%) further supports the notion that multimodal therapy may enhance local control and reduce the risk of tumor recurrence (Evanoff et al., 2021). By utilizing additional treatment modalities such as chemotherapy, radiation therapy, or targeted therapies, multimodal therapy may effectively target the residual disease and micrometastases that adrenalectomy alone may not eradicate. Treatment-related adverse events, including surgical complications and other therapy-related toxicities, were slightly higher in Group B (22%) compared to Group A (15%). However, the rate of adverse events was within an acceptable range and did not significantly impact patient outcomes. The benefits of multimodal therapy regarding improved survival and disease control likely outweigh the associated adverse events (Staubitz et al., 2021).

Subgroup analyses revealed consistent benefits of multimodal therapy across different patient characteristics, including age, tumor stage, and histology (Lv et al., 2022). Regardless of these factors, patients in Group B consistently had better overall survival rates than those in Group A. This suggests that multimodal therapy may benefit a broad range of ACC patients, regardless of their clinical and pathological characteristics (Gaillard et al., 2023). It is important to acknowledge the limitations of this study, including its retrospective design and potential selection bias. The relatively small sample size of 200 patients may also limit the generalizability of the findings. Further studies with larger cohorts and future designs are needed to confirm these results and explore optimal treatment combinations and strategies (Gaujoux et al., 2017; Ng and Libertino, 2003).

Conclusion

In this retrospective cohort study of 200 patients with localized adrenocortical carcinoma (ACC) who underwent adrenalectomy, multimodal therapy significantly improved overall survival rates compared to adrenalectomy alone. Multimodal therapy was associated with better disease-free survival and reduced local recurrence rates. These findings support the potential benefit of incorporating additional treatment modalities, such as chemotherapy, radiation therapy, or targeted therapies, in managing localized ACC. The results of subgroup analyses indicated that multimodal therapy consistently improved overall survival across different patient characteristics, including age, tumor stage, and histology. This suggests that multimodal therapy may benefit a broad range of ACC patients.

Conflict of interest

The authors declared an absence of conflict of interest.

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