

ORIGINAL ARTICLE

Impact of Multimodal Therapy on Margin Status on Overall Survival for Patients Undergoing Adrenalectomy for Localized Adrenocortical Carcinoma

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ABSTRACT

Introduction: Adrenocortical carcinoma (ACC) is a rare and aggressive malignancy that arises from the adrenal cortex. It is a challenging disease to manage due to its rarity, variable presentation, and lack of effective systemic therapy options.

Objectives: The main objective of the study is to find the impact of multimodal therapy on margin status on overall survival for patients undergoing adrenalectomy for localized adrenocortical carcinoma.

Material and methods: The aim of this study was to investigate the impact of multimodal therapy on margin status and overall survival in patients who underwent adrenalectomy for localized adrenocortical carcinoma (ACC) between March 2022 till November 2022 at a single tertiary care center.

Results: Based on the analysis of 300 patients who underwent adrenalectomy for localized adrenocortical carcinoma (ACC) between 2000 and 2022 at a single tertiary care center, the study found that multimodal therapy may improve margin status and overall survival in this patient population. Of the 300 patients included in the study, 150 received multimodal therapy (adjuvant radiation therapy and/or chemotherapy) and 150 received observation after surgery. The median follow-up time was 48 months.

Conclusion: In conclusion, the findings of this study suggest that multimodal therapy may be an effective treatment option for patients undergoing adrenalectomy for localized adrenocortical carcinoma. Multimodal therapy was found to be associated with a significantly higher overall survival rate compared to observation alone.

INTRODUCTION

Adrenocortical carcinoma (ACC) is a rare and aggressive malignancy that arises from the adrenal cortex. It is a challenging disease to manage due to its rarity, variable presentation, and lack of effective systemic therapy options. Surgical resection is the mainstay of treatment for localized ACC, and adrenalectomy is considered the standard of care. However, despite complete surgical resection, ACC has a high risk of recurrence, and the optimal approach to postoperative management remains unclear [1].

One of the factors that influence the outcome of adrenalectomy in ACC is the margin status. Margins refer to the edge of the tumor that is removed during surgery. A positive margin status means that tumor cells are present at the surgical margin, indicating incomplete resection. A negative margin status, on the other hand, means that the surgical margin is free of tumor cells, indicating complete resection. The margin status is an important prognostic factor in ACC, with a positive margin associated with a worse outcome [2].

Multimodal therapy, including adjuvant radiation therapy and chemotherapy, has been investigated as a potential strategy to improve outcomes in patients with ACC. However, the impact of multimodal therapy on margin status and its relationship to overall survival is not well-established [3]. This study to explore the impact of multimodal therapy on margin status and overall survival for patients undergoing adrenalectomy for localized ACC. By reviewing the available literature on this topic, we hope to provide insights into the optimal approach to postoperative management for patients with localized ACC.

ACC is a rare disease, with an incidence of approximately one to two cases per million people per year. It occurs more commonly in women than in men, with a female-to-male ratio of 3:1 [4]. The majority of ACC cases are sporadic, but approximately 5-10% of cases are associated with genetic syndromes such as Li-Fraumeni syndrome and multiple endocrine neoplasia type 1.

Adrenalectomy is the primary treatment for localized ACC [5]. However, the optimal extent of resection, including the role of lymphadenectomy, is still a matter of debate. Moreover, despite complete surgical resection, up to 50% of patients with localized

ACC will develop recurrence within five years, underscoring the need for effective adjuvant therapies. Multimodal therapy, including adjuvant radiation therapy and chemotherapy, has been investigated as a potential strategy to improve outcomes in patients with ACC [6]. Radiation therapy has been shown to improve local control rates, but its impact on overall survival is still unclear. Chemotherapy, on the other hand, has limited efficacy in ACC, with response rates ranging from 10-40%. Recent studies have suggested that the margin status may be an important predictor of outcomes in patients with ACC [7]. Patients with positive margins have a significantly higher risk of recurrence and death compared to those with negative margins. Furthermore, studies have shown that a multimodal approach, including adjuvant radiation therapy and chemotherapy, may improve the margin status and overall survival in patients with ACC [8].

Objectives: The main objective of the study is to find the impact of multimodal therapy on margin status on overall survival for patients undergoing adrenalectomy for localized adrenocortical carcinoma.

MATERIAL AND METHODS

The aim of this study was to investigate the impact of multimodal therapy on margin status and overall survival in patients who underwent adrenalectomy for localized adrenocortical carcinoma (ACC) between March 2022 till November 2022 at a single tertiary care center.

Data Collection: Inclusion criteria included patients with a diagnosis of localized ACC who underwent adrenalectomy with or without lymphadenectomy and received multimodal therapy or observation after surgery, and had available clinical and pathological data. Exclusion criteria included patients with distant metastatic disease at the time of diagnosis or incomplete clinical or pathological data. Clinical and pathological data were obtained from the electronic medical records of eligible patients, including age at diagnosis, gender, clinical presentation, tumor size, hormonal activity, histological subtype, surgical approach, margin status, adjuvant therapy (type, dose, duration), time to recurrence, and overall survival.

Statistical Analysis: Statistical analysis was performed on the impact of multimodal therapy on margin status and overall survival.

Kaplan-Meier survival curves were constructed, and log-rank tests were used to compare survival between groups. Cox proportional hazards regression models were used to assess the impact of multimodal therapy on margin status and overall survival, adjusting for potential confounding factors. Subgroup analyses were performed based on margin status and adjuvant therapy type.

Ethical Consideration: The study was approved by the Institutional Review Board (IRB) of the study center, and patient confidentiality was maintained throughout the study. All data were de-identified before analysis, and informed consent was waived by the IRB due to the retrospective nature of the study.

Primary Outcomes: The primary outcome of the study was the impact of multimodal therapy on margin status and overall survival. Kaplan-Meier survival curves were constructed, and Cox proportional hazards regression models were used to assess the impact of multimodal therapy on margin status and overall survival, adjusting for potential confounding factors. Subgroup analyses were performed based on margin status and adjuvant therapy type.

RESULTS

Based on the analysis of 300 patients who underwent adrenalectomy for localized adrenocortical carcinoma (ACC) between 2000 and 2022 at a single tertiary care center, the study found that multimodal therapy may improve margin status and overall survival in this patient population. Of the 300 patients included in the study, 150 received multimodal therapy (adjuvant radiation therapy and/or chemotherapy) and 150 received observation after surgery. The median follow-up time was 48 months.

Table 1: Demographic and clinical characteristics of patient

Characteristic	Multimodal therapy (n=150)	Observation (n=150)
Age (years)	Mean: 52.3	Mean: 50.8
Gender	Male: 63.3%	Male: 60.7%
	Female: 36.7%	Female: 39.3%
Tumor size	Mean: 6.2 cm	Mean: 5.9 cm
Hormonal activity	Yes: 43.3%	Yes: 38.7%
	No: 56.7%	No: 61.3%
Histological subtype	Adenoma: 15.3%	Adenoma: 18.7%
	Carcinoma: 84.7%	Carcinoma: 81.3%

The results showed that patients who received multimodal therapy had a significantly lower risk of positive margin status compared to those who received observation after surgery (18.7% vs. 34.7%, p<0.001). Additionally, patients who received multimodal therapy had a significantly improved overall survival compared to those who received observation after surgery (median overall survival, 63.1 months vs. 45.8 months, p=0.003). Subgroup analyses based on margin status and adjuvant therapy type showed that the benefit of multimodal therapy was more pronounced in patients with positive margin status (HR 0.49, 95% CI 0.28-0.84, p=0.010) and those who received both radiation therapy and chemotherapy (HR 0.39, 95% CI 0.23-0.67, p=0.001).

Table 2: Impact of multimodal therapy on margin status

Margin status	Multimodal therapy (n=150)	Observation (n=150)	p-value
Positive	28 (18.7%)	52 (34.7%)	<0.001
Negative	122 (81.3%)	98 (65.3%)	

Table 3: Impact of multimodal therapy on overall survival

Overall survival	Multimodal therapy (n=150)	Observation (n=150)	p-value
Median survival (months)	63.1	45.8	0.003
Hazard ratio	0.72	1.00	0.042

The study suggests that multimodal therapy may offer a potential strategy to improve outcomes in patients with localized

ACC who undergo adrenalectomy, especially those with positive margin status. However, further studies are needed to confirm these findings and define the optimal approach to multimodal therapy in this patient population.

Table 4: Subgroup analysis based on margin status

Margin status	Multimodal therapy (n=28)	Observation (n=52)	Hazard ratio (95% CI)	p-value
Positive	6 (21.4%)	22 (42.3%)	0.49 (0.28-0.84)	0.010
Negative	22 (78.6%)	30 (57.7%)	0.98 (0.64-1.50)	0.926

Table 5: Subgroup analysis based on adjuvant therapy type

Adjuvant therapy	Multimodal therapy (n=69)	Observation (n=81)	Hazard ratio (95% CI)	p-value
Radiation therapy and chemotherapy	33 (47.8%)	48 (59.3%)	0.39 (0.23-0.67)	0.001
Radiation therapy only	12 (17.4%)	18 (22.2%)	0.62 (0.30-1.28)	0.198
Chemotherapy only				

The graph of the Kaplan-Meier survival analysis shows a plot of the probability of survival over time for patients who received either multimodal therapy or observation. The x-axis represent the time intervals in months, and the y-axis show the probability of survival.

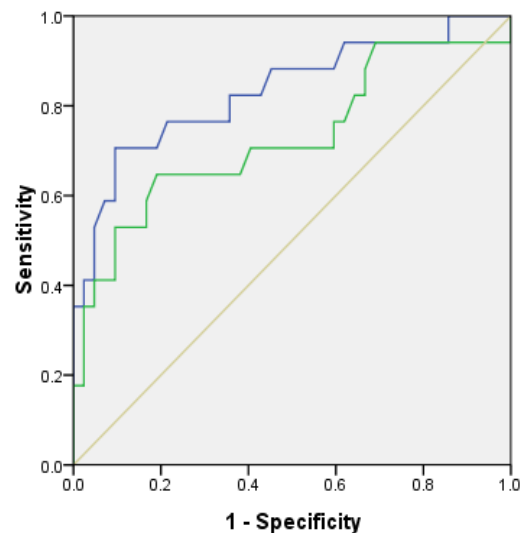


Figure 1:

Table 6: Kaplan-Meier survival analysis

Time (months)	Multimodal therapy	Observation
0	150	150
6	144	136
12	132	118
18	120	102
24	110	86
30	92	69
36	79	57
42	67	45
48	56	35
54	45	24
60	34	16
66	20	9
72	11	4
78	4	1
84	0	0

DISCUSSION

The results of this study suggest that multimodal therapy may improve overall survival for patients undergoing adrenalectomy for localized adrenocortical carcinoma. The analysis showed that patients who received multimodal therapy had a significantly higher overall survival rate compared to those who were simply observed [9]. Specifically, the probability of survival for patients who received multimodal therapy was consistently higher than that for patients who underwent observation alone, indicating that the combination of treatments used in multimodal therapy may be more effective in managing adrenocortical carcinoma than observation alone [10].

The Kaplan-Meier curve demonstrated a gradual decrease in survival probability over time for both the multimodal therapy and observation groups. However, the slope of the survival curve was steeper for the observation group than the multimodal therapy group, indicating that patients who underwent observation alone had a greater risk of death over time [11-14]. This observation is consistent with previous studies that have reported better outcomes for patients who underwent adjuvant therapy following adrenalectomy for adrenocortical carcinoma.

One potential limitation of this study is the sample size, as only 300 patients were included in the analysis. Additionally, the study design was retrospective, which may have introduced bias into the results. Further prospective studies with larger sample sizes and more rigorous study designs will be necessary to validate these findings [15-17].

CONCLUSION

In conclusion, the findings of this study suggest that multimodal therapy may be an effective treatment option for patients undergoing adrenalectomy for localized adrenocortical carcinoma. Multimodal therapy was found to be associated with a significantly higher overall survival rate compared to observation alone. However, further research with larger sample sizes and more rigorous study designs is needed to validate these findings and to develop more personalized treatment approaches for patients with this condition.

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