

Pembrolizumab plus Chemotherapy versus Chemotherapy Only in Non-Small-Cell Lung Cancer: A Meta-Analysis

Jonathan Zhang

Abstract

Immune checkpoint inhibition is a rapidly growing technology in the field of cancer treatment. Drugs blocking the programmed cell death-1 receptor and cytotoxic T-lymphocyte antigen-4 pathways are especially prevalent as effective immune checkpoint targets. Non-small-cell lung cancer (NSCLC) is one type of cancer that immune checkpoint inhibition has been able to effectively treat, but ICI is currently only a second- or third- line treatment for the condition. This meta-analysis evaluates the potential of ICI as a first-line treatment for NSCLC. A literature search of PubMed was performed in search of clinical trials comparing pembrolizumab and chemotherapy, an anti-PD-1 immune checkpoint inhibitor, to a placebo and chemotherapy in patients with NSCLC. Hazard ratios for overall survival and progression-free survival and risk ratios for adverse events were calculated with 95% confidence intervals. The results showed an association between the pembrolizumab combination and a decreased risk of disease progression and death and an association between the pembrolizumab combination and an increased risk of immune-related adverse events. Overall, there is a benefit to the pembrolizumab treatment, but clinicians must also consider the potential for immune-related adverse events.

Introduction

Immune checkpoint inhibition is a rapidly growing technology in the field of cancer treatment. Ever since the introduction of the first immune checkpoint inhibitor immunotherapy, ipilimumab (Yervoy, Bristol-Myers Squibb), in 2010, this revolutionary treatment technology has rapidly increased in clinical relevance and new immune checkpoint inhibitors (ICIs) continue to be developed and tested in clinical trials (Alexander 2016). Certain cancers are able to utilize certain co-inhibitory signaling pathways to block an immune response. ICIs work by interfering with these signaling pathways to reinvigorate the body's natural immune response to dysfunctioning cells (Darvin et al. 2018). The programmed cell death-1 (PD-1) receptor and the cytotoxic T-lymphocyte antigen-4 (CTLA-4) are among the inhibitory pathways that current immune checkpoint inhibitors block (Rajani 2015). Pembrolizumab was the first checkpoint inhibitor blocking the PD-1 pathway to be approved by the FDA, soon following by nivolumab,

both of which continued to gain approvals for a variety of different cancers (Alexander 2016). Today, immune checkpoint inhibitor immunotherapy continues to be on the front lines of cancer treatment research.

ICI is not a completely flawless treatment option. Clinical trials have revealed that many of these treatments cause significant immune-related side effects, including diarrhea, hepatitis, fatigue, fever, pneumonitis, dyspnea, rash, hypophysitis, thyroiditis, hypothyroidism, and adrenal insufficiency among other adverse effects (Dine 2017). These adverse effects need to be considered when clinicians make decisions on when to use ICI therapy.

Non-small-cell lung cancer (NSCLC) has been one of the primary types of cancer ICI has been focused on targeting (Alexander 2016). Currently, ICI is relegated to second- or third- line therapy for NSCLC, behind the common first-line treatment of platinum-based chemotherapy (Gandhi 2018 & Paz-Ares 2018). Given the high potential for ICI in treating cancers such as NSCLC, ICI as a first-line therapy may result in better treatment outcomes (Gandhi 2018 & Paz-Ares 2018).

Materials and Methods

A literature search of the PubMed database was performed to find the articles for this meta-analysis using the search terms “pembrolizumab” and “non-small-cell lung cancer”. The search was limited to clinical trials. The clinical trials chosen were double-blind, phase III trials and evaluated the overall survival and progression-free survival hazard ratios between a pembrolizumab and chemotherapy experimental group and a placebo and chemotherapy control group in non-small-cell lung cancer patients as primary outcomes, as well as adverse events (AEs) of any cause and adverse events of interest, the latter of which was defined as any immune-related adverse event (Gandhi 2018 & Paz-Ares 2018).

Statistical analysis was performed in Cochrane’s RevMan 5 software. Hazard ratios for overall survival and progression-free survival were input using the generic inverse variance data type and evaluated under the inverse variance statistical method and the fixed effect analysis model with 95% confidence intervals (CIs). Risks ratios (RRs) were calculated for AEs, with data inputted using the dichotomous data type and evaluated under the inverse variance statistical method and the fixed effect analysis model with 95% confidence intervals. Statistical significant in both cases was determined by whether or not CIs passed a value of 1.0, with inclusion signifying statistical insignificance.

Results

Overall Survival

Overall, a hazard ratio for death of 0.56 (95% CI, 0.46 to 0.67) was observed. All subgroups evaluated demonstrated the benefit of the pembrolizumab-chemotherapy combination over the placebo combination (See 1.1).

Progression-free Survival

Overall, a hazard ratio for disease progression or death of 0.54 (95% CI, 0.47 to 0.62) was observed. All subgroups evaluated demonstrated the benefit of the pembrolizumab-chemotherapy combination over the placebo combination (See 2.1).

Adverse Events of Any Cause

A risk ratio of 1.01 (95% CI, 0.99 to 1.02) was observed for the incidence of adverse events of any cause and of any grade (See 3.1). For adverse events of any cause of grades 3, 4, and 5, a risk ratio of 1.02 (95% CI, 0.94 to 1.11) was observed (See 3.2). No statistically significant evidence was observed in favor of the pembrolizumab combination or the placebo combination.

Adverse Events of Interest

A risk ratio of 2.52 (95% CI, 1.87 to 3.39) was observed for adverse events of interest and of any grade (See 4.1). For adverse events of interest of grades 3, 4, and 5, a risk ratio of 2.57 (95% CI, 1.55 to 4.28) was observed (See 4.3). Subgroup evaluation shows statistically significant results in hypothyroidism of any grade (3.44 RR; 95% CI, 1.76 to 6.72), pneumonitis of any grade (2.37 RR; 95% CI, 1.22 to 4.62), hyperthyroidism of any grade (2.39 RR; 95% CI, 1.10 to 5.21), and hepatitis of any grade (7.81 RR; 95% CI, 1.10 to 60.25). The overall results are statistically significant in favor of the placebo combination.

Discussion

This analysis compared the efficacy and adverse effects of a pembrolizumab and chemotherapy combination and a placebo and chemotherapy combination. Overall, the pembrolizumab combination was observed to be more beneficial as a treatment, providing a lower risk of disease progression and death than just chemotherapy, thus suggesting that adding pembrolizumab as a first-line treatment may result in better outcomes. It is important to consider, however, that there

was a statistically significant association between the pembrolizumab combination and the incidence of immune-related adverse effects. This result must be taken in consideration as a potential drawback to the implementation of first-line pembrolizumab treatment. The overall benefit of such treatment, however, is supported by the overall survival and progression-free survival outcomes. This may be incentive enough to enroll patients in first line ICI, despite the potential immune-related adverse events.

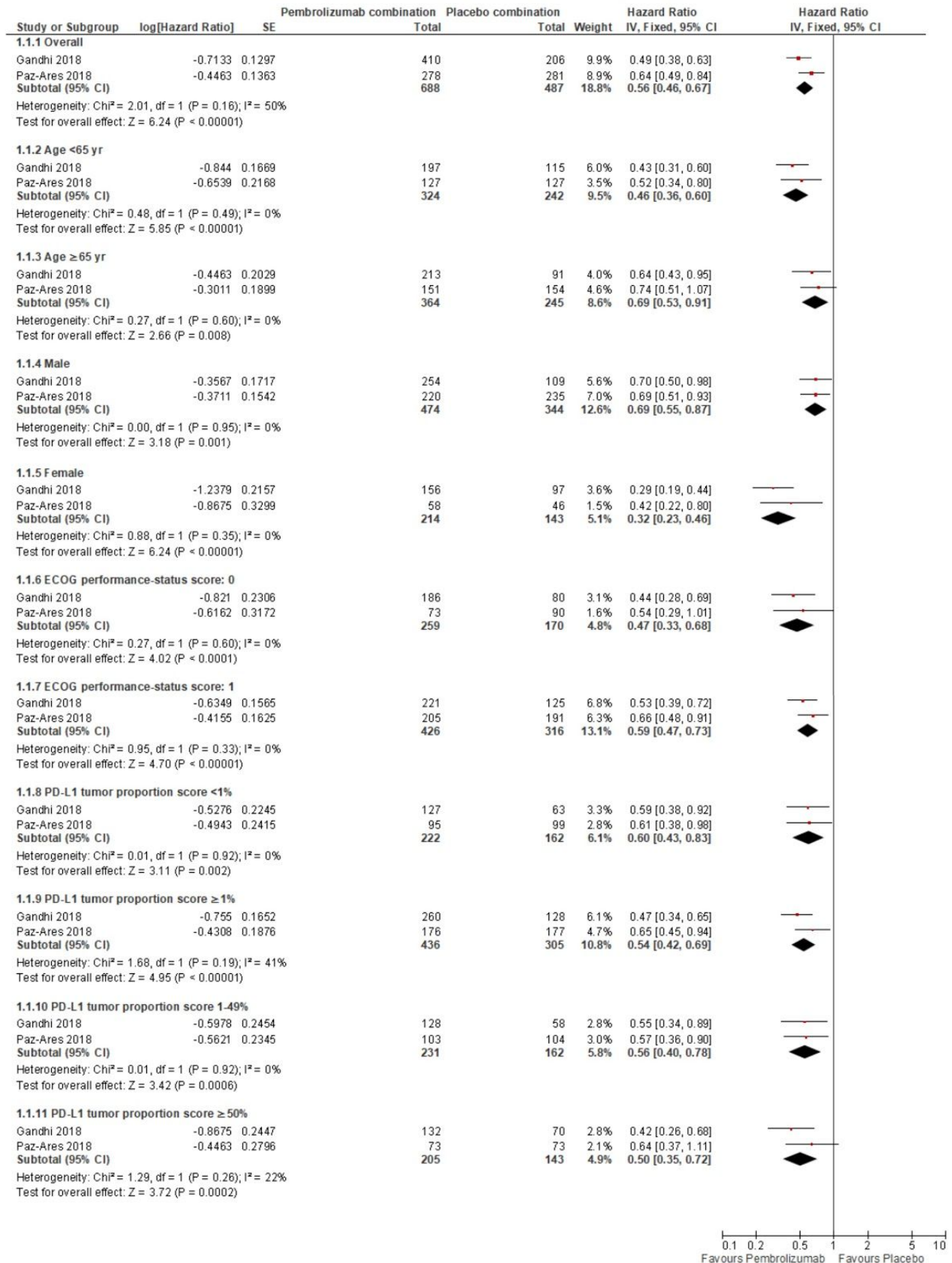
This meta-analysis is a preliminary project that is lacking many aspects of a full, complete analysis, and as such, it has many limitations. A study of this scale would normally be completed by a team and reviewed by other researchers who are well versed in the field. A high degree of statistical knowledge and an advanced understanding of clinical trials would also normally be required of the author of such an analysis. Given the circumstances of this project, many of these requirements were unattainable. This study is thus limited in the number of clinical trials included in the pooling, the suboptimal nature of the statistical analysis, and lack of peer review. Nevertheless, this study is not without its value, as it provides grounds for future research. The established trend of this analysis may prompt further study of ICI and chemotherapy combinations, first-line ICI treatment, and the adverse effects of ICI compared with chemotherapy. More clinical trials testing the same or similar variables would be welcome in performing a new meta-analysis with more data and the quality requirements listed previously.

Conclusion

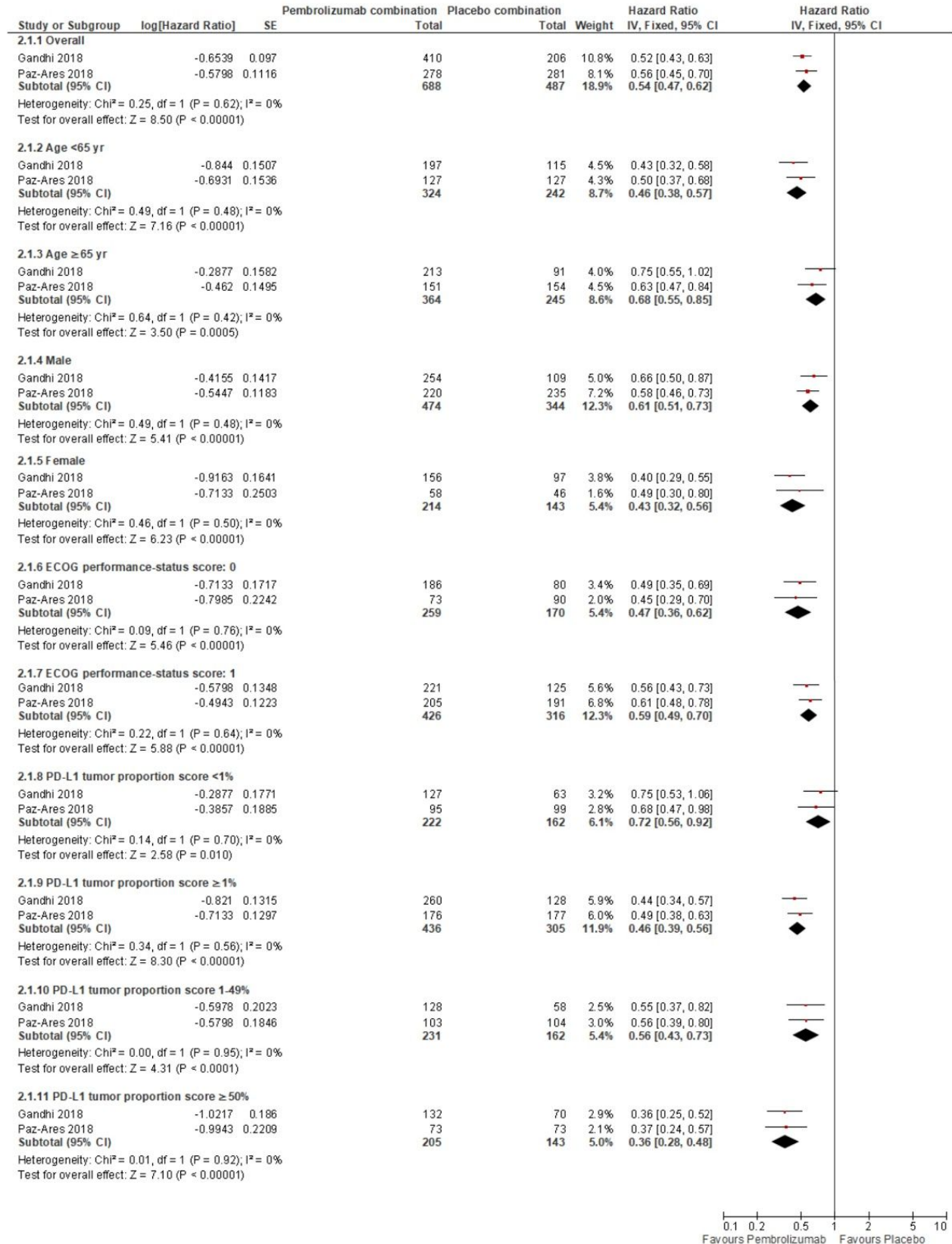
This analysis has found an association between first-line immune checkpoint inhibition therapy combined with chemotherapy and a decreased risk of disease progression and death in patients with non-small-cell lung cancer. This result suggests that utilizing ICI as a first-line treatment for NSCLC may lead to better treatment outcomes. This analysis also found, however, an association between first-line ICI combined with chemotherapy and an increased risk of immune-related adverse events, serving as a cautionary warning to clinicians who may seek to utilize such treatment. Further research and improvements on the methods of this analysis is necessary to come to stronger conclusions about the value of first-line ICI therapy.

Figures

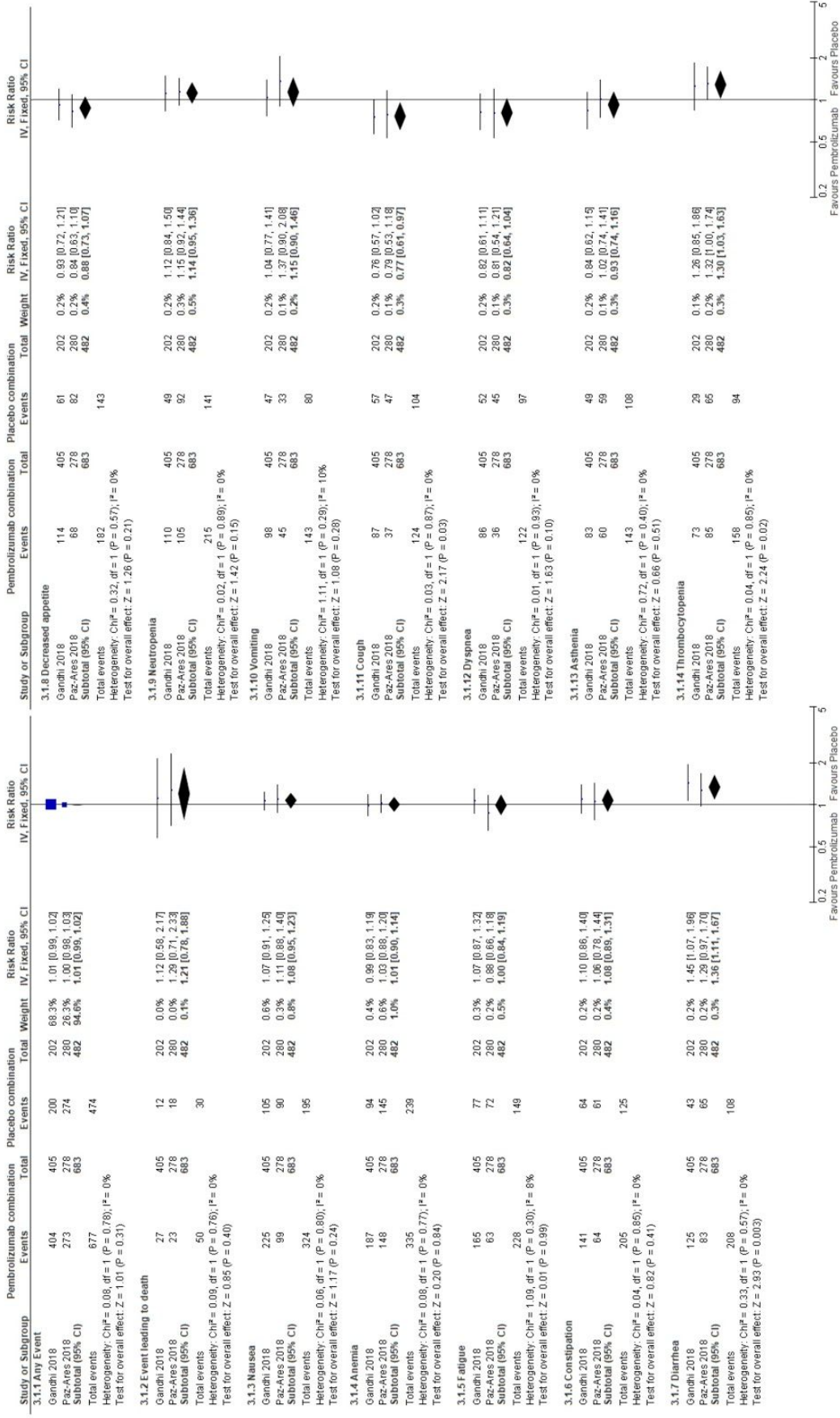
1.1 Overall Survival



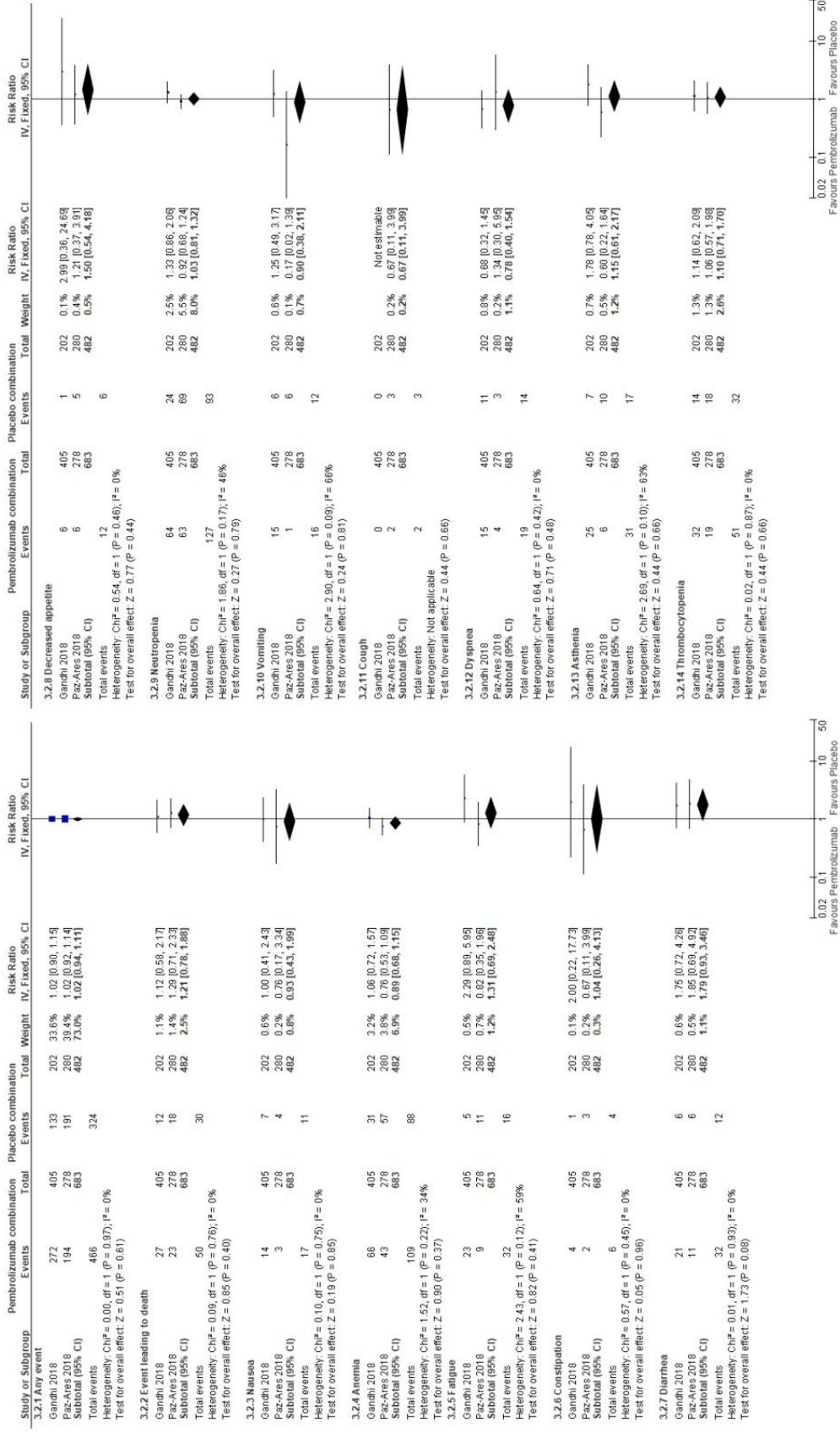
2.1 Progression-free Survival



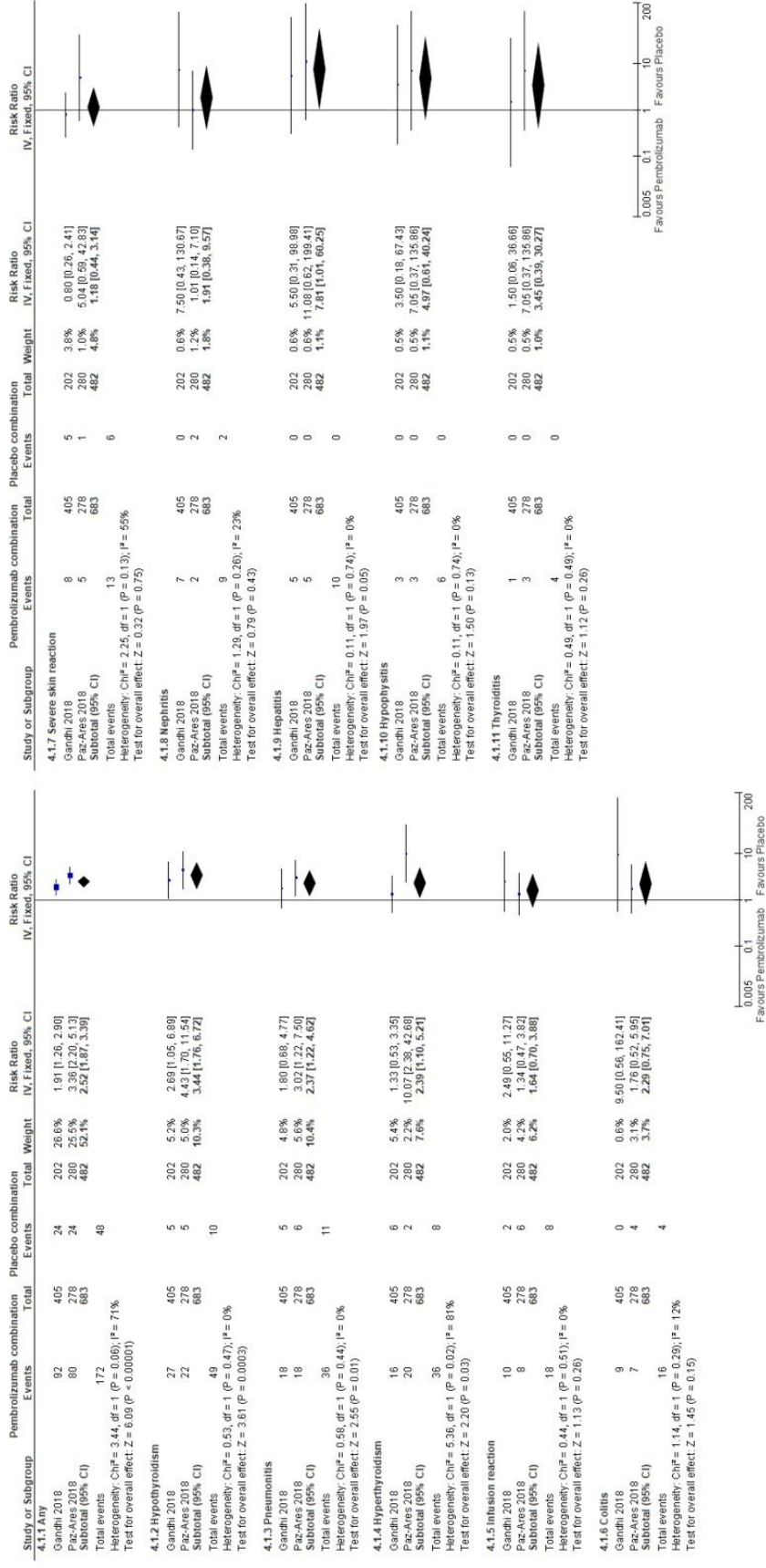
3.1 Adverse Events of Any Cause and of Any Grade



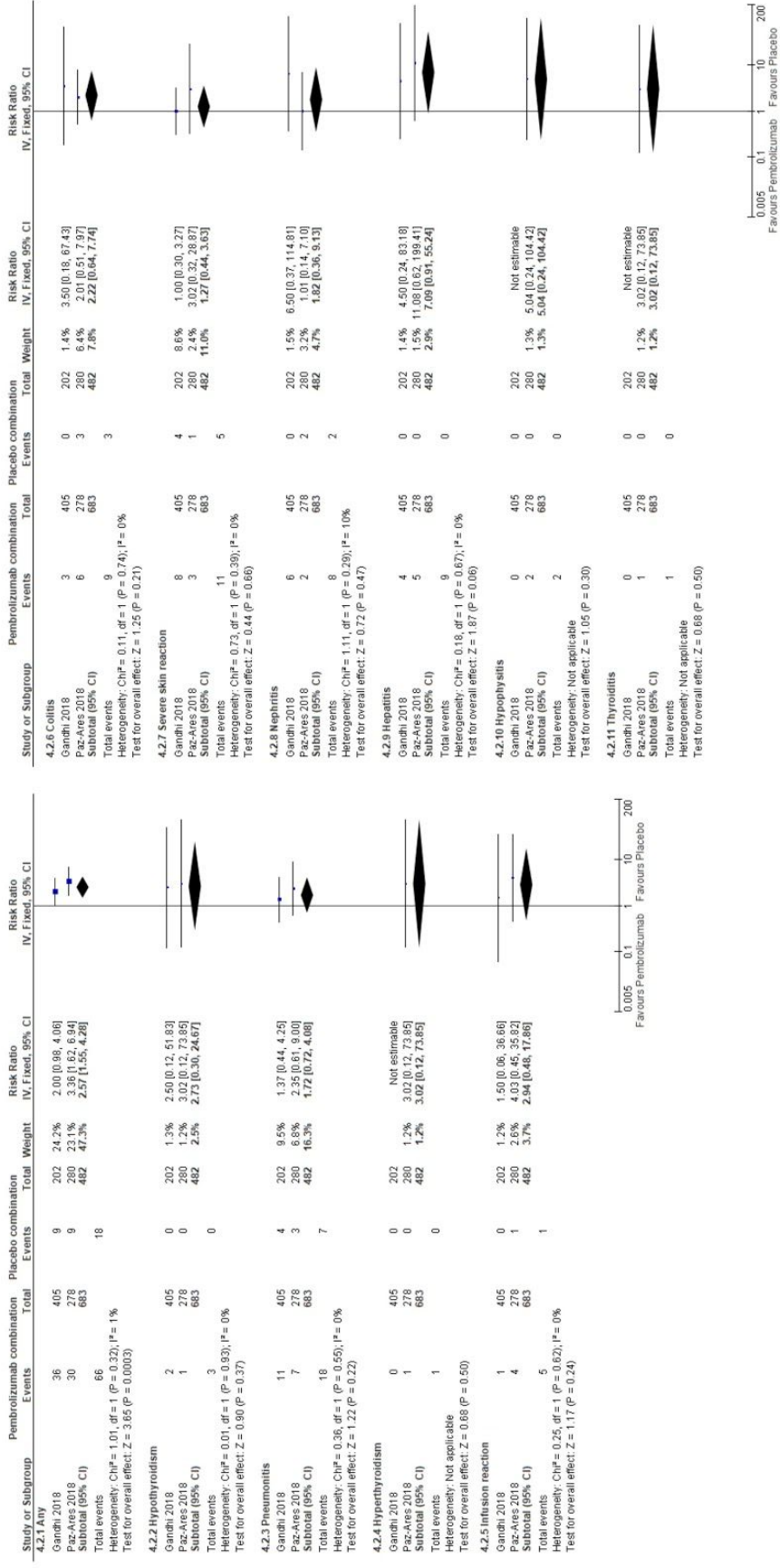
3.2 Adverse Events of Any Cause and of Grade 3, 4, or 5



4.1 Adverse Events of Interest and of Any Grade



4.2 Adverse Events of Interest and of Grade 3, 4, or 5



References

- Alexander W. (2016). The Checkpoint Immunotherapy Revolution: What Started as a Trickle Has Become a Flood, Despite Some Daunting Adverse Effects; New Drugs, Indications, and Combinations Continue to Emerge. *P & T : a peer-reviewed journal for formulary management*, 41(3), 185-91.
- Darvin, P., Toor, S. M., Sasidharan Nair, V., & Elkord, E. (2018). Immune checkpoint inhibitors: recent progress and potential biomarkers. *Experimental & molecular medicine*, 50(12), 165. doi:10.1038/s12276-018-0191-1
- Dine, J., Gordon, R., Shames, Y., Kasler, M. K., & Barton-Burke, M. (2017). Immune Checkpoint Inhibitors: An Innovation in Immunotherapy for the Treatment and Management of Patients with Cancer. *Asia-Pacific journal of oncology nursing*, 4(2), 127-135.
- Gandhi, L., Rodríguez-Abreu, D., Gadgeel, S., Esteban, E., Felip, E., De Angelis, F., ... Garassino, M. C. (2018). Pembrolizumab plus Chemotherapy in Metastatic Non–Small-Cell Lung Cancer. *New England Journal of Medicine*, 378(22), 2078–2092. <https://doi.org/10.1056/NEJMoa1801005>
- Paz-Ares, L., Luft, A., Vicente, D., Tafreshi, A., Gümüş, M., Mazières, J., ... Kowalski, D. M. (2018). Pembrolizumab plus Chemotherapy for Squamous Non–Small-Cell Lung Cancer. *New England Journal of Medicine*, NEJMoa1810865. <https://doi.org/10.1056/NEJMoa1810865>
- Rajani, K. R., & Vile, R. G. (2015). Harnessing the Power of Onco-Immunotherapy with Checkpoint Inhibitors. *Viruses (1999-4915)*, 7(11), 5889–5901. <https://doi.org/10.3390/v7112914>