COLLEGE OF ONCOLOGY

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Continue

Gastric Cancer Guidelines Expert Panel

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or

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National Guidelines Gastric Cancer

INTRODUCTION

This document provides an overview of the clinical practice guidelines for gastric cancer. For more in-depth information and the scientific background, we would like to ask the readers to consult the full scientific report at www.kce.fgov.be.

The guidelines are developed by a panel of experts (see 'expert panel') comprising clinicians of different specialties and were reviewed by relevant professional associations (see 'external reviewers')

The guidelines are based on the best evidence available at the time they are derived (date restriction 2001-2007). The aim of these guidelines is to assist all care providers involved in the care of patients with gastric cancer.

SEARCH FOR EVIDENCE

Clinical practice guidelines

Sources

A broad search of electronic databases (Medline, EMBASE), specific guideline websites and websites of oncologic organisations (Table 1) was conducted in July 2007.

In- and exclusion criteria

Both national and international clinical practice guidelines (CPGs) on oesophageal cancer were searched. A language (English, Dutch, French) and date restriction (2001 – 2007) were used. CPGs without references were excluded, as were CPGs without clear recommendations.

Additional evidence

For each clinical question, the evidence – identified through the included CPGs – was updated by searching Medline and the Cochrane Database of Systematic Reviews from the search date of the CPG on (search date August-September 2007).

Grade of recommendation

A grade of recommendation was assigned to each recommendation using the GRADE system (Table 2).

EPIDEMIOLOGY

With an estimated 934.000 new cases per year in 2002 worldwide (8.6% of all new cancer cases), gastric cancer is in fourth place behind cancers of the lung, breast, and colon and rectum, with almost two-third of the cases occurring in developing countries [1]. It is the second most common cause of death from cancer.

Gastric cancer incidence rates vary by up to ten-fold throughout the world. Japan and Korea have the highest gastric cancer incidence rates in the world.

In Belgium, the crude incidence rate of gastric cancer rose from 12.9 per 100.000 males in 1997 to 14.9 per 100.000 males in 2003, and from 8.0 per 100.000 females in 1997 to 8.4 per 100.000 females in 2003 (Belgian Cancer Registry, personal communication). Age standardised incidence increased by 2.6% and 0.8% per year (1997 – 2003) for males and females respectively. However, in these rates tumours of the gastrooesophageal junction (GOJ) are also included.

While the incidence rates of these GOJ tumours recently increased, the incidence rates of 'real' gastric tumours declined [2].

DEFINITIONS

Topographic definitions [3-8]

- If more than 50% of the mass of the tumour is situated in the cardia, the tumour should be considered to be of cardiac origin and classified as a gastric tumour
- If the mass of the tumour is predominantly found in the oesophagus, it should be classified as an oesophageal tumour.
- Tumours of the gastro-oesophageal junction should be classified and have the same concept of treatment as oesophageal tumours.

Early lesions [9-38]

• There is no consensus about the definition of Barrett's oesophagus.

• Several classifications are available for dysplasia. For the physician, the used classification should be clinically relevant.

DIAGNOSIS [39-45]

- Patients presenting with any of the following alarm symptoms within the clinical context of potential gastric pathology should be referred for early endoscopy and biopsies: dysphagia, recurrent vomiting, anorexia, weight loss, gastrointestinal blood loss *(1C recommendation)*.
- Flexible upper gastrointestinal endoscopy with at least biopsies of all suspicious lesions is recommended as the diagnostic procedure of choice in patients with suspected gastric cancer (1C recommendation).
- High-resolution endoscopy (HRE) and chromoendoscopy is not routinely recommended, but may be of value in screening and follow-up of high-risk patients (*2C recommendation*).
- H. pylori testing should be systematically done on histology and ideally with a second test. Serology should be considered if gastric sampling remains negative (*2C recommendation*).

WORK-UP DYSPLASTIC LESIONS [39]

• Patients confirmed with high-grade dysplasia should have subsequent careful endoscopic and pathological assessment (1C recommendation).

- Pathologists should follow a classification for reporting dysplasia that the multidisciplinary team is familiar with *(1C recommendation)*.
- Where therapeutic intervention is contemplated on the basis of highgrade dysplasia, the diagnosis should be validated by a second pathologist experienced in this area. Further biopsies should be done if there is uncertainty (1C recommendation).
- Biopsies should be reviewed at a multidisciplinary meeting with access to the clinical information *(expert opinion)*.
- Patients with high-grade dysplasia should be referred to centres or network reference centres with the appropriate endoscopic and surgical expertise and facilities (1C recommendation).

STAGING [39,46-57]

TNM classification and TNM stage grouping are presented in table 3 and table 4.

- In patients with gastric cancer, CT scan of the chest and abdomen with IV contrast and gastric distension with oral contrast or water should be performed routinely. The liver should at least be imaged in the arterial and portal venous phase (1C recommendation).
- Endoscopic ultrasonography with or without fine-needle aspiration cytology can be considered in patients to be treated with curative intent based on clinical presentation and/or CT (*1C recommendation*).
- The following examinations can be considered for specific indications (as explained in the text above): PET scan, Magnetic Resonance Imaging, Iaparoscopy (*1C recommendation*).

TREATMENT OF MUCOSAL CANCER [39,58-64]

- Biopsies should be reviewed by an experienced pathologist in this area and discussed at a multidisciplinary meeting with access to the clinical information *(expert opinion)*.
- Superficial gastric cancer limited to the mucosa can be treated with endoscopic mucosal resection (EMR), taking into account the stage, size, histological type and differentiation grade (*2C recommendation*).
- Mucosal ablative techniques, such as photodynamic therapy (PDT), laser or argon plasma coagulation (APC), cannot be recommended as a curative option *(expert opinion)*.

TREATMENT OF CANCER BEYOND THE MUCOSA

Neoadjuvant treatment [65-70]

- Neoadjuvant treatment is not routinely indicated for patients with gastric cancer, but is an option to be discussed during a multidisciplinary meeting (2A recommendation).
- Prospective registration of clinical outcomes and adverse events of combined treatment is recommended *(expert opinion)*.

Surgical treatment [39,46,71-88]

• Surgical resection should be considered standard treatment for patients with resectable gastric cancer (*1A recommendation*).

- Surgery for gastric cancer should aim at achieving an R0 resection (1A recommendation).
- D2 lymphadenectomy (with a minimum of 15 lymph nodes removed and examined) should be standard during gastrectomy to improve staging and local disease control (**1B recommendation**).
- Gastric cancer surgery should be carried out in high volume specialist surgical units by surgeons with experience and/or specialist training in this area (1C recommendation).

Adjuvant treatment [39,68,89-98]

- Postoperative adjuvant chemotherapy is not recommended for patients with gastric cancer (2A recommendation).
- Postoperative adjuvant radiotherapy is not recommended for patients with gastric cancer (2A recommendation).
- Postoperative adjuvant chemoradiotherapy is not routinely recommended for patients with gastric cancer, but can be considered after discussion in the multidisciplinary team (2A recommendation).

PALLIATIVE TREATMENT AND METASTATIC DISEASE [39,46,99-103]

- Palliative gastric surgery is limited to symptomatic stenoses, bleeding tumours and perforation (2C recommendation).
- For patients with malignant gastric outlet obstruction, treatment options include endoscopic stenting or surgical gastroenterostomy (2C recommendation).

- In patients with locally advanced or metastatic cancer of the stomach with good performance status combination chemotherapy should be considered (*1A recommendation*).
- Patients with gastric cancer should have access to a specialist palliative care team, in particular in relation to comfort and symptom control, and quality of life *(1C recommendation)*.

FOLLOW-UP [62,104-106]

- It is recommended that the follow-up of patients treated for gastric cancer includes a physical examination and blood analysis every three months, and a CT scan every six months in the first year and afterwards annually until the fifth year (*expert opinion*).
- Patients treated with endoscopic mucosal resection (EMR) should have a follow-up endoscopy after three months, then every six months in the first two years, and then annually *(expert opinion)*.

RECURRENT DISEASE [63,107-111]

- In patients with recurrent gastric cancer, treatment options should be discussed in the multidisciplinary team *(expert opinion)*.
- In patients with a local recurrence or new tumour after endoscopic mucosal resection (EMR), treatment options, including local treatment, should be discussed in the multidisciplinary team *(expert opinion)*.

National Guidelines Gastric lymphoma

INTRODUCTION [112-116]

Primary gastric lymphoma is a rare tumour, accounting for less than 5% of primary gastric neoplasms. However, it is the most common extranodal lymphoma, representing 4-20% of all extranodal lymphomas [190]. Helicobacter pylori infection, immunosuppression after solid-organ transplantation, celiac disease, inflammatory bowel disease, and human immunodeficiency virus (HIV) infection are known risk factors for GI lymphoma. A significant proportion of gastric lymphomas is of low-grade histology and arises from mucosa-associated lymphoid tissue (MALT) [191].

According to the most recent WHO classification, the term 'MALT lymphoma' should only be applied to tumours previously defined as lowgrade MALT lymphomas composed mostly by small cells. High-grade lymphomas are known as large B-cell lymphoma [192]. Patients with lowgrade B-cell lymphoma or MALT lymphoma have a better prognosis than patients with diffuse large B-cell lymphoma (DLBCL) [193].

Tumours of T-cell origin are rare [190]. Patients with gastric lymphomas are currently staged using the Ann Arbor staging system with the Cotswold modification. This has largely replaced the older International Workshop staging system [194].

DIAGNOSIS AND STAGING [117-125]

- In patients with suspected gastric lymphoma, subtle endoscopic-bioptic techniques are needed, including a minimum of 8–12 biopsies from visible lesions, mapping of macroscopically normal-appearing areas, and repeated examinations in the individual case. Biopsies should be preserved in such a way to allow molecular diagnostic investigation (expert opinion).
- Lymphomas should be diagnosed and classified according to the most recent appropriate classification (*expert opinion*).
- In patients with histologically confirmed gastric lymphoma, endoscopic ultrasonography is indicated. Endoscopic ultrasound-guided fine needle aspiration of suspicious lymph nodes is not recommended (1C recommendation).
- For patients with low-grade MALT lymphoma no further staging procedures are recommended, unless otherwise required for differential diagnostic reasons (*expert opinion*).

TREATMENT [45,116,126-131]

- H. pylori eradication is the treatment of first choice for H. pylori infected patients with stage I low grade gastric MALT lymphoma (1C recommendation).
- In patients with low-grade MALT lymphoma treated with antibiotic eradication, close follow-up with upper GI endoscopy and biopsies is required, including evaluation of H. pylori eradication within 3 months *(expert opinion)*.
- Patients with successful H. pylori eradication but without tumour regression after 1 year or with tumour progression should be referred to a specialized haematology centre *(expert opinion)*.

National Guidelines Gastrointestinal Stromal Tumors

INTRODUCTION [132,133]

Gastrointestinal stromal tumours (GIST) are relatively rare tumours, representing less than 1% of all tumours of the gastrointestinal tract. They are most common in the stomach (39% to 70%) and the small intestine (20% to 32%), whereas the colon, rectum and oesophagus are affected in less than 15% of cases [210]. GISTs predominantly occur in individuals over 40 years of age, with the majority occurring between the ages of 55 to 65. Estimates of incidence vary widely from 4 to 14 cases per million populations [211].

Presenting features of these tumours include abdominal discomfort or pain, a feeling of abdominal fullness and the presence of a palpable mass. However, many people with GISTs are asymptomatic during early stages of the disease until tumours reach a large size, at which time the tumours rupture and bleed or obstruct the gastrointestinal tract [211].

Overall, literature on GIST is relatively scarce and of low quality. Most studies are observational studies or case series without an adequate control. Therefore, the recommendations presented below often have a low level of evidence or are based on expert opinion.

DIAGNOSIS AND STAGING [134-139]

- In patients with clinical suspicion of GIST, endoscopic ultrasonography and endoscopic ultrasound-guided fine needle aspiration can be recommended for differential diagnostic reasons and to confirm the presence of positive lymph nodes or malignancy in adjacent organs (2C recommendation).
- In patients with a (suspected) GIST, immunohistochemical testing of CD117 is recommended (*1C recommendation*).
- In patients with a (suspected) GIST tumour, a CT abdomen is recommended if treatment is considered *(expert opinion)*.

TREATMENT

Non-metastatic resectable GIST [132-134,140-142]

- In patients with a histologically confirmed non-metastatic GIST and who are fit for surgery, resectional surgery is indicated *(expert opinion)*.
- In patients with a gastric tumour of >5 cm that is highly suspicious of a GIST, without evidence for metastatic disease, and who are fit for surgery, resectional surgery is indicated *(expert opinion)*.

- In patients with a gastric tumour of 2-5 cm that is highly suspicious of a GIST, without evidence for metastatic disease, and who are fit for surgery, the choice between surveillance and resectional surgery should be discussed at the multidisciplinary team *(expert opinion)*.
- In patients with a gastric tumour of <2 cm that is highly suspicious of a GIST and without evidence for metastatic disease, surveillance is indicated *(expert opinion)*.
- The use of imatinib as adjuvant treatment is investigational *(expert opinion)*.

Metastatic or unresectable GIST [132,133,141,143-147]

- In patients with inoperable or metastatic (suspected) GIST imatinib is recommended (*1C recommendation*).
- PET/CT is indicated to evaluate treatment response to imatinib (expert opinion).
- In patients with imatinib resistance or intolerance sunitinib can be considered as second-line treatment *(2A recommendation)*.

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Searched guideline websites and websites of oncologic organisations					
Alberta Heritage Foundation For Medical Research (AHFMR)	http://www.ahfmr.ab.ca/ 11				
American Society of Clinical Oncology (ASCO)	http://www.asco.org/				
American College of Surgeons (ACS)	http://www.facs.org/cancer/coc/				
CMA Infobase	http://mdm.ca/cpgsnew/cpgs/index.asp				
Guidelines International Network (GIN)	http://www.g-i-n.net/				
National Comprehensive Cancer Network (NCCN)	http://www.nccn.org/				
National Guideline Clearinghouse	http://www.guideline.gov/				
National Cancer Institute	http://www.cancer.gov/				
Haute Autorité de Santé (HAS)	http://bfes.has-sante.fr/HTML/indexBFES_HAS.html				
BC Cancer Agency	http://www.bccancer.bc.ca/default.htm				
Institute for Clinical Systems Improvement (ICSI)	http://www.icsi.org/index.asp				
National Health and Medical Research Council (NHMRC)	http://www.nhmrc.gov.au/				
Scottish Intercollegiate Guidelines Network (SIGN)	http://www.sign.ac.uk/				
New Zealand Guidelines Group (NZGG)	http://www.nzgg.org.nz/				
Fédération Nationale des Centres de Lutte Contre le Cancer (FNCLCC)	http://www.fnclcc.fr/sor/structure/index-sorspecialistes.html				
National Institute for Health and Clinical Excellence (NICE)	http://www.nice.org.uk/				

Grade of Recommendation/ Description	Benefit vs. Risk and Burdens	Methodological Quality of Supporting Evidence	Implications
1A/ Strong recommendation, high quality evidence	Benefits clearly outweigh risk and burdens, or vice versa	RCTs without important limitations or overwhelming evidence from observational studies	Strong recommendation, can apply to most patients in most circumstances without reservation
1B/ Strong recommendation, moderate quality evidence	Benefits clearly outweigh risk and burdens, or vice versa	RCTs with important limitations (inconsistent results, methodological flaws, indirect, or imprecise) or exceptionally strong evidence from observational studies	Strong recommendation, can apply to most patients in most circumstances without reservation
1C/ Strong recommendation, low quality evidence	Benefits clearly outweigh risk and burdens, or vice versa	Observational studies or case series	Strong recommendation, but may change when higher quality evidence becomes available
2A/ Weak recommendation, high quality evidence	Benefits closely balanced with risks and burden	RCTs without important limitations or overwhelming evidence from observational studies	Weak recommendation, best action may differ depending on circumstances or patients' or societal values
2B/ Weak recommendation, moderate quality evidence	Benefits closely balanced with risks and burden	RCTs with important limitations (inconsistent results, methodological flaws, indirect, or imprecise) or exceptionally strong evidence from observational studies	Weak recommendation, best action may differ depending on circumstances or patients' or societal values
2C/ Weak recommendation, low quality evidence	Benefits closely balanced with risks and burden	Observational studies or case series	Very weak recommendation, other alternatives may be equally reasonable

T Primary Tumour

Primary tumour cannot be assessed
No evidence of primary tumour
Carcinoma in situ: intraepithelial tumour without invasion of the lamina propria
Tumour invades lamina propria or submucosa
Tumour invades muscularis propria or subserosa
Tumour invades muscularis propria
Tumour invades subserosa
Tumour penetrates serosa (visceral peritoneum) without invasion of adjacent structures
Tumour invades adjacent structures
nal Lymph Nodes
Regional lymph nodes cannot be assessed
No regional lymph nodes metastasis.
Metastasis in 1 to 6 regional lymph nodes
Metastasis in 7 to 15 regional lymph nodes
Metastasis in more than 15 regional lymph nodes

M Distant Metastasis

- Mx Distant metastasis cannot be assessed
- M0 No distant metastasis
- M1 Distant metastasis

Stage 0	Tis	NO	M0
Stage IA	T1	N0	МО
Stage IB	T1	N1	MO
	T2a/b	NO	MO
Stage II	T1	N2	MO
	T2a/b	N1	MO
	Т3	NO	MO
Stage IIIA	T2a/b	N2	MO
J	Т3	N1	MO
	Τ4	NO	MO
Stage IIIB	Т3	N2	MO
Stage IV	T4	N1-3	MO
5	T1-3	N3	MO
	Any T	Any N	M1