

Immune-related Endocrine Dysfunctions in Combined Modalities of Treatment: Real-world data

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Abstract

Background

The number of immune-related endocrine dysfunctions (irEDs) has concurrently increased with the widespread use of immunotherapy in clinical practice and further expansion of the approved indications for immune checkpoint inhibitor (ICI) combinations using different modalities of anti-cancer treatment.

Method

A retrospective analysis was conducted on consecutive patients ≥ 18 years of age with advanced solid malignancies who had received at least one dose of anti-programmed cell death protein 1 (anti-PD-1) and/or anti-CTLA4 antibodies between January 2014 and December 2019 at a Hong Kong university hospital. Patients were reviewed for up to two months after the last administration of an ICI. The types, onset times and grades of irEDs, including hypothyroidism, hyperthyroidism, adrenal insufficiency and immune-related diabetes mellitus, were recorded. Factors associated with irEDs were identified using multivariate analysis.

Result

A total of 953 patients (male: 603, 64.0%; median age: 62.0 years) received ICIs during the study period. Of these, 580 patients (60.9%) used *ICI-alone*, 132 (13.9%) used *dual-ICI*, 187 (19.6%) used an ICI combined with chemotherapy (*chemo+ICI*), and 54 (5.70%) used immunotherapy with a targeted agent (*targeted+ICI*).

A significantly higher proportion of patients using *targeted+ICI* had irEDs and hypothyroidism; in contrast, a higher proportion of patients using dual-ICI had adrenal insufficiency. There was no significant difference in the incidence of irED between the younger (<65 years) and older (≥ 65 years) patients. Using logistic regression, only treatment type was significantly associated with irEDs. Notably, older patients had a higher risk of having immune-related diabetes mellitus.

Conclusions

This large, real-world cohort demonstrates that combining ICI with targeted therapy has a higher risk of overall irED and hypothyroidism. Immunotherapy is safe and well-tolerated regardless of age, but close monitoring of fasting glucose is needed in older populations.

Keywords:

Immune checkpoint inhibitors; immune-related endocrine dysfunction; hypothyroidism; targeted therapy; malignancy

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3 Introduction

4 Immune checkpoint inhibitors (ICIs) have become a powerful tool in the management of cancer
5 in recent years. These monoclonal antibodies (mAb) block immune checkpoints, unleashing T-
6 cells to fight cancer.¹ The ICIs approved for the treatment of different cancers include agents
7 that target the programmed cell death protein 1 receptor (PD-1: nivolumab, pembrolizumab,
8 cemiplimab), programmed death-ligand 1 (PD-L1: atezolizumab, avelumab, durvalumab), and
9 cytotoxic T-lymphocyte-associated protein 4 (CTLA-4: ipilimumab, tremelimumab).²³

10 Anti-PD-1 or anti-PD-L1 monotherapy has been approved for the treatment of more than 10
11 cancer types, with objective response rates (ORRs) of 15–20% and good safety profiles.⁴ Because
12 of the broad-spectrum anti-tumour activity and good tolerability of ICIs, a multitude of clinical
13 trials have investigated combining ICIs with other immunomodulatory agents or conventional
14 systemic anti-cancer therapy, including cytotoxic chemotherapy or targeted molecular therapy.
15 These combination therapies demonstrated improved clinical outcomes across various types of
16 cancers and, in turn, led to their respective approval statuses by the U. S. Food and Drug
17 Administration (FDA). For example, the combination of pembrolizumab with pemetrexed and
18 carboplatin improved the overall survival (OS) and progression-free survival (PFS) in metastatic
19 non-small cell lung carcinoma;⁵ axitinib with pembrolizumab improved the OS and PFS in
20 advanced renal cell carcinoma;⁶ nab-paclitaxel and atezolizumab improved in OS and PFS in PD-
21 L1 positive advanced triple-negative breast cancer;⁷ bevacizumab and atezolizumab
22 hepatocellular carcinoma resulted in better OS and PFS compared with sorafenib,⁸ etc.

23 Immune checkpoints also play a critical role in maintaining immunological self-tolerance and
24 preventing autoimmune disorders. ICIs remove the self-tolerance, triggering autoimmune
25 adverse events leading to toxicities termed immune-related adverse events (irAEs).⁹ These irAEs

26 can affect any organ in the body and include colitis/diarrhoea, dermatitis, hepatitis, renal
27 impairment, endocrinopathies, and less commonly, neuropathy, myocarditis and ocular
28 involvement. Endocrinopathies are among the most common irAEs associated with ICI therapy.
29 Immune-related endocrine dysfunctions (irEDs) include hypophysitis, thyroid dysfunction,
30 insulin-deficient diabetes mellitus and adrenal insufficiency. These irEDs are frequently reported
31 in previous randomised controlled trials and usually manageable if treated early.^{10,11,12} Yet, these
32 can be life-threatening if not recognised and treated appropriately; deaths have been reported.

33 With the increasing widespread use of ICIs in clinical practice and further expansion of the
34 approved indications of ICIs combinations with different modalities of anti-cancer treatments,
35 the number of irED episodes also tends to increase. It is important to know the irED patterns in
36 order to achieve earlier detection and better monitoring.

37 Previous meta-analyses revealed that higher risks of irEDs were seen in the combination of anti-
38 PD-1 plus anti-CTLA4. However, it is unclear about the real-world situation and the pattern of
39 irEDs when ICIs are combined with other treatment modalities. Our study evaluates the
40 incidence and patterns of different irEDs and compares them across different combination
41 treatment modalities. In addition, since the older populations are under-represented in clinical
42 trials, the safety of ICIs in this population has not been adequately assessed. The second aim is
43 to compare the irED profiles of older cancer patients with those of younger patients.

44

45 **Methods**

46 a. Study design, setting, samples

47 We retrospectively analysed data on consecutive patients aged ≥ 18 years with advanced solid
48 malignancy who had received at least one dose of anti-PD-1 and/or anti-CTLA4 antibodies with

49 or without combined chemotherapy or targeted agent between January 2014 and December
50 2019 at Queen Mary Hospital, an university hospital and tertiary oncology centre. Patients with
51 haematologic malignancies were excluded. Inclusion criteria were: 1) a histologically confirmed
52 diagnosis of solid malignancy; 2) locally advanced or metastatic disease; 3) age ≥ 18 years at ICI
53 initiation; 4) receipt of at least one cycle of ICI. Study drugs in this study included antibodies
54 targeting PD-1 (nivolumab and pembrolizumab), PD-L1 (atezolizumab, durvalumab) and CTLA-4
55 (ipilimumab).

56 b. Data collection

57 All patient data were extracted from the computerised management system (CMS) under the
58 Hospital Authority. The following clinical, biological and laboratory data were captured at
59 baseline: a) age, gender, Eastern Cooperative Oncology Group – Performance Status (ECOG-PS);
60 b) primary tumour site, site of metastasis, cancer type and histological subtype, site of
61 metastasis; c) immunotherapy used: type of ICI, treatment start date, concomitant anti-cancer
62 treatment, previous use of ICI; d) baseline serum endocrine blood tests.

63 c. Endpoint definition

64 The primary endpoint is immune-related endocrine dysfunction (irED). irEDs were recorded and
65 reviewed by the principal investigator up to two months after the last administration. The types
66 of irEDs captured included hypothyroidism, hyperthyroidism, adrenal insufficiency and immune-
67 related diabetes mellitus. The date of onset, duration after starting ICIs and grade were collected.
68 The data cut-off was on July 31, 2020, and data were censored at patients' last documented
69 clinic visit.

70 d. Statistical analysis

71 Patients were categorised into four groups: use of immunotherapy alone (ICI-alone), dual
72 immune-checkpoint inhibitors (dual-ICI), ICI with chemotherapy (chemo+ICI) and ICI with
73 targeted therapy (targeted+ICI). The population was also categorised into younger and older age
74 groups according to age at treatment initiation: <65 years and ≥65 years old.

75 Descriptive analyses were used to summarise study sample characteristics and toxicity data. The
76 proportion of toxicities was compared across age categories using the Pearson X², or Fisher-
77 exact test. Univariable analyses were performed to examine the individual effect of age category,
78 site of metastasis, or concomitant use of other systemic anti-cancer treatment on irED.

79 Multivariable analyses were also performed to account for the effect of multiple factors on
80 toxicity. Age group, site of metastasis and concomitant use of other systemic anti-cancer therapy
81 were used as independent variables. Logistic regression was used to generate odds ratios for
82 the independent variables. All reported p-values were two-sided, and the significance threshold
83 was set at <0.05. All statistical analyses were performed using SPSS, version 25 (IBM).

84 **Results**

85 Baseline demographics are shown in Table 1.

86

87 A total of 953 eligible patients were identified. Six hundred and ten patients (64.0%) were male.

88 The median age of the patients was 62.0 years, and 218 patients were in the older age group.

89 The median age of patients in the older age group was 71.9 years (range: 65–103), whereas that

90 in the younger age group was 54.7 years (range: 20–65). The percentage use of ICI-alone, dual-

91 ICIs, chemo+ICI and targeted+ICI was 60.9%, 13.9%, 19.6% and 5.70%, respectively. All patients

92 who used dual ICIs received nivolumab combined with ipilimumab. The types of

93 immunotherapy used are shown in Table 2.

94

95 a. Overall immune-related endocrine dysfunction

96 Total 279 patients (29.3%) experienced any kind of irED. None of the patients had life-
97 threatening conditions or death due to irED. A significantly higher proportion of patients in the
98 targeted+ICI group had irEDs (n=25, 46.3%, p=0.002) compared with ICI-alone, dual-ICIs and
99 chemo+ICI groups. In both older and younger age groups, patients who received targeted+ICI
100 had a significantly higher percentage of irEDs compared with ICI alone. Details on the irEDs in
101 each subgroup are listed in Table 3.

102 b. Thyroid dysfunction:

103 Hypothyroidism (n=171, 17.9%) is the most common irED. There was a significantly higher rate
104 of hypothyroidism in the targeted+ICI group, with 35.2% affected versus 16.9% in the
105 immunotherapy-alone group, 22.0% in the dual-ICI group and 13.4% in the chemo+ICI group. In
106 both the younger and older age groups, the percentage of hypothyroidism was significantly
107 higher in patients who received targeted+ICI (older: 45.5%; younger: 32.6%). The median time
108 of onset was 12.55 weeks, and patients on targeted+ICI treatment had an earlier onset of
109 hypothyroidism (median onset: 9.75 weeks). Two patients had grade 3 hypothyroidism
110 complicated with hyponatremia. Both patients were in the younger age group and had
111 targeted+ICI. They needed temporary treatment discontinuation and hospitalisation for
112 management; subsequently, their condition improved, and ICI treatment was resumed.

113 Fifty-nine patients (6.19%) had hyperthyroidism and needed antithyroid medications. None of
114 them had grade 3 or above hyperthyroidism. There was no significant difference in percentage
115 with or without concomitant anti-cancer agents. The incidence of hyperthyroidism in both age
116 groups was comparable. The median time of onset of hyperthyroidism was 11.4 weeks, with
117 the earliest onset seen in the dual-ICI group.

118 c. Adrenal insufficiency

119 Adrenal insufficiency was the second most common irED (n=71, 7.45%). There was a significantly
120 higher rate of adrenal insufficiency in the dual-ICI group (14.4%) compared with the ICI-alone
121 group. The median time of onset of adrenal insufficiency was 18.7 weeks. The incidence of
122 adrenal insufficiency was higher in the younger age group than the older age group (8.57% vs
123 3.67%, p=0.023). In the younger age group, significantly higher proportion of adrenal
124 insufficiency was seen in the dual-ICI group (16.5%) compared with other groups. Three patients
125 had grade 3–4 adrenal insufficiency. Two patients (aged 50 and aged 64) on combined
126 chemo+ICI had sepsis and found adrenal insufficiency. One patient (age 70) on dual-ICI
127 experienced severe malaise, and blood tests reported adrenal insufficiency.

128 d. Immune-related diabetes mellitus

129 Twenty-eight patients (2.90%) had hyperglycaemia while on ICI. There was no significant
130 difference in incidence between the four treatment groups. The median onset of
131 hyperglycaemia was 19.6 weeks. The incidence was significantly higher in the older age group
132 (n=14, 6.40%) than the younger age group (n=14, 1.90%). None of the patients had diabetes
133 ketoacidosis or needed hospitalisation due to hyperglycaemia alone.

134 Logistic regression was performed to assess the relative influence of age category, treatment
135 type and sites of metastasis on the risk of irED (Table 4). With both univariable and multivariable
136 analysis, only treatment modality was significantly associated with overall irEDs. Patients
137 receiving targeted+ICI had a higher risk of irED toxicities (OR: 2.34; 95% CI: 1.32–4.41 for
138 targeted+ICI relative to ICI alone).

139 Further analysis was performed on each type of irED. Patients who received targeted+ICI had a
140 higher risk of hypothyroidism compared with those who received ICI alone (OR: 2.54; 95% CI:

141 1.36–4.61). For adrenal insufficiency, patients on dual-ICI had a higher risk compared with those
142 with ICI-alone (OR: 3.25; 95% CI: 1.70–5.99). The younger age group also had a higher risk
143 compared with the older age group (OR: 0.39, 95% CI: 0.17–0.80). For immune-related diabetes,
144 the older age group had a higher risk compared with the younger age group (OR: 3.78; 95% CI:
145 1.73–8.32). Sex and sites of metastasis were not related to the risk of irED.

146 **Discussion**

147 Immune checkpoint inhibitors have undoubtedly been a breakthrough in cancer therapy in
148 recent years and have been widely used in the management of various cancers. In order to
149 further improve treatment outcomes, combinations of immunotherapy with other systemic
150 anti-cancer treatments have been tested in different advanced tumours and have been
151 increasingly and extensively used. While the main goal is to improve overall survival and
152 maintain quality of life, it is essential to consider the implicated toxicity of these combined
153 treatment modalities.

154 Previous studies focused mainly on irAEs after combination immunotherapies or combination of
155 immunotherapy with chemotherapy. Zhang's meta-analysis, which involved 11 randomised
156 controlled trials (RCTs) and 5,207 patients, demonstrated that combination immunotherapies
157 had a higher risk of immune-related adverse events, with ratios of all-grade diarrhoea of 1.95
158 (95% CI: 1.54; 2.46; $P < 0.00001$) and all-grade colitis of 4.45 (95% CI: 3.04, 6.51; $P < 0.00001$).¹³
159 Sousa's study, which involved 38 RCTs comprising 7,551 patients, found that patients on
160 combination immunotherapies were significantly more likely to experience hypothyroidism and
161 hyperthyroidism than those on mono-immunotherapy.¹⁴ Another study by Carretero-González
162 et al., which involved 10 RCTs and 4,379 patients, revealed that the combination of
163 immunotherapy with chemotherapy presented more grade 3/4 adverse events (RR: 1.32; 95%
164 CI: 1.12–1.55) and discontinuations (RR: 2.31; 95% CI: 1.28–4.16).¹⁵

165 Our study observed a significantly higher incidence of irEDs in patients treated with targeted+ICI
166 compared with ICI-alone. The combination of targeted+ICI was also strongly associated with
167 hypothyroidism using logistic regression. Additionally, the onset of hypothyroidism was found
168 to be significantly earlier in patients who received targeted+ICI. These findings are important, as
169 the combination of immunotherapy with targeted therapy has been increasingly used, and a
170 large number of phase II and III studies are investigating the efficacy of combining the two anti-
171 cancer modalities in both solid cancers and haematologic malignancies. For example, from
172 clinicaltrials.gov, currently there are already over 50 phase II/III studies investigating the use of
173 ICIs with either chemotherapy or targeted agents.

174 Some of the targeted agents, such as tyrosine kinase inhibitors, are well known to cause thyroid
175 dysfunction. Suggested mechanisms for targeted-agent-induced hypothyroidism include direct
176 toxic effects on thyrocytes, reduced TPO activity, impaired iodine uptake, attenuation of thyroid
177 blood flow due to vascular epithelial growth factor receptor inhibition, and activation of
178 cytotoxic T cells in combination with pre-existing intrathyroidal lymphocytes causing damage to
179 the thyroid cells. Cytotoxic T cells are also the backbone of ICIs. The addition of ICIs on top of
180 targeted agents probably exacerbates the risk of thyroid dysfunction.

181 Previous studies investigated the association between age and irAEs; however, the results were
182 conflicting. Betof's study demonstrated an increased incidence of irEDs and hypothyroidism with
183 age in melanoma patients who underwent immunotherapy.¹⁶ Baldini's study showed that the
184 incidence of grade 2 or above irAEs was higher in patients over 70.¹⁷ Alternatively, Sattar's study
185 demonstrated that patients ≥ 75 years of age did not experience excess toxicity and concurrently
186 had similar benefits from immunotherapy as younger patients.¹⁸ Samani's study even showed
187 that there was a lower incidence of endocrine toxicity in the older patients (age ≥ 75) compared
188 with the younger patients (age < 65).¹⁹

189 Our study showed no significant difference in overall irEDs between the younger and older age
190 groups. We suggest no particular difference in endocrine monitoring in younger and older
191 populations who are on immunotherapy. Also, old age is not the only reason for reconsidering
192 the use of ICIs.

193 There was a higher incidence of immune-related diabetes mellitus in our cohort's older patient
194 group. Immune-related diabetes mellitus is rare but potentially life-threatening. Patients should
195 be monitored for blood glucose level and any signs of diabetic ketoacidosis, which often presents
196 with nausea, vomiting, abdominal pain, hyperventilation, lethargy, and/or coma. Older patients
197 on ICIs should have regular blood glucose checks (e.g. fasting glucose every 3–4 weeks). If a high
198 glucose level is detected, intensive insulin treatment, anti-hyperglycaemic medications and
199 supportive measures, including hydration and correction of electrolytes, should be administered.

200 Our study has several limitations. First, this is a retrospective study conducted in a single
201 institution and therefore may not be generalisable. Second, we only focused on irEDs; other
202 irAEs were not reported. Third, we did not analyse the risk of each targeted agent when
203 combined with ICI; some targeted agents may have a higher risk of causing endocrine
204 dysfunction than others. Despite these weaknesses, our study has several strengths. We
205 included a large cohort of patients with different tumour types and treatment types. There was
206 a large proportion of patients (40.0%) who used combined modalities of treatment. The
207 combination of ICIs with chemotherapy or targeted agents is now increasingly used to treat
208 different cancers. In addition, more than one-third of our patients were over 65 years old. This
209 allowed us to have a good comparison of irEDs between the older and younger populations.
210 Moreover, data on different irEDs were meticulously collected in this study.

211

212 **Conclusion and Future Work:**

213 Our study demonstrated a higher risk of irEDs in patients who received targeted+ICIs. The
214 incidence of hypothyroidism was higher and the onset of hypothyroidism was earlier in
215 targeted+ICI treatment patients. Prospective studies are warranted to better capture irEDs in
216 patients using ICIs combined with other treatment modalities. Future prospective studies and
217 clinical trials could lend more solid evidence and suggest mechanisms for the observed higher
218 incidence. Future research on biomarkers may shed light on the mechanisms and predictions on
219 irAEs. Although older patients are usually frailer and have a higher chance of getting treatment-
220 related toxicities in chemotherapy and targeted therapies than younger ones, our study did not
221 show increased endocrine toxicities in the former group. Research should also focus on whether
222 geriatric assessments or geriatric valuables can better predict both outcomes and toxicities.

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229

230 Authors contribution:

231 - Conception and design: Wing-Lok Chan

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236 - Manuscript editing: Wing-Lok Chan, Dora Kwong, Kwok-keung Yuen

237 - Approval of final article: Wing-Lok Chan

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