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Clinical Diagnosis and Therapy Approach toward Chronic Myeloid Leukemia

[1]Amal Almass Alblushi, [2]Amnah Ahmed Alhuwayji

Abstract: **The outlook today for patients with CML is much brighter than just a few years ago. In this article, we review our current understanding of this disease, diagnostic and treatment approaches. A comprehensive literature search strategy was performed by an electronic search of the databases (CINAHL, MEDLINE, and the Cochrane Library (The Cochrane Register of Clinical Trials) for relevant studies that were published up to December, 2017 for studies discussing, chronic myeloid leukemiain English language. Consensus exists that imatinib treatment is the standard approach to the therapy of CML, and this modality will be determined in the future against all new therapies. The current addition of the highly potent TKIs nilotinib and dasatinib has further improved the armamentarium versus CML however also posed new challenges. Initially, the function of these new compounds in modern algorithms of CML treatment is still unidentified and must be defined. In spite of having revealed impressive reaction rates in patients after imatinib failure or intolerance, the duration of these reactions will be identified with longer follow-up. Their role in frontline treatment for CML will likewise have to be defined. Second, as our resources for managing CML improve, the refinement in molecular monitoring must improve in parallel. In this regard, the lack of consistency amongst various laboratories in BCR-ABL transcript results by present PCR technologies is still a continuous issue.**

Keywords: **Chronic Myeloid Leukemia (CML), BCR-ABL.**

1. INTRODUCTION

Chronic Myeloid Leukaemia (CML) is a clonal, myeloproliferative illness that establishes when a solitary, pluripotential, haemopoetic stem cell obtains the Philadelphia chromosome. CML was the first haematological malignancy to be related to a specific genetic lesion. Initial acknowledged in 1845, CML displays a consistent chromosomal irregularity in leukaemic cells, identified in 1960 by Nowell and Hungerford, labelled the Philadelphia (Ph) chromosome [1].The cytogenetic hallmark of CML was identified in 1973 as the reciprocal translocation t(9; 22)(q34:11). Furthermore, in 1984, the ABL (Abelson) proto-oncogene was determined as being involved in this translocation. Breakthroughs in cancer biology have led to extensive characterisation of CML and it is currently declared as a 'model' of cancer [2].

The haemopoietic cell lines are changed by the chimeric oncogene BCR-ABL. CML is an uncommon malignancy because a single oncogene item is main to its pathology [1].CML can growth in both the myeloid or lymphoid lineages, and may include myeloid, monocytic, erythroid, megakaryocytic, B-lymphoid and periodically T-lymphocytic lineages, although expansion is predominantly in the granulocyte area of the myeloid lineages in the bone marrow [3].

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2. METHODOLOGY

A comprehensive literature search strategy was performed by an electronic search of the databases (CINAHL, MEDLINE, and the Cochrane Library (The Cochrane Register of Clinical Trials) for relevant studies that were published up to December, 2017 for studies discussing, chronic myeloid leukemiain English language and involving human subjects only, from different population. In addition, bibliographies of included studies, were searched for more studies to be included and clinical trial registries was also performed.

3. DISCUSSION

- **Epidemiology of CML:**

The incidence of CML is approximately 1-2 per 100,000 populace each year. Consistent with this, there are 10-12 new instances of CML in Northern Ireland each year. The median age of presentation is 45 to 55 years, accounting for 20% of leukaemia influencing adults. Just like all leukaemias, men are affected greater than women in CML, with a 2:1 proportion. CML is a lot more typical with Caucasian ethnicity [3].

- **Natural History and Clinical Course:**

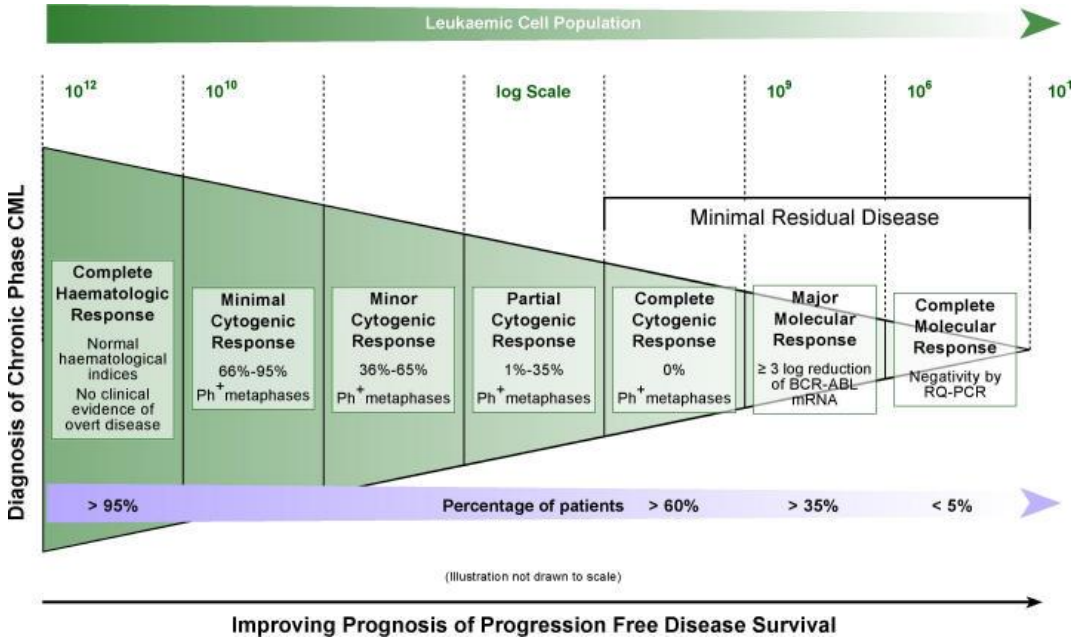
The clinical course of the illness could be separated right into three main areas [4]. Symptoms and signs at discussion may consist of exhaustion, weight reduction, abdominal volume, bleeding, purpura, splenomegaly, leukocytosis, anaemia, and thrombocytosis [5]. In about 50% of cases it is a subordinate searching for.

The Ph chromosome exists in 95% of patients with traditional CML. The impetus for Ph chromosome development and the moment span required for overt illness development are unknown. It is proposed that CML, just like several various other tumors, could be the outcome of a multistep pathogenetic process. There is little evidence to support any kind of additional obtained molecular aberrations before t(9; 22) translocation [5].It is typically approved that the Ph+ clone is prone to the purchase of added molecular modifications that might underlie condition development. The Ph chromosome is usually the only cytogenetic irregularity present in the chronic phase of illness. About 85% of patients are identified in chronic stage, and this phase of disease replies to treatment [4].As the disease advances through the sped up phase and into the blast crisis, additional cytogenetic problems come to be apparent [6].

- **MOLECULAR DIAGNOSTICS:**

Molecular techniques are utilized in the diagnosis and monitoring feedback to treatment. Action to therapy might be specified as happening at haematologic, cytogenetic, or molecular levels [9], [10].This is illustrated in Figure1.

Figure1. Defining response to treatment and minimal residual disease, for patients diagnosed with chronic phase CML, treated with imatinib.



Minimal Residual Disease:

On present therapeutic regimens a complete cytogenetic action could be attained for most of patients (Fig 1), yet a little proportion of these will regression. Relapse develops from a relentless malignant cellular populace existing at a low degree, listed below the level of detection by conventional strategies. This reservoir of neoplastic cells spotted just by delicate molecular methods is described as minimal residual disease (MRD) [10].Techniques for identifying MRD, should preferably have sensitivity within the 105 to 106 array, apply for mostly all patients with the disease, offer info on the

target, be cost-effective, rapid, readily standard and condition certain. Additionally, to utilise results properly good interlaboratory reproducibility and standardisation of reporting is important. Measuring patient action to imatinib may be accomplished by traditional measurable real-time PCR (RQ-PCR) or nested PCR. Evaluation with RQ-PCR identifies up to 1 in 104- 105 cells and nested PCR 1 malignant cell in 106 typical cells [7], [8] MRD may be marked as worths below 109 to 1010. Clinical observation and experience indicates a favorable connection between the improving degrees of molecular action and much better progression-free illness survival [10].

RQ-PCR is utilized to monitor for MRD in patients that have attained a total cytogenetic action. This procedure is much more responsive to interlaboratory standardisation, and has been introduced as it promotes quick and delicate discovery of the fusion gene records revealing comparable outcomes when synchronised analysis has been done on blood and bone marrow specimens, allowing follow up of imatinib treated CML patients [7], [11], [12].

European laboratories from 10 nations have teamed up to establish a standardized method for TaqMan-based RQ-PCR, in an initiative to examine the prominent leukaemia-associated combination genes (including BCR-ABL) within the Europe Against Cancer (EAC) program. The EAC method has the possible to supply the basis for a worldwide reference of MRD utilizing RQ-PCR analysis of combination gene records [13].The Department of Haematology at Queens University, Belfast, have been completing analysis of CML patient examples utilizing these set protocols.

- **DISEASE MANAGEMENT:**

Allogenic Stem Cell Transplants:

Allogenic stem cell transplant (allo-SCT) has been utilized since the 1970s in the therapy of CML [1] and is the only alleviative therapy for CML, however, it births a substantial mortality risk. Age, disease status, condition period, recipient-donor gender mixes, degree of histocompatability in between contributor and recipient and the resource of the transplant product have all been determined as considerably affecting long-term survival. Proof in the pre imatinib age recommends that bone marrow transplant is ideal executed in the early stage of chronic CML [1], [14].Using blood or bone marrow acquired stem cells from an HLA-identical sibling performed in the chronic phase of the disease supplies a 60-80% probability of leukaemia-free survival at 5 years. If done in the accelerated phase, illness survival decreases by half [15].

Conventionally, conditioning therapies are needed before allo-SCT. This involves 'myeloablative' doses of chemoradiotherapy, intending to assist in engraftment of healthy benefactor stem cells using irreversible removal of malignant haematopoiesis. This is a rather difficult regimen connected with toxicity and mortality. It is for that reason preferably provided to those aged much less than 65 years without various other co-morbid conditions. Success is typically associateded with an immunologically moderated graft-versus-leukaemia effect [6].

Bone marrow transplants have seen recent developments in study. Lowered intensity conditioning treatments (RICT) or non-myeloablative transplants have been recommended. This efforts to generate graft-versus-leukaemia results without revealing the patient to the potential poisoning of conditioning treatments. Here, reconstitution of the body immune system and associated anti-leukaemia result of the donor graft, complete against the growth of the malignancy. Initial information suggests that this method may provide benefit, specifically in chronic phase CML [14].

Interferon Alpha:

Interferon alpha (INFα), is a glycoprotein, of biological origin. It presents antiviral and antiproliferative properties. INFα was the first reliable therapy for CML. The drug entered clinical trials in the early 1980s, and remained the treatment of selection for CML patients, until a shift in healing strategy after the arrival of imatinib [16].In CML INFα lengthens survival in patients, especially of those who are cytogenetic responders. It has the ability to cause a cytogenetic reaction in 35 to 55% of patients, with a much longer survival achievable in combination with chemotherapy. With this therapy the level of condition lowered with time, but CML was hardly ever completely eliminated [14].

Imatinib Mesylate:

The BCR-ABL protein is an optimal medication target for CML treatment. Unique to leukaemic cells, the BCR-ABL protein is expressed at high levels and its tyrosine kinase activity of the SH1 domain name is essential for its capability to cause CML7. The SH1 domain name in charge of oncogenic makeover is a very attractive target in combating CML.

The most successful synthetic ATP inhibitor made was imatinib mesylate (STI 571, Gleevec (Glivec), Novartis, Switzerland), accepted by the Food and Drug Administration in May 2001 in the United States, later on certified for usage

in the UK by the European Medicines Evaluation Agency (EMEA) in November 2001 for the therapy of CML [5], [17].The introduction of this drug has dramatically transformed the management of CML [18].It is currently taken into consideration as the 'gold standard' in managing CML, accepted for the first line therapy of adult patients with Ph+ CML in any way condition phases [19], [20].

Imatinib functions as a mimic of ATP, in the ATP binding pocket in the BCR-ABL SH1 domain name. A further quality of imatinib is its striking degree of specificity for the ATP binding pocket, as its result on other cellular tyrosine kinases is negligible [17], [21].

In the therapy of chronic phase CML, imatinib generates a superior and lasting action as compared to INFα. The IRIS research study (International Randomised Study of Interferon and STI571), a Phase III clinical test, compared the use of imatinib and standard substance abuse in the treatment of patients with recently detected CML. Conventional drugs consisted of recombinant INFα, and low dosage cytarabine having demonstrated superior rates of cytogenetic feedback and survival compared to interferon monotherapy. The results of this trial wrapped up that the haematologic and cytogenetic reactions in regards to tolerability and possibility of development to accelerated or blast stage CML, given superior outcomes with imatinib [22], [23].

Imatinib has generated a sustained cytogenetic action most of patients and it is clinically well endured. The benefits of imatinib therapy have lead to the revision of allo-SCT protocol, even in patients that could excel allo-SCT candidates. Clinicians are currently suggesting that freshly identified patients are treated with imatinib. Just upon failing to respond adequately on imatinib will allo-SCT be considered in appropriate candidates.

Second generation ABL kinase inhibitors:

Imatinib has had unprecedented success in the treatment of CML. Despite its capacity to attain medical remission, condition has advanced in a tiny minority. Progression made in IRIS is extremely slow and it is no more a randomised control research. Few patients stay on the control arm of the research study; IRIS follow-up might currently be thought about a long term imatinib follow-up research study. Relapsing patients need different treatments, and with time the net number of such patients will increase. Whilst imatinib has proven efficacious, options are now required in some patients.The remaining bulk of patients still have an existing pool of around 106-107 leukaemic cells, from which relapse is an opportunity, even in regulated illness [24], [25].

Imatinib is currently the keystone of illness management, and a design whereupon future medicine advancement is based, mainly because of the contribution that structural biology has made in recognizing imatinib resistance. This has assisted the design of new kinase-inhibitors [24], causing 2 different kinds of compound.

Nilotinib (AMN107):

Strategy one involved the alteration of imatinib structure. Nilotinib (developed by Novartis) is comparable to its relative imatinib as they both bind to a non-active conformation of the ABL kinase domain name and function as an ATP inhibitor. There are a variety of means in which they differ. Nilotinib is qualified of binding a lot more tightly to BCR-ABL protein to enhance medication effectiveness and sensitivity. The majority of BCR-ABL mutants are 20-fold more sensitive to nilotinib [24], [25],[26]. The exception to this policy is the mutant T315I [27], [28].Moreover, with its superior topographical fit to the ABL protein, nilotinib confirms to be a lot more potent compared to imatinib.

A Phase I clinical trial with nilotinib demonstrated rates of complete haematologic feedback in imatinib resistant patients to be 92% in chronic phase, 75% in accelerated phase, 39% in blast stage. Cytogenetic feedbacks were 35%, 55% and 27%, respectively [29].Phase II researches are continuous. With success in refractory CML acknowledged, refresher course ought to be concentrated to assess if nilotinib has therapeutic capacity at all stages of illness [30].

Dasatinib (BMS-354825):

Strategy two engaged preparing a substance with a totally different chemical structure to imatinib. This was based upon a medicine initially synthesized as a primary Src family inhibitor. Dasatinib (developed by Bristol-Myers Squibb) was observed to hinder wild kind BCR-ABL and most resistant imatinib mutations [24].

Src is a non-receptor tyrosine kinase that has a plethora of duties in cell signalling including cellular adhesion, motility and growth. Several substrates that Src can phosphorylating with its kinase domain form component of intracellular signalling cascades [31].The deregulated activity of Src has already been acknowledged in neoplastic cells, such as colon and breast cancer. Because of such properties and task, Src has been considered as a target in medicine advancement, along with other healthy protein kinases [31].

4. CONCLUSION

Consensus exists that imatinib treatment is the standard approach to the therapy of CML, and this modality will be determined in the future against all new therapies. The current addition of the highly potent TKIs nilotinib and dasatinib has further improved the armamentarium versus CML however also posed new challenges. Initially, the function of these new compounds in modern algorithms of CML treatment is still unidentified and must be defined. In spite of having revealed impressive reaction rates in patients after imatinib failure or intolerance, the duration of these reactions will be identified with longer follow-up. Their role in frontline treatment for CML will likewise have to be defined. Second, as our resources for managing CML improve, the refinement in molecular monitoring must improve in parallel. In this regard, the lack of consistency amongst various laboratories in BCR-ABL transcript results by present PCR technologies is still a continuous issue. Future improvements in molecular techniques and their standardization by utilizing a laboratory-specific conversion aspect will be essential to additionally our understanding of the characteristics of molecular reaction to TKIs, providing a uniform method and definition of MMR and specifying the idea of molecular relapse. Other challenges, such as defining the best treatment for patients that develop the Bcr-Abl T315I mutant, understanding the mechanism of resistance of patients without detectable mutations, the emergence of new mechanisms of resistance such as new mutations to the new TKI and other agents, developing novel techniques for the management of minimal residual condition, and delineating the current function of SCT, will be the topic of arduous investigation in future years. In spite of all these unpredictabilities, the therapy prospects of patients with CML have never been brighter.

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