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3 **Clinical Outcomes in Elderly Patients Administered Gefitinib as First-line Treatment in**
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6 **Epidermal Growth Factor Receptor-mutated Non-small Cell Lung Cancer: Retrospective**
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9 **Analysis in a Nagano Lung Cancer Research Group Study**
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2
3 **ABSTRACT**[214 words (do not exceed 250)]
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6 **Purpose:** The clinical efficacy and outcomes of gefitinib therapy as a first-line treatment for elderly
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8 patients with non-small cell lung cancer (NSCLC) with epidermal growth factor receptor (*EGFR*)
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10 mutations were analyzed retrospectively.
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14 **Patients and methods:** We analyzed chemotherapy-naïve NSCLC patients aged 75 years or older who
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16 had *EGFR* mutations (exon 19 deletion mutation or L858R), who were initially treated with gefitinib
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18 (250 mg) once daily in Nagano Prefecture.
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23 **Results:** A total of 55 patients (16 men, 39 women) with a median age of 81.1 years (range: 75 – 94
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25 years) treated between April 2007 and July 2012, were analyzed. The overall response rate and disease
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27 control rate were 72.7% (95% confidence interval (CI); 59.5% – 82.9%) and 92.7% (95% CI: 82.0% –
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29 97.6%), respectively. Median progression-free survival and overall survival from the start of gefitinib
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31 treatment were 13.8 months (CI: 9.9 – 18.8 months) and 29.1 months (95% CI: 22.4 – not reached),
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33 respectively. Two-year survival rate was 59.5% (95% CI; 41.0% – 78.8%). Major grade 3 toxicities
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35 were skin rash (1.8%) and increased levels of aspartate aminotransferase or alanine aminotransferase
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37 (7.3%).
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50 **Conclusion:** First-line treatment with gefitinib for elderly *EGFR*-mutated NSCLC patients was
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52 effective and well tolerated. The results suggest that first-line gefitinib should be considered as a
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54 preferable standard treatment in elderly patients with advanced NSCLC harboring *EGFR* mutations.
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Key Words: non-small cell lung cancer, elderly patients, first-line, *EGFR* mutations, gefitinib

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3 **INTRODUCTION**
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6 Lung cancer is the leading cause of cancer-related deaths in Japan and throughout the world [1, 2].
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9 Non-small cell lung cancer (NSCLC) accounts for 80% – 85% of all lung cancers, and half of all patients
10 already have metastatic disease with no indications for local therapy, such as surgery or radiotherapy, at
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12 the time of diagnosis. Furthermore, approximately 50% of patients diagnosed with or dying from NSCLC
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14 are 70 years or older around the world [1-4]. In general, doublet combinations of platinum compounds are
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16 standard regimens as first-line treatment in advanced-stage NSCLC [5, 6]. However, only 13% – 17% of
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18 patients over 70 years old were enrolled in previous studies [6, 7]. In addition, although it has been shown
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20 that the efficacy of chemotherapy for the elderly is similar to that in younger patients, it is generally more
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22 toxic in elderly patients in terms of both incidence and severity [5, 8]. Thus, based on several clinical
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24 studies [5, 8], monotherapy with vinorelbine, gemcitabine, or docetaxel is recommended in advanced and
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26 non-selected NSCLC, especially in patients aged 75 years or older [9, 10].
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41 On the other hand, the current treatment paradigm focused on identifying potential predictors for
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43 treatment benefits, especially in molecular targeted agents. Gefitinib, an oral small molecule agent that
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45 acts as an epidermal growth factor receptor tyrosine kinase inhibitor (EGFR-TKI), is the first molecular
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47 targeted agent to be approved for the treatment of NSCLC patients. The extremely high response rate
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49 (RR) for gefitinib is associated with the presence of active *EGFR* mutations in tumor cells, such as
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51 in-frame deletions in exon 19 or point mutations in exon 21 (*e.g.*, L858R) [11 – 13]. Several phase III
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3 trials comparing chemotherapy to gefitinib in a first-line setting demonstrated that gefitinib could
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6 produce improved progression-free survival (PFS) compared to platinum-containing chemotherapy in
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9 patients harboring *EGFR*-activating mutations [14 – 16]. However, these trials targeted NSCLC
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12 patients aged ≤ 75 years, and the clinical benefit of EGFR-TKI in *EGFR*-mutated NSCLC patients over
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16 75 years old remains undetermined.

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19 We previously conducted a prospective phase II study in elderly (≥ 75 years old) *EGFR*-mutated
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22 patients with advanced NSCLC and reported RR of 58.6% and median PFS of 12.9 months [17].
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25 Subsequently, Maemondo et al. [18] reported RR of 74% and PFS of 12.3 months in the same clinical
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28 setting. These results suggest that first-line gefitinib would be preferable to standard therapy in elderly
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31 patients. However, the numbers of patients enrolled in these studies were too small to elucidate the
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34 efficacy of first-line gefitinib. In the present study, we retrospectively evaluated the clinical outcomes
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37 in elderly patients (≥ 75 years old) with advanced NSCLC and gefitinib-sensitive *EGFR* mutations in
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40 Nagano prefecture, Japan.
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43 44 **PATIENTS AND METHODS**

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47 We retrospectively analyzed patients aged 75 years or more treated in Shinshu University Hospital
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50 and associated hospitals in Nagano prefecture, Japan, from April 2007 to July 2012, who were
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53 *EGFR*-mutated NSCLC and received gefitinib as first-line therapy. The histological diagnosis and stage
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56 of NSCLC were based on the World Health Organization (WHO) classification version 3 [19, 20] and
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3 Tumor-node-metastasis (TNM) staging system [21], respectively. Performance status (PS) was estimated
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6 according to the Eastern Cooperative Oncology Group (ECOG) classification.
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9 Before therapy, each patient underwent physical examination, chest radiography, computed
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11 tomography scans of the thorax and abdomen, bone scintigraphy or F-18 fluorodeoxyglucose positron
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13 emission tomography, and magnetic resonance imaging scan of the brain to evaluate the TNM stage. If
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16 patients were diagnosed as having local NSCLC but were not suitable for thoracic surgery because of
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19 poor PS or other diseases, subjects treated with first-line gefitinib were included in the present analysis.
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22 We examined *EGFR* mutation status using the peptide nucleic acid-locked nucleic acid (PNA-LNA;
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25 Mitsubishi Chemical Medicine, Tokyo, Japan) PCR clamp method with paraffin sections of histological
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28 or cytological specimens. We defined gefitinib-sensitive *EGFR* mutations as exon 19 deletion mutation
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31 and L858R point mutation in the present study. For the identified and selected subjects, an electronic
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34 clinical record search was performed in each hospital and patient privacy was protected when using
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37 individual information.
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44 Gefitinib (250 mg) was administered orally once daily and continued until disease progression or
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47 intolerable toxicity. The response to gefitinib therapy was evaluated using the response evaluation criteria
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50 in solid tumors (RECIST) version 1.0 [22]. Disease control rate (DCR) was defined as the rate of
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53 complete response (CR) plus partial response (PR) plus stable disease (SD). Progression-free survival
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56 (PFS) was defined as the period from initiation of gefitinib therapy to the date of progressed disease (PD)
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3 confirmation or death from any cause. Overall survival (OS) was defined as the interval between the date
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6 of therapy initiation and the date of death from any cause or last follow-up. The survival curves were
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9 calculated using the Kaplan–Meier method. Toxicities associated with gefitinib therapy were graded
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12 according to the Common Terminology Criteria for Adverse Events (CTCAE) Version 4.0 [23]. After
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15 failure of first-line gefitinib therapy, patients were permitted any subsequent treatments desired, including
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18 continuation of gefitinib treatment. Statistical analyses were performed using SPSS ver. 11.0 for Windows
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22 (IBM, Chicago, IL).

23 24 25 **RESULTS**

26 27 28 **Patient Characteristics**

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31 Fifty-five patients harboring *EGFR*-mutated NSCLC were included in the analysis. The characteristics
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34 are listed in Table 1. Thirty-nine were women (70.9) , with a median age of 81.1 years (range: 75 – 94
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37 years). Thirty-nine patients were never smokers. The mean number of pack years in patients with
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40 smoking history was 22.7, ranging from 1.3 to 40. Forty-three patients (83.7%) had PS of 0 or 1
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43 according to ECOG, followed by 7 patients with PS 2 and 2 with PS 3 – 4. Histological type in all
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46 patients was adenocarcinoma. According to the TNM staging system, 3 patients had stage IIA disease, but
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49 they were considered to be medically inoperable because of poor PS and cerebrovascular disease. Two
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52 patients had stage IIIA disease, 4 patients had stage IIIB disease, and 40 patients had stage IV disease.
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57 There were 6 patients with postoperative recurrence. In terms of *EGFR* mutation 31 patients had exon 19

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3 deletion mutation and 24 patients had L858R point mutation. There were medical complications in the
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6 listed subjects. Four patients had concomitant malignant diseases, such as prostate and breast cancer,
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9 which were well controlled with hormonal therapy.
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11 12 **Response to gefitinib therapy and survival**

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16 The objective tumor response rate (RR) is described in Table 2. One patient reached CR and 39 patients
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18 met the criteria of PR. Eleven patients showed SD during the observation period. Four patients showed
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20 PD. Thus, overall RR and DCR were 72.7% (95% confidence interval (CI); 59.5% – 82.9%) and 92.7%
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22 (95% CI; 82.0% – 97.6%), respectively. The median follow-up time was 16.0 months (range: 1 – 48
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24 months). The survival curves are shown in Figures 1A and B. Median PFS was 13.8 months (95% CI: 9.9
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26 – 18.8 months; Figure 1A), and median survival time (MST) was 29.1 months (95% CI: 22.4 – not
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28 reached; Figure 1B). Two-year survival rate was 59.5% (95% CI : 41.0% – 78.0%).
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37 38 **Toxicities**

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41 Toxicities were evaluated in all patients and the main toxicities of first-line gefitinib therapy are
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43 summarized in Table 3. The most common adverse event was skin toxicity. Skin rash was observed in
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45 41.8% of patients. Increased levels of AST or ALT appeared in 20.0% of patients, and grade 3 or more
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47 was observed in 7.3%. These serious adverse events were improved with temporary withdrawal of
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49 gefitinib or alternate-day administration. Alternate-day administration was performed in 13 patients
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51 (23.6%) . Other toxicities observed were mild. Interstitial lung disease (ILD) was observed in three
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3 subjects but improved with cessation of gefitinib therapy or corticosteroid therapy. Thus, none of the
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6 patients developed acute respiratory failure.
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8 9 **Treatment after progression of disease**

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11 Information about second-line therapy after PD was unknown in 6 cases. Twenty patients were still
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13 receiving first-line gefitinib therapy without developing PD during the observation period. Table 4 lists
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16 the second-line therapy in the remaining 29 patients. Cytotoxic chemotherapy was performed in 7 patients.
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19 Three patients received carboplatin plus pemetrexed, and 4 patients received monotherapy with
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22 cytotoxic agents, including docetaxel, pemetrexed, or S-1. Eight patients continued EGFR-TKI by
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25 switching to erlotinib or continuing gefitinib. Thirteen patients received best supportive therapy without
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28 any second-line treatment. One patient received thoracic radiotherapy to the metastatic site.
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34 35 **DISCUSSION**

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38 In the present study, we found that first-line gefitinib showed a high RR and extended survival time
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41 in elderly NSCLC patients harboring *EGFR* mutations. We reported in a previous prospective study
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44 that RR was 58.6%, which was slightly less than in the present study (72.7%) and another prospective
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47 study (74%) [17]. The difference was due to the small number of patients enrolled in our previous trial
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50 ($n = 17$). The median PFS and two-year-survival rate in two previous prospective studies [17, 18] were
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53 reported to be 12.9, 12.3 months and 63%, 61%, respectively. The median PFS of 13.8 months and
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56 two-year-survival rate of 59.5% obtained here were identical to the values in these previous prospective
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3 studies. In addition, several clinical phase III trials involving *EGFR*-mutated NSCLC patients
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6 demonstrated significantly longer PFS, than in those receiving platinum-based combination
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9 chemotherapy [14-16]. These trials involved patients aged ≤ 75 years old, but the PFS ranged from 9.2
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12 to 10.8 months. It is noteworthy that first-line gefitinib therapy in elderly *EGFR*-mutated NSCLC
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15 showed a prolonged PFS in comparison with younger patients. As the reason for this remains unclear,
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18 further clinical studies to determine the differences in efficacy of EGFR-TKI between age groups are
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21 warranted.
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25 Toxicities with first-line gefitinib therapy in elderly patients were generally mild and predictable.
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28 The incidence and severity were also identical to those observed in patients aged ≤ 75 years old [14-16].
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31 Three patients developed ILD, but responded well to corticosteroid treatment. No patients discontinued
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34 therapy due to gefitinib-related adverse events except ILD in this study.
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38 A number of the patients in the present study suffered from other medical complications.
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41 Furthermore, the incidence of PS > 2 was 16.4% in the present analysis. These patients had a relatively
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44 low tolerance to standard first-line chemotherapy. As the introduction of first-line gefitinib in each case
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47 was dependent on the decision of the attending physician, our results may have included the clinical
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50 outcomes in elderly patients who were reluctant to receive first-line cytotoxic chemotherapy. For frail
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53 patients with *EGFR*-mutated NSCLC, e.g., poor PS over grade 3 or elderly (> 75 years old) with PS > 2 ,
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56 it was demonstrated that first-line gefitinib therapy showed a high RR (66%) and relatively long OS
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3 (17.8 months) [12]. Therefore, we believe that gefitinib is a good alternative as a first-line treatment for
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6 elderly patients.
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10 At the time of data analysis, 7 of 29 relapsed subjects (24.1%) received subsequent cytotoxic
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12 chemotherapy after failure of gefitinib therapy. Most patients (13/29; 44.8%) eventually selected
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14 treatment with the best supportive care available. In the MILES study, which compared three groups
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16 over 70 years old [24], only 6% – 13% of patients received second-line treatment with cytotoxic agent
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18 chemotherapy. In a Japanese study [10], which compared docetaxel with vinorelbine in a population >
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20 70 years old, 47.5% of patients received second-line chemotherapy; however, gefitinib was used as
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22 second-line chemotherapy in most cases (63.5%). Thus, subsequent chemotherapy using cytotoxic
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24 agents in elderly patients with NSCLC was limited in elderly NSCLC patients in contrast to
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26 non-elderly patients. In addition, standard second-line treatments in elderly NSCLC have not been
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28 established. The influence of second-line or later therapies on overall survival in patients with
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30 *EGFR*-mutated NSCLC remain unknown. We postulated that PFS extension may be evident in elderly
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32 patients, although the extension of PFS using gefitinib in non-elderly NSCLC was not reflected by
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34 achieving extension of OS. Thus, we suggest that elderly patients with sensitive *EGFR* mutations could
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36 be treated with first-line *EGFR*-TKI and should not miss out on the chance to receive *EGFR*-TKI
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38 therapy simply due to poorly timed administration.
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57 NEJ002, a phase III trial comparing gefitinib with carboplatin-paclitaxel as the first-line treatment
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3 for advanced NSCLC with sensitive *EGFR* mutations [14], demonstrated that quality of life (QOL) was
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6 maintained much longer in patients treated with gefitinib than in those treated with standard
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9 chemotherapy [25]. Unfortunately, we were unable to evaluate QOL in the present study. However, we
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12 speculated that maintenance of QOL in elderly patients with *EGFR*-mutated NSCLC would be similar
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15 to that in patients less than 75 years old based on the results of prospective studies [13]. Thus, we
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18 recommend that first-line gefitinib therapy should be considered even focusing on the maintenance of
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22 QOL.
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25 In conclusion, our results demonstrated remarkable efficacy and tolerance of first-line gefitinib
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28 in elderly *EGFR*-mutated patients. Although this was a retrospective study, our results suggest that
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31 first-line gefitinib should be considered as a preferable standard treatment in elderly patients with
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34 advanced NSCLC harboring *EGFR* mutations.
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53 54 **Conflict of interest** 55

56 Conflict of interest: Nil.
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3 **FIGURE LETTERING**
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6 **Fig. 1 Kaplan–Meier plot of progression-free survival (A) and overall survival (B) in elderly**
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9 ***EGFR*-mutated non-small cell lung cancer patients treated with first-line gefitinib.**

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12 Median progression-free survival was 13.8 months (95% CI : 9.9 – 18.8 months; Figure 1A), and
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16 median survival time was 29.1 months (95% CI: 22.4 – not reached; Figure 1B). The two-year survival
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19 rate was 59.5% (95% CI : 41.0% – 78.0%)
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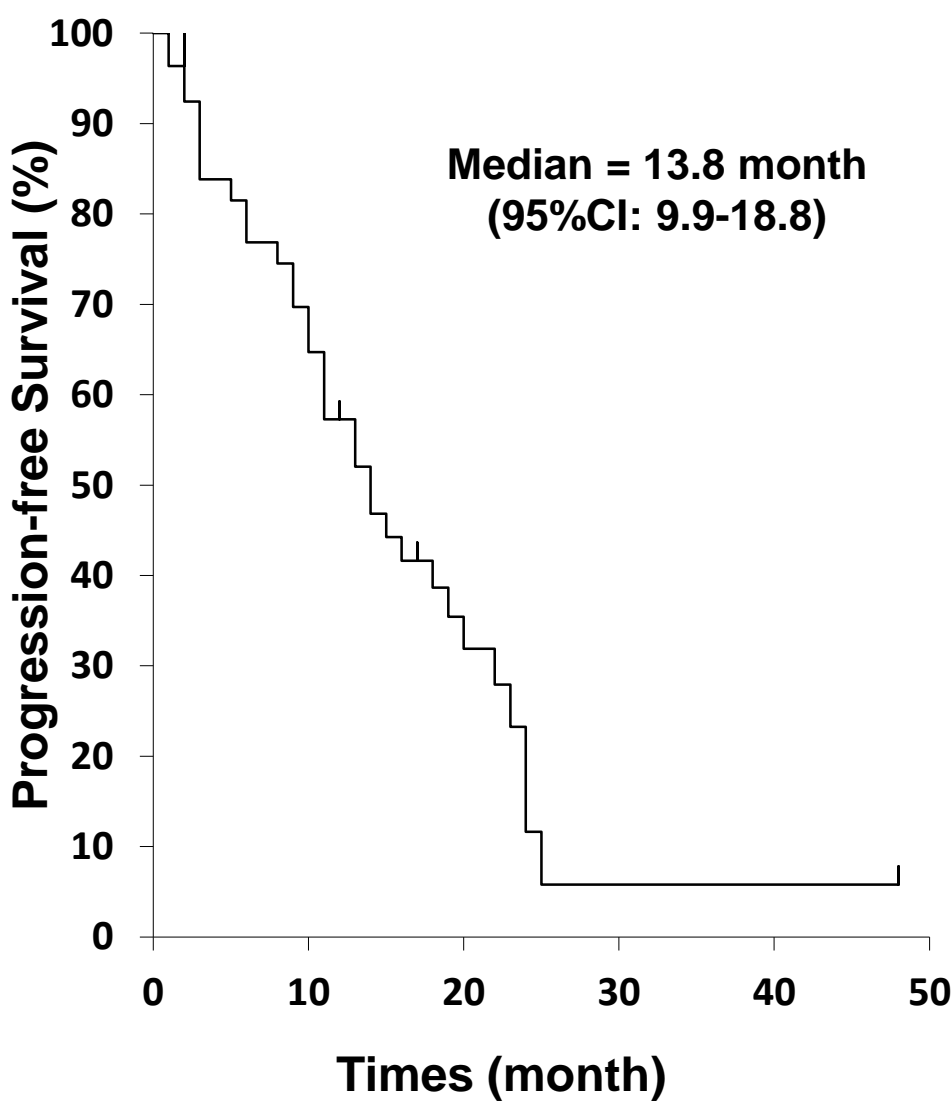
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Figure 1.

Progression-free Survival (A)



Overall Survival (B)

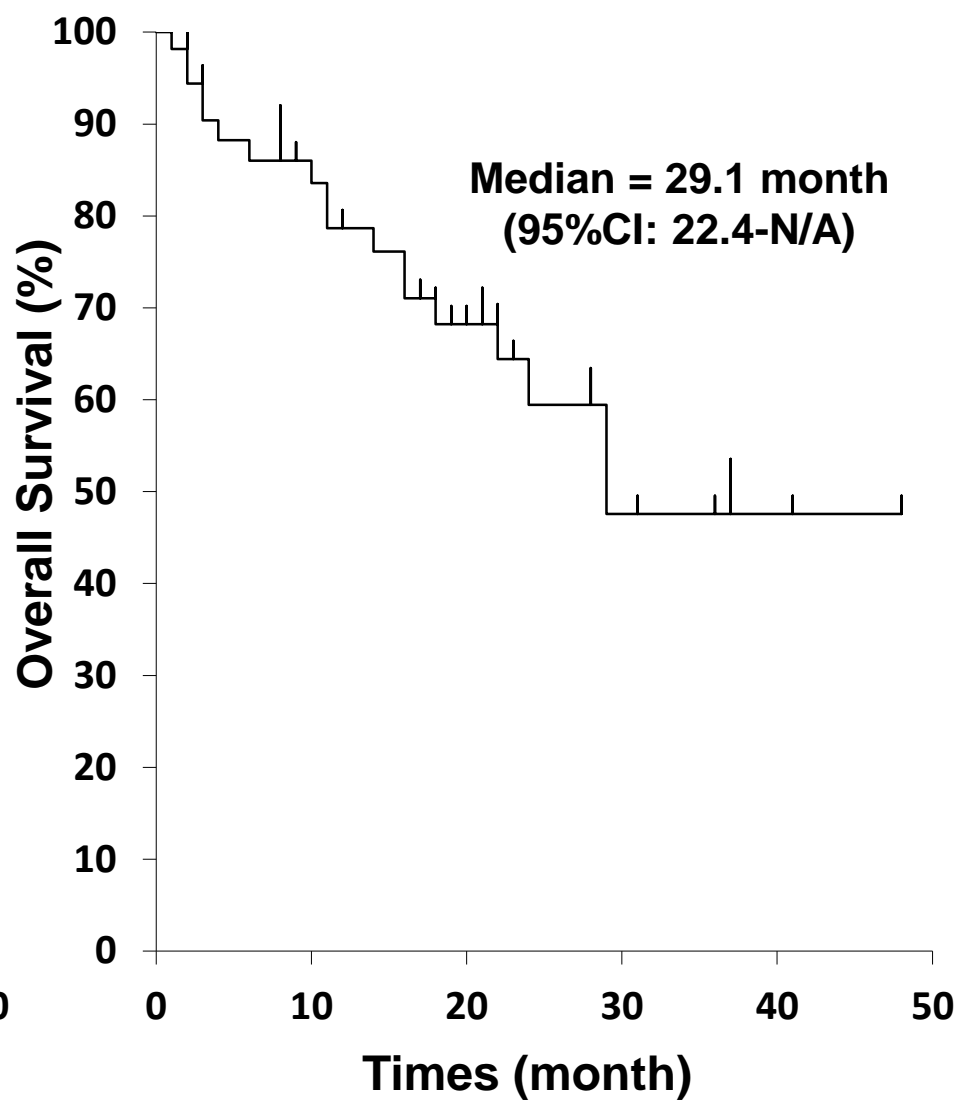


Table 1 Patient Characteristics (n = 55)

Characteristic	Number of patients
Median age, (range)	81.1 (75 – 94)
Sex	
Male / Female	16 (29.1%) / 39 (70.9%)
Smoking status	
Never / Former or Current / Unknown	39 (70.9%) / 7 (12.7%) / 9 (16.4%)
Median pack years * (range)	22.7 (1.3 – 40)
Performance status (ECOG)	
0 / 1 / 2 / 3 / 4	21 (38.2%) / 25 (45.5%) / 7 (12.7%) / 1 (1.8%) / 1 (1.8%)
Histology	
Adenocarcinoma	55 (100%)
Stage	
IIA / IIIA / IIIB / IV	3 (5.5%) / 2 (3.6%) / 4 (7.3%) / 40 (72.7%)
recurrence after surgery	6 (10.9%)
EGFR mutation	
Exon 19 deletion mutation / Exon 21 L858R	31 (56.4%) / 24 (43.6%)
Complication	
Hypertension	21 (38.2%)
Diabetes mellitus	5 (9.1%)
Heart diseases	6 (10.9%)
Digestive system disease	8 (14.5%)
COPD	3 (5.5%)
Cerebrovascular disease	3 (5.5%)
Other concomitant malignant tumors	4 (7.3%)

ECOG: Eastern Cooperative Oncology Group, EGFR: epidermal growth factor receptor, Heart disease: valvular disease, arrhythmia, ischemia; COPD: chronic obstructive pulmonary disease.

*** Subjects were current or former smokers.**

Table 2 Response to first-line gefitinib therapy in elderly patients with *EGFR*-mutated NSCLC

Response	Number of Patients	Response Rate (%)	95% CI
Complete Response	1	1.8%	
Partial Response	39	70.9%	
Stable Disease[†]	11	20.0%	
Progressive Disease	4	7.3%	
Overall response rate		72.7%	59.5% – 82.9%
Disease control rate[‡]		92.7%	82.0% – 97.6%

EGFR: epidermal growth factor receptor, NSCLC: non-small cell lung cancer, CI: confidence interval

†Stable disease was confirmed and sustained for 8 weeks or longer.

‡Disease control rate is defined as CR + PR + SD.

Table 3 Toxicities in first-line gefitinib therapy in elderly patients with *EGFR*-mutated NSCLC

Toxicity (<i>n</i> = 55)	Grade				Number of toxicities	
	1	2	3	4	≥ Grade 1 (%)	≥ Grade 3 (%)
Skin rash	18	4	1	0	41.8%	1.8%
Dry skin	16	1	0	0	30.9%	0.0%
Itching	11	2	0	0	23.6%	0.0%
Diarrhea	10	0	0	0	18.2%	0.0%
AST or ALT	4	3	4	0	20.0%	7.3%
Stomatitis	6	1	0	0	12.7%	0.0%
Pneumonitis	1	2	0	0	5.5%	0.0%

EGFR: epidermal growth factor receptor, NSCLC: non-small cell lung cancer, AST: aspartate aminotransferase, ALT: alanine aminotransferase

Table 4**After first-line gefitinib therapy (*n* = 29)**

Therapies	Number of Patients	Rate (%)
Chemotherapy	7	24.1%
EGFR-TKI	8	27.6%
Radiotherapy	1	3.4%
Best Supportive Care	13	44.8%

EGFR: epidermal growth factor receptor, TKI: tyrosine kinase inhibitor