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Clinical Profile and Survival Outcomes in Pediatric Germ Cell Tumors: Single Centre Experience

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Abstract

Objective: This study was designed to assess the clinical features and survival outcomes of pediatric Germ cell tumors (GCTs) in our center.

Methodology: All newly diagnosed cases of GCTs in the Pediatric Oncology Department, Combined Military Hospital, Rawalpindi, between 1st January 2012 and 31st December 2023 were evaluated prospectively.

Results: During the study period, 100 cases were treated for Germ Cell tumors. The cases with central nervous system GCTs, those who relapsed after receiving initial treatment at another institute, and those who lost to follow-up were excluded from this study. The data of the remaining 86 cases was analyzed. The median age of the patients at presentation was 24 months (IQR: 15 to 66). The male-to-female ratio was 1.5:1. The most common symptom at presentation in males was scrotal swelling (68.4%), while in females, it was abdominal pain (55.1%). The most common anatomic site at presentation was gonadal n=57 (66.3% with 46.5% cases in the testis and 19.8% in the ovaries). Yolk sac tumor was the commonest type in 51(59.3%), followed by teratoma in 17(19.8%). The disease was metastatic in 29(33.7%) cases, and the most frequent site of metastasis was pulmonary 44.8%. The most common stage at presentation according to COG staging is stage 1(39.5%), followed by stage 4 (32.6%), and upon applying MaGIC risk group classification, Standard Risk 1 was the most common type, followed by Low-Risk type in 60.5% and 36% cases respectively. Serum Tumor Markers (STMs), α FP, and β HCG were measured in all cases, and α FP value was raised in 77 (89.5%) cases, whereas β HCG was high in 5 cases (5.81%). The Overall Survival (OS) and Disease-Free Survival (DFS) in our study was 90.7%.

Conclusion: The clinical profile of GCTs in our study population is similar to those reported in other Asian and European studies. Our analysis points out age as the most critical determinant in the prognosis of pediatric GCT. Although Factors like serum AFP greater than 10,000 ng/ml and metastatic disease were associated with poor prognosis, we could not prove statistical significance due to the limited size of our study population. Therefore, multicentre prospective collaborative research is needed to ensure early diagnosis and adapt more effective treatment strategies for advanced cases.

Keywords: Alpha fetoprotein, Chemotherapy, Germ cell tumor, Malignant, Pediatrics, Teratoma

Introduction

Germ Cell tumors (GCTs) are a rare and heterogeneous group of malignancies originating from Primordial Germ Cells (PGCs). These tumors develop following disturbances in the maturation of germ cells during embryonic development.^{1,2} GCTs are mainly found in the gonads. However, they can arise anywhere along the migratory path of PGCs, in which case they are categorized as extragonadal.^{3,4} GCTs are classified into benign and malignant variants.⁵ As a group, these constitute 3.5% of pediatric malignancies diagnosed before the age of 15 years.⁶ The most common type of GCT is the yolk sac tumor (YST), followed by mixed GCTs, dysgerminomas, and teratomas.⁷ The prognosis of GCTs primarily depends on the case's age, the tumor site, and the stage at diagnosis.⁸

The main manifestations of GCT are palpable mass at the tumor site, abdominal pain, and distension.⁹ Serum Tumor markers, Alpha-Fetoprotein (α FP), and Beta Human Chorionic Gonadotrophin (β HCG) have a role in the initial diagnosis and risk grouping along with having prognostic implications on pediatric GCTs.¹⁰ In developed countries, survival rates of pediatric GCTs have significantly improved over the past three decades due to advancements in histopathological diagnosis, platinum-based chemotherapies, aggressive surgical staging, and interventions. However, in low-income settings, limited access to healthcare resources often leads to delayed diagnosis and treatment, resulting in poor outcomes for pediatric GCTs.¹¹ Moreover, the lack of comprehensive studies involving a larger cohort also poses challenges in fully understanding treatment outcomes for these cases.

There is a notable scarcity of published research regarding the treatment outcomes for pediatric GCTs in developing countries, particularly Pakistan. Despite the significance of risk stratification for GCTs and its crucial impact on prognostic outcomes, researchers have overlooked this important aspect in their discussions. This study aims to analyze the clinical characteristics and treatment outcomes of pediatric GCTs in low-income settings. By examining various factors such as demographics, tumor type, treatment modalities, and survival rates, we intend to identify specific features that may correlate with poor outcomes. The insights obtained from this research will serve as a valuable resource for clinicians, enabling them to understand better the challenges faced in treating GCTs in resource-limited environments and to improve patient management practices to enhance survival rates.

Methodology

Data collection:

This Prospective cohort study was conducted in the Pediatric Oncology Department, Combined Military

Hospital, Rawalpindi. All newly diagnosed patients with Germ Cell Tumors (GCT) aged 1 to 18 years who were registered for treatment between January 1, 2012, and December 31, 2023, were included in the study. The cases with central nervous system GCTs, those who relapsed after receiving initial treatment at another institute, and those who lost to follow-up were excluded from the study. The last follow-up for the study (either on the phone or in person) was performed on June 30, 2024. Approval was obtained from the Institutional Review Board (serial number 544) and informed consent from the parents or guardians.

Data on epidemiological characteristics, history, examination findings, histological diagnosis, biochemical markers, stage, risk grouping, primary and adjuvant treatment modality, chemotherapy plan, treatment complications, and outcomes were analyzed. The mixed type of GCT was defined by the presence of more than one histological subtype regardless of the proportion. The TNM staging system for testicular tumors [12] and The International Federation of Gynaecology and Obstetrics (FIGO) system for ovarian tumors [13] were both applied, but the final analysis and associations were checked based on location using Children Oncology Group (COG) for gonadal as well as extragonadal tumors [14]. Risk stratification was done using MaGIC revised criteria. ([web](https://magicconsortium.com/)). <https://magicconsortium.com/>. All cases were treated by "Protocol for the treatment of extracranial germ cell tumors in children and adolescents (GC III) (GC 2005 04)".

Statistical analysis:

In the descriptive analysis, we calculated frequencies and percentages for categorical variables and the median (IQR) for continuous variables. In univariate analysis, the chi-square test was used to associate age with characteristics of GCT. In survival analysis, Overall survival (OS) and Disease-Free Survival (DFS) were both evaluated by the Kaplan-Meier test. The DFS was calculated from the start of treatment until the first event, identified as relapse, progression, or death. OS was measured from the date of diagnosis to the date of death. The log-rank test was used to assess the relationship between GCT characteristics and OS and DFS, accompanied by 95% confidence intervals (CIs). A P-value of less than 0.05 was considered significant. The statistical analysis was conducted using SPSS Statistics for Windows, version 25.0.

Results

During the study period, 100 cases were treated for GCT. The cases with central nervous system GCTs, those initially treated at another setup and subsequently relapsed, and those who lost to follow-up were excluded from the study. The data of the remaining 86 cases, including 57 (66.3%) males and 29 (33.7%) females was analyzed (male-to-female ratio of 1.5:1). The median age at presentation was 24 months (IQR: 15 to 66); 64

(74.41%) cases fell in 0-5 years age group, 18 (20.93%) in 6-10 years and 4 (4.65%) in more than 10 years. The most common presentation in males was scrotal swelling in 39(68.4%), while the most common presentation in females was abdominal pain in 16(55.1%) cases. The presenting complaints of GCT are summarized in Figure 1. The predominant site was gonadal overall, with 57 cases (66.27%), within which testicular tumors were present in 40 (46.51%) while ovarian in 17(19.76%), and the remaining 29 cases of extragonadal type (33.72%). Sacrococcygeal was the predominant type in terms of location in 21 (24.41%), followed by abdominal in 6 (6.97%) and mediastinal in 2(2.32%). The most common histological subtype was YST in 51 (59.30%), followed by teratoma in 17 (19.76%). Tumour was metastatic in 29 cases (33.72%), and the most common sites of metastasis are shown in Table 1.

Based on the COG staging system, 34(39.5%) cases were in stage I, 4(4.7%) in stage II, 20 (23.3%) in stage III and 28 (32.6%) in stage IV. Seventeen cases of ovarian tumors were categorized by FIGO staging (Table 2). On applying MaGIC Risk stratification, the majority of the cases fell in Standard Risk 1 with 52 (60.5%), Low Risk type in 31 (36.0%), Standard Risk 2 in 2 (2.3%), and Poor Risk in 1 (1.2%), respectively. α FP and HCG were measured in all cases; α FP value was raised in 77 (89.5%) cases, whereas β -HCG was high in 5 cases (5.8%) where Serum α FP was considered elevated if >15 ng/ml and HCG when >10 miu/ml. Forty-nine (63.6%) cases with elevated α FP had YST, 9 (11.6%) had teratoma as their primary pathological type, while mixed tumors comprised the remaining. In 30 (38.9%) cases, α FP levels were more than 10,000, while 38(49.3%) cases had moderately raised levels of >300 . Out of the 8 cases that expired, 6(75.0%) had an elevated value of α FP $>10,000$ ng /ml, and 4(80.0%) out of these 5 cases with elevated HCG had their primary tumor in ovaries. Febrile Neutropenia was the most common complication in 30% of cases, while anemia was seen in only one case. A total of 78 (90.6%) underwent some form of surgery; 40 (46.5%) cases had orchidectomy, while 38(44.1%) had resection of mass, either partial or complete. A wait-and-watch strategy with serial tumor marker monitoring and without any chemotherapy

for stage 1 tumors that underwent complete resection was employed. In our study, 23 (26.7%) cases with Stage I tumors were maintained on follow-up without any chemotherapy while the remainder 63 (73.2%) cases received chemotherapy. All the cases received 4 or 6 cycles of JEB chemotherapy comprising Carboplatin, Etoposide, and Bleomycin, depending upon individual risk stratification.

Age was significantly associated with the tumor's site, histopathology, MaGIC risk stratification, and COG classification (Table 3).

After a median follow-up of 12.4 ± 0.42 years, the DFS and OS were 90.7%. (Figure 2 & 3). Out of the 8 cases who died, 7 (87.5%) had Relapsed /Refractory disease, while one (12.5%) died from treatment-related mortality. All the instances who relapsed were subsequently treated with second-line chemotherapy consisting of a combination of Vinblastine, Ifosfamide, and Cisplatin (VIC).

In univariate analysis, the OS was 93.0% in males and 86.2% in females ($p=0.27$). When we compared the OS after categorizing values of α FP into mild (>15 to <300 ng/ml), moderate (>300 to $<10,000$ ng/ml), and marked categories ($>10,000$ ng/ml), OS was 100% in cases with mild elevation of α FP, 97.4% with moderate elevation and 80.0% in cases with markedly raised α FP levels ($p=0.10$). The OS in cases without metastasis was 93% and decreased to 86.25% in cases with metastasis ($p=0.27$). There was no statistically significant relationship between OS and DFS concerning tumor site($p=0.43$), histopathology($p=0.30$), and COG stage($p=0.34$).

Discussion

GCTs are a diverse group of malignancies that include both benign and malignant varieties. Since they are rare, we conducted a prospective comprehensive study regarding GCTs in pediatrics to guide future management decisions.

The male-to-female ratio of 1.5:1 in our setup is in congruence with literature quoting figures of 2:1 by

Table 1. Common sites of metastasis (n=29)

Location of Metastasis	N	%
Pulmonary	13	44.8
Abdomen	2	6.8
Hepatic	4	13.7
Brain	1	3.4
Bones	2	6.8
Mediastinum	1	3.4
Multiple sites	6	20.6

Table 2. FIGO Classification of Ovarian Tumor

FIGO stage	N	%
IA	3	17.6
IB	3	17.6
IC2	1	5.9
IC3	2	11.8
II	1	5.9
III	4	23.5
IIIA	1	5.9
IVB	2	11.8
Total	17	100

Table 3. Association of age with the characteristics of GCT

Characteristics		Total cases	< 5 years	5 to 10 years	>10 years	P-value
		n (%)	n (%)	n (%)	n (%)	
Site of the tumour	Testicular	40 (46.5)	39 (60.90)	1(5.60)	0(0.00)	0.0001
	Ovary	17(19.7)	0(0.00)	13(72.20)	4(100)	
	Extragenadal	29 (33.7)	25(39.10)	4(22.20)	0(0.00)	
Histopathology	Yolk Sac tumor	51(59.3)	44(68.80)	6(33.30)	1(25.00)	0.0001
	Teratoma	17 (19.7)	14(21.90)	3(16.70)	0(0.00)	
	Dysgerminoma	8 (9.3)	0(0.00)	6(33.30)	2(50.00)	
	Mixed GCT	9 (10.4)	6(9.40)	3(16.70)	0(0.00)	
	Choriocarcinoma	1(1.1)	0(0.00)	0(0.00)	1(25.00)	
Metastatic Disease	No Mets	57 (66.2)	38(59.40)	16(88.90)	3(75.00)	0.06
	Yes	29 (33.7)	26(40.60)	2(11.10)	1(25.00)	
Magic Risk Stratification	Low Risk	31(36.0)	25(39.1)	5(27.8)	1(25.0)	0.0001
	Standard Risk 1	52 (60.4)	39(60.9)	13(72.2)	0(0.0)	
	Standard Risk 2	2 (2.3)	0(0.0)	0(0.00)	2(50.0)	
	Poor Risk	1 (1.1)	0(0.0)	0(0.00)	1(25.0)	
COG Classification	I	34 (39.5)	27(42.2)	6(33.3)	1(25.0)	0.0001
	II	4 (4.6)	2(3.1)	1(5.6)	1(25.0)	
	III	20 (23.2)	10(15.6)	9(50.0)	1(25.0)	
	IV	28 (32.5)	25(39.1)	2(11.1)	1(25.0)	

another study.¹⁵ The median age in our study is 24 months, which is comparable to the reported median age of 23 months reported by the survey conducted in Iran.⁵ The age distribution in our study is identical to the study conducted by Incesoy-ozdemir et al with 74

% of cases younger than 5 years and 4% older than 10 years.¹⁶ In terms of symptoms at presentation, scrotal swelling being the predominant symptom in testicular GCTs followed by abdominal pain in ovarian and extragenadal tumors was supported by the work of Lin et



Figure 2 Overall survival

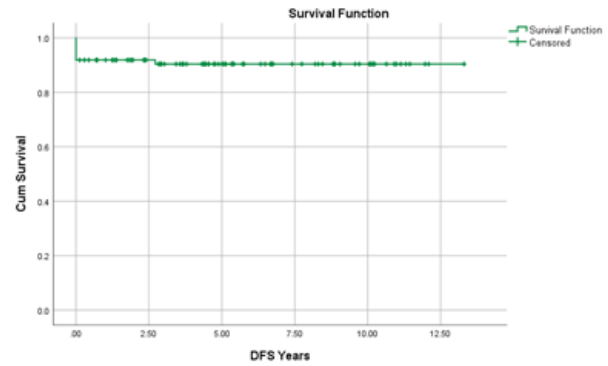


Figure 3 :Disease Free Survival

al.¹⁷ The Gonadal tumors being the predominant site in our study was consolidated by a survey conducted at another center in Pakistan and Italy.^{7,18} When we compared the sites in the extragonadal variety, Sacrococcygeal tumors were the predominant type, supported by work done in China and Turkey.^{19,20} Yolk Sac Tumours, the most common histopathological subtype, were supported by a second germ cell tumor study, Children's Cancer Study Group.²¹

When we compared the predominant stage at presentation, our findings and the work of Terenziani et al. yielded similar results, with the maximum number of cases as stage I followed by stage IV in the case of testicular tumors.²² The small number of ovarian tumors limited the significance of staging interpretation per FIGO classification. The Malignant Germ Cell Tumour International Collaborative (MaGIC) was established to lay the groundwork for future international trials. It aims to develop an updated risk classification for pediatric extracranial germ cell tumors by integrating data from the Children's Oncology Group (COG) and the Children's Cancer and Leukaemia Group (CCLG).²³ Although in our study, the Standard Risk 1 category is the predominant type, other studies categorizing the paediatric tumours based on MaGIC were limited, which is a potential area for future studies in GCTs.

Alpha-fetoprotein (αFP) is secreted by malignant germ cell tumors (MGCTs) of the following histologies: YSTs, immature teratomas, and embryonal carcinomas. The study by Frasier et al. clearly illustrates the importance of αFP as a prognostic factor.²⁴ The IGCCC classification categorizes cases into three risk groups based on the initial αFP (alpha-fetoprotein) levels: those with a good prognosis have αFP levels less than 1000 ng/ml, intermediate prognosis falls between 1000 ng/ml and 10,000 ng/ml, and poor prognosis is indicated by αFP levels greater than 10,000 ng/ml. In our study, 6 out of 8 cases that expired had αFP values greater than 10,000 ng/ml.

Regarding metastatic disease at presentation, our study yielded results similar to that of COG, with the lung as the predominant site and the impact of meta-

static disease on OS.²⁵

Research indicates that stage I gonadal germ cell tumors (GCTs) can often be effectively managed with surgery and monitoring. Many patients don't need additional treatment, and in cases of relapse, chemotherapy typically results in successful recovery.^{26,27} For stage I testicular tumors, total tumor resection through inguinal orchiectomy with high cord ligation, followed by the normalization of serum tumor markers, is considered adequate [28, 29]. In stage I tumors of ovarian origin, the treatment is regarded as complete with salpingo-oophorectomy of the involved side. Cases with stage II to IV are treated with adjuvant chemotherapy. In our study, 23 cases (26.74%) out of 27 cases with stage I were treated with this approach.

Regimens Chemotherapy that uses platinum-based compounds is effective for children with extracranial MGCT. [30]. The OS and DFS in our study were in the same range as that of the previous work done in Turkey on GCTs [31]. Research groups have concluded that the OS and DFS for stage I and II cases are approximately 95%. In contrast, the OS and DFS rates for stage III-IV cases range between 70% and 85%.^{26,32,33}

Our study assessed various factors that could influence prognosis, including histological type, location, disease stage, gender, and age, and found no significant differences in survival rates. This may be because GCTs are a very heterogeneous group, and we have limited cases enrolled in our study. Our research showed variations in how age, stage, tumor location, and survival are related. Still, we could not establish statistical significance because of the limited size of our study group.

Conclusion

The clinical profile of GCTs in our study population is similar to those reported in other Asian and European studies. Our analysis concludes that age is the most critical determinant in the prognosis of pediatric GCT. Although Factors like serum AFP greater than 10,000 ng/ml and metastatic disease were associated with poor prognosis, statistical significance could not be

proved due to the limited size of our study population. Therefore, multicentre prospective collaborative research is needed to ensure early diagnosis and adapt more effective treatment strategies for advanced cases.

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Authors' Contribution Statement

AL contributed to the conception, design, acquisition, analysis, and interpretation of data, and drafting the manuscript. TG contributed to the conception, design, and analysis of data, and critically reviewed the manuscript. BH and AWS contributed to the design and analysis of data, and were involved in drafting the manuscript. RM and SN contributed to the design and analysis of data, and approved and reviewed the manuscript. All authors are accountable for their work and ensure the accuracy and integrity of the study.

Conflict of Interest

Authors declared no conflict on interest

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None

Data Sharing Statement

The data that support the findings of this study are available from the corresponding author upon reasonable request.