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Dr. Zhu is an incoming Medical Oncology Resident at the University of Toronto and will be completing her Internal Medicine training starting in July 2025 also at the University of Toronto. Her professional interests include breast, gynecologic, and gastrointestinal malignancies, and she hopes to pursue further research training in clinical research methodology or molecular genetics.

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# Current Approaches and Future Directions for the Treatment of Solid Tumour Brain Metastases

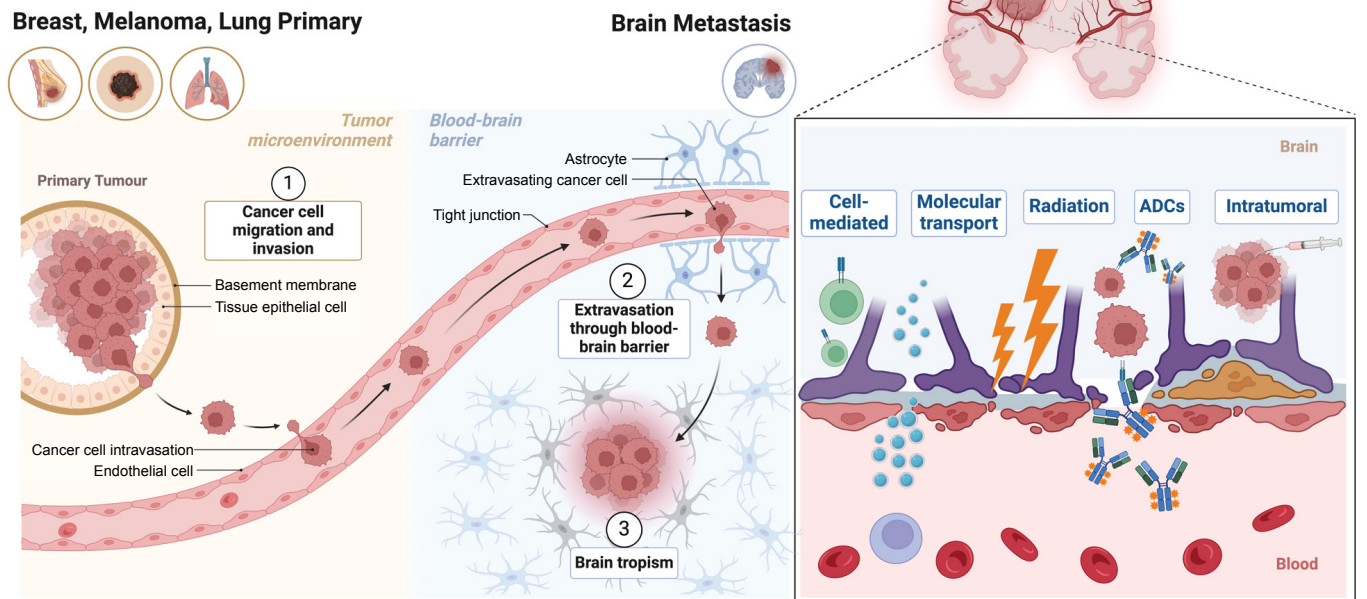
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## Introduction

Brain metastases (BrM) are most common among patients with metastatic lung cancer, breast cancer, and melanoma.<sup>1</sup> Historically, management of BrM consisted of local treatments with surgical resection and/or radiation therapy, with either whole brain radiation therapy (WBRT) or stereotactic radiosurgery (SRS). Current guidelines recommend SRS as the initial therapy for patients who have up to four BrM,<sup>2</sup> but several studies have demonstrated that upfront SRS may be considered for some patients who have more than four BrM given additional clinical benefits of improved memory function and quality of life compared to WBRT.<sup>3-5</sup>

Systemic therapies are increasingly understood to cross the blood-brain barrier (BBB) following disruption of its integrity upon BrM development. Disseminated tumour cells intravasate into the circulation and spread hematogenously with a "seed and soil" tropism for the brain that provides a suitable tumour microenvironment.<sup>6,7</sup> Tumour cells extravasate and increase the permeability of the BBB by decreasing tight junction protein expression, decreasing astrocyte pedicles, reducing pericyte coverage, and increasing neoangiogenesis.<sup>8</sup> The altered integrity of the BBB allows penetration of large drug molecules, such as antibody-drug conjugates (ADCs), which exert their therapeutic effects by binding to tumour cell-specific epitopes and releasing a cytotoxic payload, even in the absence

## Mechanisms of Brain Metastases (BrM) and Treatment Options



**Figure 1.** Schematic illustrating the mechanisms by which primary tumours metastasize to the brain and mechanism of action for various therapies, including cell-mediated transport, molecular transport, physical disruption (i.e., radiation), antibody-drug conjugate epitope recognition, and intratumoral drug delivery; created with Biorender.com.

**Abbreviations:** BrM: brain metastases, ADCs: antibody-drug conjugates

of radiation.<sup>9</sup> Other therapeutic mechanisms of action include molecular (passive or receptor-mediated transport), physical (radiation or focused ultrasound), direct delivery to the brain (intrathecal or intratumoral), and cell-mediated (immune cell extravasation) (**Figure 1**).<sup>8,9</sup>

Several novel small-molecule tyrosine kinase inhibitors (TKIs) have been developed for the treatment of driver mutation-positive lung cancer, which is associated with the highest risk of BrM. Novel anaplastic lymphoma kinase (ALK) inhibitors, including crizotinib, alectinib, brigatinib, and lorlatinib, have led to a breakthrough in the treatment of patients with ALK-mutant non-small cell lung cancer (NSCLC) and BrM.<sup>10-13</sup> The phase III CROWN trial compared lorlatinib to crizotinib in advanced ALK-positive NSCLC and included 78 (26.4%) patients with active BrM, among whom 30 patients (10.1%) had measurable disease.<sup>13</sup> This study found that patients treated with lorlatinib had a significantly higher intracranial objective response rate (IC-ORR) compared to those

receiving crizotinib (66% vs. 20%); the complete intracranial response rate was much higher among patients receiving lorlatinib as well (61% vs. 15%). In addition, only 4 out of the 114 patients (3%) without BrM at baseline in the lorlatinib group later developed BrM; this is much lower than 33% of patients who developed BrM in the crizotinib arm of this trial.<sup>13</sup> Altogether, the evidence suggests that lorlatinib not only controls existing BrM but may also prevent the development of new BrM.

Similarly, there is evidence supporting the use of osimertinib for the treatment of BrM among patients with epidermal growth factor receptor (EGFR)-mutant metastatic NSCLC. A systematic review and meta-analysis that included 15 studies with 324 patients reported an IC-ORR rate of 64% (95% confidence interval [CI] = 53–76%; n = 195) and complete intracranial response rates of 7% to 23%.<sup>14</sup> The median duration of central nervous system (CNS) response among included studies ranged from 8.9 to 15.2 months. A recent multi-centre retrospective study examining

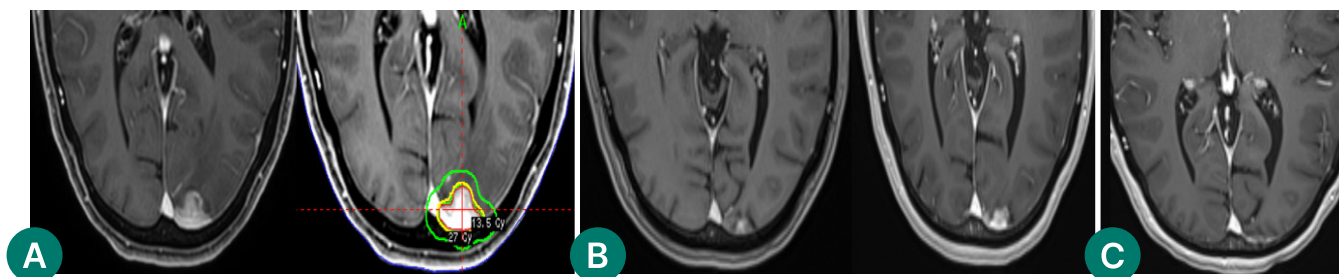
317 TKI-naïve patients with EGFR- and ALK-mutant NSCLC with BrM found that the addition of upfront SRS to TKI treatment prolonged time to CNS progression versus TKI treatment alone. Local CNS control was significantly improved with the use of both TKI and SRS (hazard ratio [HR] = 0.30, 95% CI = 0.16–0.55,  $P < .001$ ) versus TKI alone, and the cumulative incidence of CNS progression at 24 months was 9% vs. 25%, respectively.<sup>15</sup> However, there was no significant difference in overall survival (OS).<sup>15</sup> This lack of survival detriment with omission of brain radiotherapy has motivated a phase II Canadian-led trial that is currently underway to determine the impact of SRS plus osimertinib versus osimertinib alone for patients with treatment-naïve EGFR-mutant metastatic NSCLC with BrM (NCT03769103). These results are eagerly anticipated to better understand which patients with EGFR-mutant metastatic NSCLC can safely avoid upfront brain radiation (and its associated toxicities) for newly diagnosed BrM. For locally advanced disease, the LAURA trial that randomized 216 patients with Stage III EGFR-mutated NSCLC to osimertinib versus placebo following chemoradiation and found that the incidence of new brain lesions was much lower at 8% in the osimertinib group compared to 29% with placebo.<sup>16</sup>

Another important setting where TKIs have demonstrated significant benefit among patients with BrM is HER2<sup>+</sup> metastatic breast cancer (MBC).<sup>17,18</sup> The strongest data come from the randomized HER2CLIMB trial that demonstrated a survival benefit associated with the addition of tucatinib to capecitabine/trastuzumab among patients with active or treated stable BrM compared to those receiving capecitabine and trastuzumab alone.<sup>19</sup> This study included 291 patients (48%) with HER2<sup>+</sup> MBC and BrM, among whom 60% had active BrM, defined as previously untreated or treated but progressing BrM at time of enrolment. Patients with BrM who received tucatinib also had a longer median OS than those who did not (22 vs. 13 months; HR = 0.60, 95% CI = 0.44–0.81), which was similar to the overall study population. Furthermore, the median new brain lesion-free survival was 11.1 months longer among tucatinib-treated patients (24.9 vs. 13.8 months, respectively,  $p = 0.006$ ). This study reflects an emerging shift in the design of clinical trials to include patients with active BrM, with the safety of this approach to date allowing for major advancements in the treatment of patients with HER2<sup>+</sup> MBC.

For patients with HER2<sup>+</sup> MBC and BrM, treatment with HER2-directed ADCs may also be an option. The first available ADC for patients with HER2<sup>+</sup> MBC was trastuzumab emtansine (T-DM1), which showed intracranial efficacy in the KAMILLA phase IIIB clinical trial.<sup>20</sup> Among 2,002 patients with HER2<sup>+</sup> MBC, 398 (19.9%) had BrM at baseline.<sup>20</sup> A  $\geq 30\%$  reduction in the “sum of the major diameters” of BrM was observed for ~43% of the overall cohort and for ~49% of those ( $n = 67$ , 16.8%) who did not receive prior brain radiotherapy. Since then, trastuzumab deruxtecan (T-DXd) has demonstrated a 73.3% IC-ORR in patients with HER2<sup>+</sup> MBC and active BrM ( $n = 15$  patients in the intention-to-treat population),<sup>21</sup> as well as an impressive IC-ORR of 45% in a pooled analysis of the DESTINY-Breast-01, -02, and -03 clinical trials.<sup>22</sup> More recently, the DESTINY-Breast-12 trial that included 263 patients with MBC and stable or active BrM and previously treated with anti-HER2 therapy reported a CNS PFS of 58.9% and CNS ORR of 71.7%.<sup>23</sup>

Additional systemic therapies with demonstrated efficacy for treating BrM include immune checkpoint inhibitors and BRAF/MEK inhibitors that are frequently used to treat patients with metastatic melanoma. Approximately 25% of patients have BrM at the time of melanoma diagnosis, and up to 75% of patients will eventually develop BrM during their lifetime.<sup>19</sup> Clinical trials examining the combination of ipilimumab and nivolumab for patients with metastatic melanoma and asymptomatic BrM established this combination to be a valuable treatment with intracranial response rates over 50%.<sup>24,25</sup> The CheckMate-204 trial reported an IC-ORR of 55% among 101 patients with melanoma and asymptomatic BrM, and 17% among 18 patients with symptomatic BrM.<sup>24</sup> BRAF V600E-mutated melanoma is associated with a higher risk of BrM; for this population, therapies targeting BRAF and MEK (i.e. dabrafenib/trametinib, vemurafenib/cobimetinib, or encorafenib/binimetinib) have been approved as the standard of care usually after disease progression on immunotherapy.<sup>26</sup> BRAF/MEK inhibitor combinations cross the BBB, and are associated with intracranial response rates of up to 59% for oral dabrafenib plus trametinib among patients with BRAFV600E-positive metastatic melanoma and asymptomatic BrM.<sup>27</sup> A recent randomized trial examining the combination of relatlimab, a lymphocyte activation gene-3 (LAG-3)-blocking antibody, and nivolumab in patients with treatment-naïve unresectable Stage III or IV melanoma reported a 4% decrease





**Figure 2.** (A) Patient with HER2<sup>+</sup> (IHC 3+) breast cancer with a brain metastasis treated with SRS (27 Gy in 3 fractions) with good response. (B) Two years later while continuing trastuzumab/pertuzumab had evidence of growth with perfusion imaging suggesting recurrence. (C) Following 3 cycles of trastuzumab deruxtecan a dramatic response is observed; *courtesy of Jie Wei Zhu, MD, Ines B. Menjak, MD, Arjun Sahgal, BSc, MD, FRCPC, and Katarzyna J. Jerzak, MD, MSc, FRCPC.*

**Abbreviations:** IHC: immunohistochemistry, SRS: stereotactic radiosurgery

in the frequency of new CNS metastases with relatlimab and nivolumab compared to nivolumab alone (5% vs. 9%, respectively).<sup>27</sup> Further, this study found that relatlimab and nivolumab extended the median time to development of CNS metastases from 6.6 months to 11.1 months.<sup>28</sup>

While there is optimism for the use of systemic therapies for BrM, it is prudent to be cautious and adopt a multi-disciplinary approach to treatment with review by neurosurgeons, CNS radiation oncologists, and medical oncologists. There are several factors to consider when selecting the best treatment approach, including patient factors (i.e., number and location of BrM, patients' neurological symptoms and functional status), tumour biology (biomarker status and likelihood of IC-ORR), and prior treatment history. In some cases, multimodal treatment may be an option; however, in cases where radiation has already been maximized, systemic therapy may be a more attractive option, but has been poorly studied in this setting (**Figure 2**). The use of systemic therapies first is attractive as this is a strategy that can potentially avoid radiation-associated toxicities, such as radiation necrosis. This may be of particular concern with the advent of ADCs, which are associated with an increased risk of symptomatic radiation necrosis with a 2-year risk of 42% for patients with HER2<sup>+</sup> MBC receiving trastuzumab deruxtecan or sacituzumab govitecan concurrently with SRS; in contrast, the risk of radiation necrosis is much lower (only 9%) when ADCs and radiation therapy are used sequentially.<sup>29</sup> Another retrospective study including 67 patients with HER2<sup>+</sup> breast cancer with BrM also reported a significantly higher risk of radiation necrosis associated with

T-DM1 exposure following SRS ( $p = 0.02$ ), with an overall probability of post-SRS radiation necrosis of 21.6%.<sup>30</sup> As such, caution should be taken to mitigate the risk of radiation necrosis with the increasingly widespread usage of ADCs for other disease sites.

Future efforts should be directed towards encouraging enrolment of patients with BrM in clinical trials, especially when CNS efficacy of investigational agents is expected. This has been reviewed by Corbett et al.; while 56% of phase III clinical trials evaluating the efficacy of systemic therapies in metastatic lung cancer, breast cancer, and melanoma enrolled patients with BrM, there is still room for progress.<sup>31</sup> Further, including patients with BrM in clinical trials may accelerate the investigation into biomarkers to enable a better understanding of the biology of BrM, predictive markers of response, and mechanisms of resistance to evaluated therapies, as well as novel therapeutic targets.<sup>32</sup>

Future trials should also determine whether therapies effective in the metastatic setting may have utility in the prevention of BrM. The HER2CLIMB-05 trial (NCT05132582), which is evaluating the efficacy of first-line maintenance tucatinib, will also investigate whether this small molecule TKI can reduce the incidence of BrM among patients with newly diagnosed HER2<sup>+</sup> MBC. In the early-stage setting, the CompassHER2-RD trial (NCT04457596) is evaluating the addition of tucatinib to T-DM1 for patients with residual HER2<sup>+</sup> breast cancer following neoadjuvant HER2-directed therapy. Therapies that can prevent the development of BrM are of significant interest and represent an important unmet need; a nomogram to predict development of BrM among

patients with various solid tumours would be of value and could help inform inclusion criteria for future prevention trials.

Another area of unmet need is the evaluation of CNS-active systemic therapies among patients with leptomeningeal disease (LMD), which are associated with a particularly short survival. A recent systematic review demonstrated that none of the 244 phase III trials reported LMD-specific outcomes and only 5.3% of studies included CNS-specific outcomes.<sup>33</sup> Brastianos et al. identified that single agent immune checkpoint inhibitor is an effective treatment option among patients with breast, lung, and ovarian cancer and LMD; evaluation of future combination therapies, ideally in randomized trials, would be of high interest.<sup>34</sup> Therapies for patients with LMD originating from breast, melanoma, and NSCLC have been recently reviewed.<sup>35-37</sup> The recent BLOSSOM phase II trial examining the efficacy of osimertinib among 73 patients with EGFR-mutated NSCLC who developed LMD following prior TKI therapy reported an objective response rate for LMD of 52%, although larger studies are required to validate these findings.<sup>38</sup> Several novel therapeutic approaches are also being investigated; examples include the use of intrathecal treatment with nivolumab and ipilimumab (NCT055988530), as well as liposomal-rhenium-186, a novel radioligand therapy that is encapsulated in nanoliposomes (NCT05034497).

Increasing attention to solid tumours that are less likely to metastasize to the brain is required. For example, patients with gastrointestinal and gynecological malignancies are living longer and may experience metastases to the brain, with an emerging need for tumour-agnostic BrM trials, particularly when systemic therapies with a high likelihood of CNS efficacy are available across different primary tumour subtypes.

## Conclusion

In conclusion, BrM represent a significant challenge in the treatment of patients with solid tumours. Recent advancements in systemic therapies for BrM including TKIs, ADCs and immune checkpoint inhibitors have improved patients' outcomes. Future efforts should be directed towards understanding the molecular drivers of BrM and therapies to prevent their development.

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