

## Differentiation-Inducing Agents in the Treatment of Myelodysplastic Syndromes

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**T**HE MYELODYSPLASTIC syndromes (MDS) are a group of hematopoietic stem cell disorders, characterized by bone marrow dysplasia and chronic cytopenias leading to frequent hemorrhage, infections, and need for red cell transfusions; these individuals have an increased risk of transformation to acute myelogenous leukemia (AML).<sup>1,7</sup> The defective maturation, which involve one or more of the hematopoietic lineages, is the central pathophysiological feature of MDS.<sup>8,9</sup> No specific or effective therapies for MDS exist at this time. Supportive treatment with blood products (red cells and platelets) combined with antibiotics in case of infection has been the basic therapy for MDS. Patients with MDS who receive conventional treatment with combination chemotherapy often have prolonged pancytopenia and the therapy can be fatal in elderly individuals.<sup>10</sup> Moreover, MDS patients are often too old for bone marrow transplantation.

Because cells of the MDS clone phenotypically have a block in differentiation, agents that stimulate differentiation of leukemic cells in vitro may have a potential therapeutic role.<sup>12,13</sup> Laboratory studies using leukemic cell lines have provided examples of a variety of agents that are capable of reversing the block in differentiation. These observations have provided the basis for many recent clinical trials aimed at improving marrow function in MDS by stimulating differentiation. This approach is particularly attractive in elderly MDS patients who are unable to tolerate aggressive forms of therapies.<sup>14</sup>

### TOOLS TO STUDY DIFFERENTIATION OF LEUKEMIC CELLS

Acute myeloid leukemia arises from neoplastic transformation at the level of the pluripotent hematopoietic stem cells. These stem cells can either replicate or differentiate to committed stem cells that mature into functional blood cells. Induction of differentiation to mature macrophages and granulocytes by physiologic and nonphysiologic agents was demonstrated in vitro in murine<sup>15</sup> and subsequently human leuke-

mic cell lines.<sup>16</sup> The first studies used the murine myeloid leukemic cell line, M-1, established from spontaneous myeloid leukemia in a SL strain of mouse.<sup>17,18</sup> These cells can be induced to differentiate both in vitro and in vivo into macrophages, and granulocytes by treatment with various compounds including differentiation inducing factor (D-factor), colony stimulating factors (CSF), interleukin-1 (IL1), IL6, lipopolysaccharide (LPS), glucocorticoids, 1,25-dihydroxyvitamin D<sub>3</sub>, dimethyl sulfoxide (DMSO) and lectins.<sup>19</sup> Another intensively studied cell line is the murine erythroleukemia cell lines (MEL), derived from spleens infected with the Friend virus complex.<sup>20</sup> These cells differentiate to red cells after culture with a variety of chemicals, including planar-polar compounds such as hexamethylene bisacetamide (HMBA), purines and their derivatives, hemin, short-chain fatty acids, as well as inhibitors of DNA or RNA synthesis, such as ultraviolet irradiation and X irradiation.<sup>20</sup>

Several human myeloid leukemia cell lines, such as HL-60, K562, KG-1, ML-1, and ML-3 cells, can be induced by various compounds to differentiate into granulocytes, macrophages, or erythroid cells. These leukemic cell lines are blocked at different stages of maturation: KG-1 cells are myeloblasts; HL-60 cells are promyelocytes; ML-1 and ML-3 cells are myelomonoblasts; U937 and THP-1 cells are monocytoid lines; K562 cells have characteristics of very immature cells being able to differentiate down the red cells, megakaryocyte, and macrophage

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**lineages.**<sup>16</sup> A variety of compounds induce the differentiation of HL-60 cells towards granulocytes including DMSO, HMBA, retinoids, interferon alfa (IFN- $\alpha$ ), and granulocyte-colony stimulating factor.<sup>17</sup> Phorbol esters, 1,25(OH) $_2$ D $_3$ , and IFN- $\gamma$  predominantly induce monocytic differentiation of HL-60, KG-1, ML-1, ML-3, THP-1 and U937 cells.<sup>16,22,23</sup> K562 cells differentiate towards erythroblasts with synthesis of fetal hemoglobin when cultured with either hemin or butyrate.<sup>18</sup>

The use of glucose-6-phosphatase dehydrogenase (G6PD) isoenzymes, karyotypic analysis, and more recently analysis of DNA restriction fragment-length polymorphisms (RFLP) showed that leukemic and preleukemic blast cells can differentiate in vivo to form mature blood cells.<sup>25-27</sup> Theoretically, therefore, agents that foster differentiation in vitro may have therapeutic potential. The remaining chapter reviews the use of specific agents.

#### COMPOUNDS USED TO INDUCE DIFFERENTIATION

##### Retinoids

Vitamin A is an essential micronutrient and deficiencies of this molecule can cause night blindness and xerophthalmia.<sup>28,29</sup> Vitamin A and its analogs (retinoids) have been known since the 1920s to influence growth and differentiation of normal and malignant cells. Retinoids are potent anticarcinogenic agents in many experimental models and they inhibit growth and induce differentiation of transformed neoplastic cells.<sup>30</sup> Retinoids initially were demonstrated to inhibit growth of murine lymphoma and myeloma cell lines.<sup>31</sup> Subsequently, retinoids were found to have profound effects on leukemia cells in vitro.

Retinoic acids (RA) inhibit proliferation and induce differentiation of cells from several human AML cell lines.<sup>32</sup> All-trans retinoic acid (*trans*-RA) induces differentiation and inhibits proliferation of HL-60 cells.<sup>21</sup> More than 90% of the cells differentiate towards granulocytes after 72 to 96 hours of exposure to 10<sup>-6</sup>M *trans*-RA. Growth of these cells is also inhibited by RA<sup>33</sup>; *trans* and 13-*cis* forms of RA are equally effective in inhibiting proliferation. U937 cells can differentiate towards mature monocytes by treatment with RA; differentiation of the cells is

associated with decreased proliferation without loss of viability.<sup>19</sup> The ML-3 cells show partial monocytic differentiation after exposure to RA<sup>35</sup>; KG-1 cells do not differentiate upon exposure to retinoids, but these cells are very sensitive to the growth-inhibiting effects of retinoids, showing a 50% inhibition of colony formation at 2.4  $\times 10^{-9}$  M RA.<sup>33</sup> In contrast, retinoids stimulate the clonal growth of normal human myeloid and erythroid precursors in vitro.<sup>33</sup> The reason for stimulation of proliferation in vitro of normal hematopoietic progenitor cells and for inhibition of clonal proliferation of leukemic cells is unclear.

Mechanism of action of RA on hematopoietic cells is unknown, but is more than a nonspecific toxic effects. Cytoplasmic retinoic acid binding protein (CRABP) was hypothesized as the biological mediator of RA.<sup>36</sup> However, we were unable to detect CRABP in HL-60, KG-1, or leukemic blasts from patients.<sup>32</sup> Recently, cDNA clones coding for several retinoic acid receptors (RAR) have been isolated and identified as members of the steroid/thyroid hormone receptor family.<sup>37,38</sup> These receptors are intracellular proteins that mediate complex effects on development, growth, and physiological homeostasis by selective modulation of gene transcription.<sup>39</sup> Cloning of genes coding for human glucocorticoid and estrogen receptors has allowed a detailed biochemical characterization of this family of molecules including identification of discrete DNA- and ligand-binding domains.<sup>39</sup> RAR is represented by at least three species, RAR- $\alpha$ ,<sup>37,38</sup> RAR- $\beta$ ,<sup>40</sup> and RAR- $\gamma$ .<sup>41,42</sup> The RAR- $\alpha$  gene is located on human chromosome 17q22 encoding a 462 amino acid protein with a DNA binding domain (C region) and a ligand-binding domain (E region).<sup>19</sup> The RAR- $\beta$  gene is expressed in epithelial cells and expression of RAR- $\gamma$  may be restricted to skin.<sup>19</sup> More recently, Mangelsdorf et al<sup>43</sup> discovered a novel receptor (RXR- $\alpha$ ), which is a member of the steroid superfamily and which binds and responds specifically to retinoids.<sup>44</sup> These data suggest that different receptors may mediate different functions of retinoic acid. In addition, the temporal and spatial patterns of expression of RAR transcripts suggest that important yet separate roles exist for each of the RAR subtypes during limb morphogenesis.<sup>45</sup> We, as well

as others, have examined the expression of RAR mRNA in hematopoietic cells<sup>46-49</sup> and we have found that all hematopoietic cell lines expressed RAR- $\gamma$  mRNA including KG-1 (myeloblasts), HL-60 (promyelocytes), ML-3, THP-1, U937 (myelomonoblasts and monoblasts), W62 (erythroblasts), and S-LB1 (T-lymphocytes). Steady-state levels of RAR- $\alpha$  mRNA were not affected by induction of terminal differentiation of HL-60 cells to either granulocytes or macrophages. Furthermore, both actively proliferating and resting lymphocytes from the same individuals expressed equal concentrations of RAR- $\alpha$  mRNA. This data suggest that level of expression of RAR- $\alpha$  mRNA is not related to cellular proliferation or stage of differentiation. Further studies showed that induction of differentiation of HL-60 by RA is mediated through RAR $\alpha$ .<sup>50</sup> Taken together, the molecular and cellular biological data suggest that expression of RAR $\alpha$  is necessary, but not sufficient to induce differentiation and inhibit proliferation of leukemic cells.

At least 150 reported MDS patients have been treated with 13-*cis* retinoic acid in hopes of improving hematopoiesis and decreasing their incidence of evolution to AML (Table 1). Dose of drug and duration of therapy varied between studies. Response rates were approximately 20%. Gold et al<sup>51</sup> reported the first study in 1983 showing that 5 out of 15 evaluable patients had improvement in hematologic parameters; responses were not generally observed until at least 3 weeks of therapy.<sup>51</sup> Clark et al<sup>57</sup> randomly assigned 98 MDS patients to either 13-*cis* retinoic acid or observational control group and found no significant difference in survival between treated and control groups. However,

subanalysis of 39 nonsideroblastic refractory anemia patients showed an increase in survival in the group who received the retinoic acid. We reported a multicenter trial in which 68 patients were randomly assigned to either 13-*cis* retinoic acid or placebo; no significant difference was noted between the two groups.<sup>58</sup> Another study suggested that long-term administration of the drug was important and responses can require a number of months of therapy.<sup>60</sup>

Hepatotoxicity, as manifested by hyperbilirubinemia and serum glutamic pyruvic transaminase (GOT) elevations, are dose-limiting factors. Other reported side effects include cheliosis, mucositis, erythema of the skin, conjunctivitis, nausea, joint pains, lethargy, and elevation of serum triglyceride levels.<sup>51,58</sup> Alpha tocopherol taken orally and applied to dry skin can reverse some of the skin toxicity of retinoic acid. To avoid these side effects, fenretinide [*N*-(4-hydroxyphenyl) retinamide], a synthetic amide derivative of retinoic acid has been studied; however, no responses occurred in 14 evaluable MDS patients.<sup>57</sup> Moreover, one patient experienced evolution into acute myelomonocytic leukemia.

All-trans and 13-*cis* retinoic acid are naturally occurring isomers of retinoic acid. Hung et al<sup>62</sup> found that all-trans retinoic acid induced 23 complete remissions in 24 patients with acute promyelocytic leukemia (APL, M3).<sup>62</sup> Recently, Castaigne et al<sup>63</sup> reported 14 complete remissions of 22 APL patients using all-trans retinoic acid and Warrell et al<sup>64</sup> showed that 9 of the 11 APL patients entered complete remission while receiving all-trans RA. In APL, the RAR- $\alpha$  is translocated from chromosome 17 to a gene known as *myl* on chromosome 15. The t(15;17)

Table 1. Trials of 13-*cis* Retinoic Acid Therapy in Myelodysplastic Syndromes

| Investigators                 | No. of Patients | Dose                        | Duration of Therapy | GR + PR (%) |
|-------------------------------|-----------------|-----------------------------|---------------------|-------------|
| Gold et al <sup>51</sup>      | 15              | 20-125 mg/m <sup>2</sup> /d | 7-30 W              | 5 (33)      |
| Greenberg et al <sup>52</sup> | 18              | 1-2 mg/kg/d                 | > 8 W               | 3 (17)      |
| Swanson et al <sup>53</sup>   | 10              | 2.5-4 mg/kg/d               | 8 W                 | 3 (30)      |
| Picozziet al <sup>54</sup>    | 15              | 2.5-4 mg/kg/d               | 8 W                 | 5 (33)      |
| Abraham et al <sup>55</sup>   | 1               | 100 mg/m <sup>2</sup> /d    | 16 W                | 1 (100)     |
| Kerndrup et al <sup>56</sup>  | 6               | 20-100 mg/m <sup>2</sup> /d | 6 W                 | 0 (0)       |
| Clark et al <sup>57</sup>     | 33              | 20 mg/m <sup>2</sup> /d     | 8 W                 | 3 (9)       |
| Koeffler et al <sup>58</sup>  | 35              | 100 mg/m <sup>2</sup> /d    | 6 W                 | 3 (9)       |
| Leoniet al <sup>59</sup>      | 20              | 50-100 mg/m <sup>2</sup> /d | > 4 w               | 12 (60)     |
| Total                         | 153             |                             |                     | 35 (23)     |

Abbreviations: GR, good response; PR, partial response; W, weeks.

translocation creates a fusion gene between the amino-terminus of *myl* and C-terminus of RAR- $\alpha$ . Further studies must determine if the responsiveness of APL to all-*trans* RA is either related to unique properties of the fusion protein or reflects the maturity of APL cells allowing them to be more responsive to differentiation agents.

In summary, the role of retinoic acid for treatment of MDS syndromes is still not fully defined. 13-*cis* retinoic acid may have moderate effects on 20% to 30% of patients, but studies have not shown an increased survival in these patients. Most of these studies had small numbers of patients and were not designed to look at survival. If long-term therapy is required for responsiveness to retinoic acid, only MDS patients with relatively indolent disease would be suitable candidates for this therapy. Future studies will determine if all-*trans* retinoic acid is more effective than 13-*cis* retinoic acid for therapy of MDS.

#### 1,25 DIHYDROXYVITAMIN D<sub>3</sub> AND ITS ANALOGS

The biologically active metabolite of vitamin D, 1,25-dihydroxyvitamin D, [1,25(OH)<sub>2</sub>D<sub>3</sub>], is recognized as a major hormonal regulator of calcium metabolism in individuals.<sup>66</sup> Recently, evidence has been obtained for a wider biological role of 1,25(OH)<sub>2</sub>D<sub>3</sub> in tissues not primarily related to mineral metabolism. Studies suggest that this active metabolite may play an important role as an immunohematopoietic regulatory hormone.<sup>76</sup>

The 1,25(OH)<sub>2</sub>D<sub>3</sub> is a sex-steroid that is taken up by the target cell and binds to specific vitamin D receptors (VDR) located in the nucleus. The hormone-receptor complex binds to DNA and modulates transcriptional and translational events. The putative DNA-binding regions of VDRs have strong homologies to the structures of other steroid hormone receptors.<sup>76</sup> The receptors for 1,25(OH)<sub>2</sub>D<sub>3</sub> are by no means limited to the classical target tissues of intestine, bone and kidney, but they have a wide distribution in a number of tissues including hematopoietic cells.<sup>66,72-75</sup> Activated, but not quiescent lymphocytes express large numbers of VDR.<sup>76,77</sup> In contrast, nondividing monocytes do express VDR and do respond to 1,25(OH)<sub>2</sub>D<sub>3</sub>

and induction of differentiation of HL-60 cells along either the monocytic or granulocytic pathways does not change their levels of steady-state VDR RNA.<sup>77</sup> Furthermore, almost all neoplastic hematopoietic cells express VDR. Further studies should elucidate the physiological role of 1,25(OH)<sub>2</sub>D<sub>3</sub> receptors in hematopoietic cells. The VDR appear to be identical in both normal and neoplastic proliferating hematopoietic cells and their expression, similar to RAR, is probably necessary, but not sufficient for induction of differentiation of normal and leukemic hematopoietic cells.

The 1,25(OH)<sub>2</sub>D<sub>3</sub> induce murine myeloid leukemia cells (M1) to differentiate to monocyte/macrophage-like cells as assessed by morphological and functional criteria.<sup>78</sup> Upon treatment with 1,25(OH)<sub>2</sub>D<sub>3</sub>, M1 cells become adherent, acquire morphological characteristics of mature macrophages, express Fc and C3 receptors, and develop lysozyme and phagocytic activity. Also, the proliferation of M1 cells is inhibited by 1,25(OH)<sub>2</sub>D<sub>3</sub>. Similar findings were made for the human HL-60 and U937 leukemic cells.<sup>73-75,79-82</sup> A large proportion of HL-60 cells (30% to 50%) became multinucleated and gained the ability to bind and degrade bone matrix.<sup>83</sup> This hormone also reduced the clonal growth of freshly harvested leukemic blast cells from patients with myeloid leukemia.<sup>82</sup> In contrast, similar concentrations of 1,25(OH)<sub>2</sub>D<sub>3</sub> slightly stimulated the clonal growth of normal myeloid committed stem cells; this is similar to the paradoxical action of retinoids.<sup>84,85</sup> The reason that 1,25(OH)<sub>2</sub>D<sub>3</sub> stimulates clonal growth of normal and inhibits clonal growth of leukemic hematopoietic cells is unclear.

The ability of 1,25(OH)<sub>2</sub>D<sub>3</sub> to reduce proliferation and induce differentiation of myeloid leukemic cells in vitro formed the basis for several small therapeutic trials of the secosteroid for MDS. Table 2 shows these results.

Table 2. Trials of 1,25(OH)<sub>2</sub>D<sub>3</sub> Therapy in Myelodysplastic Syndromes

| Investigators                | No. of Patients | Dose     | Duration of Therapy | PR + MR (%) |
|------------------------------|-----------------|----------|---------------------|-------------|
| Koeffler et al <sup>77</sup> | 18              | 2.0 mg/d | 4-20 W              | 8 (44)      |
| Metha et al <sup>87</sup>    | 6               | 1.0 mg/d | 12 W                | 0 (0)       |
| Richard et al <sup>88</sup>  | 7               | 2.5 mg/d | > 8 W               | 0 (0)       |

Abbreviations: PR, partial response; MR, minor response; W, weeks.

We have treated 18 MDS patients with 2  $\mu\text{g}/\text{day}$  of  $1,25(\text{OH})_2\text{D}_3$  for at least 12 weeks.<sup>86</sup> During the course of therapy, most developed an increase in their peripheral blood granulocytes, macrophages, and/or platelets. However, no significant change occurred in median levels of these cells between the initiation and completion of treatment. Only one patient showed a partial response with a 50% increase in platelets, granulocytes, and monocytes for more than 5 weeks. Seven patients revealed a minor response. Six patients had progressive disease with evolution to AML by the end of the study. Serum calcium rose from a median of 8.9 mg/dL at pretreatment to a peak of 10.8 mg/dL during treatment. Five patients developed mildly symptomatic hypercalcemia with anorexia, nausea, polydipsia, polyuria, and/or lethargy. Concentrations of the drug that were required in vitro to induce differentiation produced hypercalcemia in vivo.

Attempts are currently being directed toward the identification of chemically modified vitamin D, analogs that induce hematopoietic cell differentiation without inducing hypercalcemia.<sup>89</sup> We identified over 15 new analogs of  $1,25(\text{OH})_2\text{D}_3$  that were either equivalent or more potent than  $1,25(\text{OH})_2\text{D}_3$  as assessed by (1) inhibition of clonal proliferation of HL-60, U937, and patients' myeloid leukemic cells; and (2) induction of differentiation of HL-60 cells.<sup>89-91</sup> Also these analogs stimulated clonal growth of normal human myeloid stem cells. We assessed the effects on calcium metabolism of these novel analogs in vivo by intestinal calcium absorption (ICA) and bone calcium mobilization (BCM). Each of the analogs mediated markedly less (10- to 200-fold) ICA and BCM as compared with  $1,25(\text{OH})_2\text{D}_3$ .<sup>89-91</sup> Among them,  $1,25(\text{OH})_2-16\text{ene}-23\text{yne}-\text{D}_3$  was the most potent modulator of growth and differentiation of leukemic cells.<sup>89,92</sup> The therapeutic potential of  $1,25(\text{OH})_2-16\text{ene}-23\text{yne}-\text{D}_3$  prompted us to develop in vivo models of AML.<sup>93</sup> We found that WEHI 3BD<sup>+</sup>, a murine myeloid leukemia line, can be induced by either  $1,25(\text{OH})_2\text{D}_3$  or  $1,25(\text{OH})_2-16\text{ene}-23\text{yne}-\text{D}_3$  to lose clonal proliferative capacity as the cells terminally differentiate. Importantly,  $1,25(\text{OH})_2-16\text{ene}-23\text{yne}-\text{D}_3$  was 10 to 25 times less active than  $1,25(\text{OH})_2\text{D}_3$  in causing hypercalcemia, allowing administra-

tion of higher concentrations of the compound than  $1,25(\text{OH})_2\text{D}_3$  in our murine model.

Other analogs of  $1,25(\text{OH})_2\text{D}_3$  have been synthesized that also have little calcemic activity but retain the ability to differentiate myeloid leukemia cells. 24-homo- $1,25(\text{OH})_2\text{D}_3$  can induce differentiation of HL-60 cells, but do not increase serum calcium when administered to vitamin D-deficient rats.<sup>94</sup> Similar differential activity occurs with MC903 [ $1,24(\text{OH})_2-22\text{ene}-24\text{cyclopropyl}-\text{D}_3$ ], a  $1,25(\text{OH})_2\text{D}_3$  analog with a cyclopropyl group at the end of the side chain.<sup>95</sup> 22-oxa- $1,25(\text{OH})_2\text{D}_3$  (OCT) also has very low bone calcium mobilizing activity in vitro. %OCT exhibited an activity 10 times more potent than  $1,25(\text{OH})_2\text{D}_3$  in suppressing growth of WEHI-3 cells and in inducing differentiation of both HL-60 and WEHI-3 leukemic cells. The binding affinity of OCT for the  $1,25(\text{OH})_2\text{D}_3$  receptors in HL-60 cells was weaker than that of  $1,25(\text{OH})_2\text{D}_3$  for its receptors. This suggests that factors other than the binding affinity for the receptor such as stability, cellular uptake, or intracellular metabolism of vitamin D compounds, probably are also important in separating the differentiation-inducing activity from the hypercalcemic action of these new analogs.

In summary, these novel vitamin D analogs are more potent than  $1,25(\text{OH})_2\text{D}_3$  in inducing differentiation and inhibiting proliferation of leukemic cells. Moreover, these compounds appear to have the potential to be markedly less toxic as measured by the development of hypercalcemia. For example, about 10-fold more  $1,25(\text{OH})_2-16\text{ene}-23\text{yne}-\text{D}_3$  is required to produce hypercalcemia as compared to  $1,25(\text{OH})_2\text{D}_3$ . These novel vitamin D, analogs may prove superior to  $1,25(\text{OH})_2\text{D}_3$  in a number of clinical situations including MDS and acute leukemia. In addition, they will provide a tool to dissect the mechanism of action of vitamin D, compounds in promoting cellular differentiation.

## INTERFERONS

Interferons are a family of proteins sharing the capacity to exert distinctive effects on cell functions. IFNs are secreted by many cell types in response to various stimuli. Interferon gamma is produced by immunocompetent T lymphocytes, in response to a sensitizing antigen.<sup>97</sup> Fibroblasts usually produce only IFN- $\beta$ .<sup>98</sup> Leu-

kocytes predominantly produce IFN- $\alpha$  and a small percentage of IFN- $\beta$ .<sup>99</sup> Interferons render cells resistant to viral growth.<sup>100</sup> They also play a physiological role in the regulation of immune responses. Depending on the target cell, IFNs can function as differentiation factors, as cellular growth inhibitors, and as modulators of gene expression in differentiated cells. They have also been reported to contribute to control of autocrine growth. Human IFN- $\alpha$ , - $\beta$ , and - $\gamma$  enhance the differentiation of the myeloblastic leukemic HL-60 cells into **macrophages**.<sup>101-104</sup> In vitro IFN- $\gamma$  also induces monocytic differentiation of blasts from AML and MDS patients.<sup>105</sup> Interferon alfa has not been found to be clinically effective in **AML**<sup>106</sup>; but it is effective for treatment of patients with chronic myeloid leukemia.<sup>107</sup> Partial remissions with IFN- $\alpha$  were reported in **MDS**<sup>108,109</sup>; however, confirmatory data from clinical trials are not available. In one patient the complete disappearance of the cytogenetic anomaly of trisomy 8 was observed after 34 days of IFN- $\alpha$  treatment, indicative of eradication of the malignant hematopoietic clone.<sup>110</sup> Recently, a study examined the effects of long-term application of IFN- $\alpha$  at higher dosages in patients with "low-risk" MDS.<sup>111</sup> Ten patients were included in the study; 8 were treated for 6 to 36 months. IFN- $\alpha$  was administered at a median dosage of 9, 6, and 4 million units per week during the first, second, and third years, respectively. Responses occurred in 3 of 10 (30%) of the patients; disease progression was thought to have been retarded during the third year of therapy in an additional case. Only a few case studies have been published on treatment of MDS patients with IFN- $\gamma$  in *vivo*.<sup>112-114</sup> Only minimal benefit was observed. Flu-like symptoms, which can be debilitating at times, are examples of the side-effects of therapy with interferons.

#### HEXAMETHYLENE BISACETAMIDE AND 5-AZACYTIDINE

A number of nonphysiological agents induce in vitro differentiation of leukemic cells and some of them have been tried in patients with AML and MDS. Hexamethylene bisacetamide, a low-molecular weight polar-planar compound, was introduced into clinical trials be-

cause of its potent tumor-differentiating capabilities in *vitro*.<sup>115-117</sup> Hexamethylene bisacetamide induces differentiation of Friend MEL and human myeloblastic HL-60 cells.<sup>118,119</sup> Hexamethylene bisacetamide concentrations that induced differentiation in vitro (2-5 mM) inhibited the clonal growth of myeloid and erythroid committed hematopoietic stem cells in 15 patients with MDS and these concentrations of HMBA are achievable in clinical trials (1-2 mM).<sup>120</sup> However, these same concentrations also inhibited in vitro clonal growth of committed hematopoietic stem cells of normal individuals suggesting lack of a selective cytotoxicity to neoplastic cells. Phase I trials have demonstrated that HMBA produces some hematologic toxicity.<sup>121,122</sup> Therapeutic efficacy of HMBA in MDS is currently being evaluated.<sup>123,124</sup> These trials are examining the effects of maximally tolerated HMBA concentrations infused for 5 and 10 consecutive days on peripheral blood cell counts and blast cell fractions.

5-azacytidine is a ring analog of cytidine that is capable of inducing remissions in approximately 20% of patients with relapsed **AML**.<sup>125</sup> 5-azacytidine is incorporated into newly synthesized DNA.<sup>125</sup> Incorporation leads to a decrease in the activity of DNA methyl transferase thus reducing methylation of newly synthesized DNA; this hypomethylation can modify gene expression.<sup>126</sup> Differentiation of HL-60 cells along the myeloid lineage occurs after exposure to 5-azacytidine.<sup>127</sup> Therefore, a study was conducted of low-dose 5-azacytidine (75 mg/m<sup>2</sup> per day) administered as a continuous infusion for 7 days in 11 patients with **AML**; no patient had a response as defined by bone marrow remission.<sup>128</sup> However, in 44 evaluable patients with MDS, administration of 5-azacytidine in the same dose and schedule resulted in normalization of peripheral blood and bone marrow in 5 patients (11%) and improvement in an additional 16, for an overall response rate of 48%.<sup>129</sup> Further clinical trials are necessary, however, before this approach can be recommended for therapy of MDS.

#### COMBINATIONS OF DIFFERENTIATION INDUCING AGENTS

Numerous reports on low-dose cytarabine treatment in MDS and AML have been pub-

lished since the initial successful case report in 1979.<sup>130</sup> Recently, combination of differentiation-inducing agents with DNA synthesis inhibitors, such as cytarabine, resulted in vitro in a 10- to 1,000-fold greater differentiation of leukemic cells in vitro than either agent alone.<sup>131</sup> A phase II clinical trial with low-dose cytarabine (5 mg/M<sup>2</sup> per 12h subcutaneously [SC]) and 13-*cis* retinoic acid (60 mg/M<sup>2</sup> per day orally) in 14 patients with MDS resulted in one partial and one minor response.<sup>132</sup> Another innovative study combined IFN- $\alpha$  (3 M U/day, SC), 13-*cis* retinoic acid (1mg/kg per day) and 1,25(OH)<sub>2</sub>D<sub>3</sub> (1  $\mu$ g/d) for treatment of MDS.<sup>133</sup> Four complete and 9 partial remissions were obtained out of 47 patients. This result was comparable to the response rate of treatment with low-dose cytarabine; in addition, this treatment had a high rate of side effects, perhaps due to IFN- $\gamma$ . This therapy did not appear to prolong survivals of the patients. In conclusion, combinations of cytarabine and inducers of differentiation does not seem to offer a therapeutic benefit to patients with MDS as compared to single agents alone.

### CONCLUSIONS

Myelodysplastic syndromes are clonal hematologic malignancies with an increased risk of

transformation to AML. Natural history of MDS ranges from a relatively benign slowly progressive to a very aggressive disease resulting in either life-threatening cytopenias or evolution to AML. Therapies for MDS have included hormones, chemotherapy, bone marrow transplantation, and differentiating agents. Recently, hematopoietic growth factors have been tested in clinical trials of MDS because they increase the number of neutrophils, platelets, and erythrocytes of these patients.<sup>134-139</sup> However, hematopoietic growth factors, especially granulocyte-macrophage colony stimulating factors, have a risk for increasing the number of blast cells in patients with refractory anemia with excess blasts in transition and also chronic myelomonocytic leukemia.<sup>138,139</sup> Inducers of differentiation are often well tolerated by elderly patients as compared to cytotoxic agents. However, results with these agents have not been satisfactory. Further studies should continue to try to identify new compounds that can induce differentiation of the most immature hematopoietic stem cells of the MDS clone. In addition, major effort should be directed towards understanding the molecular biology of MDS; such an understanding may permit us to tailor our therapy to correct chemically the molecular defect.

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