Original Research Article

Long term outcome of Wilms' tumor in tertiary care hospital

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ABSTRACT

Background: Nephroblastoma, or Wilms’ tumor, is an embryonal tumor that develops from remnants of the immature kidney. It is the most common renal tumor of childhood. The aim is to analyze the long term outcome in Wilms’ tumor in perplex situations as double moiety and to correlate with multiple organ defects.

Methods: It is a combined perspective and retrospective study that pediatric urology outpatient department (OPD) at the Institute of Child Health and Hospital for Children, Madras Medical College, Chennai. The study included patients with Wilms, who attended the pediatric surgery during the ten years, from March 2008 to February 2011. The patients were subjected to detailed clinical examination and relevant investigations were performed.

Results: Among patients with stage I–II fumarate hydratase (FH) tumors, the relative risk (RR) of relapse and death were increased for loss of heterozygosity (LOH) 1p only (RR=2.2 for relapse; RR=4.0 for death), for LOH 16q only (RR=1.9 and RR=1.4), and LOH for both regions (RR=2.9 and RR=4.3) in comparison with patients lacking LOH at either locus.

Conclusions: Stage I and II have a good prognosis. Stage III and IV need close surveillance since they have a high rate of recurrence. Stage V has a bad prognosis. Stage IV Wilms need lung irradiation. Neoadjuvant chemotherapy reduces tumor spillage in stage III and IV.

Keywords: Wilms’ tumor, Long term outcome, Chromosomal abnormality, Intravenous urography, Treatment

INTRODUCTION

Nephroblastoma, or Wilms’ tumor, is an embryonal tumor that develops from remnants of the immature kidney. It is the most common renal tumor of childhood. Wilms’ tumor has many causes, which can broadly be categorized as syndromic and non-syndromic. Syndromic causes of Wilms’ tumor occur as a result of alterations to genes such as the Wilms’ tumor 1 (WT1) or Wilms’ tumor 2 (WT2) genes, and the tumor presents with a group of other signs and symptoms.1 Non-syndromic Wilms’ tumor is not associated with other symptoms or pathologies. In particular, cases of bilateral Wilms’ tumor, as well as cases of Wilms’ tumor derived from certain genetic syndromes such as Denys-Drash syndrome, are strongly associated with nephrogenic rests.2 Most nephroblastosas are on one side of the body only and are found on both sides in less than 5% of cases, although people with Denys-Drash syndrome mostly have bilateral or multiple tumors they tend to be encapsulated and vascularized tumors that do not cross the midline of the abdomen.3 In cases of metastasis, it is usually to the lung. A rupture of Wilms’ tumor puts the patient at risk of bleeding and peritoneal dissemination of the tumor. In such cases, surgical intervention by a surgeon who is experienced in the removal of such a fragile tumor is imperative.

Stage I

The tumor is limited to the kidney and was completely excised. The renal capsule has an intact outer surface. The tumor was not ruptured or biopsied before removal (fine-
needle aspiration biopsies are excluded from this restriction). The vessels of the renal sinus are not involved. There is no evidence of tumor at or beyond the margins of resection.

**Stage II**

The tumor extends beyond the kidney, but was completely excised. There may be a regional extension of tumor (i.e. penetration of the renal capsule or extensive invasion of the renal sinus). The blood vessels outside the renal parenchyma, including those of the renal sinus, may contain tumor. The tumor was biopsied (except for fine-needle aspiration), or there was a spillage of the tumor before or during surgery that is confined to the flank and does not involve the peritoneal surface. There must be no evidence of tumor at or beyond the margins of resection.

**Stage III**

Residual non-hematogenous tumor is present, and confined to the abdomen. Anyone of the following may occur: Lymph nodes within the abdomen or pelvis are found to be involved by the tumor (renal hilar, para-aortic, or beyond) (lymph node involvement in the thorax or other extra-abdominal sites would be a criterion for stage IV). The tumor has penetrated through the peritoneal surface. Tumor implants are found on the peritoneal surface. Gross or microscopic tumor remains postoperatively (e.g. tumor cells are found at the margin of surgical resection on microscopic examination). The tumor is not completely resectable because of local infiltration into vital structures. Tumor spill not confined to the flank occurred either before or during surgery.

**Stage IV**

Hematogenous metastases (lung, liver, bone and brain), or lymph node metastases outside the abdominopelvic region are present.

**Stage V**

Bilateral renal involvement is present at diagnosis. An attempt should be made to stage each side according to the above criteria based on the extent of disease before biopsy or treatment.

**METHODS**

It is a combined perspective and retrospective study that pediatric urology OPD at the Institute of Child Health and Hospital for Children, Madras Medical College, Chennai. The study included patients with Wilms, who attended the pediatric surgery during the ten years, from March 2008 to February 2011. The patients were subjected to detailed clinical examination and relevant investigations were performed, namely, ultrasound examination, an intravenous urogram (IVU), contrast-enhanced computed tomography (CECT). The treatment modalities were studied and patients were followed up to screen for residual lesion size, recurrences, and liver and lung secondaries.

**Selection criteria**

All patients with renal mass, hematuria, fever, abdominal pain.

**Inclusion criteria**

All patients with Wilms’ tumor were proven radiologically, sonographically and histopathological examination (HPE) wise.

**Exclusion criteria**

Stromal tumors as clear cell sarcoma, congenital mesonephric hamartoma, rhabdoid tumor, and angiomyolipoma of the kidney. The patients were subjected to detailed clinical examination and relevant investigations were performed, namely, ultrasound examination, IVU, and/or CECT. The treatment modalities were studied and patients were followed up to screen for residual lesion size, recurrences, and liver and lung secondaries.

**Statistical analysis**

The software used was Statistical Package for the Social Sciences (SPSS) software version 20. Mean, median and standard deviation (SD) was calculated for descriptive analysis. Chi-square test can be used to compare data @5% level of significance.

**RESULTS**

**Demographics of Wilms’ tumour**

Gender distribution showed slight male predominance i.e. male-99 and female-57. Age at diagnosis was found to be: most of the children were between 1-5 years, number of children under 1 year - 14 (8 male and 6 female), number of children between 1-5 years - 117 (70 male and 47 female), number of children between 6-10 years – 23 (20 male and 3 female) and number of children more than 10 years - 2 (1 male and 1 female) (Figure 1).

![Figure 1: Demographics.](image-url)
Histopathology

Histopathology of 156 patients showed unfavorable histology in 2 patients and 154 patients showed favorable histology (FH), which includes 145 triphasic histology and 9 monophasic variety. Only 2 out of 156 cases were of unfavorable histology. Both cases were in stage III.

On gross specimen, Wilms’ tumor had a varied appearance of smooth to cystic and variegated on cut section. There was no distinct capsule, but the surrounding mesenchyme condensed to form a pseudocapsule. Occasionally, hemorrhage and necrosis were noted on gross specimen examination. The whole specimen was handled very carefully, and gross specimen examination, microscopic study, and further biological studies were performed according to the protocols by International Society of paediatric oncology (SIOP) 2002 in Europe and the American College of Pathologists in the United States.

For microscopic examination, the tumor should be sent to the pathology department intact without formalin preservative. The examination includes specimen weight, tumor location, capsule invasion, renal vein, and sinus invasion, ureter, and cut surface of the kidney if a heminephrectomy was performed (Figure 2).

Table 1: Histopathology.

<table>
<thead>
<tr>
<th>Stage-I</th>
<th>Stage-II</th>
<th>Stage-III</th>
<th>Stage-IV</th>
<th>Stage-V</th>
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<td>44-FH</td>
<td>8-triphase</td>
<td>9-favorable histology</td>
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<td>4-monophasic</td>
<td>2-unfavorable histology</td>
<td>2-monophasic</td>
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</tbody>
</table>

Figure 2: Gross specimen of Wilms’ tumour.

Figure 3: A 3 year male child presented with lung secondaries and right kidney involved with Wilms’ tumour.

Figure 4: Intravenous urography shows calyceal distortion in right kidney in Wilms’ tumour.

DISCUSSION

Wilms’ tumor (also called Wilms’ tumor or nephroblastoma) is a type of childhood cancer that starts in the kidneys. It is the most common type of kidney cancer in children. About 9 of 10 kidney cancers in children are Wilms’ tumors. Cancer starts when cells in the body begin to grow out of control.7 Cells in nearly any part of the body can become cancer and can spread to other
areas of the body. The presence of thrombus is picked up with high-resolution ultrasound in IVC and atrium. They were serially screened for its disappearance with radiotherapy and chemotherapy. It takes 24 weeks to two years for the tumor thrombus to resolve as reported by Flentje et al. We had six cases of tumor thrombus. 4 cases of IVC thrombus were resolved with chemotherapy. One out of 2 atrial thombi underwent cardiac bypass and atrial thrombectomy. 

The other cases of. The computed tomography (CT)-contrast study was done in all bilateral tumors after chemotherapy and radiotherapy (RT) to look for the residual lesion. 5 year survival is 98% in stage 1 and 2. Long term disease-free survival over 10 years is seen in 10 of our Wilms’ tumor patients. Hypertension was present at 1% after ten years. We have had no second malignant neoplasm in our series. Microalbuminuria was present in 1% of long term survivors. Their skeletal growth was affected by two children in our series. Ionizing radiation affects epiphyseal growth, soft tissue hypoplasia and diminished bone growth are followed by scoliosis our series of patients had stunted growth but no scoliosis. They did not show any delay in sexual maturity. Damage to the reproductive systems may represent one of the main late sequelae of both, gonadal radiation or chemotherapeutic agents.

Prognosis in Wilms’ tumor is directly dependent on the stage of the disease. This emphasizes the need for accurate staging before chemotherapy and radiotherapy. Quality of life was well preserved in stages 1, 2 and 3 diseases. Recurrences are more common in tumor spillage and recurrent tumors have uniformly failed to respond to salvage regimen. Those children with advanced-stage disease who responded favorably to chemotherapy and radiotherapy regime have survived beyond five years. The non-responders of this group deteriorated over the next five years. We have had follow-up stage I and II children till 20 years of life and observed 97% disease-free survival status. We have followed stage III children up to 10 years of their lives and observed 70% of disease-free survival status. We have followed stage IV Wilms’ tumors for 5 years and observed 50% mortality in our series. Stage V has shown 2 years of survival from the onset of disease. Stages I and II have a good prognosis. 97% of the cases show a disease-free survival status. Mortality is nil in our study from 1998 to date in stages I and II. We have had 10 recurrences in stage III. Salvage chemotherapy was not effective in these children. Tumour spillage and defaulting chemotherapy or radiotherapy results in recurrences. In stage IV, 50% of mortality was seen. Syndromic variety tumors do well with surgery, postoperative chemotherapy and RT. Bilateral Wilms have a bad prognosis.

CONCLUSION

We have had 10 recurrences in stage III. Heminephrectomy was done in one of double moiety and the child was not given radiotherapy as the child was understaged Salvage chemotherapy was not effective in these children. Tumour spillage and defaulting chemotherapy or radiotherapy results in recurrences. In stage IV, 50% of mortality was seen. Syndromic variety tumors do well with surgery, postoperative chemotherapy and RT. Bilateral Wilms have a bad prognosis. Life expectancy in bilateral Wilms’ is two years from the time of onset of disease. Stage I and II have a good prognosis. Stage III and IV need close surveillance since they have a high rate of recurrence. Recurrent tumors are not amenable to salvage chemotherapy. Stage V has a bad prognosis. Stage IV Wilms need lung irradiation. Neoadjuvant chemotherapy reduces tumor spillage in stage III and IV. Survival is poor in patients with Wilms’ tumor and coexisting renal anomalies like horseshoe kidney. Recurrent tumors are treated based on their histology. Wilms’ tumor usually does not recur, if treated adequately with chemotherapy and proper follow-up.

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REFERENCES
