

# The relationship between hemoglobin-RDW ratio and clinical outcomes in patients with advanced pancreas cancer

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**Abstract. – OBJECTIVE:** The prognostic significance of hemoglobin (HGB) -red cell distribution width (RDW) ratio (HRR) has been indicated in various cancer types. However, its clinical significance in patients with metastatic pancreas cancer (MPC) is unknown. In this study, we aimed to investigate the prognostic importance of pre-treatment HRR in patients with metastatic pancreas cancer.

**PATIENTS AND METHODS:** MPC patients ( $\geq 18$  years of age) who received at least one course of chemotherapy between January 2001 and January 2021, were evaluated retrospectively in terms of pre-treatment HRR values.

**RESULTS:** Of 111 patients, the mean HRR value was 0.84, and the patients were divided into low HRR and high HRR groups. The median follow-up was 8.7 months (95% CI 1.8-51.6). The median duration of first-line treatment was 4.4 months (95% CI 0.5-31.3). The median overall survival (OS) was 7.6 months (95% CI 3.4-11.8) in the low HRR group and 8.7 months (95% CI 5.7-11.8 months) in the high HRR group ( $p=0.276$ ) (Figure 1). The median progression-free survival (PFS) was 4.2 months (95% CI 2.7-5.6 months) in the low HRR group and 5.1 months (95% CI 2.8-7.4 months) in the high HRR group ( $p=0.044$ ) It was found that high HRR decreased progression event in both univariate (HR 0.67, 95% CI 0.45-0.99,  $p=0.046$ ) and multivariate (HR 0.62, 95% CI 0.42-0.93,  $p=0.022$ ) analysis.

**CONCLUSIONS:** The present study emphasized that low HRR was a poor prognostic factor for PFS in patients with MPC. There was no statistically significant difference between the HRR groups regarding OS. This is the first study evaluating the prognostic significance of HRR in MPC.

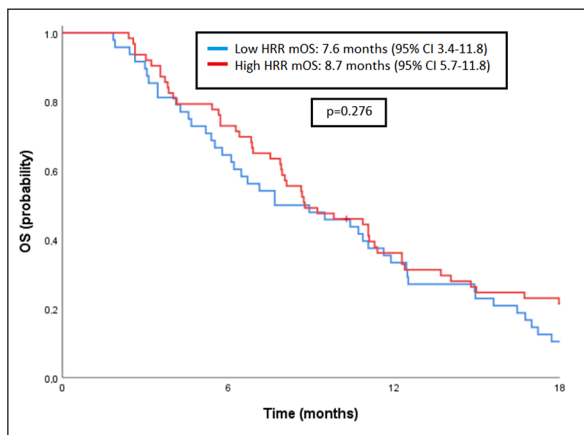
*Key Words:*

Advanced pancreas cancer, Hemoglobin, Red cell distribution width ratio, Prognosis.

## Introduction

Pancreatic cancer (PC) has been shown to have the worst prognosis among cancer types<sup>1,2</sup>. It is the fourth most common cause of cancer-related deaths worldwide<sup>3</sup>. Five-year overall survival is about 1%-17% at all stages<sup>4,5</sup>. PC follows an asymptomatic course in the early stages, therefore vast majority of patients are diagnosed at an advanced stage and systemic chemotherapy may be the only treatment option in the majority of cases<sup>6,7</sup>.

It is important to predict the prognosis of pancreatic cancer because of its aggressive course and often presenting at an advanced stage. In clinical practice, a number of achievable and low-cost parameters are investigated. Studies<sup>8-10</sup> have shown that systemic inflammation activation of cancer cells and their microenvironments may be associated with tumor proliferation and metastasis. For this purpose, various studies<sup>11-16</sup> have been conducted to estimate the prognosis, such as neutrophil/lymphocyte ratio, platelet/lymphocyte ratio, and systemic immune-inflammatory index, using hemogram parameters routinely examined in cancer patients. Low hemoglobin (HGB) is a component of these parameters and occurs multifactorially<sup>17,18</sup>. Low HGB causes tumor hypoxia. Thus, tumor angiogenesis due to hypoxia increases the tumor's aggressiveness by stimulating it. This situation negatively affects the prognosis<sup>19-22</sup>. For example, it was found that hemoglobin was associated with disease prognosis in various cancer types such as esophageal, gastric, colorectal, and endometrial cancers<sup>23,24</sup>. Red cell distribution width (RDW), which is also among the hemogram parameters, is a value that shows the variability in the volumes of red cells. Increasing evidence suggests that RDW is a diagnostic and prognostic marker in hematological cancers and



**Figure 1.** Kaplan–Meier curves for overall survival (OS) according to the HB/RDW ratio.

solid organ tumors<sup>25-27</sup>. However, HGB and RDW parameters are affected by many factors other than malignancy alone. In order to relatively reduce this effect, HGB-RDW ratio (HRR) was determined as a parameter. Recently, it has been found to be a prognostic marker in lung, bladder, head, and neck cancers<sup>28-30</sup>. HGB-RDW ratio has not yet been described in patients with metastatic pancreas cancer.

In our study, we aimed to evaluate the relationship between pre-treatment HRR and progression-free survival (PFS) and median overall survival (mOS) in patients with metastatic pancreas cancer.

## Patients and Methods

### Patient Characteristics

Metastatic PC patients who were followed and treated between January 2001 and January 2021 were evaluated retrospectively. Ethics approval was obtained from the Ethics Committee of Health Sciences University Dr. Abdurrahman Yurtaslan Ankara Oncology Training and Research Hospital, Ankara/TURKIYE. This study was conducted in concordance with the principles of the Declaration of Helsinki.

Metastatic PC patients aged 18 years or older treated with at least one cycle of chemotherapy were included in the study. Patients with bone marrow infiltration, secondary malignancy, and anemia at the time of diagnosis were excluded from the study.

Medical records of patients were obtained from patient files and an electronic recording system.

Pre-treatment HRR was calculated according to the HGB/RDW formula.

Mainly used first-line chemotherapy agents were mFOLFIRINOX (oxaliplatin 85 mg/m<sup>2</sup> on day 1+irinotecan 180 mg/m<sup>2</sup> on day 1+leucovorin 400 mg/m<sup>2</sup> on day 1 followed by FU 400 mg/m<sup>2</sup> as a bolus on day 1 and 2400 mg/m<sup>2</sup> as 46h continuous infusion biweekly) or gemcitabinebased (gemcitabine at a dose of 1000 mg/m<sup>2</sup>, on days 1, 8, and 15 every 4 weeks alone or with nabpaclitaxel 125 mg/m<sup>2</sup>, or gemcitabine at a dose of 1000 mg/m<sup>2</sup>, on days 1 and 8 every 3 weeks with cisplatin 75 mg/m<sup>2</sup> on day 1).

Radiological treatment outcome was evaluated according to response evaluation in solid tumors criteria 1.1 (RECIST 1.1).

SFS was defined as the time from initiation of therapy to progression or intolerable/fatal toxicity; OS was defined as the time from diagnosis of metastatic disease to the last visit or death in months.

### Statistical Analysis

Statistical Package for Social Sciences (SPSS®) v.23 was used for data analysis (IBM Corp., Armonk, NY, USA). Receiver operating characteristic (ROC) analysis was performed for the most appropriate value to determine the presence of death or progression for HRR. Cut-off values with acceptable sensitivity and specificity could not be achieved in the ROC analysis. Therefore, the mean value of the HRR variable with normal distribution was used. According to the determined mean value, high and low groups were formed for HRR. The groups were compared in terms of PFS at first-line treatment and OS. The Kaplan-Meier method performed survival analyses, and subgroups were compared by log-rank test. The relationship between OS, PFS, patient, tumor characteristics, and treatment were investigated by COX regression analysis,  $p < 0.05$  was considered statistically significant.

## Results

### Patient Characteristics and Treatments

A sum of 111 patients who were followed up and treated with metastatic pancreas cancer in our center were included. The median age of the patients was 59 (range= 33-82), 73.0% (n=81) of patients were male and 27.0% (n=30) were female. 22.5% (n=45) of patients were 65 years of

age or older. The most common location was the pancreatic head, 54.1% (n=60). At all, 82.0% (n=91) of the patients had liver metastasis, and the liver was the most common metastasis site. The main patient and tumor characteristics are shown in Table I.

Mean HRR was calculated as 0.84, and patients were divided into two groups as low HRR (<0.84) and high HRR (≥0.84). 43.2% (n=48) of patients were in the low HRR group and 56.8% (n=63) were in the high HRR group. There was no significant difference between the low HRR and high HRR groups regarding to clinic-pathological features (Table I).

The most common first-line treatment regimen was mFOLFIRINOX [53.2% (n=59)]. The second most frequently given regimen was gemcitabine-based monotherapy or combination treatments. First-line chemotherapy responses were partial response (PR) in 15.3% (n=17) patients, stable disease (SD) in 36.9% (n=41) patients and progressive disease (PD) in 47.7% (n=53) patients. Treatment process and best response rate information are shown in Table II.

**Survival Analysis**

The median follow-up was 8.7 months (95% CI 1.8-51.6). The median duration of first-line treatment was 4.4 months (95% CI 0.5-31.3). The median OS was 7.6 months (95% CI 3.4-11.8) in the low HRR group and 8.7 months (95% CI 5.7-11.8) in the high HRR group (p = 0.276) (Figure 1). The median PFS was 4.2 months (95% CI 2.7-5.6) in the low HRR group and 5.1 months (95% CI 2.8-7.4) in the high HRR group (p = 0.044) (Figure 2).

In the univariate analyses, in which we evaluated the factors affecting progression in the first-line treatment, it was found that the variables of being in the metastatic stage at the time of diagnosis (HR=1.9; 95% CI 1.18-3.15, p = 0.009), presence of liver metastasis (HR=1.89, were 95% CI 1.10-3.23, p = 0.019) increased progression, HRR ≥ 0.84 (HR=0.67, 95% CI 0.45-0.99, p = 0.046), and combination chemotherapy at first-line treatment (HR=0.58, 95% CI 0.38-0.90, p = 0.014) were reduced progression (Table III). In the multivariate analysis, it was found that being in the metastatic stage at the time of diagnosis

**Table I.** Demographic characteristics of the patients.

	Total	Low HRR	High HRR	p
Number of patients, n (%)	111 (100%)	48 (43.2%)	63 (56.8%)	
Median age, years (range)	59 (33-82)	61 (35-78)	57 (33-82)	
Elderly, n (%)				0.931
< 65 years old	86 (77.5%)	37 (43.0%)	49 (57.0%)	
≥ 65 years old	25 (22.5%)	11 (44.0%)	14 (56.0%)	
Sex, n (%)				0.082
Female	30 (27%)	17 (56.7%)	13 (43.3%)	
Male	81 (73%)	31 (38.3%)	50 (61.7%)	
ECOG PS, n (%)				0.348
0	21 (18.9%)	11 (52.4%)	10 (47.6%)	
≥ 1	90 (81.1%)	37 (41.1%)	53 (58.9%)	
Metastatic condition at initial diagnosis, n (%)				0.055
Non-metastatic	21 (18.9%)	13 (61.9%)	8 (38.1%)	
Metastatic	90 (81.1%)	35 (38.9%)	55 (61.1%)	
Primary tumor localization, n (%)				
Head	60 (54.1%)	29 (48.3%)	31 (51.7%)	0.240
Body	41 (36.9%)	14 (34.1%)	27 (65.9%)	0.139
Tail	10 (9.0%)	5 (50%)	5 (50%)	0.651
Metastatic region, n (%)				
Liver	91 (82%)	40 (44%)	51 (56%)	0.746
Peritoneum	19 (17.1%)	10 (52.6%)	9 (47.4%)	0.364
Lung	20 (18%)	8 (40%)	12 (60%)	0.746
Others	8 (7.2%)	4 (50%)	4 (50%)	0.689
Number of metastatic regions, n (%)				0.685
< 2	51 (45.9%)	21 (41.2%)	30 (58.8%)	
≥ 2	60 (54.1%)	27 (45%)	33 (55%)	
Chemotherapeutic agent, n (%)				0.343
Single agent	30 (27%)	14 (46.7%)	16 (53.3%)	
Doublet regimen	22 (19.8%)	12 (54.5%)	10 (45.5%)	
Triplet regimen	59 (53.2%)	22 (37.3%)	37 (62.7%)	

**Table II.** First-line treatment features.

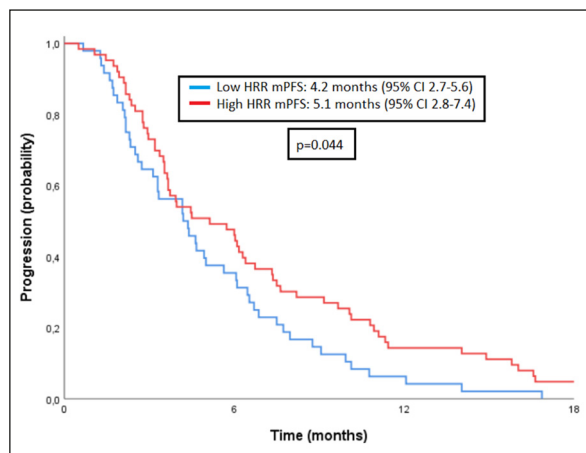
Median duration of treatment, months, (range)		n (%)
Treatment Protocols	mFOLFIRINOX	59 (53.2%)
	Gemcitabine+nab-paclitaxel	5 (4.5%)
	Gemcitabine+Cisplatin	14 (12.6%)
	Gemcitabine	30 (27%)
	FOLFOX	3 (2.7%)
Best Response Rate	Partial Remission	17 (15.3%)
	Stable Disease	41 (36.9%)
	Progressive Disease	53 (47.7%)

(HR=2.28, 95% CI 1.24-4.21,  $p = 0.008$ ) and presence of liver metastasis (HR = 1.83, 95% CI 1.05-3.31,  $p = 0.034$ ) were increased progression, HRR  $\geq 0.84$  (HR=0.62, 95% CI 0.42-0.93,  $p = 0.022$ ) and combination chemotherapy at first-line treatment (HR=0.46, 95% CI 0.29-0.72,  $p = 0.001$ ) were decreased progression (Table III).

In the univariate analyses evaluating the factors affecting death, it was found that the presence of peritoneal metastasis increased death (HR=1.67, 95% CI 1.01-2.77,  $p = 0.045$ ) (Table IV). In the multivariate analysis performed with the peritoneal metastasis variable and the chemotherapy variable considered clinically significant, no statistically significant factor affecting death was detected (Table IV).

### Discussion

In our study, we aimed to evaluate the prognostic significance of the pre-treatment HB/



**Figure 2.** Kaplan–Meier curves for progression-free survival (PFS) according to the HB/RDW ratio.

RDW ratio in patients with metastatic PC. In the low HRR group, the median PFS was statistically significantly shorter, indicating that low HRR was a poor prognostic factor for PFS at the first-line setting. There was no statistically significant difference between the HRR groups in terms of OS.

There are few studies<sup>31-33</sup> investigating the prognostic significance of HRR in cancer patients. It was firstly evaluated by Sun et al<sup>31</sup> in 362 patients with esophageal squamous cell carcinoma<sup>31</sup>. In this study, the optimal cut-off value of HRR for OS was determined as 0.989. The 5-year OS was lower in the low HRR group than in the high HRR group (39.8 months vs. 81.7 months,  $p=0.004$ ), and HRR was found to be an independent prognostic factor for OS. Jiang et al<sup>32</sup> found that pre-treatment low HRR was a poor prognostic marker for OS in 448 patients with advanced non-small cell lung cancer (NSCLC) (HR 1.55, 95% CI 1.17, 2.04). Zhao et al<sup>33</sup> evaluated preoperative HRR in pulmonary large cell neuroendocrine carcinoma in 80 patients. The optimal cut-off value for HRR was determined as 0.969. The low HRR group was shown to have a lower OS than the high HRR group (20.3 months, 95% CI: 14.5 to 26.1 months vs. not reached,  $p<0.001$ ), and low HRR was associated with poor prognosis for OS (HR=3.16, 95% CI: 1.69 to 5.93,  $p<0.001$ )<sup>33</sup>. In the three studies mentioned above, HRR was found to be a prognostic factor for OS in different cancer types. Sun et al<sup>31</sup> and Zhao et al<sup>33</sup> included cancer patients with a chance of curable treatment, while Jiang et al<sup>32</sup> evaluated cancer patients in the metastatic stage, similar to our study. In our study, it was observed that low HRR was not a prognostic factor for OS in metastatic pancreas cancer. This result may be due to the more aggressive course of pancreatic cancer compared to cancer types in these three

**Table III.** Univariate and multivariate analyses results including factors that may affect progression-free survival.

	Univariate			Multivariate		
	HR	CI (%)	<i>p</i>	HR	CI (%)	<i>p</i>
Elderly						
< 65 years old	Ref					
≥ 65 years old	1.15	0.73-1.81	0.528			
Sex						
Female	Ref					
Male	0.97	0.63-1.48	0.898			
ECOG PS						
0	Ref					
≥ 1	1.51	0.94-2.44	0.088			
Metastatic condition at initial diagnosis						
Non-metastatic	Ref					
Metastatic	<b>1.9</b>	<b>1.18-3.15</b>	<b>0.009</b>	<b>2.28</b>	<b>1.24-4.21</b>	<b>0.008</b>
Primary tumor localization						
Head	Ref					
Body	0.79	0.53-1.19	0.274			
Tail	1.74	0.90-3.36	0.095			
Metastatic region						
Liver	<b>1.89</b>	<b>1.10-3.23</b>	<b>0.019</b>	<b>1.88</b>	<b>1.05-3.37</b>	<b>0.034</b>
Peritoneum	1.40	0.83-2.34	0.200	1.50	0.88-2.55	0.132
Lung	0.94	0.57-1.53	0.808	1.51	0.85-2.69	0.154
Others	1.18	0.57-2.44	0.654			
Number of metastatic regions						
< 2	Ref					
≥ 2	1.44	0.99-2.11	0.056			
Chemotherapeutic agent						
Single agent	Ref					
Combination chemotherapy	<b>0.58</b>	<b>0.38-0.90</b>	<b>0.014</b>	<b>0.46</b>	<b>0.29-0.72</b>	<b>0.001</b>
HRR						
< 0.84	Ref					
≥ 0.84	<b>0.67</b>	<b>0.45-0.99</b>	<b>0.046</b>	<b>0.62</b>	<b>0.42-0.93</b>	<b>0.022</b>

studies and the variability caused by patients at different stages or the retrospective origin of the studies.

Yilmaz et al<sup>28</sup> evaluated the prognostic importance of HRR before treatment in 152 patients with muscle-invasive bladder cancer. They determined the cut-off value of HRR as 0.88. They found that low HRR was a prognostic factor for both OS and PFS (HR: 0.232; 95% CI: 0.129-0.417;  $p=0.000$ , HR: 0.358; CI: 95%: 0.223-0.574;  $p=0.000$ , respectively)<sup>28</sup>. Additionally, the cut-off value of HRR was determined as 0.89 in patients with gastric cancer treated with neoadjuvant FLOT by Yilmaz et al<sup>34</sup>. HRR was shown to be an independent prognostic factor for both disease-free survival (DFS) and OS ( $p<0.001$ ,  $p<0.037$ , respectively)<sup>34</sup>. Bozkaya et al<sup>30</sup> took the cut-off value for HRR as 0.88 in 153 patients diagnosed with advanced non-small cell lung cancer. Low HRR was found to be an independent prognostic factor for both OS (HR

1.607, 95% CI: 1.041-2.480,  $p = 0.03$ ) and PFS (HR 2.635, 95% CI: 1.667-4.166,  $p< 0.001$ )<sup>30</sup>. In terms of the cut-off value of HRR, our study and these three studies seem similar. Wu et al<sup>35</sup> investigated the prognostic value of baseline HRR in 146 small cell lung cancer (SCLC) patients in China. They determined the cut-off value for HRR as 0.985 and found that lower HRR associated with poorer OS and PFS (HR=3.782; 95% CI: 2.151-6.652;  $p<0.001$ ), (HR=2.112; 95% CI: 1.195-3.733;  $p<0.001$ , respectively)<sup>35</sup>. Tham et al<sup>29</sup> from the USA determined the cut-off value of HRR in early stage 205 head and neck cancer patients as 1.017 for OS and 1.037 for event-free survival (EFS). Low HRR was associated with worse EFS (HR=2.02, 95% CI: 1.13-3.61,  $p=0.017$ ) than high HRR but was not associated with OS. In our study, similar to the studies mentioned above, HRR was found to be a prognostic factor for PFS in metastatic pancreas cancer.



**Table IV.** Univariate and multivariate analyses results including factors that may affect overall survival

	Univariate			Multivariate		
	HR	CI (%)	p	HR	CI (%)	p
Elderly						
< 65 years old	Ref					
≥ 65 years old	1.45	0.92-2.29	0.109			
Sex						
Female	Ref					
Male	1.14	0.74-1.76	0.546			
ECOG PS						
0	Ref					
≥1	1.50	0.92-2.44	0.098			
Metastatic condition at initial diagnosis						
Non-metastatic	Ref					
Metastatic	1.55	0.95-2.52	0.074			
Primary tumor localization						
Head	Ref					
Body	0.84	0.55-1.26	0.403			
Tail	1.74	0.91-3.35	0.093			
Metastatic region						
Liver	1.33	0.81-2.19	0.256			
Peritoneum	<b>1.67</b>	<b>1.01-2.77</b>	<b>0.045</b>	1.59	0.94-2.68	0.81
Lung	0.64	0.38-1.07	0.091			
Others	0.90	0.44-1.87	0.792			
Number of metastatic regions						
< 2	Ref					
≥ 2	1.26	0.86-1.85	0.231			
Chemotherapeutic agent						
Single agent	Ref					
Combination chemotherapy	0.66	0.42-1.02	0.065			
HRR						
< 0.84	Ref					
≥ 0.84	0.80	0.54-1.91	0.27	0.79	0.45-1.37	0.404

### Limitations

The main limitation of our study was its retrospective nature. Additionally, a relatively small number of patients from a single center was the second important limitation. However, to the best of our knowledge, it was still valuable as the first study evaluating HRR in metastatic pancreatic cancer with a poor prognosis.

### Conclusions

In conclusion, our study revealed that HRR, which has the potential to be a practical prognostic marker investigated in different cancer types and different stages in the literature, may be an independent prognostic marker in metastatic pancreatic cancer. Of course, larger, multicenter, and prospective designed studies are needed to validate these types of practical and useful prognostic markers with a higher level of evidence.

### Conflict of Interest

The Authors declare that they have no conflict of interests.

### Funding

This research received no external funding

### Ethics Approval

Ethics Committee of Health Sciences University Dr. Abdurrahman Yurtaslan Ankara Oncology Training and Research Hospital, Ankara, Turkey (Approval number: 2021-10/1418).

### Availability of Data and Material

The data sets and data analyzed in the study are available from the corresponding author on reasonable request.

### Authors' Contribution

The study conception and designed was by Mutlu Dogan and Aysegul Ilhan. Statistical analysis was designed and

performed by Fatih Gurler. Material preparation and data collection were performed by Emrah Eraslan and Funda Cinkil. The first draft of the manuscript was written by Aysegul İlhan, and all authors commented on previous versions of the manuscript. All authors read and approved the final manuscript.

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