

Quality of life in patients with gastro-entero-pancreatic tumors treated with [¹⁷⁷Lu-DOTA⁰,Tyr³]octreotate

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Purpose: To evaluate the quality of life (QoL) in patients with metastatic somatostatin receptor positive gastro-entero-pancreatic (GEP) tumors treated with [¹⁷⁷Lu-DOTA⁰,Tyr³]octreotate (¹⁷⁷Lu-octreotate) therapy.

Patients and methods: Fifty patients who had been treated with 600-800 mCi of ¹⁷⁷Lu-octreotate and had a follow-up of at least 3 months were studied. The patients completed the EORTC QLQ-C30 questionnaire before therapy and at follow-up visit six weeks after the last cycle. Overall QoL and specific QoL domains of both the total group of patients and subgroups according to treatment outcome were analyzed. Twenty-four patients had regression, 19 had stable disease and 6 had progressive disease, one had non-evaluable disease status. Analysis of variance was used for statistical comparison.

Results: A significant improvement in the global health status/QoL scale was observed after therapy with ¹⁷⁷Lu-octreotate (P < .01). The score increased significantly from a mean of 69.0 before to 78.2 six weeks after therapy (scale range 0–100). Furthermore, significant improvement was observed in the role, emotional and social function scales. The symptom scores fatigue, insomnia and pain significantly decreased. Patients with proven tumor regression most frequently had an improvement of quality of life domains. Unexpectedly, also patients with progressive disease indicated an improvement in their global health/QoL score.

Conclusion: ¹⁷⁷Lu-octreotate therapy significantly improved the global health/QoL and several function and symptom scales in patients with metastasized GEP tumors, but especially in those patients with proven tumor regression.

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