



The prognostic role of preoperative circulating neutrophil–lymphocyte ratio in primary bladder cancer patients undergoing radical cystectomy: a meta-analysis

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Abstract

Background Systemic inflammatory response (SIR) plays important roles in initiation, promotion and progression of tumor. However, the prognostic role of preoperative circulating neutrophil–lymphocyte ratio (NLR) (known as a marker of SIR) in human primary bladder cancer (BC) undergoing radical cystectomy (RC) remains controversial. Hence, we performed this meta-analysis to better understand the role of preoperative circulating NLR in prognosis prediction for primary BC patients undergoing RC.

Methods We searched PubMed, Embase and EBSCO to identify the studies and computed extracted data with STATA 12.0.

Results A total of 11,945 patients with BC from 18 published studies were incorporated into this meta-analysis. We found that elevated NLR was significantly associated with decreased 3-year and 5-year overall survival (OS), 1-year, 3-year and 5-year recurrence-free survival (RFS), but not with 1-year or 10-year OS, or 10-year RFS in primary BC patients who underwent RC. The results also showed that neoadjuvant chemotherapy (NAC) had a significant impact on the negative prognostic effect of NLR. In addition, high NLR significantly correlated with unfavorable clinicopathological features of BC.

Conclusion Elevated preoperative circulating NLR leads to an unfavorable outcome in primary BC undergoing RC, especially in patients without NAC, implicating that it might be a valuable prognostic index for these patients.

Keywords Preoperative circulating neutrophil–lymphocyte ratio · Unfavorable outcome · Primary bladder cancer · Radical cystectomy · Neoadjuvant chemotherapy · Meta-analysis

Abbreviations

NLR Neutrophil–lymphocyte ratio
SIR Systemic inflammatory response
BC Bladder cancer
RC Radical cystectomy
NAC Neoadjuvant chemotherapy

OS Overall survival
RFS Recurrence-free survival
HR Hazard ratios
OR Odds ratios
CI Confidence interval
TNM Tumor, lymph node, metastasis
NR Not reported

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Background

Although advances in diagnostic and therapeutic strategies have benefited the cancer patients, the progress in prognostic prediction of these patients still remains poor. Over the past decade, it has been shown to depend mainly on tumor characteristics, such as pathological tumor stage, lymph node metastases, etc. Until recently, several systemic inflammatory response (SIR)-related hematological factors have been extensively investigated to risk-stratify cancer patients to improve treatment selection and to predict clinical outcomes in many types of cancers.

The neutrophil–lymphocyte ratio (NLR), known as a marker of the SIR, has gained considerable interest in the past decade as a potential prognostic index associated with clinical outcomes in various cancers [1]. Preoperative circulating NLR, which can easily be measured on the basis of absolute neutrophils and lymphocytes in a differential white blood cell count performed in the clinical setting before operation, has been investigated in recent studies to predict the clinical outcomes in primary bladder cancer (BC) patients who underwent radical cystectomy (RC), but their results were not consistent even controversial. Therefore, an in-depth assessment is warranted. Furthermore, the potential of NLR in peripheral blood before surgery as an effective prognostic index and therapeutic strategy is necessary to be explored.

Herein, we performed this meta-analysis to quantitatively summarize the association between preoperative circulating NLR and clinical outcomes such as overall survival (OS) and recurrence-free survival (RFS) in primary BC patients, and thereby provided more evidence on the clinical value of circulating NLR as a prognostic index for BC.

Methods

Search strategy

We searched PubMed, Embase and EBSCO for studies assessing the NLR in peripheral blood before surgery and survival in BC patients from 1996 to May 31, 2018. The keywords adopted for search were (“neutrophil to lymphocyte ratio” OR “NLR” OR “inflammation”) AND (“bladder cancer”) AND (“prognosis” OR “survival”). A total of 247, 326 and 658 entries were identified in PubMed, Embase and EBSCO, respectively.

Inclusion and exclusion criteria

Inclusion criteria of the meta-analysis were: studies included must have (1) been published as original articles; (2) evaluated human subjects with histopathologically diagnosed primary BC receiving radical cystectomy; (3) provided hazard ratios (HRs) with 95% confidence interval (CI), or Kaplan–Meier curves of high and low preoperative circulating NLR with overall survival (OS) or recurrence-free survival (RFS); and (4) been published in English.

We excluded studies that were not published as research articles or full texts including commentary, case report and letters to editors and conference abstracts; studies that did not provide sufficient data to estimate hazard ratios (HRs); and studies that detected NLR not in peripheral blood or after surgery.

Endpoints

In this meta-analysis, we recorded OS and RFS as the primary and second endpoints, respectively. Individual studies defined cut-offs of NLR and classified BC patients into high- and low-groups.

Data extraction

Two authors (GM. H. and F. X.) independently reviewed and extracted information including first author’s name, publication year, number of patients, median age, gender, time of follow-up and cut-off value to determine high NLR. OS, RFS and clinicopathological data including tumor, lymph node, metastasis (TNM) stage, lymphovascular invasion, etc. were extracted from the text, tables, or Kaplan–Meier curves for both high and low NLR groups.

Quality assessment

The studies included in the meta-analysis were cohort studies. Two independent authors assessed the quality of included individual study with Newcastle–Ottawa Scale (NOS) [2], and achieved consensus for each item under the help of third author. The studies with six scores or more were recorded as high-quality studies.

Statistical analysis

The STATA 12.0 software (Stata Corporation, College Station, TX, USA) was used to combine the extracted data into meta-analyses. Statistical heterogeneity was assessed using the Chi-squared-based Q test or the I^2 method [3]. Data were combined according to the random-effect model

Table 1 Main characteristics of the included studies

Study	Year	No. of patients	Male/female	Median age (range) (year)	Cut-off for NLR	NLR: high/low	Treatment	Tumor stage	Median follow-up date (months)	Survival	Quality Score (NOS)
D'Andrea et al. [7]	2016	4335	3362/836	67 (60, 73)	2.7	2168/2167	RC	I–IV	42.4 (18.3, 85.1)	OS, RFS	7
Kang et al. [9]	2016	385	362/57	65.1 (58.3, 70.4)	2.1	184/201	RC	I–III	38	OS,	8
Viers et al. [10]	2014	899	723/176	69 (62, 76)	2.7	503/396	RC	I–IV	130.8 (99.6, 166.8)	OS, RFS	7
Tan et al. [22]	2017	84	63/21	67 (37, 82)	2.7	45/39	RC	I–IV	30.1 (3.2, 161.7)	OS, RFS	8
Ozcan et al. [19]	2015	286	256/30	60.7 (29, 83)	2.5	144/140	RC	I–IV	28 (0, 144)	OS	6
Zhang et al. [8]	2015	124	100/24	65 (30, 78)	2.1	52/72	RC	I–IV	NR	OS	7
Gondo et al. [23]	2012	189	158/31	68.4 (38, 85)	2.5	104/85	RC	II–III	25.1 (2.1, 127.9)	OS	8
Lucca et al. [32]	2016	4061	3240/821	66.1 ± 10.2	2.7	2546/1515	RC	NR	42 (18, 85)	OS	7
Buisan et al. [27]	2017	19	NR	NR	5.0	NR	NAC+RC	NR	29 (2, 99)	OS	7
van Kessel et al. [26]	2016	123	91/32	61	2.21	55/68	NAC+RC	NR	NR	OS	8
Buisan et al. [20]	2016	75	69/6	NR	2.5	34/41	NAC+RC	NR	NR	OS	7
Krane et al. [28]	2013	68	55/13	67.4 ± 10.1	2.5	NR	RC ± NAC	I–IV	25 (13, 61)	OS	7
Kawahara et al. [16]	2016	74	58/16	≥ 65: 56.8%; < 65: 43.2%	2.38	23/51	RC ± NAC	II–IV	24.2	OS	6
Ojerholm et al. [14]	2016	230	185/45	64.0 (57.2, 68.5)	2.66	NR	RC + NAC	II–IV	223.2	OS	6
Hermanns et al. [15]	2014	424	325/99	70.1 (60.6, 76.3)	3.0	216/208	RC ± NAC	I–IV	58.4 (21.3, 94.5)	OS, RFS	8
Hirasawa et al. [17]	2016	136	112/24	68.6	NR	NR	RC ± NAC	I–IV	46.7	OS	8
Morizawa et al. [21]	2016	110	86/24	72 (65, 76)	2.6	55/55	RC ± NAC	I–IV	37.5 (11, 65)	OS, RFS	7
Yoshida et al. [24]	2016	323	253/70	71 (39, 91)	2.7	147/176	RC ± NAC	I–IV	63.5 (2.2–259.5)	OS	7

RC radical cystectomy, NAC neoadjuvant chemotherapy, NR not reported

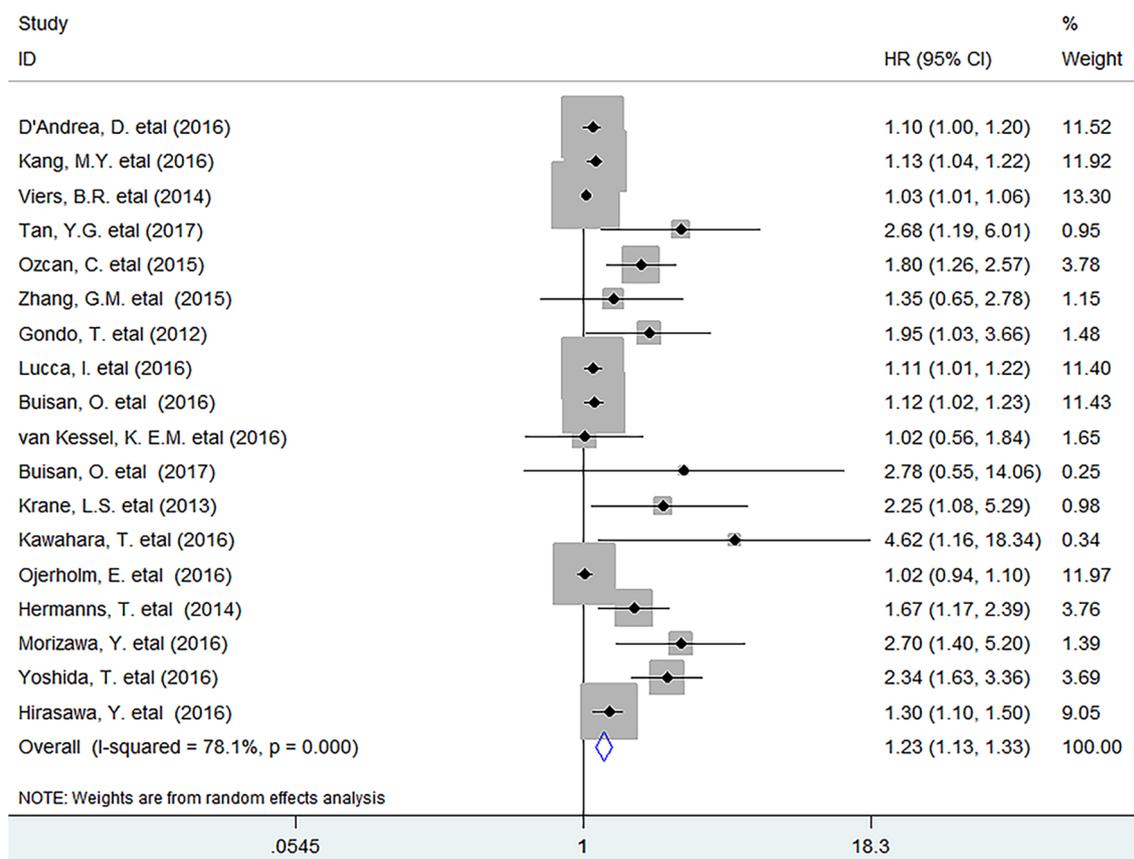


Fig. 1 Forest plots describing HR of the association between preoperative circulating NLR and OS in bladder cancer patients undergoing RC

in the presence of heterogeneity [4]; otherwise, the fixed-effect model was applied [5]. Sensitivity analysis, Begg's funnel plot and Egger's test [6] were employed to investigate the influence of individual studies on the pooled result and potential publication bias, respectively. All *P* values were two-sided and less than 0.05 are considered statistically significant.

Results

Search results and description of studies

1231 records were retrieved and the results were exhibited in Fig. S1. We ultimately identified 18 studies containing 11945 BC patients for the assessment of preoperative circulating NLR [7–30], and then evaluated all these studies with the Newcastle–Ottawa Scale (NOS). Characteristics of included studies that were in accordance with the inclusion criteria and suitable for data consolidation are shown in Table 1 and S1.

Meta-analyses

Overall survival (OS)

The meta-analysis indicated that elevated preoperative NLR in peripheral blood significantly decreased OS (HR 1.23, 95% CI 1.13–1.33, *P* = 0.000) in patients with primary BC who underwent RC (Fig. 1). However, in stratified analyses, we found that increased NLR before surgery was significantly associated with decreased 3-year (OR 0.62, 95% CI 0.52–0.74, *P* = 0.000) and 5-year survival rate (OR 0.60, 95% CI 0.51–0.71, *P* = 0.000), but not with 1-year (OR 0.74, 95% CI 0.55–1.01, *P* = 0.055) or 10-year survival rate (OR 0.73, 95% CI 0.51–1.03, *P* = 0.072) in BC (Fig. 2).

To investigate whether preoperative treatment such as neoadjuvant chemotherapy (NAC) could influence the association between high preoperative circulating NLR and decreased OS, and the stratified analysis showed that NAC had a significant impact on the prognostic role of NLR in BC patients (HR 1.06, 95% CI 0.99–1.15, *P* = 0.105), with little heterogeneity being observed (*I*² = 17.2%, *P* = 0.305); in contrast, elevated preoperative circulating NLR was

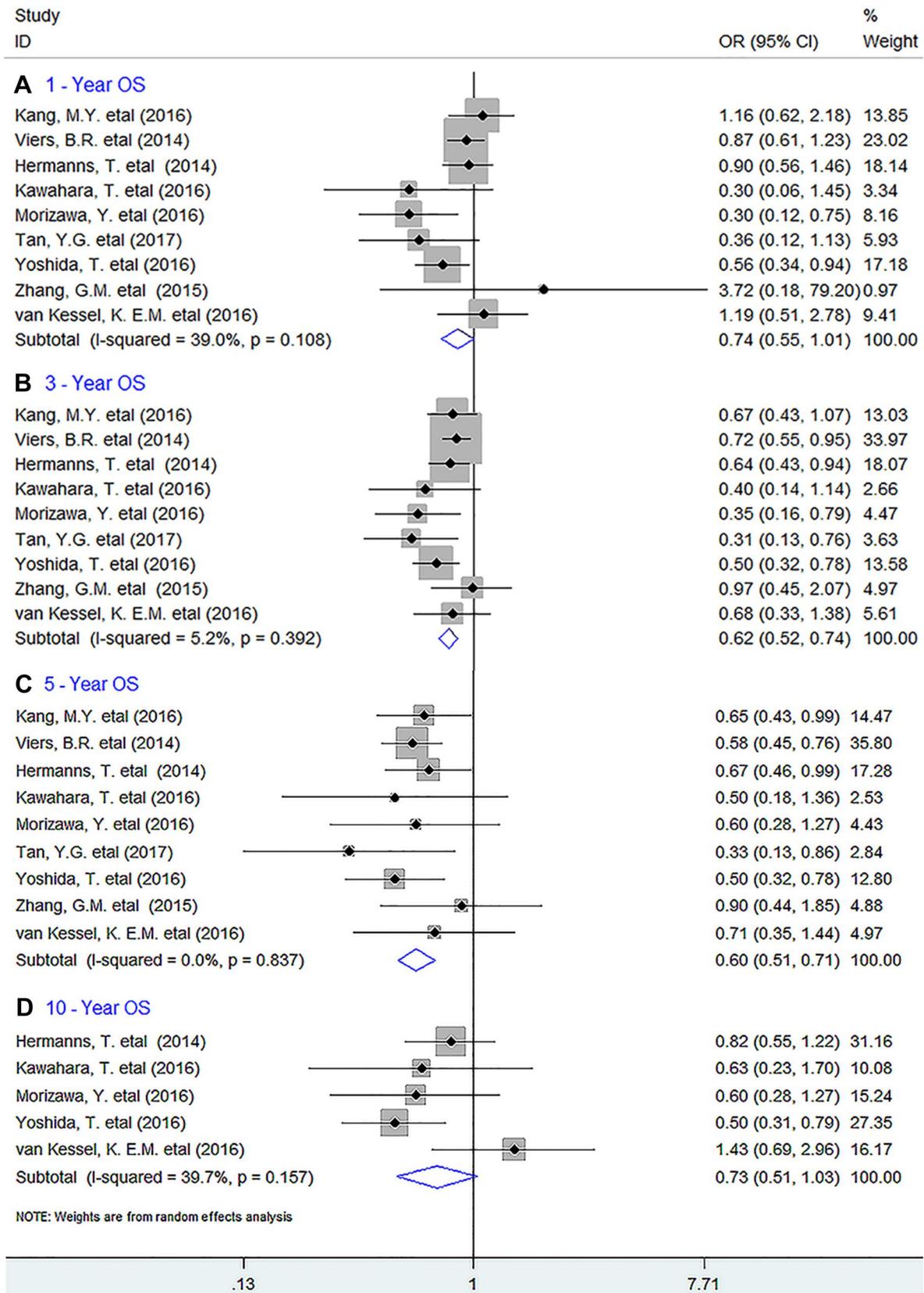


Fig. 2 Stratified analyses describing ORs of the association between preoperative circulating NLR and 1-year, 3-year, 5-year and 10-year survival rate in bladder cancer

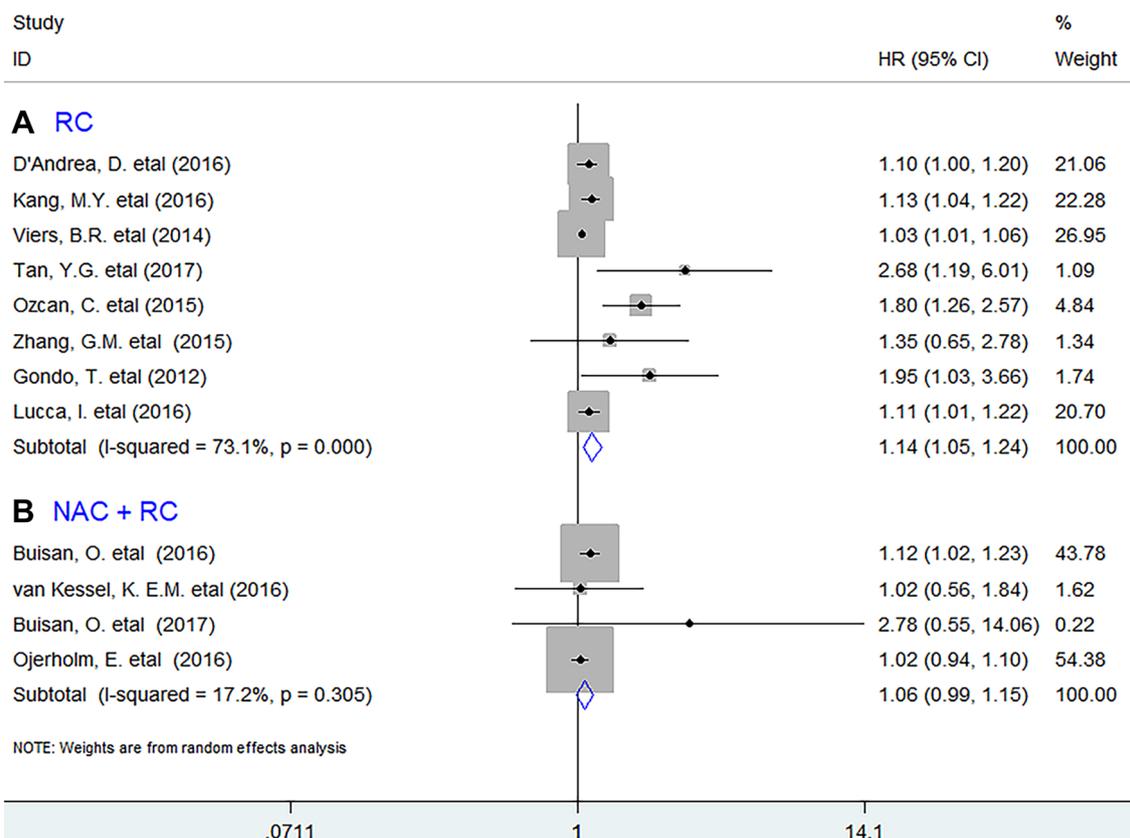


Fig. 3 Stratified analyses describing HRs of the association between preoperative circulating NLR and OS in bladder cancer patients undergoing RC with or without NAC

significantly associated with worse OS in patients who did not receive NAC (HR 1.14, 95% CI 1.05–1.24, $P=0.003$) (Fig. 3).

Recurrence-free survival (RFS)

Meta-analysis revealed that high preoperative circulating NLR was significantly associated with decreased 1-year (OR 0.50, 95% CI 0.34–0.74, $P=0.000$), 3-year (OR 0.52, 95% CI 0.39–0.69, $P=0.000$) and 5-year RFS (OR 0.56, 95% CI 0.42–0.74, $P=0.000$), but not with 10-year RFS (OR 0.59, 95% CI 0.30–1.18, $P=0.138$) in BC patients who underwent RC (Fig. 4).

In addition, we found that high NLR was significantly associated with advanced primary tumor stage (OR 0.67, 95% CI 0.57–0.78, $P=0.000$), lymph node metastasis (OR 1.70, 95% CI 1.31–2.22, $P=0.000$) as well as lymphovascular invasion (OR 1.34, 95% CI 1.16–1.56, $P=0.000$), but not with tumor differentiation (OR 0.54, 95% CI 0.26–1.11, $P=0.092$) of patients (Fig. S2).

Sensitivity analysis

Sensitivity analyses were used to determine the influence of individual studies on the overall HR. As a result, the plots showed that all the individual studies had no important impact on the results for OS or RFS.

Publication bias

Funnel plot and Egger's test indicated that there was no significant publication bias between circulating NLR and OS ($P=0.899$) in patients with BC (Fig. S3).

Discussion

Systemic inflammatory response linked closely with the initiation, promotion and progression of cancer [31]. Although previous study has indicated that high pretreatment NLR decreased OS in urothelial carcinoma [32], the prognostic impact of NLR in human primary BC undergoing RC still remains controversial. In the present meta-analysis, we

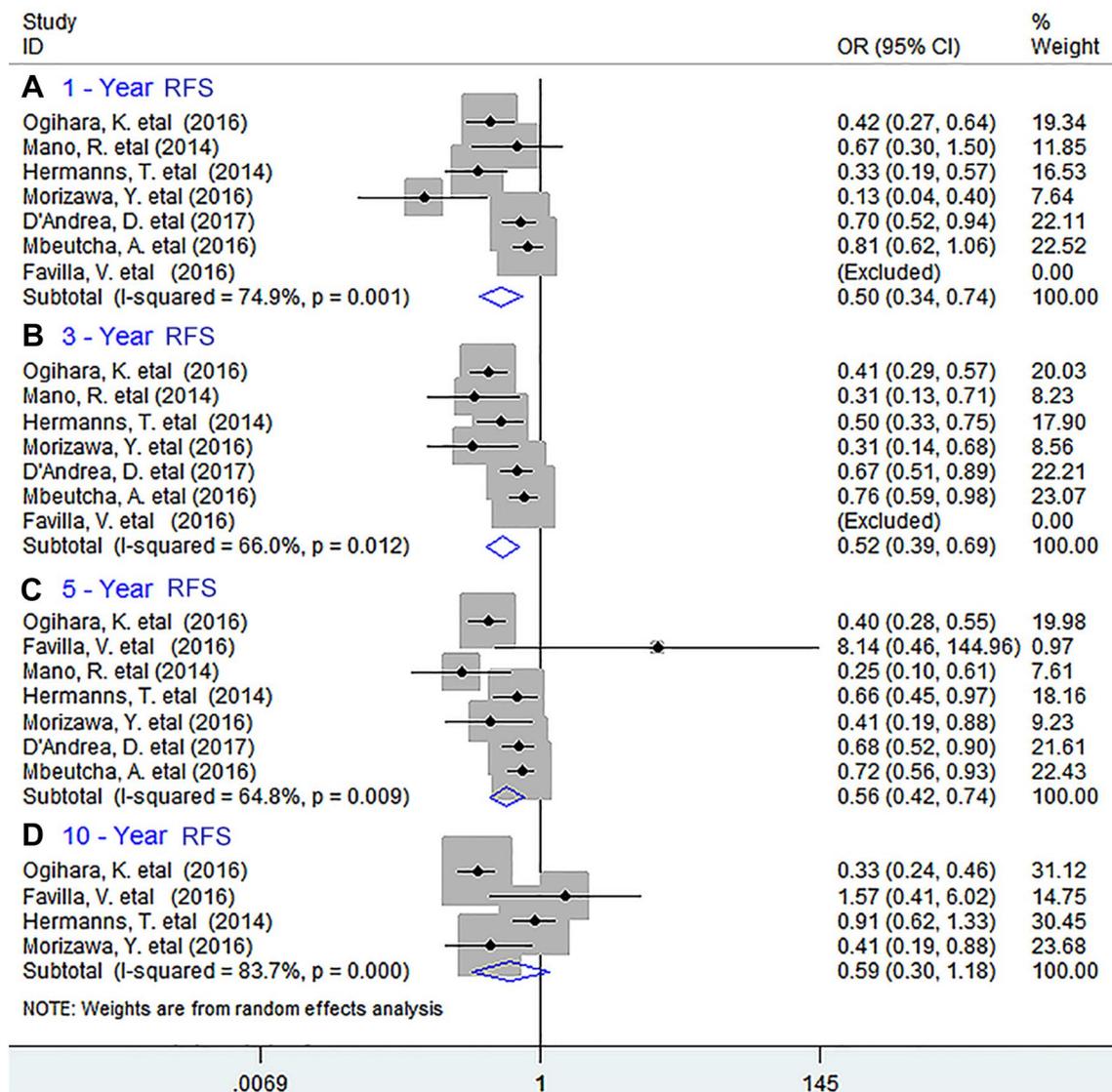


Fig. 4 Forest plots describing ORs of the association between preoperative circulating NLR and 1-year, 3-year, 5-year and 10-year RFS in bladder cancer

found that elevated preoperative circulating NLR was significantly associated with decreased OS, except for 1-year and 10-year survival rate in primary BC patients undergoing RC; which significantly differed from the previous studies [33, 34]. We also found that NAC could significantly affect the association between high NLR and OS in these patients. In addition, high NLR significantly correlated with unfavorable clinicopathological features of BC. We believe that this is the first to provide such distinctive statistical evidence exhibiting the important prognostic value of preoperative circulating NLR in BC patients.

The close association between increased NLR and worse prognosis of BC patients identified in this study may relate to the following reasons: bladder cancer cells

can secrete granulocyte colony stimulating factor to elicit systemic inflammatory response (SIR) via recruiting myeloid cells and inducing the release of neutrophils from the bone marrow to circulating blood [35], and elevated neutrophils have effect on tumor cells for inducing proliferation, migration and metastasis through producing various pro-angiogenic proteases such as matrix metalloproteinases-9 (MMP-9), cathepsin G and elastase [36]. In addition, increased neutrophils can secrete amount of cytokines such as IL-1 β , TNF- α , IL-12 to induce a chronic inflammatory state and release arginase-1 to inhibit antitumor immunity mediated by natural killer (NK) cells and effector T cell, therefore, establishing an immune suppressive environment subsequently promoting tumor progression

[37]. Thus, it is reasonable to conclude that the elevated circulating NLR is able to promote tumor progression, therefore, decreasing survival. NAC induces death of bladder cancer cells and inflammatory cells, inhibits hematopoietic function of bone marrow causing neutropenia and finally changes the SIR. However, the cellular (or molecular) mechanisms underlying NAC-mediated impact on the prognostic effect of NLR need be further investigation.

Several limitations should be noted from this meta-analysis. First, cut-offs for NLR adopted in included studies were not consistent. Many papers will define the cut-off values just for the purpose of publications, but we do not know whether these studies had done it in that way. Besides, studies with negative results might not be published, which could cause potential publication bias.

Conclusions

Elevated preoperative circulating NLR leads to an unfavorable clinical outcome in primary BC undergoing RC, especially in patients without NAC, implicating that it might be a valuable prognostic index for these patients and modifying the inflammatory responses may have a potential for effective treatment.

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Author contributions GH contributed to protocol and project development, data collection and manuscript writing; FX, QX and KZ contributed to data collection; SW and LH contributed to data analysis; PC contributed to protocol and project development and the manuscript revision. All authors read and approved the final manuscript.

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Compliance with ethical standards

Conflict of interest The authors report no conflict of interest.

Research involving human participants and/or animals Human participants.

Informed consent The ethical approval was unnecessary because this study based on summary and analysis of the results of previous studies.

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