Review Article

Advances in bone and cartilaginous tumours

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"Si un hombre nunca se contradice, sera' porque nunca dice nada"[1]

Except for the description of a number of specific clinicopathological entities, the twentieth century was not the scenery of any spectacular progress in the field of bone and cartilaginous tumour pathology. A major breakthrough came out in the seventies, with the advent of chemotherapy for the treatment of osteosarcoma. Histopathological evaluation of the chemotherapy effect turned out to be a major prognostic factor. Rareness in common practice was one of the reasons for the relative stillness around bone tumours and the vast variety of entities limiting the study of significant numbers of cases to specialized bone tumour centres. Moreover the often heavily calcified nature and sometimes the low cellularity make these tumours difficult to access by molecular techniques. The first important contribution in the field of bone tumour pathology has come from the identification of a specific translocation t[11,22] and its variants in Ewing sarcoma, which acted as a paradigm for the genetic research of mesenchymal tumours in the eighties but only in the field of soft tissue tumours[1-3]. Recently, bone tumour pathology field seems to grow alongside with its "soft" counterparts, mainly because of recent advances on genetics. Hereunder we illustrate these developments on the two most prevalent primary malignant bone tumours: conventional osteosarcoma and conventional chondrosarcoma.

Osteosarcoma

Osteosarcoma is a highly malignant osteoid-forming bone tumour.[2-6] As a result of the use of adjuvant chemotherapy, survival in osteosarcoma has increased from 20% in 1960 to 1970 to 55-80% from 1970 to 1985, as a result of the use of adjuvant chemotherapy. Since the last decade, no further substantial improvement in outcome has been achieved, despite the use of advanced multi-modal and intensive therapy. Studies looking into aetiology have not shown any relationship with virus infections, environmental factors or trauma.[3] An increased incidence (2.7-40 times) of osteosarcoma has been described in patients who have received previous radiation therapy and/or chemotherapy, particularly alkylating agents, for other cancers.[4] Every osteosarcoma for which such external aetiological causes are suspected occurs in adults and especially in the elderly. Thereby it suggests that in children and young adults this potentially concerns another disease than osteosarcoma. Some clinical conditions

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have been described to be related to osteosarcoma, like Paget's disease, or genetic disorders like Rothmund-Thomson and Li-Fraumeni syndromes, retinoblastoma and multiple osteochondromas (MO; previously known as hereditary multiple exostoses).[3] Interestingly the concurrence of multiple malignancies appears to be reflected by an uncommon phenotype of osteosarcoma.[5]

Histology, pathology and classification

Osteosarcoma can be subdivided, according to the WHO 2002 classification,[6] into conventional, the most frequent, teleangiectatic, small cell, parosteal and periostal types. Further subdivision of the conventional osteosarcoma into osteoblastic, chondroblastic and fibroblastic subtypes has only shown marginal influences on histological response and clinical outcome.[7] Although chondroblastic osteosarcoma responds relatively poorly to chemotherapy,[7] its disease-free survival rate is higher.

Natural history of osteosarcoma

If treated by amputation alone, nearly all patients will develop pulmonary metastases, indicating that most patients have micrometastatic spread at the time of diagnosis.[8-10] Long-term survivors after single surgical treatment account for 5-20%.[2,8,11-12] However, it has been debated that reports of survival rates as high as 20% included other lesions than conventional osteosarcoma, and evidences make it believe that post-surgical survival does not exceed 5-10%.[11-12] Around half of the metastatic spread occurs within the first half year and nearly every metastasis develops within the first 2 years after diagnosis, being lethal to the patient.[8,13]

The effect of treatment

Remarkably, surgery has not proven to affect the natural history of osteosarcoma patients. Regardless of the extent of the primary surgical procedure, even coupled with preoperative radiotherapy, the dismal prognosis of osteosarcoma was not influenced.[8,14-15]

The effect of chemotherapy has been reported to increase the 5-year disease-free survival (DFS) and overall survival (OS) to 42% and 67% respectively,

using high dose metotrexate as a single cytostatic drug.[16] Combination of active drugs in osteosarcoma revealed, in small early series, a 5-year DFS and OS of 40%-60% and 70%-80% respectively.[12,18-20] In patients with adjuvant chemotherapy not only the number of clinically detectable metastases decreased but they have also occurred later (median 12 vs. 5 months respectively) when compared to a control group.[15] Approximately only one third of osteosarcomas shows a good histological response to preoperative chemotherapy.[17-18] Another beneficial effect of neoadjuvant chemotherapy is the reduction of surgery morbidity.[3]

Many randomised clinical trials or else have attempted to demonstrate that long-term survival was improved by neoadjuvant chemotherapy. Studies in non-metastatic osteosarcoma of the extremities, treated in a neoadjuvant besetting, report long-term disease-free and overall survival rates of 45%-70% and 55%-75%, respectively.[19-20] For osteosarcomas located in the axial skeleton or metastatic osteosarcomas, long-term survival is still unsatisfactory, being 40% and 16% respectively.[21] Increasing drugs dose, or the combination and number of drugs, has not shown to improve outcome.[21-23]

Prognostic factors

Clinical factors that can predict the osteosarcoma outcome have been extensively investigated. Amongst the factors that have been studied are age, gender, symptoms duration, site and tumour size, disease stage, histology, tumour necrosis following chemotherapy, alkaline phosphatase (AP) and lactate dehydrogenase (LDH) serum levels, tumour cells P-glycoprotein and Her-2/neu expression, and pharmacokinetic variables. The studies have yielded different and sometimes conflicting results. The most important prognostic variable for patients with extremity osteosarcoma is considered to be tumour necrosis following chemotherapy.[20,24] No consensus is available for any prognostic variable that might be used for patient stratification before the onset of therapy.

After multivariate analysis it has become clear that metastatic disease at presentation, axial tumours

or tumour located in proximal femur or humerus, response to chemotherapy and surgical remission were the only relevant and independent prognostic factors.[6]

Genetic factors and molecular studies in osteosarcomas

Because of conflicting results from clinical studies, and lack of prognostic variables at diagnosis, the question raised is how genetic factors can be used as predictors of prognosis in osteosarcomas. Osteosarcomas karyotype analysis reveals extremely complex clonal and non-clonal, numerical and structural chromosome aberrations.[25-28] Osteosarcoma-specific chromosome aberrations have not been identified so far. Retinoblastoma gene protein (pRb), p53 gene product, and several other tumour suppressor genes or oncogenes (c-fos, myc and ras) have been described in osteosarcoma.[29-32]

It has been postulated that loss of heterozygosity (LOH) at the Rb gene locus, suggesting involvement of the Rb tumour suppressor gene, is a poor prognostic marker in osteosarcoma.[33] However, others have shown that approximately half of the osteosarcomas with LOH at the Rb locus do express the Rb protein, suggesting that chromosome 13q LOH does not necessarily correlate with Rb gene inactivation.[34] In other studies, p53 abnormalities do not distinguish localised and metastatic osteosarcomas[35-36] nor correlate with histological response to chemotherapy.[33] There have been a few reports about oncogene alterations, (e.g. c-fos, myc), observed only in small series.[30,37]

To summarize, results of biologic studies confirm, as previously shown by morphological analysis, the heterogeneous nature of osteosarcomas. Cytogenetic analysis of osteosarcomas reveals very complex numerical and structural chromosomes aberrations, which are not specific for osteosarcomas, but rather reflect vast genomic instability. Increasing knowledge about cell cycle and spindle-formation regulating genes can correlate cytogenetic with molecular data.

Expression profiling in osteosarcoma

It is the current view that cancer development and progression is influenced by hereditary genetic factors, as well as somatic genetic changes. Many studies on somatic genetic alterations in osteosarcoma have, so far, not led to identification of genes involved in clinical outcome or response to therapy. Genetic instability of these tumours obscures specific genetic events. Therefore, other approaches are necessary to investigate the RNA and protein expression profile. Tumours cDNA microarray analyses have gained their merits on tumour classification,[38] new subtypes identification on basis of gene expression[39] and clinical outcome prediction.[40] One report describes a cDNA microarray study on three osteosarcoma cell lines,[41] however it is not clear how its data can be translated to conclusions on clinical outcome of primary osteosarcoma. Khanna[42] has shown, in a murine model, that in metastatic osteosarcoma 53 genes were differentially expressed compared with less aggressive models. Some of these genes were previously unknown, and played a role in adhesion, enhanced motility, invasion, changes in cytoskeleton and angiogenesis. Further identification of these metastasis-related genes, like Ezrin, has to be done. These findings have confirmed the complexity of
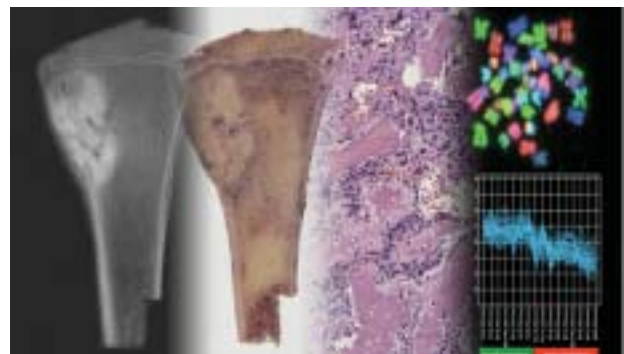

Figure 1 - From Macroscopy to molecules: Osteosarcoma. Osteosarcoma is the most common malignant primary tumour of bone. It occurs mostly in young patients affecting epi-methaphyseal region of long bones. Radiology shows a sclerotic lesion destructing the cortex of a skeletally immature tibia, the growth plate is still open. Histology shows pleomorphic neoplastic cells permeating the bone marrow. Ostoesarcoma is characterized by a complex karyotype most likely due to chromosomal instability (COBRA-FISH). Wide scan expression analysis leads to the identification of both crucial molecules regulating the response to chemotherapy as well as new target for alternative therapy

expression patterns causing phenotypic and biological differences.

Recently, a specific expression signature for chemotherapy-resistant pediatric osteosarcoma has been reported.[43] In particular, osteoclastogenesis and bone resorption-related genes seem highly expressed in poor responders.[43]

Cartilaginous Tumours

Primary malignant bone tumours prevalence is estimated 1:100,000 within general population, 17-24% of which are malignant cartilaginous tumours (chondrosarcomas).[44] Chondrosarcoma is the second most frequent primary malignant bone tumour after osteosarcoma. The preoperative assessment of cartilaginous lesions is based upon careful radiological documentation, clinical presentation and biopsy specimen histopathological evaluation.[45] In general practice, the primary differential diagnosis will be made based upon radiology and clinical-demographic data.[44]

Radiological evaluation

Plain radiographs, in the expert radiologists' hands, so far provide substantial information. In the diagnosis field of cartilaginous tumours, additional progress has been made using (dynamic) MRI, especially for the distinction between benign and low-grade malignant cartilaginous lesions. Regarding the differential diagnosis of osteochondroma versus low-grade peripheral chondrosarcoma, the thickness and staining characteristics on (dynamic) MR of the cartilaginous cap provide a rather reliable assessment of the likelihood of malignancy.[46] For the distinction between enchondroma and central grade I chondrosarcoma, clinical symptoms and radiographic features are helpful, but both lack specificity.[47-48] Localisation in the axial skeleton and size greater than 5 cm have been shown to be reliable predictors for malignancy.[49] Previous studies have demonstrated that conventional radiography is not reliable in this differential diagnosis, as it is, amongst others, hampered by the absence of objective and reproducibility criteria[49]. Although recent studies

using dynamic contrast enhanced MR-imaging have shown increased sensitivity[46,50], even by evaluation of an experienced bone tumour radiologist, an absolute distinction between malignant and benign can not be made on radiological grounds by itself.[49,51-52] Therefore, when the radiological assessment of a benign versus a low-grade malignant central cartilaginous tumour remains doubtful, a biopsy has to be taken and assessed by a skilled pathologist, who evaluates the biopsy using all radiological information available applying defined histopathological criteria.

Osteochondroma

Osteochondroma (osteocartilaginous exostosis) is defined as a bony projection covered by a cartilaginous cap on bone external surface.[53] The stalk consists of medullar and cortical bone and projects from bone surface. They may have either a broad base (sessile) or a narrow base (pedunculated). The medulla within the lesion is in direct connection with the long bone marrow from which it originates. The lesion is completely covered by periosteum. Stratified zones of chondrocytes that are normally found in the growth plate can sometimes be recognised in osteochondroma. At radiography, osteochondroma is characterised by its typical location at the transition from metaphysis to diaphysis, its projection away from the joint, the cortex continuity from the bone with the osteochondroma stalk cortex, and the presence of central spongiosa of the stalk. Osteochondromas are frequent lesions, which develop and increase in size in the first decade of life, ceasing their development when the growth plates close at puberty. The majority is asymptomatic. The osteochondroma solitary (sporadic) form is approximately 6 times more frequent than the occurrence within the context of multiple osteochondromas (MO).[44,54] MO (previously known as hereditary multiple exostosis, EXT or diaphyseal aclasis) is an autosomal dominant condition characterised by the presence of multiple osteochondromas resulting in a variety of orthopaedic deformities.[55-58] Males are more often affected possibly due in part to an incomplete penetrance in females.[55] MO is genetically heterogeneous and two genes, *EXT1* and *EXT2* located respectively on 8q24

and 11p11-p12 have been isolated.[59-62] Malignant transformation is low in single osteochondromas (<1% of cases) but it is estimated to occur in 1-5% of hereditary multiple exostoses cases.[57,63]

Osteochondroma was initially regarded as a perversion in the direction of normal bone growth resulting from aberrant epiphyseal development with displacement of epiphyseal cartilage, instead of a true neoplasm.[64-65] However, recent studies have pointed towards a neoplastic origin: cytogenetic abnormalities, aneuploidy and loss of heterozygosity have been clearly shown in osteochondroma cartilaginous cap.[66,67-79]

Chondrosarcoma

Chondrosarcoma of bone is a malignant bone tumour characterised by cartilage formation, instead of bone, by tumour cells.[68] Well-differentiated extraskeletal chondrosarcomas are rare and if such a tumour is found in soft tissues it is more likely an extension or a bone tumour metastasis. Chondrosarcoma of bone is distinguished from (en)chondroma by its higher cellularity, nuclear pleomorphism, its plump cells with large or double nuclei, while mitoses are infrequent. However, the distinction between benign and low-grade tumours is considered difficult both at the radiological[49] and histological[69] level. Consequently, the diagnosis is usually based on a combination of clinical, radiological and histological findings. At histological level, the distinction between enchondroma and low grade central chondrosarcoma is mainly based on a variety of growth patterns, in which, amongst others, the presence of entrapment and the absence of encasement favour malignancy.[48,69-70] A higher expression of JunB in grade I Chondrosarcoma versus enchondroma has been reported, which appears to be promising in terms of diagnostic relevance.[71]

Chondrosarcoma occurs mainly in adults, in the third to sixth decade of life with equal gender incidence rate. They usually develop in thoracic, pelvic and long bones. Surgical treatment is the mainstay of therapy, since these tumours are highly resistant to chemotherapy and radiotherapy. Conventional chondrosarcomas can be categorised according to their location in bone. The majority of conventional chondrosarcomas (approximately 75%) are located centrally within the medullar cavity (central chondrosarcoma) and are more often well-differentiated.[44] A minority (about 15%) develops from the bone surface (peripheral chondrosarcoma) as a result of malignant transformation within the cartilage cap of a pre-existing osteochondroma.[44,72] Although it has been previously demonstrated that central and peripheral chondrosarcomas arise from different genetic mechanisms,[73] there are no apparent cytonuclear differences between these two groups. Both central and peripheral chondrosarcomas are histologically classified into three grades using Evans criteria.[74] Ten-year survival rates in central chondrosarcomas of grades I, II and III are 90%, 81% and 43%, respectively, while the corresponding 10-year survival rates in the peripheral (secondary) subtype are, respectively, 83%, 64% and 29%.[74] None of grade I chondrosarcomas metastasized, while metastasis was observed in 10% of grade II and 71% of grade III tumours.[74-75] Up to 13% of recurrent chondrosarcomas exhibited a higher grade of malignancy than the original neoplasm.[74-75]

Since chondrosarcomas are heterogeneous regarding the grade, multiple sections should be examined. Grading is performed in those areas with the highest grade. However, an absolute correlation between histology and biological behaviour is lacking, particularly for chondrosarcomas arising in phalangeal bones, which may have ominous histological features while demonstrating a relatively indolent clinical course.[76-77]

Genetic factors and molecular studies in chondrosarcoma

Chondrosarcoma tumour progression mechanisms are so far poorly understood.

However, down-regulation of matrix-associated and oxidative phosphorylation-related genes simultaneously with glycolysis-related genes increase were shown upon central chondrosarcoma progression[71] using cDNA microarray.

Cytogenetic data available have shown heterogeneous results with a wide variety of

karyotypic complexities ranging from tumours with a single numerical or structural chromosomal aberration to heavily rearranged karyotypes. In most cytogenetic reports no strict difference between primary, secondary, central, or peripheral conventional chondrosarcomas is made resulting in the description of many non–specific structural or numerical aberrations.[77] Although no recurrent structural aberrations are described in these studies, the pattern of changes tends to be non-random. Karyotypic changes found are predominantly total or partial gains and losses. Genomic imbalances more frequently found are: -1p36, -1p13-p22, -4, -5q13-q31, -6q22-qter, +7p13-pter, -9p22-pter, -10p, -10q24-qter, -11p13-pter, -11q25, +12q15-qter, -13q21-qter, -14q24-qter, -18p, -18q22-qter, +19, +20pter-q11, +21q and –22q13. The -13 q was found to be an independent prognostic factor predicting metastasis regardless of tumour grade or size.[78-79]

Recent studies have indicated a marked difference in genetic make up between central and peripheral (secondary to an osteochondroma) chondrosarcomas reflected by a clear difference in the loss of heterozygosity (LOH) pattern, LOH incidence, DNA ploidy status and cytogenetic aberrations[80-81] Focussing on those studies which have reported on the aforementioned chondrosarcomas subgroups specifically reveals the following results: central chondrosarcomas are genetically characterised by near-diploidy with limited LOH, frequently targeted at the 9p12-22 region, which is not seen in peripheral chondrosarcomas, so far.[81] Comparative Genomic Hybridization (CGH) studies have pointed to deletions of chromosome 9p as well.[82] CDKN2A/p16 is a potential targeted gene in this region; however, mutations are not documented in chondrosarcomas yet. The p16 gene promotor region was shown to be hyper-methylated in a substantial number of cases.[83] Central chondrosarcomas and enchondromas have been found to occur in high association with the development of breast cancer at early age, not associated with known breast cancer syndromes such as BRCA1, BRCA2, Li-Fraumeni's syndrome, etc.[84, 85] The occurrence of the association of these two tumours has not led to the identification of a responsible gene.

Peripheral chondrosarcomas are genetically characterised by genetic instability, high percentage of LOH and a broad range of DNA ploidy,[73,86] including near-haploidy in low grade tumours and polyploidization in high grade tumours. On karyotypic level no specific chromosomal aberrations have been identified. The most frequent alterations reported involve chromosome 5q and loss of chromosomes or chromosomal arms 8q, 10, 13, 15 and 19p.[81]

Summary and Conclusions

We are living an exciting moment in general understanding of cancer, and particularly in bone sarcomas, particularly. Use of microarray techniques and proteomics approaches promise recognition of gene expression patterns, which could allow prognostically different groups to be identified. In addition, specific target genes that might play a crucial role in tumourigenesis of osteosarcoma and cartilaginous tumours can be identified. Interfering with the expression of such target genes might be the first step in the development of new drugs or a more rational use of already known chemotherapeutic drugs.

The challenge is to integrate the most updated knowledge with consolidated concepts. The power of the recent and sophisticated techniques may turn out to be insignificant if not led by an effective anatomo-clinical study.

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(Footnotes)

1 "If a man never contradicts himself, the reason must be that he virtually never says anything at all. (quoted from conversation) (Miguel de Unamuno). What is life, the physical aspect of the living cell. Erwin Schrödinger, Cambridge University Press; 1945. p.76.