

# Leiomyosarcoma: Epidemiology and treatment approaches

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ABSTRACT

Background: Leiomyosarcoma (LMS) is an uncommon type of tumour found in the uterus, comprising about one percent of cancers in women and playing a substantial role in uterine cancer fatalities. The resemblance to benign leiomyomas complicates pre-surgery detection, possibly leading to improper use of myomectomy and morcellation, causing concerns. Managing Uterine Leiomyosarcoma (ULMS) is particularly challenging due to its aggressive nature and resistance to standard therapies. Predictive algorithms provide accurate forecasts, although the time of diagnosis is critical for survival.

Aim of the study: This study evaluates the effectiveness of existing surgical and medicinal treatments for ULMS, concentrating on targeted therapy and examining the influence of uterine morcellation on gynaecologic surgical practices. The main goal is to improve knowledge of ULMS, investigate early detection techniques, and assess new treatments.

Materials and Methods: Study employs a comprehensive analysis of existing literature, emphasizing surgical techniques, medicinal approaches, and the effects of certain medicines including olaratumab, trabectedin, and pazopanib. The current examination focuses on aromatase inhibitors and immunotherapies.

Results: However, treating ULMS is challenging, Food and Drug Administration (FDA)-approved targeted therapies have shown efficacy against uterine and other LMSs. The present research concentrates on creating methods for detecting diseases at an early stage and exploring new treatments, such as aromatase inhibitors and immunotherapies.

Conclusion: Study emphasizes the necessity for enhanced detection methods for ULMS due to its deceptive resemblance to benign tumours. Investigation of new treatments and the effects of uterine morcellation on surgical techniques is crucial for improving the management of ULMS, even with the effectiveness of FDA-approved therapies.

**Keywords:** Uterine Leiomyosarcoma (ULMS), soft tissue sarcoma, food and drug administration, sarcoma

## INTRODUCTION

The very uncommon malignant tumour known as Leiomyosarcoma (LMS) develops from smooth muscle cells. Here is some information on the epidemiology and treatment approaches of LMS. LMS accounts for about 5% to 10% of all squamous tissue sarcomas. The incidence of LMS is approximately 1.0-1.5 per 100,000 people per year. LMS can happen usually diagnosed among adults' maturity period between 50 years to 60 years. LMS can arise in various locations in the body, including the uterus, gastrointestinal tract, retroperitoneum, and extremities [1]. Treatment approaches surgery is the primary treatment for LMS if the tumour is resectable. The amount of the operation depends on the location and dimension of the tumour. Radiation therapy may be used before or after surgery to improve local control and decrease the risk of local recurrence. Chemotherapy is generally reserved for advanced or metastatic LMS, although it may be used in some cases to shrink the tumour before surgery or to prevent recurrence after surgery. Targeted therapies, like inhibitors of tyrosine kinase, are being investigated for the treatment of LMS, but their role in clinical practice is still limited [2]. A longer survival rate is related to the occurrence of distant tumours at the point of diagnosis. The prognosis of LMS may also be affected by the effectiveness of therapy. Surgery was the main treatment for LMS, and the extent of coverage for the surgery is determined by the tumour's position and thickness. Both "radiation therapy" and "chemotherapy" are used to enhance local control and reduce the chance of recurrence, with different outcomes based on the tumour's features. Every case of LMS is unique, and its prospects should be explored with the patient's healthcare team [3]. Surgery is the primary treatment for LMS, if the tumour is resectable. The position and thickness of the tumour dictate the scope of the operation. Surgical intervention can be curative in some instances, particularly when the tumour is low-grade and has not spread. Radiation therapy may be used before or after surgery to improve local control and lower the chance of a localized recurrence. In some cases, radiation therapy may be used as the primary treatment for LMS, especially if the tumour is not amenable to surgery [4]. Research is being conducted on the use of tyrosine kinase inhibitors as targeted therapy for treating LMS. These treatments concentrate on particular molecular pathways crucial for the development and persistence of tumours. Their impact on clinical practice remains restricted. Palliative care may be offered to patients with advanced or metastatic LMS to improve their quality of life

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and relieve symptoms may include pain management, symptom control, and psychological support. It's important to note that the treatment approaches for LMS may be complex and require multidisciplinary team approach [5]. Primary cardiac tumours are indeed rare neoplasms with a very low prevalence. The prevalence of primary cardiac tumours is estimated to be less than 0.03% based on several studies. Primary cardiac tumours are defined as tumours that originate in the heart or the great vessels and can be either benign or malignant. The majority common type of principal cardiac tumour is myxoma, followed by sarcoma, fibroma, and lipoma. Primary cardiac tumours can cause types of symptoms supporting on their location, size, and type, including chest pain, dyspnea, palpitations, and syncope [6].

The majority of uterine Leiomyosarcoma (ULMS) originate in the myometrium, which is the muscular layer of the uterus. ULMS had been dangerous as well as uncommon type of cancer which arises from smooth muscle cells uterus. While most leiomyomas, or fibroids, are benign tumours of the uterus, a small percentage can develop into LMSs. Growing ULMS increases the risk of maturity and tumour presentation symptoms such as bleeding from the vagina or pelvic discomfort [7]. The main therapy for ULMS is surgery, and the extent of the surgery is determined by the size and location of the cancerous growth. "Radiation-therapy" as well as "chemo-therapy" may also utilize improve local control; decrease a risk of recurrence, especially in cases with high-grade tumours. Targeted therapies and immunotherapies are being investigated for the treatment of ULMS, although their role in clinical practice is still limited [8]. LMS of soft tissue is a relatively uncommon malignant tumour that can occur anywhere in the body. LMS is a type of cancer that arises from the smooth muscle cells, which are cells that are normally found the blood vessels and hollow organisms, like a uterus, abdomen, and guts. However, LMS can be occurring in soft tissues, such as the muscles and connective tissues of the limbs, trunk, and retroperitoneum [9]. The diagnosis of LMS of soft tissue typically requires a combination of imaging studies, such as Magnetic Resonance Imaging (MRI), Positron Emission Tomography (PET) scanning, and Computed Tomography (CT), and biopsy procedures are used to determine whether tumours are present. Available therapies in LMS of soft tissue depend on several characteristics include the person's age and health in general, in addition to the tumour's dimensions, position, or phase. An operation "radiation-therapy", "chemotherapy" or specific treatments are all possible forms of treatments among others [10]. LMS is the most frequent histologic subgroup of uterus sarcoma, affecting around 50%-60% of every instance. However, the statement that LMS represents 52% of all gynaecologic sarcomas is not accurate, as there are other types of gynaecological endometrial stromal "sarcoma", among other "sarcomas", adenosarcoma, and undifferentiated "sarcoma". It's also worth noting that the incidence of uterine sarcomas is low, with only about 1-2 cases per 100,000 women per year [11]. Synovial Chondrosarcoma (SCS) may develop in the bones, soft tissues, or organs, among other areas of the body. Typically, a diagnosis of SCS was made after considering "clinical," "radiological," and "pathological-findings." Although a biopsy is often required to confirm the diagnosis [12]. Depending on the nature, location, stage, and grade of the tumour, there are many treatment options for SCS. Most SCS instances are treated primarily with surgery, while in certain circumstances radiation therapy and chemotherapy may be included. Depending on the

precise subtype of the tumour, as well as its stage and grade at the time of diagnosis, the prognosis for SCS varies significantly [13]. ULMS are vaginal tumours that form in the smooth cells of muscle of the uterus walls. By the time women reach the age of 50, these tumours may impact up to 70% of them. Although the cause of ULMS is not fully known, hormones, especially progesterone and estrogen, are suspected to have a role. Age, obesity, and a family history of the illness are other risk factors for ULMS development [14]. Angiogenic LMS is a type of soft tissue sarcoma that is characterized by the abnormal growth of smooth muscle cells and the formation in new "blood vessels". While it is a rare form of sarcoma, it is known to occur most commonly in the lower vena cava, or inferior vena an important bodily vein that travels through the lower body to the heart [15].

## LITERATURE REVIEW

Research discovered the modifications in a certain number of copies of variant areas that influence some cancer suppressor genes' expression. A transcriptome study found changes in structure that targeted as well as 489 genes that were differentially expressed between those two situations [16]. The essay summarized the research being done to determine if addressing these mutations in ULMS models or other tumours in the clinic is beneficial. Clarification of the ULMS genetic landscape over the last several decades has uncovered several recurrent mutations. The article discussed how including ULMS in clinical trial designs could boost patients' chances of surviving [17]. The case study examined Leiomyosarcomas, which were uncommon malignant smooth muscle tumours. It is quite uncommon for this illness to affect the cutaneous LMS [18]. The Research extracted when removed with negative surgical margins and a total auriclectomy was the preferred course of action, and the right margins must be carefully considered [19]. The article determined Colon primary LMS were uncommon, aggressive neoplasms that are seldom described in the literature. The tumours were often misdiagnosed as colon adenocarcinomas despite being more aggressive and having worse prognoses. While the latter is linked to "Inflammatory Bowel Disease" (IBD), there was no known connection between LMS and IBD [20]. The overview objective of the goal was the recognized connection between malignancy and immunosuppression for other illnesses, there is a documented correlation between LMS and the immunosuppression for IBD. Due to the disease entity's low incidence, there is little information and literature on how to diagnose and treat these neoplasms, particularly when they were combined with the aforementioned comorbidities [21]. The research described the two examples of the uncommon entity presented in two distinct settings: the first included immunosuppression for rheumatoid arthritis and IBD. Pathologic examination led to the establishment of both diagnoses [22]. The essay techniques were used to evaluate the prevalence of mycoplasmas across cancer patients worldwide [23]. The Research extracted It should be acknowledged that the discovery of mycoplasmas. To properly understand the job, in-depth research is required. The article's improvements to cancer diagnosis and its prevention would be significant [24]. The Research preferred the precise gene expression determined by the identification of strongly correlated methylation site characteristics that have been linked to sarcoma in published studies. Additionally, we were able to classify sarcoma subtypes using the quantitative rules produced by the decision tree algorithm, which opened up new avenues for

clinical identification and helped us identify novel therapeutic targets [25].

### The function of surgery in the early stage

The main procedure for the removal of soft tissue sarcomas, especially ULMS, is a crucial part of treatment and contributes to improved survival. The “National Council on Comprehensive Carcinoma Network” (NCCN) treatment recommendations suggest that the ultimate aim of first therapy for a uterine "sarcoma" as well as the soft-tissue "sarcoma" are complete, "en

bloc" operatically removal growth along unfavourable boundaries. Women who undergo cytoreduction and no substantial residual illness may do better when there is sarcomatosis. Figure 1 examined the uterine lymph node basins is required, and any clinically larger nodes should be eliminated. Because thoracic tumours have become isolated, retrospective study evidence supports surgical excision of the disease. However, it is not surprising those women with inaccessible metastases who had all detectable diseases surgically uninvolved had better results.

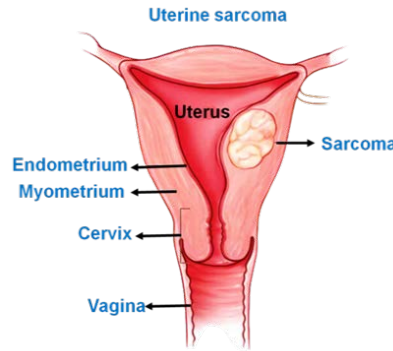


Fig. 1. The uterine muscular wall has a sarcoma

A specific kind of uterine cancer called uterine sarcoma often develops in the muscular layer of the uterus. The majority of uterine malignancies, also known as cancers of the abdomen or cancers known as carcinoma develop in the lining of the uterus. On the other hand, sarcomas are far less typical. Other uncommon sarcoma subtypes can also begin in the cells which reinforce the uterine wall.

### Epidemiology

ULMS has a 0.36 per 100,000 woman-year incidence rate, with

most cases occurring in women over 40 and a sharp rise in frequency after age 50. Compared to white women, black women are more common. Diabetes and obesity have been linked to LMS. Utilizing tamoxifen for N5 years may likewise raise the danger of LMS to 15 per 100,000 women years as described in table 1 and figure 2. Studies on soft tissue sarcoma have also linked p53 gene abnormalities, radiation therapy for paediatric malignancies, and fumarate hydratase germline alterations to an elevated risk of LMS. The majority of uterine LMS is not connected to pre-existing leiomyomas, and there is no biological proof that connects LMS to benign, smooth-muscle uterine tumours.

Age Group (Years)	Rate per-100,000			
	All Sarcomas	Soft Tissue Sarcomas	Visceral Sarcomas	Bone Sarcomas
11-20	1.9	3.2	0	0.6
21-30	2	3.2	0	3
31-40	2.2	3.2	0.1	3
41-50	3	2.2	0.8	0.2
51-60	4	2.4	1	0.2
61-70	8	3.8	1.4	0.5
71-80	14.8	4	4	0.6
81-90	15	9	6	0.6

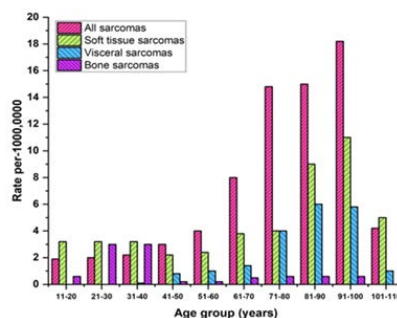


Fig. 2. Rates according to sarcoma kind and age

## Subtypes of LMS

LMS is a condition that only affects the uterus, and in 50% of instances, it manifests as a single, frequently palpable, massive intramural mass. In a significant percentage of instances (40%–50%), ULMS convey estrogen, progesterone, and androgen receptors, much as ULMS do. The parallels, though, don't continue. Contrary to leiomyomas, ULMS tumours have a softer consistency, lack a clear whorled look, significant regions of bleeding and necrosis, extremely abnormal nuclei with abundant mitotic figures of more than 15 per 12 high power fields, and other characteristics. On a continuum of biological aggressiveness, ULMS and their variations may be found. They can be identified by a complex combination of pathologic characteristics. In addition to decreased blood loss and discomfort, fewer bouts of venous thromboembolic illness, fewer trips to the hospital, and speedier recovery from major abdominal surgery, many women with inflamed uteri may now cautiously take the advantages of laparoscopic hysterectomy procedure's benefits over open surgery. A heterogeneous tumour board assessment should be undertaken by experienced gynaecologic pathologists to guarantee the most accurate diagnosis and

minimize under or excessive therapy.

## Diagnosis

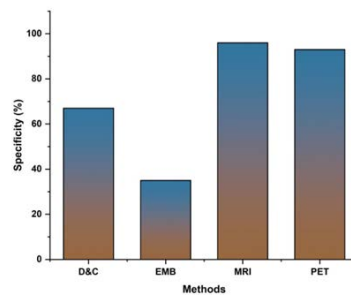
It is difficult to detect ULMS preoperatively because it lacks present traits or symptoms that set it apart from ULMS. However, menopausal women account for the great majority of ULMS diagnoses, and any tumour development that resembles a fibroid in this situation should raise serious concerns about malignancy. In the past, it was believed that a woman who had a uterine lump that was expanding quickly was more likely to get sarcoma. Additionally, increase the accuracy of LMS diagnosis, but this method still needs to be validated by using Endometrium Biopsy (EMB), Dilatation and Curettage (D&C). There cannot be plenty of studies on the use of PET scanning for LMS diagnosis. In a brief study involving 5 women, 100% sensitivity for PET was found as opposed to 40% and 80%. MRI is still the best modality for measuring urinary tumours and their potential for cancer before surgery. Here are the sensitivity and specificity of ULMS in tables 2 and 3. The comparison is shown in figures 3 and 4.

**Tab. 2.** Specificity in uterine Leiomyosarcoma

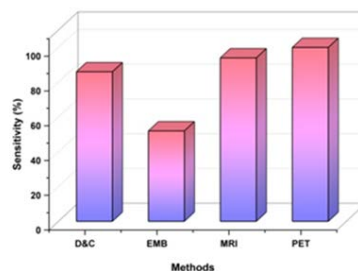
Methods	Specificity (%)
D&C	67
EMB	35
MRI	96
PET	93

**Tab. 3.** Sensitivity in uterine Leiomyosarcoma

Methods	Sensitivity (%)
D&C	86
EMB	52
MRI	94
PET	100



**Fig. 3.** Comparison of specificity



**Fig. 4.** Comparison of sensitivity

## Uterine tissue extraction and LMS

Food and Drug Administration for more than 20 years, small laparoscopic incisions have been employed as part of the modern surgical tissue extraction method to collect specimens. In addition to decreased bleeding and discomfort, and fewer bouts of vascular thromboembolic illness, many women with inflamed uteri may now cautiously take pleasure in the laparoscopic hysterectomy procedure's benefits over conventional surgery. If the FDA safety letter clarified the drawbacks of electromechanical morcellator devices, namely that convenience was a danger of trouble and potential malignant tumour diffusion exclusive of maintain to confine a tissue sampling being disjointed intracorporeally. Immortality malignancy, particularly ULMS, and severe medical issues called for research; nonetheless, there have been questions raised about the FDA report's findings in the medical community. The phrases "occult" and "presumed benign uterine disease" is not defined by the FDA in their information. The examined intermediary's evaluation declared a term called "occult" otherwise showing how the conclusion that the patients in a given study had benign uterine disease was based on the results of before-surgery viewing tests to regulate malignancy. In other words, cancer that has been tested for but is still undetected is suggested by an undisclosed malignancy or an assumption of benign uterine illness.

## Presently running clinical trials and finding targets

The women with ULMS to have better outcomes, original cancer therapies are very necessary. The process of developing experimental therapies involves finding targets. There hasn't been any definite mutation in LMS that may be exploited yet. Patient with sophisticated soft tissue sarcoma, which includes ULMS, is now being tested for response to treatments such as evofosfamide in combination with doxorubicin. Last but not least, research into immunotherapy for many frozen tumour types, together with ULMS, is ongoing. According to immune-histochemical investigations, ULMS has considerable Programmed Cell Death Protein 1 (PD1-46.9%) and Programmed Death-Ligand 1 (PDL1-36%) expression; this is a greater level of appearance to facilitate seen in ovarian or cervical cancer. Assessments are done every 8 weeks for up to 5 years, and the major end measure is objective response

rates. Unpleasant events, on the whole survival, progression-free survival, and reaction percentage using immune-related reaction criterion are examples of secondary outcome measures.

## CONCLUSIONS

Few effective treatment options are available for women who have been diagnosed with ULMS, which has one of the lowest survival rates of all soft tissue sarcomas. The objective of treatment is total surgical resection with harmful restrictions, which includes "en bloc" exclusion among wombs for starting phase illness and essential "cyto-reduction" in a small number of surgically suitable individuals with superior periods of the recurring disease. The prognosis for women with morcellated uterine sarcomas could be poorer, although additional evidence is required to confirm this claim. particularly in "Climacteric" female, or in any woman thought to have a tumour in her uterus or precancer, releases power morcellation should not be employed, and options have to be considered. Unique strategies that consistently distinguish benign ULMS from LMS are also urgently required. Chemotherapy may be recommended following surgery in certain circumstances, although the utility of adjuvant treatment in the context of early-stage illness is still debatable. Cytotoxic chemotherapy with the medication gemcitabine and doxorubicin is the recommended course of treatment for individuals with superior or recurrent ULMS. Due to the excessive uncertainty rates and the insufficient medical efficacy of surgery and additional cytotoxic treatment options, it is crucial to use detection methods and innovative drugs to improve effects for women with ULMS.

## LIMITATION

Due to the rarity of the disease, conducting extensive clinical trials and assembling a considerable body of data might be difficult due to the epidemiology and treatment methods of LMS. Due to the relatively low incidence rate, gathering statistically significant data for extensive studies and assessing the efficacy of various treatment modalities may be hampered. This could result in the development of more restrictive treatment recommendations and a weaker understanding of the most effective therapeutic interventions for this aggressive soft tissue sarcoma.

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