

**A COMPREHENSIVE REVIEW ON TREATMENT OF TYPES OF  
COLORECTAL CANCER****Prashanth K.<sup>1</sup> and Hanumantharayappa B.<sup>\*2</sup>**

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**ABSTRACT**

Colorectal cancer (CRC) is a major worldwide health issue, ranking as the third most common cancer and the second most common cause of cancer mortality. This paper provides an extensive review of CRC, with emphasis on its epidemiology, risk factors, classification, treatment options, and new therapies. The rising incidence among younger populations highlights the need for effective prevention strategies, including lifestyle modifications. Surgical intervention remains the cornerstone for resectable cases, while chemotherapy, radiation, and immunotherapy are pivotal for non-resectable cases, despite their limitations. The classification of CRC into various types, predominantly adenocarcinomas, informs treatment strategies. Mucinous colorectal adenocarcinomas present unique challenges, including lower responses to standard chemotherapy regimens. Furthermore, novel therapies such as targeted molecular treatments, immunotherapies, and nanoparticle drugs are explored, emphasizing

their potential in enhancing patient outcomes. The paper also addresses less common variants of CRC, including adenosquamous and spindle cell carcinomas, highlighting their distinct clinical features and treatment approaches. Overall, this study underscores the complexity of CRC and the necessity for ongoing research to improve diagnostic and therapeutic strategies, ultimately aiming to reduce the burden of this multifaceted disease.

**KEYWORDS:** Colorectal cancer, Chemotherapy, CRC, Therapies.

## INTRODUCTION

Colorectal cancer (CRC) is a multifaceted disease involving both the colon and rectum of the large intestine.<sup>[1,2]</sup> CRC is the third largest cancer globally (6.1%), behind lung cancer (11.6%), breast cancer (11.6%), and prostate cancer (7.1%). CRC is the second highest cause of death from all cancers, with 9.2% of incidence (9% male and 8% female).<sup>[3]</sup> By 2040, CRC-related mortality is expected to reach over 3.2 million annually, resulting in over 1.6 million deaths. According to U.S. cancer data, CRC incidence has decreased by 1.2%, despite a worldwide rise in incidence and death rates.<sup>[4]</sup> This rapid disease progression has an enormous financial effect on countries, necessitating significant public health spending from GDP.<sup>[5]</sup> Epidemiological studies show that the incidence of CRC among young people is continuously increasing.<sup>[6]</sup> The risk factors causing CRC include age, gender, genetics, environment, socioeconomic level, nutrition, tobacco use, smoking, and lifestyle.<sup>[7,8]</sup> A balanced diet and moderate physical activity would stop nearly fifty percent of CRC cases.<sup>[9]</sup>

Surgical removal is the primary treatment for resectable CRC, whereas chemotherapy, radiation, and immunotherapy are commonly used for non-resectable cases. However, these medicines have limitations, including non-specificity and cytotoxicity in healthy cells, which can cause secondary problems.<sup>[10]</sup> These therapies can be combined based on the stage and severity of CRC. Despite combinational therapy, almost 50% of individuals relapse into acquired multidrug resistance CRC.<sup>[11]</sup> New treatments for colorectal cancer include immune check point inhibitors (ICIs), CAR T cell therapy, TCR modifications, and cytokine therapy. Recent studies on the usage of probiotics.<sup>[12]</sup> RNA-based therapeutics, including siRNA, miRNA, and RNA aptamers<sup>[13]</sup>, oncolytic virus therapies<sup>[14]</sup>, and herbal remedies<sup>[15]</sup>, have shown encouraging outcomes for curing CRC.

Symptoms of CRC include altered bowel habits, constipation (or diarrhoea), rectal bleeding, abdominal discomfort, and unexplained weight loss. Early discovery and removal of polyps during a colonoscopy is crucial for diagnosing, treating, and improving the prognosis of colorectal cancer (CRC).<sup>[16]</sup> CRC includes two sectors: the right side (RCRC), which affects the ascending and transverse colon, and the left side (LCRC), which affects the descending and sigmoid colons, as well as the rectum.<sup>[17]</sup> Although RCRC is less common than LCRC, it is on the rise, particularly among women's.<sup>[17,18]</sup> Patients with RCRC often have histological characteristics caused by recurring inflammation and repair.<sup>[19,20]</sup>

### Classification of CRC

The World Health Organization (WHO) classifies colorectal carcinomas into 5 categories: adenocarcinoma, adenosquamous carcinoma, squamous cell carcinoma, spindle cell carcinoma, and undifferentiated carcinoma.

**Adenocarcinomas** account for approximately 90% of all colorectal cancer cases.<sup>[19-22]</sup>

Benign adenomatous polyps frequently give birth to invasive (malignant) neoplasms, which are the precursors of adenocarcinomas. Histological grading of adenocarcinomas can be used to predict prognosis in conventional adenocarcinomas and is independent of staging.

While moderately differentiated adenocarcinomas, which make up the majority of cases at diagnosis, show 50% to 90% discernible gland development, well-differentiated adenocarcinomas (low grade) have many recognizable epithelial glands, making up more than 95% of the tumor. High-grade poorly differentiated adenocarcinomas exhibit gland development of less than 50%.<sup>[20]</sup>

**Mucinous Colorectal Adenocarcinoma (MCA)** is one of the distinctive subtypes of adenocarcinoma, the most common histologic subtype of colorectal cancer. It is characterized by numerous mucinous elements, which make up at least 50% of the tumor bulk.<sup>[23]</sup>

Clinical pathology reveals that MCA is more common in the proximal colon compared to the rectal or distal colon.<sup>[24-26]</sup>

MCA is distinguished from non-MCA by the presence of plentiful extracellular mucin. Light microscopy and MRI are frequently employed for the diagnosis of different subtypes of carcinoma.<sup>[27-28]</sup>

Patients with MCA need to receive regular colorectal adenocarcinoma treatment, since no specific clinical guidelines are available for such patients. MCA patients showed a poorer response to neoadjuvant and adjuvant treatment than non-MCA patients, most likely because of the histology.<sup>[29-31]</sup>

**Chemotherapy** regimens like FOLFOX-4, XELOX (capecitabine and oxaliplatin), and FOLFIRI (folinic acid, fluorouracil, and irinotecan) are usually employed for the treatment of MCA.<sup>[32]</sup>

**Targeted molecular therapy**

Bevacizumab and cetuximab are utilized routinely in the molecular targeted treatment of advanced colon cancer. Anti-EGFR antibody cetuximab is used commonly concomitantly with chemotherapy. Little has been reported on the prognosis of the cetuximab treatment of patients with wild-type KRAS mucinous and non-mucinous colon cancers. Chemotherapy and anti-EGFR antibody treatment improved outcomes for CRC patients with left-sided tumors, but did not significantly help those with right-sided tumors.<sup>[33]</sup>

Patients with right-sided MCA presented a median overall survival of 24.5 months with bevacizumab-chemotherapy versus 16.4 months with cetuximab chemotherapy. Adding bevacizumab to chemotherapy was shown in a statewide population-based study to result in a greater overall survival duration compared to palliative care alone among CRC patients presenting with peritoneal metastases.<sup>[34]</sup>

A woman patient with locally advanced MCA of the transverse colon had four months of palliative metronomic bevacizumab and capecitabine. She had extensive surgery, and the therapeutic objective shifted from palliation to cure. This research is justified in the administration of targeted molecular therapy for patients with MCA.

According to the limited evidence in the literature, targeted molecular therapy is reserved for stage IV metastatic CRC patients and not for postoperative stage I/II/III patients. Bevacizumab is recommended in patients with RAS mutations on the right side of the tumor. The left-sided tumours of MCA, bevacizumab should be prescribed as first-line treatment followed by cetuximab as second-line treatment. As third-line treatment, regorafenib should be utilized when the first two fail.

Bevacizumab could be a first-line treatment for CRC patients with peritoneal metastases. For the treatment of MCA tumors in the right colon in KRAS mutation patients, we suggest bevacizumab as the first line of treatment for MCA.<sup>[35]</sup>

**Hot chemotherapy (HC)**

HC is commonly used to eliminate microscopic illness, particularly malignancy spread via the peritoneum. Patients with MCA are more likely to have peritoneal metastases than those without, making HC an important therapy choice. In 2014, a proposal was made to standardize HC delivery for CRC patients.<sup>[36]</sup>

Early postoperative intraperitoneal chemotherapy (EPIC) with floxuridine, MMC, or 5-FU is also suggested. HC is suggested as a first-line treatment for MCA patients with peritoneal metastasis. But more studies on overall response rate and OS are necessary.<sup>[37]</sup>

### **Nanochain medicines**

New treatments for mucinous adenocarcinoma are under exploration.<sup>[38-39]</sup> Mucus, a hydrogel matrix covering epithelial surfaces, serves as a protective barrier against external environment for underlying tissues. This may impede drug absorption and efficacy.<sup>[40]</sup>

The mucous layer contains pores between 100 nm and 200 nm. Nanoparticles alone are able to pass through the layers and access the target areas.<sup>[41]</sup>

Absorption of drugs is dependent on lipophilicity as well as solubility. Good solubility enables drugs to dissolve in body fluids, while good lipophilicity enables drugs to permeate biological membranes. Blending weakly water-soluble lipophilic drugs with cyclodextrins produces water-soluble, highly permeable complexes through lipophilic membranes.<sup>[42]</sup>

To improve drug oral bioavailability, consider coating nanoparticles with polymer molecules and using a carrier that can cleave mucosal glycoprotein substructures<sup>[38,43]</sup>

Nanodrug therapy for breast, pancreatic, and lung cancer typically involves albumin-bound paclitaxel. Although nanodrugs have shown promise in treating mucinous adenocarcinoma.<sup>[44]</sup>

### **Immunotherapy**

PD-1 and its ligand, PD-L1, restrain T cell activation, inhibiting the immune response to tumor cells. Blocking the PD-1 or PD-L1 pathway has significantly enhanced therapeutic outcomes in cancers like melanoma, non-small-cell lung cancer, and renal cell carcinoma.<sup>[45]</sup> dMMR tumors exhibit high expression of checkpoint molecules like PD-1, PD-L1, CTLA-4, LAG-3, and IDO. They target and adjust the immune microenvironment through the inhibition of clearance of tumors.<sup>[46]</sup> MCA is associated with an increased frequency of MSI-H. Anti-PD-1 therapy has been reported to be effective in cancer patients with MMR/MSI-H tumors, with 31.3% having an objective response and 69% having disease control for 12 weeks or more.<sup>[46-48]</sup>

MCA is associated with a greater proportion of MSI-H, making a promising target for PD-1 inhibitor therapy, while accounting for only around 15% of all CRC cases.<sup>[49]</sup>

Combination therapy have improved clinical outcomes for CRC patients, however less data exists for mucinous colorectal cancer patients. 77% of dMMR/MSI-H CRC patients had decreased tumor burden at baseline, and 76% and 87% had 9-month PFS with NIVO monotherapy and NIVO combined with ipilimumab (IPI).<sup>[50]</sup>

MMR/MSI-H CRC patients were treated with NIVO and low-dose IPI as first-line treatment, which had a 60% objective response rate (ORR) and an 84% rate of disease control. This implies that the immunotherapy combination may be an effective first-line therapy for CRC patients.<sup>[51]</sup>

The initial trial of a PD-1 inhibitor plus VEGF blockade in MSI-H CRC had a 90% disease control rate and 30% ORR with ongoing follow-up. This suggests that anti-VEGF may enhance anticancer effectiveness in immune checkpoint inhibition.<sup>[52]</sup>

### **Adenosquamous carcinoma**

Primary adenosquamous carcinoma (ASC) of the colon is an extremely rare condition, and only 0.06% of all colorectal cancers have this condition. It was previously established as a tumor with adenocarcinoma (AC) and squamous cell carcinoma (SCC) components. Symptoms are similar to colorectal ACs, and the diagnosis is made primarily based on histologic examination. Surgical resection remains the first line of treatment for colorectal ASC, and adenosquamous colon cancer prognosis is poorer compared to AC alone.<sup>[53-57]</sup>

ASC patients present with clinical symptoms and signs that are comparable to those of colon AC patients, including alteration in bowel habits, abdominal pain, hematochezia, weight loss, etc. Patients with ASC have been shown to be susceptible to paraneoplastic disorders such hypercalcemia.<sup>[58]</sup>

To diagnose primary colorectal Ad-SCC, other etiologies of epidermoid carcinoma of the large intestine should be excluded. The colorectal cancer should not be attached to the normal squamous epithelium, and no squamous cell carcinoma in other organs should be present that could influence the colon or rectum by local extension or metastasis.<sup>[59]</sup>

**Surgical resection** is the primary treatment for colorectal Ad-SCC, but the significance of adjuvant chemotherapy is unknown due to its rarity.<sup>[59-62]</sup>

Despite its usefulness in radiation therapy postoperative treatment for squamous cell carcinoma and Ad-SCC, its capability still awaits further maximization. The most common drugs used in adjuvant chemotherapy are semustine, 5-fluorouracil, carmustine, and methotrexate.

**Adjuvant treatment** for anorectal Ad-SCC according to the Nigro regimen involves the use of 5-fluorouracil and mitomycin combined with radiotherapy.

We do not know whether the treatment of rectal Ad-SCC is identical to epidermoid tumors of the anal canal. We utilized FOLFOX (5-FU, leucovorin, and oxaliplatin) as adjuvant chemotherapy medications to a complex-type Ad-SCC patient with adenocarcinoma component and advanced stage. The patient is still disease-free one year post-surgery.<sup>[59-63]</sup>

Akahoshi documented PD-L1 over expression in adenosquamous tissue and dMMR upregulation in adenosquamous carcinoma versus other cancers. This implies that adenosquamous cancer possesses a distinct pathogenesis and tumor microenvironment.<sup>[64]</sup>

Hirsch documented that colorectal cancer patients with dMMR status respond to **immunotherapy**.<sup>[65]</sup> Existing studies reveal that immunotherapy and Pembrolizumab target colorectal cancer with dMMR status.<sup>[66-68]</sup> Immunotherapy trials are mostly composed of adenocarcinoma, but its extension to Ad-SCC is limited owing to the latter's rarity. Evert's documentation of pembrolizumab's efficacy in metastatic Ad-SCC offers promising therapy alternatives.<sup>[69]</sup>

### **Squamous cell carcinoma (SCC)**

SCC of the rectum occurs in individuals from 39 to 93 years of age with a median of 57 years. It occurs more in women than in men, in 66% women and 34% men. Patients present with advanced disease (Duke's C or Stage III).<sup>[70]</sup>

SCC of the rectum patients has similar symptoms to adenocarcinoma. The most common symptoms include rectal bleeding, stomach pain, bowel habit alteration, and weight loss. Symptoms persist for weeks or months.<sup>[70-73]</sup>

Surgery is the primary treatment of rectal squamous cell carcinoma. Surgery is usually the most appropriate method for treating this disease since it is an aggressive malignancy and



diagnosed late. Even though there are no randomized trials of the optimal treatment of adenocarcinoma of the rectum, surgery has been used extensively.

### **Surgery**

Tumor features, including size, site, depth of invasion, and metastasis, may influence surgical choices. Surgical technique is based on the patient's frame and co-occurring conditions.

Local excision can be used in certain stage T1 (mucosa or sub mucosa) malignancies or stage T2 (musculoskeletal system) cancers. T2 lesions should be observed closely due to their potential to recur in as high a proportion as 20% following local excision.<sup>[74]</sup>

Low-risk adenocarcinoma tumors are those with good histological differentiation and without endovascular or lymphatic invasion.<sup>[75,76]</sup> This is a demonstration of absence of metastatic or local disease on CT, MRI, or R-EUS<sup>[74]</sup> In 1985, Lafreniere et al treated and successfully managed a man who was 60 years of age with resection locally, radiation, and chemotherapy. Two years postdiagnosis, the patient was well and alive.<sup>[70]</sup>

Treatment for end-stage cancer may involve anterior low resection (LAR) or abdominoperineal resection (APR) depending upon the location of the tumour. LAR is able to remove tumors from the proximal two-thirds of rectum. Sparing the anus permits anastomosis of the descending colon to the distal rectum or anus with rectal continuity preserved. APR is reserved for advanced lesions of the rectum that are distant and localized where free disease margins cannot be obtained. APR enables removal of rectum and anus, with exploration of the abdomen for metastatic disease, before ostomy is created. APR is linked to increased post-operative complications and less long-term patient satisfaction.<sup>[77]</sup>

### **Chemoradiation therapy (CRT)**

Various studies have assessed the effectiveness of CRT for the treatment of rectum squamous cell carcinoma, either in isolation or combined with surgery. Due to the rarity of the disease, no standard treatment is available at present.

CRT has also been employed as a main therapy in surgical high-risk patients on the basis of multiple case reports. Early reports yielded mean outcomes, with no notable increase in mortality or continuity of the bowel.<sup>[72,78-79]</sup>



Rasheed et al.<sup>[80]</sup> and Clark et al.<sup>[81]</sup> compared the effectiveness of CRT in treating rectum squamous cell carcinoma among two different populations.

As opposed to previous occurrences<sup>[72,78]</sup>, these therapy regimens largely included 5-fluorouracil in combination with mitomycin-C or cisplatin. These drug combinations transformed therapy for anus squamous cell carcinoma.<sup>[82-85]</sup> At about the same period, the advantage of the combination of radiotherapy and chemotherapy was established, and thus CRT became the treatment of choice for anal squamous carcinoma.<sup>[86-90]</sup> Surgery was reserved for salvage therapy.<sup>[91]</sup>

According to this paradigm, CRT was used in the treatment of rectum squamous cell carcinoma. Rasheed and Clark treated 13 patients with CRT and performed only three surgical resections. Histopathological examination revealed that only one of the three resected tissues had residual tumor. In rectum squamous cell carcinoma patients, the optimal chemotherapy regimen combined with radiation is yet to be determined. Trials in cancer patients with anal canal cancer can provide useful extrapolations. An important prospective randomized trial compared cisplatin with mitomycin C in patients with anal cancer.<sup>[92]</sup>

### Endoscopy

Endoscopy has not yet been discussed as a treatment method for rectal squamous cell carcinoma, perhaps due to its rarity. In 2000, Lee et al.<sup>[93]</sup> demonstrated that argon plasma coagulation (APC) was effective in the treatment of rectum squamous cell metaplasia. Squamous cell cancer of the rectum does not have any well-defined sequence of metaplasia-dysplasia-carcinoma. If analogous to colon adenocarcinoma, APC could be an effective and safe treatment for these tumours. Endoscopic mucosal resection (EMR) excises lesions by resecting the sub mucosa and mucosa.

It has been applied to excise superficial cancer lesions, particularly among inappropriate surgical candidates<sup>[94]</sup> EMR adenocarcinoma therapy was found to lessen the rate of recurrence and surgical need in appropriate groups.<sup>[91]</sup> This therapy could possibly eliminate rectal squamous cell carcinoma.

### Spindle cell carcinoma

Spindle cell carcinoma (SpCC), also referred to as sarcomatoid carcinoma, is a relatively rare due to the fact that it possesses histologic, cytologic and molecular characteristics of both

epithelial and mesenchymal neoplasms.<sup>[95,96]</sup> It is heterogeneous in pathologic features, clinical course, and prognosis.<sup>[97-99]</sup> In the past, the lack of familiarity with the condition resulted in routine misdiagnoses. Progress in pathologic molecular techniques has enhanced the precision of SpCC diagnosis.<sup>[100]</sup> Previous reports have failed to define a uniform treatment for SpCC. SpCC treatment has been mixed in previous literature.<sup>[101,102]</sup> SpCC may be treated by surgery, with a spectrum varying from local removal to radical resection.<sup>[99,101,103]</sup>

Application of radiation or chemotherapy in treatment has been variable. Chemotherapy examples regimens used include doxorubicin, dacarbazine, ifosfamide and mensa. Radiotherapy was most commonly applied after surgery to treat typical cancer risk factors are unconfirmed surgical margins, poor pathologic differentiation, and advanced stage of tumor.<sup>[102,104,106]</sup>

### **Undifferentiated carcinoma**

The undifferentiated carcinoma type is very rare. So far, only a few cases have been reported in studies. We present a case of undifferentiated colon cancer with invasion of the duodenum and metastasis to distant lymph nodes.<sup>[107-109]</sup>

Adenocarcinomas represent approximately 95% of all colorectal carcinomas, and signet ring cell carcinoma and undifferentiated carcinoma are rare. Undifferentiated carcinoma presents with distinctions from signet ring cell carcinoma and poorly differentiated adenocarcinoma in not developing gland formation and signet ring cells.<sup>[110]</sup>

### **Surgery**

Primary Treatment: Surgery is the mainstay of treatment for localized undifferentiated cancer. This involves resection of the tumor with a margin of healthy tissue and related lymph nodes.

Advanced cases: In cases where the cancer has invaded adjacent structures or has metastasized, surgery can still be performed to relieve symptoms or to resect as much as is feasible, although complete resection may not be possible.

### **Chemotherapy**

Adjuvant chemotherapy: After surgery, chemotherapy is often employed to eliminate any residual cancer cells. For patients at high risk, standard regimens used are FOLFOX (5-FU,

leucovorin, and oxaliplatin) or CAPEOX (capecitabine and oxaliplatin).

**Neoadjuvant chemotherapy:** In the case of large or spread-out tumours, chemotherapy can be given prior to surgery to shrink it and ease removal.

### **Radiation Therapy**

Although not generally employed as the initial treatment of colon cancer, radiation therapy is sometimes employed combined with chemotherapy if the disease has become locally advanced or if persistent tumours remain after surgery.

### **Targeted Therapy and Immunotherapy**

Targeted treatment for advanced undifferentiated carcinoma can be considered based on specific genetic markers present in the tumor. Immunotherapy is also applied to treat tumors with high microsatellite instability (MSI-H) or mismatch repair deficiency (dMMR).<sup>[111]</sup>

## **CONCLUSION**

Colorectal cancer (CRC) is a significant global health issue, ranking as the third most prevalent cancer worldwide. By 2040, CRC-related mortality is anticipated to surpass 3.2 million annually, necessitating substantial public health spending to address this growing burden. The incidence of CRC among young individuals is on the rise, with risk factors including age, gender, genetics, environment, and lifestyle. These trends highlight the importance of early detection and intervention strategies to mitigate the impact of this disease. Surgical removal remains the primary treatment for resectable CRC, while chemotherapy, radiation, and immunotherapy are common for non-resectable cases. The emergence of new treatments, such as immune checkpoint inhibitors, nanoparticle drugs, and targeted molecular therapies, holds promise for improving outcomes and expanding treatment options for patients with CRC.

The classification of CRC by the World Health Organization into various categories, including adenocarcinoma, adenosquamous carcinoma, squamous cell carcinoma, spindle cell carcinoma, and undifferentiated carcinoma, helps predict prognosis and guide personalized treatment decisions. Furthermore, the prevalence of mucinous colorectal adenocarcinoma presents unique challenges in treatment and prognosis, with targeted molecular therapies, hyperthermic intraperitoneal chemotherapy (HIPEC), and immunotherapy showing potential in managing this subtype. Additionally, adenosquamous carcinoma, squamous cell carcinoma, spindle cell carcinoma, and undifferentiated carcinoma

present distinct clinical characteristics and treatment considerations, emphasizing the need for personalized approaches. Overall, advancements in targeted molecular therapies, immunotherapy, and emerging nanoparticle drug strategies offer hope for improving outcomes in these challenging colorectal cancer subtypes.

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