

GUIDELINES

Italian consensus and recommendations on diagnosis and treatment of low-grade gliomas An intersociety (SINch/AINO/SIN) document

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ABSTRACT

In 2018, the SINch (Italian Society of Neurosurgery) Neuro-Oncology Section, AINO (Italian Association of Neuro-Oncology) and SIN (Italian Association of Neurology) Neuro-Oncology Section formed a collaborative Task Force to look at the diagnosis and treatment of low-grade gliomas (LGGs). The Task Force included neurologists, neurosurgeons, neuro-oncologists, pathologists, radiologists, radiation oncologists, medical oncologists, a neuropsychologist and a methodologist. For operational purposes, the Task Force was divided into five Working Groups: diagnosis, surgical treatment, adjuvant treatments, supportive therapies, and follow-up. The resulting guidance document is based on the avail-

able evidence and provides recommendations on diagnosis and treatment of LGG patients, considering all aspects of patient care along their disease trajectory.

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Introduction and method

In 2018, the SINch (Italian Society of Neurosurgery) Neuro-Oncology section, AINO (Italian Association of Neuro-Oncology) and SIN (Italian Association of Neurology) Neuro-Oncology section formed a collaborative Task Force to look at the diagnosis and treatment of low-grade gliomas (LGGs). The Task Force included neurologists, neurosurgeons, neuro-oncologists, pathologists, radiologists, radiation oncologists, medical oncologists, a neuropsychologist and a methodologist. For operational purposes, the Task Force was divided into 5 Working Groups: diagnosis, surgical treatment, adjuvant treatments, supportive therapies, and follow-up. The resulting guidance document is based on the available evidence and provides recommendations on diagnosis and treatment of LGG patients, considering all aspects of patient care along their disease trajectory.

The search included articles from the specialized English literature on brain tumors, as well as from other areas of patient care such as epilepsy and palliative care. Eight electronic databases were searched from inception to October 2019: Medline (PubMed), Embase, Cinahl, PsychInfo, Cochrane Library, Web of Science, Academic Search Premier and ScienceDirect. The search was expanded by looking at the references in the studies that were selected to be reviewed, and at clinical trials registries, guidelines (www.guidelines.gov), and health technology assessment websites (www.inahta.org).

Two Task Force members independently reviewed the titles and abstracts and discarded those that did not meet the inclusion criteria or were not suitable for a full evaluation. Full-text review of the selected studies was then performed by the two reviewers. Any disagreement regarding inclusion of individual studies was resolved by consensus. As for the methodological framework, the Task Force used the guidance document of the European Federation of Neurological Societies (EFNS).¹

Each Working Group produced a section of the consensus document, supported by the list of studies that provided the evidence for all recommendations. The evidence

of studies was graded Class I to IV and recommendations were graded Level A (established as effective), Level B (probably effective) and Level C (possibly effective).

The evaluation of the evidence and strength of recommendations for LGGs are summarized in Table I.

Epidemiology and natural history

Epidemiological studies on LGG patients providing useful data for incidence, prevalence and long-term outcome are few: the main data source is CBTRUS, a US population-based registry providing incidence data on the population between 2011 to 2015 and survival data for 26% of the population.² Other registries include the histologically-based French Brain Tumor Database describing newly diagnosed gliomas in the period 2004-2009 in a large number of French Neurosurgery Units, and the Danish Neuro-Oncology Registry providing data on 1930 adult glioma patients enrolled from 2009 to 2014 and histologically verified from the whole country.^{3, 4}

Age-adjusted incidence rates for LGG as a whole range from 0.9/100,000/yr (1.3 including WHO grade I gliomas) in CBTRUS to 0.93/100,000/yr (1.1 including WHO grade I) in the Danish Neuro-Oncology Registry.³

All Registries have considered patients according to the WHO 2007 classification. Overall, LGGs account for approximately 15% of all gliomas and the average age at diagnosis is in the thirties. Concerning survival data, in the CBTRUS² the proportion of patients alive at 3, 5 and 10 years respectively, were 95.4%, 94.1% and 92.2% in pilocytic astrocytoma, 57.6%, 50.1% and 39.3% in diffuse astrocytoma, from 87.1%, 81.3% and 65.7% in oligodendroglioma and from 73.1%, 63.7% and 49% in oligoastrocytic tumors.

Survival rates at 5 years provided in the Danish Registry are 82% in grade I and 54% in grade II adult glioma patients.³ In Italy, data concerning incidence and prevalence of LGG are not available on a national basis, with Italian Association of Cancer Registries (AIRTUM)⁵ providing incidence and survival data for the whole group of primary malignant brain tumors.

TABLE I.—Summary of class of evidence and strength of recommendation.

Statement	Class of evidence	Level of recommendation
Imaging		
The standard protocol includes anatomical, two-dimensional T2-weighted and FLAIR sequences (slice thickness ≤4 mm) and three-dimensional T1-weighted images acquired pre- and post-contrast administration	II	B
DWI with maximum <i>b</i> -value of 1000 s/mm ² is included in the EORTC-NBTS consensus recommendations	II	B
PWI is recommended for baseline assessment of suspected lower-grade gliomas that have not undergone histological evaluation or prior to biopsy	II	B
Other PWI techniques such as dynamic contrast-enhanced MRI or arterial spin labeling could be performed optionally	III	C
¹ H-MRS is recommended as an optional modality in glioma imaging to be considered on an individual case basis for differential diagnosis and grading, especially in combination with other advanced techniques such as PWI	III	C
Amino-acid PET can be performed optionally to detect aggressive disease foci in anatomical MRI findings suggesting WHO grade II glioma, hence possibly guiding biopsy and tumor resection, as well as radiation dose boosting	III	C
An early postoperative MRI is strongly suggested and should be performed within 48 to 72 hours, including DWI	II	B
The use of PWI for serial follow-up assessment of lower-grade gliomas is recommended to identify malignant transformation and to distinguish therapy effects (pseudoprogression or radiation necrosis) from tumor progression, being DSC-derived rCBV the most validated parameter	II	B
¹ H-MRS should be considered on an individual case basis especially in combination with other physiological techniques such as PWI for identification of true progression	III	C
Amino-acid PET cannot be recommended for routine monitoring in lower-grade glioma	III	C
Surgery		
The extent of surgical resection (EOR) is a strongest independent risk factor for both overall survival (OS), progression-free survival (PFS) and malignant transformation (MPFS)	II	B
Intraoperative neurophysiological monitoring is associated with lower risk of permanent postoperative deficits and a higher EOR of tumors in eloquent areas	III	C
Cortico-subcortical mapping is the most sensitive and specific technique for the identification of critical cortical hubs and white matter bundles	III	C
Awake surgery is an important option, mainly in young patients with lesions in the dominant hemisphere involving language, motor and somato-sensory areas	III	C
Awake surgery can be a valid strategy also for lesions harboring critical networks (<i>i.e.</i> visuo-spatial, social cognition, motor planning, semantic association, etc.) in the hemisphere not specialized in language elaboration (commonly the right in right-handers)	III	C
Intraoperative neurocognitive mapping		
Intraoperative neuropsychological monitoring is now considered a valid option for real-time optimization of extent of resection and clinical outcome ratio in LGGs surgery; however, a standardized and internationally approved battery for cognitive intraoperative monitoring has not yet been defined	III	C
Estimation of extent of tumor resection (EOR)		
The objective estimation of the extent of tumor resection is fundamental in planning postoperative adjuvant treatments and monitoring the growth curve of residual tumor volume over time	II	B
The volumetric analysis can be carried out by manual segmentation of the areas of interest or by using the so-called ellipsoid volume technique or software with automatic or manual segmentation	III	C
The role of the supratotal resection has not been clearly determined so far	III	C
Supratotal resection has been associated to a better outcome and reduction of epileptic seizures	III	C
Incidental low-grade gliomas (iLGGs)		
In iLGGs surgery may be considered after completion of accurate standard and advance MRI screening	III	C
Risk groups and adjuvant treatments after surgery		
Low-risk patients (younger than 40 years and/or after total resection) should be observed with MRI without any adjuvant treatment	II	B
In high risk patients, combined radiotherapy and adjuvant chemotherapy with PCV is associated with longer PFS and OS than radiotherapy alone	I	A
In high-risk patients initial radiotherapy or temozolomide may provide comparable benefits in terms of PFS	I	A
Oligodendrogliomas IDH-mutant and 1p/19q-codeleted and diffuse astrocytomas IDH-mutant and 1p/19q-non-codeleted derive a higher benefit in terms of survival from radiation followed by chemotherapy as compared to either radiotherapy or temozolomide alone	II	B
Oligodendrogliomas IDH-mutant and 1p/19q-codeleted have a definitive longer survival and higher chemosensitivity in comparison to diffuse astrocytomas IDH-mutant and 1p/19q-non-codeleted, thus initial chemotherapy alone with other salvage treatments at recurrence may be an option to better preserve overtime the cognitive functions	III	C
Diffuse astrocytomas IDH mutant should not receive as initial treatment chemotherapy alone as PFS is shorter as compared to radiotherapy alone	III	C
Diffuse astrocytomas IDH wild-type should receive a combination of radiotherapy and chemotherapy due to their aggressive behavior, especially when EGFR amplification or TERT mutation are present	III	C
Radiotherapy and chemotherapy can yield seizure control in case of partial resection or biopsy	III	C
Cognitive functions monitoring		
Neuropsychological tests should be integrated with patient reported outcome (PRO) tools and brain cancer-specific HRQL outcomes	III	C
Improvement in neurocognitive functioning may be obtained after large brain tumor resection	III	C
Cognitive rehabilitation may be an effective intervention for treating cognitive dysfunctions in brain tumor patients	III	C
Some psychostimulants like methylphenidate and modafinil may be of modest usefulness	III	C

(To be continued)

TABLE I.—Summary of class of evidence and strength of recommendation (continues).

Statement	Class of evidence	Level of recommendation
Antiepileptic drugs (AEDs)		
Glioma patients who never suffered seizures should not be treated with primary prophylaxis with antiepileptic drugs (AEDs)	I	A
Long-term treatment with AEDs is indicated for patients with persisting seizures after surgery	III	C
In terms of long-term tolerability, the second-generation AEDs offer advantages compared to the first generation	III	C
Efficacy, tolerability, lack of drug interactions, and intravenous availability make levetiracetam the first choice in brain tumor patients	III	C
Add-on lacosamide is effective in patients with persisting seizures after levetiracetam or standard AEDs	III	C
Whether and when patients who are seizure-free after tumor treatment may ultimately withdraw AEDs is uncertain	III	C
Prophylaxis of venous thromboembolism (VTE)		
Indication for VTE prophylaxis specific for LGG patients are not available		
Treatment of acute VTE in patient with brain tumors should follow the same protocols proposed for non-brain-tumor-associated VTEs	III	C
Treatment options at progression		
The role of second surgery at recurrence is not definitively defined and should be evaluated in individual patients	III	C
Positive prognostic factors in case of re-irradiation at recurrence are KPS, PTV volume and re-resection	III	C
Negative prognostic factors in case of re-irradiation at recurrence are time to first RT <12 months and older age	III	C
In case of re-irradiation, conventionally fractionated and hypofractionated schedules are preferable due to better tolerance	III	C
Alkylating chemotherapy (PCV, TMZ) is an option for all patients	III	C
In case of aggressive contrast-enhanced lesions bevacizumab may be active in reducing the need for steroids and improve QoL	IV	C

The natural history of LGGs typically includes a pre-symptomatic phase with a variable duration during which tumors may be detected incidentally,⁶ followed by a symptomatic phase: in this phase patients develop various neurological signs/symptoms isolated or in combination, suggesting both focal and diffuse brain damage related to tumor growth and infiltration.

The duration of the symptomatic phase preceding malignant transformation is highly variable, depending on a number of clinical and molecular factors (age, tumor size and midline crossing, presence/absence of IDH1-2 mutations/ 1p-19q co-deletion, p53 status, neurological and global performance status, extent of resection, post-surgical treatments and rate of tumor growth) with an average of 7 years.

The third phase is characterized by malignant transformation (*i.e.* progression to grade III or IV glioma), with deterioration of pre-existing deficits/symptoms and appearance of new ones, and life expectancy similar to that of a newly diagnosed grade III or IV gliomas.

Clinical presentation

Clinical presentation of LGGs is dependent both on tumor site and growth pattern. A high proportion (from 70% to 90%) of patients with LGG present with seizures, more often of partial or complex partial type, or secondarily generalized. Oligodendrogliomas tend to be more epileptogenic due to their cortical infiltrative pattern.^{7, 8} The widespread growth of LGG makes common cognitive symptoms also, with involvement of both executive functions and of more

cortically-related higher functions (*i.e.* memory and language impairment).⁹

Changes in mood and behavior are reported in a proportion of patients at disease onset. Less frequently, slowly evolving motor and/or sensory deficits may characterize LGG presentation.

Up to 10% of LGGs are diagnosed during neuroradiological work up performed for unrelated reasons (*i.e.* after head trauma or in the context of long-standing headache with clinical features suggestive for primary headache).^{6, 10}

The clinical-radiological diagnosis of LGG may be quite straightforward in most cases, but is sometimes challenging. The alternative diagnoses may include non-glial tumors, tumor-like demyelinating disease, CNS vasculitis and other rarer diseases.

In these cases, before proceeding to biopsy, MR spectroscopy, MR-perfusion and amino acid PET may help in suggesting the right diagnosis.¹¹ Brain CT scan is also useful and should be obtained in all cases, while CSF analysis is performed in selected cases when an inflammatory disease has to be ruled out.

Imaging

Diagnosis

Magnetic resonance imaging (MRI) is routinely employed in the diagnosis and clinical management of lower grade gliomas. Computed tomography (CT) may provide additional information by detecting calcifications or hemorrhages, but cannot distinguish subtle contrast between

tissues in the brain. Imaging protocol should refer to the EORTC-NBTS consensus recommendations,¹² that have been recently endorsed by the European Society of Neuro-radiology (ESNR) for glioma imaging.¹³ The standardized protocol includes anatomical, two-dimensional T2-weighted and FLAIR sequences (slice thickness ≤ 4 mm) and three-dimensional T1-weighted images acquired, pre- and post-contrast administration (Class II, Level B). The recommended minimum requirements for 1.5-T and 3.0-T MR image acquisition are outlined.¹² Three-dimensional FLAIR techniques (3D-FLAIR) are strongly endorsed for lower grade gliomas, especially for supporting the transition into volumetric tumor measurements (see below the 'Follow-up' section). 3D-FLAIR sequences are routinely used on newer MR systems, but may not be available on all MR scanners. Susceptibility-weighted imaging (SWI) may contribute in detecting intratumoral hemorrhage, calcifications, or tumoral neovascularity, but further evidence is needed to clarify the added value in lower grade glioma diagnosis.

Besides anatomical sequences, physiological imaging techniques, such as diffusion-weighted imaging (DWI) and perfusion-weighted imaging (PWI), add relevant structural and hemodynamic information for tumor diagnosis and classification, as well as for stratification of tumor response.^{14, 15}

DWI with a maximum *b*-value of 1000 s/mm² is included in the EORTC-NBTS consensus recommendations¹² (Class II, Level B). The DWI-derived apparent diffusion coefficient (ADC) contributes to estimate non-invasively tumor cellularity and grade in brain gliomas.^{16, 17} Moreover, quantitative apparent diffusion coefficient (ADC) measurements have been recently reported to support the molecular subtyping of non-enhancing lower grade gliomas in the clinical setting.¹⁸

PWI has shown to be a relevant technique for glioma imaging due to its ability to measure changes associated with neoangiogenesis, which correlate with tumor malignancy.¹⁴ The dynamic susceptibility contrast (DSC) PWI technique is the primarily used perfusion method across Europe,¹³ with DSC-derived rCBV being the most validated parameter to predict grading and outcome of patients with brain gliomas.¹⁹ PWI is recommended for baseline assessment of suspected lower grade gliomas that have not undergone histological evaluation, or prior to biopsy¹³ (Class II, Level B). Furthermore, raised rCBV in treatment-naïve lower grade gliomas has recently been highlighted as a powerful predicting feature of IDH wild-type tumors, being associated with a distinct hypoxia/angiogenesis transcriptome signature.²⁰

Other PWI techniques such as dynamic contrast-enhanced MRI or arterial spin labeling could be performed optionally, as larger evidence is currently warranted to define their impact in glioma imaging¹³ (Class III, Level C).

Quantification methods for PWI parameters, such as rCBV, is highly advocated to avoid pitfalls of subjectivity, being aware that threshold values are not simply transferable between institutions, as they very much depend on scan parameters and post-processing.¹⁸ Standardization of PWI methods within and across sites is strongly advocated to ensure their reproducibility and reliability in clinical practice.²¹

MR spectroscopy (MRS) provides metabolic biomarkers that complement MRI anatomical and physiological information in gliomas. Proton MR spectroscopy (¹H-MRS) has been extensively used to detect and quantify a number of endogenous cellular metabolites.²² Despite modern MR systems support MRS acquisition, routine use is largely restricted to specialized centers. Technical challenges toward obtaining reliable good-quality results have impeded the widespread adoption of this technique.²³ Hence, ¹H-MRS is recommended as an optional modality in glioma imaging, to be considered on an individual case basis for differential diagnosis and grading, especially in combination with other advanced techniques such as PWI^{13, 15} (Class III, Level C)

In the last years, one of the most relevant advances of ¹H-MRS has been the possibility to non-invasively detect the intratumoral accumulation of 2-hydroxyglutarate (2HG) in gliomas, whose production and accumulation in tumor tissue results from the arginine 132 (R132) mutations in the IDH1 gene. 2HG has been recently used as a biomarker to detect the presence and spatial distribution of IDH-mutated cells in lower grade gliomas, with excellent specificity (Class II, Level B).²⁴ However, the application of this methodology in a clinical setting cannot be recommended as still technically challenging. Further studies are warranted to ensure a wide implementation for clinical glioma imaging.

Advanced neuroimaging techniques such as functional MRI (fMRI) and diffusion MR tractography have become an essential part of the presurgical and intraoperative workup of gliomas. These techniques can give relevant information on the anatomo-functional organization of eloquent cortical areas and subcortical connections close or inside a tumor, in order to support in the achievement of a maximal safe resection.^{25, 26}

Preoperative task-based fMRI represents the best validated and most robust and widely used clinical applica-

tion of BOLD (blood oxygen level-dependent) imaging to localize non-invasively eloquent cortical areas. In patients with lower grade gliomas this technique is used to determine language lateralization, to localize the motor and visual cortex and to define the spatial relationship between the tumor and eloquent cortical areas. Despite an overall good accuracy in lower-grade gliomas,²⁵ task-based fMRI cannot replace intraoperative direct electrical stimulation (DES), which is considered the gold-standard technique for assessing true eloquent cortical and subcortical sites during surgery. Resting-state fMRI (rs-fMRI) enables to evaluate the spontaneous neural activity of regions which are functionally connected even if they are anatomically remote, with potential benefit to map multiple networks with a single acquisition.²⁵ However, a rigorous validation is still needed for a wide implementation of this technique in the clinical setting.

Diffusion imaging with MR tractography has been increasingly used to depict in vivo the white matter (WM) pathways in the brain, and one of main clinical application is mapping of eloquent tracts in cerebral tumors. MR Tractography is the only method allowing to detect non-invasively the course of the main WM bundles, and may provide information whether a tract is displaced, infiltrated/edematous, or interrupted by a tumor. For this reason, MR tractography is often an integral part of the presurgical and intraoperative workup of glioma patients, to delineate a map of the main eloquent tracts, like motor or language fascicles or subcortical connections involved in specific circuits close or inside a tumor.^{27, 28} This map can be useful both in presurgical planning to choose the best approach for sparing eloquent tracts during surgery, for identifying the patients that may maximally benefit from surgery, and for guiding intraoperative mapping by giving an anatomical correlate of the functional data from intraoperative DES.²⁵ To date, the most common clinical technique is diffusion tensor imaging (DTI) tractography, which has proven to be a valid and highly sensitive tool for localizing eloquent subcortical areas in glioma patients. More recently, new tractography techniques have been developed, based on new diffusion models relying on high angular resolution diffusion-weighted imaging (HARDI), together with complementary probabilistic methods, and may improve the accuracy of MR tractography for glioma surgery.²⁵ Larger studies are warranted to define the impact of these new tractography models to optimize the identification of safe surgical resection margins, as well as to encourage their wide clinical implementation in the near future.

Functional molecular imaging, such as positron emis-

sion tomography (PET) uses tracers to detect and quantify biological processes, such as cell proliferation, membrane biosynthesis, glucose consumption, and uptake of amino acid analogs.²⁹ PET tracers used in clinical practice include ¹⁸F-2-fluoro-2-deoxy-D-glucose (¹⁸F-FDG), [¹¹C-methyl]-methionine (¹¹C-MET), O-(2-[¹⁸F]-fluoroethyl)-L-tyrosine (¹⁸F-FET), and 3,4-dihydroxy-6-[¹⁸F]-fluoro-L-phenylalanine (¹⁸F-FDOPA). Recommendations for PET imaging should refer to the RANO working group/EANO consensus guideline for the clinical use of PET imaging in gliomas.³⁰ Amino acid PET outperforms ¹⁸F-FDG PET in differential diagnosis of neoplastic *versus* non-neoplastic tissue and can improve the sensitivity, specificity, and accuracy of diagnosis in cases of uncertainty. Furthermore, amino acid PET can be performed optionally to detect aggressive disease foci in anatomical MRI findings otherwise suggestive of WHO grade II glioma, hence the possibility to guide biopsy and tumor resection, as well as radiation dose boosting³⁰ (Class III, Level C). Current limitations depend on the scarce availability of amino acid PET and, only for ¹¹C-MET, the need for local access to a cyclotron. Studies are ongoing to obtain more comprehensive, prospective data in larger clinical cohorts.

Follow-up

The standardized brain tumor MR imaging protocol is recommended to follow-up lower grade gliomas.¹² An early postoperative MRI is strongly suggested and should be performed within 48 to 72 hours, including DWI³¹ (Class II, Level B). Including PWI at this early timepoint is not recommended, as susceptibility effects from blood products in the surgical cavity may affect the estimation of DSC parameters such as rCBV, making this technique non-diagnostic. Nonetheless, due to the slow growth-rate of these tumors, postoperative MRI could be postponed up to 3-4 months after surgery and should include both DWI and PWI (when post-surgical blood degradation products have largely got reabsorbed). MRI is recommended before starting any adjuvant treatment (RT ± chemotherapy) as a baseline for comparison with the post-treatment scans.

Contrast-enhanced MRI represents the current backbone for monitoring treatment response in lower grade gliomas. First routine MRI follow up should be performed approximately 3 months after starting RT or CT. Intervals can be extended according to the individual case up to 6 months or even 12 months when longer observations have already been done (*e.g.* after 5 years of stable disease). Serial imaging is recommended to identify new areas of contrast enhancement or significant change in tumor size, which

can predict transformation to higher grade.^{32, 33} Consistency in MR scanning hardware (especially field strength), contrast agent type and dose is strongly advocated to allow an accurate and reproducible follow-up assessment.³¹

Serial measurements of tumor size are highly recommended, either using two-dimensional FLAIR diameters or 3D-FLAIR volumetry, as this has been shown to increase diagnostic accuracy in the follow up. Volumetric tumor measurements are reliable and consistent over time and volumetric changes may reflect clinical response better than 2D size changes, as they more accurately assess the extension of irregularly shaped tumors and are less impacted by the presence of surgical cavity. Despite volumetry has been shown to be feasible in a clinical setting and easily to be implemented in routine clinical use with standard software, nowadays it is still not routinely performed in all neuroradiological centers throughout Italy.

The use of PWI for follow-up assessment of lower grade gliomas is recommended to identify malignant transformation and to distinguish therapy effects (pseudoprogression or radiation necrosis) from tumor progression with DSC-derived rCBV being the most validated parameter for the differential diagnosis¹³ (Class II, Level B). Following radiotherapy, knowledge of irradiation fields and treatment dosimetry is crucial to correctly interpret PWI changes after treatment.

Among advanced MR imaging techniques, ¹H-MRS is recommended as an optional modality in lower grade glioma in the follow-up due to the difficulty in standardization in the clinical practice. ¹H-MRS should be considered on an individual case basis especially in combination with other physiological techniques, such as PWI for identification of true progression^{13, 15} (Class III, Level C). Diffusion Tensor Imaging (DTI) has been proven to be helpful to identify changes in peripheral infiltration of lower grade gliomas after chemotherapy in a research setting,¹⁴ but it is not routinely implemented in clinical software for follow-up evaluation.

Amino acid PET can be performed in cases in which conventional and physiological MR imaging is not conclusive, as it can be helpful for the metabolic detection of malignant transformation, for the evaluation of an early response to chemotherapy, and for the differentiation between treatment-related changes and true progression, with high sensitivity and specificity,³⁰ and early response to chemotherapy.³⁴ However, due to the aforementioned limitations and the use of ionizing radiations, amino acid PET cannot be recommended for routine use in lower grade gliomas (Class III, Level C).

Pathological and molecular classification

Brain tumors originating from glial cells are classified according to the last revision (2016) of the World Health Organization (WHO) classification of tumors of the Central Nervous System,³⁵ where histological parameters and molecular markers became integrated in the diagnosis and essential part of tumor assessment in modern neuro-oncology practice.

The histological diagnosis of LGGs is problematic and with high inter-observers variability. The application of advanced molecular biology technologies to brain tumors studies allowed the identification of genetic and molecular alterations specific for some histotypes, affecting tumor biological behavior.^{36, 37} In particular, The Cancer Genome Atlas (TCGA) project, allowed to recognize genome abnormalities occurring in different tumor subtypes.³⁸ The use of molecular markers provides diagnostic, prognostic and predictive data on tumors with the same histological appearance.

In this regard, the clinical management of patients and therapeutic strategies have been changed and the implementation of some biomarkers into routine laboratory is recommended. This diagnostic approach provides information to classify these tumors into different classes of risk.

LGGs are a heterogeneous group of tumors with different morphologic characteristics. Mutational events in neoplastic cells at various stage of differentiation give rise to clones with different genotype and phenotype. These alterations change the morphology and biology of neoplastic cells that show increased proliferation activity and infiltration. This process is at the basis of the heterogeneity of glial tumors. For a correct diagnosis of LGGs it is recommended that the entire surgical specimen is analyzed by the pathologist with conventional morphological procedures (fixation and paraffin-embedding, routine hematoxylin and eosin staining, additional immunohistochemical and molecular analyses). Whenever possible, parts of the tissue should be frozen for future molecular marker studies.

Astrocytomas and oligodendrogliomas represent the two main entities of LGGs, further classified by molecular profile.³⁹

The term “oligoastrocytoma,” an entity previously described only by histologic characterization, in the 2016 WHO classification was restricted only to cases without genetic analysis or to rare cases with double components not further classifiable.

The most clinically relevant finding of the new classification is the isocitrate dehydrogenase 1 (IDH1) R132H mutation or, less commonly, IDH2 codon 172 missense muta-

tions which define diffuse and anaplastic astrocytomas and oligodendrogliomas as IDH-mutant tumors. IDH (isocitrate dehydrogenase) mutations are early lesions in gliomas and cluster in the active site of these enzymes at codon 132 of IDH1 and codon 172 of IDH2. The R132H mutation is the most frequent in gliomas and can be investigated by immunohistochemistry. Other mutations have been reported and they could be related to specific glioma subtypes.

In diffuse gliomas, absence of IDH1-R132H immunopositivity should be followed by DNA extraction and IDH1 and IDH2 sequencing to detect or exclude other, less common IDH mutations.

A subset of IDH-mutant tumors, as oligodendroglial tumors, also show co-deletion of chromosomes 1p and 19q, a feature that predicts improved survival. Strongly associated with oligodendroglial tumors, it is a good marker for sensitivity to chemotherapy and radiotherapy as well. Loss of chromosomal material on 1p/19q resulting from an unbalanced translocation, (loss of heterozygosity (LOH) 1p/19q) was first recognized as a good prognostic marker. The WHO classification does not suggest a specific technique for testing 1p/19q codeletion, but recommends a method useful to detect whole-arm chromosomal losses. However, many techniques are used, such as fluorescent *in situ* hybridization (FISH), chromogenic *in situ* hybridization, PCR-based microsatellite analysis, that requires autologous blood samples. More advanced molecular genetic testing, such as array comparative genomic hybridization (aCGH), multiplex ligation-dependent probe amplification (MLPA) or real-time PCR, that are independent from autologous DNA samples, are used for research purposes.

Mutations in the promoter of the telomerase reverse transcriptase gene (TERT) are frequently observed in pure oligodendrogliomas with deletion of 1p and 19q (1p/19q codeletion), but TERT promoter mutations are not restricted to IDH-mutant gliomas and could be also present in IDH-wild-type glioblastomas.⁴⁰

IDH mutations are also associated with other molecular markers, including O6-methylguanine-DNA methyltransferase (MGMT), a marker that predicts responsiveness to alkylating chemotherapy. Detection of MGMT promoter methylation status by immunocytochemistry is not an adequate method on formalin fixed specimens and should be tested by the use of molecular genetic tests, such as methylation-specific PCR or pyrosequencing of bisulfite-modified tumor DNA.

IDH mutation is frequently associated with TP53 and alpha thalassemia/mental retardation syndrome X-linked (ATRAX) mutations in astrocytic gliomas without 1p/19q

codeletion. Immunohistochemical detection of nuclear staining for p53 and loss of nuclear ATRX expression (suggesting mutation) in IDH-mutant gliomas is characteristic of astrocytic differentiation and in such cases additional testing for 1p/19q codeletion could not be required, whereas widespread nuclear immunostaining of ATRX in an IDH-mutant glioma should be verified for 1p/19q codeletion to differentiate an IDH-mutant astrocytic glioma from an IDH-mutant and 1p/19q-codeleted oligodendroglioma.³¹

Astrocytoma, NOS (Not otherwise specified) and oligodendroglioma, NOS, are glioma categories introduced by WHO 2016 classification for those tumors, that cannot be tested for the relevant molecular markers, or when molecular testing is inconclusive.

Clinical and neuroimaging prognostic factors

Younger age is a well-established prognostic factor for survival: a relationship between younger age and better survival has been clearly demonstrated in large datasets from clinical trials.⁴¹⁻⁴³ A cut-off of 40 years has been the most commonly used in older series: however, it is unclear whether this holds true within the recent molecular subgroups of WHO 2016,⁴⁴ in particular for oligodendrogliomas.

The presence of seizures and the absence of neurological deficits at onset are associated with longer survival.⁴³

Concerning the prognostic value of imaging features on conventional MRI, larger tumors and tumors crossing the midline are correlated with a worse prognosis both in terms of PFS and OS⁴³ (Class II, Level B). The role of contrast enhancement as a negative prognostic factor is still controversial. In the majority of series, the presence of contrast enhancement is associated with a worse prognosis;⁴⁵ however, some other Authors did not report a statistically significant correlation.⁴⁶ In a recent paper⁴⁷ contrast enhancement has been suggested to be of prognostic importance in grade II-III gliomas harboring IDH1/2 mutation but not in wild type tumors (Class III, Level C).

Preoperative and postoperative tumor volume has been suggested to be prognostic in LGG,^{48, 49} but a validated cut-off has not been established yet (Class III, Level C).

Volumetric studies on MRI over time have demonstrated continuous tumor growth in the natural history of low-grade tumors and the growth rate seems to have a prognostic significance^{33, 50} (Class III, Level C).

The measurement of cerebral blood volume (rCBV) can predict tumor behavior: a low rCBV correlates with longer PFS and OS^{19, 51}(Class III, Level C).

The prognostic and predictive value of MRS has been suggested by some small studies,⁵² but still need validation.

Positron emission tomography (PET) has been increasingly used both for diagnosis and treatment monitoring of LGG. (¹⁸F)-Fluorodeoxyglucose (FDG) is of limited value, since LGGs display a low and non-constant uptake of the FDG as compared to the normal cortex or basal ganglia. Amino acid tracers are considered more appropriate for the evaluation of LGGs.^{53, 54} The superiority of amino acid tracers over FDG is based on the low background of MET in the normal brain, providing good contrast with tumor uptake. MET uptake at the disease onset has been identified as a prognostic factor in small low-grade tumors series^{55, 56} (Class III, Level C). In a prospective study on LGGs, FET PET uptake, together with tumor growth pattern on MRI, has shown to be a strong prognostic factor.⁵⁷ Dynamic FET-PET has been shown to help stratifying prognosis, with 18F-PET positive gliomas with decreasing time activity curves in kinetic analysis showing shorter PFS and faster malignant transformation.⁵⁸

Surgery

The role of surgery

Surgery represents the first step in clinical management of patients with low grade gliomas (LGGs) despite the lack of randomized Class I studies.^{7, 59, 60} Several volumetric retrospective studies have shown that the extent of surgical resection (EOR) is the strongest independent prognostic factor both for overall survival (OS), progression-free survival (PFS) and malignant transformation (MPFS) (Class II, Level B).^{48, 61-68}

Nevertheless, modern glioma surgery is focused on the cornerstone of the optimal balance between tumor removal and neuro-cognitive preservation:^{48, 60, 63} to achieve this purpose, a detailed and customized anatomic-functional planning is crucial.⁶⁹ Nowadays, the neurosurgical oncologists have a variety of contemporary tools available, which include frameless navigational systems, intraoperative imaging, and functional mapping.⁷⁰ These tools can support in tailoring an optimal level of tumor resection with minimal and/or transient postoperative neurologic morbidity.⁷¹

In LGG surgery, intraoperative neurophysiological monitoring has been demonstrated to be associated with lower risk of permanent postoperative deficits and higher EOR of tumors in eloquent areas (Class III, Level C).⁷²

Cortico-subcortical mapping is the most sensitive and specific technique for the identification of the critical cor-

tical hubs and white matter bundles, and is recommended with Level III of evidence (Class III, Level C).

Direct electrical mapping (commonly known as direct electrical stimulation, DES) and neurophysiological monitoring (motor evoked potentials, PEMs, somatosensory evoked potentials, PESS) for executive motor functions are also possible under general anesthesia. The more complex motor and associative functions (*i.e.* language in its various sub-elaborations, vision, reading, calculation, attention) can be exclusively and safely monitored during awake surgery, where patients are asked to perform adequate and dedicated neuropsychological testing during cortico-subcortical DES.

Awake surgery is an important option, mainly in young patients, with lesions harboring the dominant hemisphere, especially when involving language, motor and somatosensory areas (Class III, Level C). Awake surgery can be a valid strategy also for lesions harboring critical networks (*i.e.* visuo-spatial, social cognition, motor planning, semantic association, etc.) in the hemisphere not specialized in language elaboration (commonly the right in right-handers) (Class III, Level C).^{73, 74}

The fundamental principle in awake surgery lies in the combination of intraoperative cognitive monitoring and brain mapping through DES of the cortex and white matter, in order to obtain a real-time assessment of neural networks.⁷³⁻⁷⁵ The cognitive sphere is the key component for enhanced health-related quality of life (HRQL) in LGG and represents an important outcome measure of the surgical performance. Patients need to perform an accurate and extensive neuropsychological testing (*i.e.* language, executive functions, visual and visuo-spatial cognition, attention, memory, praxis, etc.) before and after surgery.^{76, 77}

Considering that gliomas are tumors usually infiltrating functional cortico-subcortical areas, a radical surgery is unfortunately limited to few and selected cases. Consequently, a customization of post-surgical treatments on the basis of EOR and tumor molecular profile, is strongly recommended. There is no general consensus in the literature regarding the cut-off value of EOR. Multicenter studies are needed to determine the cut-off value which could be of clinical use in the postoperative management of LGG.

Perioperative neuro-psychological assessment

The management of the patient with a presumptive diagnosis of a lower glioma must be aimed at defining the degree of functional reorganization achieved by the patient brain surrounding the tumor.⁷⁸⁻⁸⁰ The management must there-

fore foresee a careful interview of the patient, associated with a detailed neuropsychological evaluation; data obtained from these analyses have to be integrated with those obtained from imaging. These data are used for making the eventual decision to treat, and for planning the resection. Patient interview is of particular importance and should detail the symptoms reported by the patient and the duration of the clinical history. A detailed epileptic history is mandatory because it provides information on both the progression and temporal and current extension of the neoplasm, as well as precious information on the degree of functional reorganization achieved by the surrounding brain due to the presence, growth and extension of the neoplasm itself. Additional data to be evaluated are the patient educational level, the job and future career development, current hobbies, future pregnancy in case of female patients.⁸¹ These data, generally referred as patient needs, are crucial for the elaboration of a tailored surgical strategy, particularly in the context of the permanent effect that surgery may exert on the quality of life.^{78, 82} Psychological evaluation consists of two components: neuropsychological and psycho-oncological evaluation. The neuropsychological evaluation evaluates the degree of functional reorganization achieved by the individual patient, and prepares the patient for the intraoperative testing, when this is needed. Extensive testing is used and usually explores all functional domains, comprehensive of memory, language, praxis, executive functions, and fluid intelligence.⁸³⁻⁸⁵ The psycho-oncological evaluation is a complementary investigation and has the function of assessing the patient's needs, the presence of anxiety disorders, the understanding of the state of the disease and of the therapeutic process to which the patients will go through, along with the ability to perform part of the procedure in awake anesthesia if needed.^{78, 79, 86}

Intraoperative neuro-cognitive mapping

Intraoperative neuropsychological monitoring is now considered a valid option for real-time optimization of extent of resection and clinical outcome ratio in LGGs surgery. It should be customized to each single case (“ad-hoc”) and particularly with respect to patients’ characteristics (age, education, job, cooperation degree, hemispherical dominance, preoperative cognitive assessment, daily activities) and tumor features (cortical and subcortical location, extension, radiological featuring, and lateralization). Thus far, a standardized and internationally approved battery for cognitive intraoperative monitoring has not yet been defined. Nevertheless, different papers are available, resum-

ing newly proposed and consolidated tasks for intraoperative monitoring, and focusing on lesions’ site and/or functional networks to be explored (Class III, Level C).^{83, 87-89}

Language

Cognitive monitoring during surgery in the language-specialized hemisphere (basically, the left in right-handers and in 2/3 of left-handers) is commonly based on picture naming tests, *i.e.*, DO 80 in France, or the 48- picture naming task from the Semantic Battery⁹⁰ or the 60 -item naming task by Laiacona *et al.*⁹¹ for Italians patients. Object naming easily allows the identification of semantic (*i.e.* semantic paraphasia), phonemic (*i.e.* phonemic paraphasia) or no response (*i.e.* anomia) errors.^{83, 87, 92} If well-constructed, naming pictures of object also identifies possible semantic dissociations, *i.e.* between living and non-living categories.⁹³ Experts suggest also the execution of a semantic association test (namely, the palm-pyramid-tree test [PPTT])⁹⁴ when the non-dominant hemisphere is involved. Specific sites should be tested with more sensible tasks, such as the temporal pole, for which famous people naming is required,⁹⁵ or action naming in frontal tumors.⁹⁶ In this last case, the verb can be either produced in the infinitive form or the patient can be asked to produce the verb in the correct inflected form, allowing exploration of the grammatical abilities.

Counting test is a crucial step for the identification of speech arrest (anarthria), which is defined as a complete block of speech production with tongue movements preserved, or defective articulations.

Complementary intraoperative tasks for language (verbs generation, oral words comprehension, words and non-words repetition), reading and comprehension (words and non-words) monitoring are largely reported in the literature.^{83, 96-99}

Considering the multimodal organization and the huge distribution of language networks at cortical and subcortical level, at least the use of a basic language monitoring is recommended in all the resections within the language dominant hemisphere. Reading tests are particularly indicated in the cortico-subcortical temporal, occipital, and temporo-parieto-occipital resections. Lastly, PPTT is recommended in the resections within the language non-dominant hemisphere (basically, the right) (Class III, Level C).

Executive functions

Stroop test (monitoring cognitive flexibility and control interferences) is the test most frequently used for executive func-

tions assessment during surgery.¹⁰⁰ This task is particularly indicated in the frontal resections (Class III, Level C).^{100, 101}

Visual and visual fields

Visual functions and visual field scanning are commonly monitored with a naming task with stimuli reported on a four-quadrants screen (with a central cross to fix visual attention and dotted lines for spatial identification of eventual positive responses).^{87, 102, 103} In fact, this task allows a double real-time monitoring of both language and visual functions, providing positive responses (*i.e.* phosphenes, color spots), particularly useful for tracking the subcortical anatomy-functional limits of resections aimed to an acceptable preservation of visual field (*i.e.* quadrantopsia), or negative responses (*i.e.* anomia, paraphasia, or more generally visual recognition troubles).

This task is particularly useful in temporal, occipital or parieto-temporal or parieto-occipital resections (Class III, Level C).

Visuo-spatial cognition

Unilateral spatial neglect is the most dramatic deficit related to the damage of spatial-cognition network. This function is easily and reliably monitored during surgery with a line bisection test (on digital or analogical support). This task is strongly recommended with resections in the right hemisphere, that is commonly specialized in visuo-spatial cognition, and particularly in the resection involving the parietal lobe (intra-parietal sulcus) and the fronto-parietal and temporo-parietal junctions and the white matter underneath (Class III, Level C).^{101, 104, 105}

Social cognition

Recently it was proposed and tested a task for recognition of the emotions with the goal to improve the social cognition outcome of patients submitted to LGGs resection. This is a version of the “reading the mind in the eyes test” (or “*test degli occhi*” in the Italian version) adapted to the intraoperative setting.^{105, 106} Additional results have been found by using the 60-item Ekman test, which requires recognition of emotion from the whole face (Class III, Level C).¹⁰⁷

Additional tasks for intraoperative monitoring

There are additional testing possibilities during intraoperative mapping. For example, in left parietal resection it could be useful to test verbal short-term memory (by means of simple repetition of sequence of digits)¹⁰⁸ or to monitor the number and calculation system by reading numbers or per-

forming simple calculations (in this case during surgery on both the left and right parietal lobe (Class III, Level C).¹⁰⁹⁻¹¹¹

There are several other cognitive functions that can be explored in relation to each patient’s specific activities, such as multilingualism (picture naming of objects in different languages) or music (using stimuli from the Montreal Evaluation Battery for Amusia) (Class III, Level C).

Estimation of extent of tumor resection (EOR)

There are several qualitative descriptions of EOR that have been reported in literature, which include “gross total resection,” “near total resection,” “subtotal resection,” “partial resection,” and “extended biopsy” that are mainly based on a subjective evaluation and definition. The objective estimation of tumor resection extension is of utmost importance and fundamental in planning postoperative adjuvant treatments and monitoring the growth curve of the residual tumor volume over time (Class II, Level B).^{31, 68}

The evaluation of EOR relies on different methods, such as the product of the maximal diameter, the sum of areas on consecutive sequences, and three-dimensional, software-based calculations, etc. None of these methods have been validated in prospective studies. Preoperative and postoperative T2-weighted or FLAIR sequences are generally used.

The volumetric analysis can be carried out by manual segmentation of the areas of interest (ROI, region of interest) on MR images with FLAIR or T2 sequences using the DICOM format. The following formula is used to estimate the EOR: “EOR=preoperative tumor volume- postoperative tumor volume/preoperative tumor volume”. Alternatively, the so-called ellipsoid volume technique or software with automatic or manual segmentation can be used (Class III, Level C).

The supratotal resection refers to an EOR beyond the tumor margins highlighted in the FLAIR sequences. There are currently no studies in the literature that provide a definitive recommendation on the role of the supratotal resection (Class III, Level C).⁷⁴ The supratotal resection, according to the functional margins (supraflair resection) identified with the cortico-subcortical mapping in awake surgery, has been associated in some series, with a better outcome both in terms of survival and better quality of life thanks to the control of epileptic seizures (Class III, Level C).¹¹²

Role of biopsy

Biopsy instead of resection is a relatively rare option in low grade glioma and usually indicated in selected patients

(i.e. elderly patients, poor clinical condition, significant comorbidity, deep-seated/eloquent tumor locations, such as the basal ganglia or brain stem, etc.). The risk of an under-grading of the lesion is extremely high. This can be explained by the vast intra-tumoral heterogeneity of gliomas, which can present malignant transformation foci within the tumor.^{113, 114} Cumulative morbidity and mortality of stereotactic biopsy are about 2%.¹¹⁴

The stereotactic biopsy with frameless or framelink techniques are characterized by the same diagnostic accuracy and morbidity. The associations of advanced imaging techniques (MRI and/or PET) are recommended in order to increase the accuracy of the biopsy target¹¹⁵ (Class III, Level C).

Incidental low-grade gliomas

Patients with incidental LGG (iLGG) represent an extremely rare clinical subgroup of LGG, the incidence ranging between 0.04% and 0.2% in the general population.¹¹⁶ iLGG are defined as gliomas found on imaging studies obtained for reasons unrelated to the underlying tumor, which include headache (during the diagnostic work up of suspected primary headache, mainly migraine-like), trauma, otolaryngology disorders, or MRI studies conducted in healthy volunteers for research purposes.

The natural history of iLGG prior to discovery is poorly understood,^{6, 117} and the question of clinical management has become a topic of increasing interest in the recent literature.^{6, 118-128}

Although recent studies support the indication for early surgical resection even for incidental iLGG, the therapeutic strategy is still a subject of debate.^{121, 122, 124} Several studies recommend MRI screening to calculate the tumor growth and plan surgery based on changes in tumor volume.^{118, 129, 130} Other studies suggest a direct surgical approach once the second level diagnostic imaging screening with spectroscopic MRI is completed (Class III, Level C).¹²⁸

Adjuvant treatments after surgery: risk groups

The post-surgical management of LGGs is traditionally based on the distinction of low-risk and high-risk patients.¹³¹ There is a general concern that low-risk patients, as defined by age less than 40 years and/or total resection, should be observed with MRI without any adjuvant treatment (Class II, Level B). This applies to oligodendrogliomas IDH mutant and 1p/19q codeleted and diffuse astrocytomas IDH mutant, while the poor prognosis of diffuse

astrocytomas IDH wild-type¹³² has led to an aggressive approach consisting of combination of radiotherapy and chemotherapy, especially when EGFR amplification or TERT promoter mutations are present (Class III, Level C). However, the recent recognition of a molecular and survival heterogeneity of this group^{133, 134} is suggesting that a more personalized approach in terms of choice of post-surgical management will be increasingly adopted (Class IV, Level C).¹³³ The definition of high-risk patients is somewhat heterogeneous among the different trials and in the clinical practice, and variably includes patients with age >40 years and/or incomplete resection and/or radiological progression and/or intractable seizures and/or worsening neurological symptoms. Recent clinical trials on high risk patients have shed light on the role of the different adjuvant treatments, but still there are unsolved questions. The phase III EORTC 22033-26033 trial has compared in high-risk grade II gliomas standard radiation-therapy with dose dense temozolomide as initial treatments:¹³⁵ the median progression-free survival (PFS) did not differ significantly between treatment groups (46 months with radiotherapy *versus* 39 months with temozolomide) (Class I, Level A). However, a subgroup analysis showed that there were no differences between initial radiotherapy and temozolomide among patients IDH mutant and 1p/19q codeleted (61.6 months for radiotherapy *versus* 55.0 months for temozolomide), while patients IDH mutant and 1p/19q non-codeleted who received temozolomide, had a significantly shorter PFS as compared to those who received radiotherapy (36 months *versus* 55 months, P=0.013). At time of analysis (4 years of follow-up) data on overall survival (OS) of the EORTC trial were not mature. The phase III RTOG 9802 trial has compared in high-risk grade II gliomas radiation with radiation followed by chemotherapy with PCV.¹³⁶ Overall, with a median follow-up of 11.9 years, both median PFS and OS were significantly longer for patients receiving the combined treatment (Class I, level A). Median PFS was 4.0 years for radiation therapy alone *versus* 10.4 years for radiation therapy followed by PCV with a 10-year PFS of 21% and 51%, respectively. Median OS was 7.8 years for radiation therapy alone *versus* 13.3 years for radiation followed by PCV with a 10-year OS of 40% and 60%, respectively. The advantage of the combined treatment was more pronounced in patients with oligodendrogliomas and in those with IDH1 mutant tumors. A single arm phase II trial from US, has investigated the role of initial temozolomide for incompletely resected grade II gliomas.⁴⁹ With a median follow-up of 7.5 years, PFS was 4.2 years and OS 9.7 years (Class III, Level C). At tumor

progression, patients received second surgery in 59%, radiotherapy in 54% and further chemotherapy in 45%. Interestingly 53% of patients were not treated by salvage radiotherapy for a median follow-up of 5.8 years, and patients with 1p/19q codeletion did not progress under treatment. Similar results have been reported by a recent phase II AINO study.¹³⁷ In particular, patients with IDH mutation and 1p/19q codeletion had the maximum advantage in terms of response to chemotherapy and in more than 60% salvage radiotherapy was delayed for a median around 8 years (Class III, Level C).

How can we translate the results of these trials in treatment recommendations for daily clinical practice? Overall, the values of PFS and OS after combined treatment appear clearly superior to any single modality. Unfortunately, none of these trials investigated the cognitive functions over time. Looking at the different histo-molecular subgroups of WHO 2016, both diffuse astrocytomas IDH mutant and 1p/19q non codeleted, and oligodendrogliomas IDH mutant and 1p/19q codeleted derive a higher benefit in terms of survival from radiation followed by chemotherapy as compared to either radiotherapy or temozolomide alone (Class II, Level B). However, considering that these patients have a definitive longer survival in comparison to diffuse astrocytomas IDH mutant, a long-term risk of cognitive defects following an early radiotherapy is still unknown, and they have a better chemosensitivity, an approach consisting of initial chemotherapy alone with salvage reoperation and/or RT at recurrence may be an alternative to better preserve over time the cognitive functions¹³⁸ (Class III, Level C). Whether temozolomide, which is better tolerated, can replace PCV in the combined treatment or, conversely, whether PCV is more effective than temozolomide as initial therapy, is unknown, and trials are ongoing to investigate these issues. Thus far, there are no randomized trials that have compared chemotherapy alone with chemoradiation.

Persisting seizures are often associated with partial resection or biopsy: both radiotherapy and chemotherapy can yield a seizure control^{139, 140} (Class III, Level C): the rate could be higher in case of chemotherapy, but more studies are needed. An open issue is whether an early alkylating chemotherapy can accelerate a malignant transformation,¹⁴¹ but this does not seem to occur in the clinical setting.

Technical aspects of radiotherapy

In patients receiving radiotherapy, doses of 50.4-54 Gy are delivered in 30-33 daily fractions of 1.8 Gy. The use

of postoperative MRI fused with the planning CT is required for accurate target identification and delineation. Ideally an MRI scan less than four weeks old should be used. The gross tumor volume (GTV) include the entire region of high signal intensity on T2-weighted or fluid attenuation inversion recovery (FLAIR) sequence MRI, plus the regions of enhancement and the tumor resection cavity. A margin of 1-1.5 cm (constrained at anatomical barriers, e.g. ventricles, falx, tentorium cerebelli) should be added to the GTV to generate the clinical target volume (CTV) to cover microscopic spread of disease; a further 0.3-0.5 cm margin is added to generate the planning tumor volume (PTV) which takes into account uncertainties in patient set-up and treatment delivery. For treatment planning, new radiation techniques, intensity modulated radiotherapy (IMRT) and volumetric arc therapy (VMAT), are recommended over three dimensional conformal techniques because provide superior target coverage and organs at risk sparing in tumors that are in close proximity to sensitive structures, e.g. brainstem and optic chiasm, or which have irregular shapes. In addition, IMRT/VMAT techniques may allow for reduced doses to hippocampi without compromising target dose coverage.

Cognitive function monitoring

The rates of cognitive deficits in LGGs in the literature vary widely ranging between 19% and 90%, due to differences in inclusion criteria, treatment regimens and neuropsychological tests. However, cognitive deficits documented by formal neuropsychological evaluations are relevant, varying from 29% in the case of patients with LGG not receiving radiotherapy¹⁴² to 53% observed in patients who underwent radiotherapy.^{143, 144}

However, neurocognitive outcome has been assessed systematically (from baseline to long term follow-up) in a limited number of studies, with a relatively small number of patients and short follow-up. Objective neuropsychological functioning should be assessed with a battery of standardized neuropsychological tests assessing language, memory, logical-executive functions, attention, visuo-constructional abilities. Objective neuropsychological tests should be integrated with patient reported outcome (PRO) tools and brain-cancer-specific HRQL outcomes (Class III, Level C).¹⁴⁵

Several factors may influence neurocognitive deficits in LGGs including tumor itself, tumor-related epilepsy, treatments (surgery, radiotherapy) and psychological distress.¹⁴⁶

A study reporting a long-term follow-up at a mean of

12 years after diagnosis in patients with LGG showed that long-term survivors of LGG who did not have radiotherapy had stable radiological and cognitive status, while a limited number of patients who received radiotherapy showed a progressive decline particularly in attentional functioning.¹⁴⁷ The significant change in attentional performance in patients who had radiotherapy was independent of fraction dose, tumor lateralization, extent of resection, age, and antiepileptic drug use. However, the results of this study do not exclude that cognitive deficits in other domains might be related to antiepileptic drug use, the extent of resection, age, and lateralization of the tumor.

Several studies reported that neurocognitive adverse effects of AEDs can add to cognitive decline induced by tumor effect and previous surgery or RT. The older AEDs (phenobarbital, phenytoin, carbamazepine and valproic acid) are known to decrease neurocognitive functioning. Moreover, these drugs have pharmacological interactions with several chemotherapeutic agents¹⁴⁶ (Class III, Level C). New generation AEDs including gabapentin, lamotrigine, levetiracetam, lacosamide, perampanel, seem to have fewer adverse neurocognitive effects than old drugs.¹⁴⁸ Recent data reported an increased risk of neurocognitive impairment associated with topiramate.¹⁴⁹

The impact of surgery on neurocognitive functions is still controversial. Recent studies reported intraoperative stimulation mapping in infiltrative glioma resections to be associated with fewer late severe neurologic deficits and more extensive resection, with a favorable impact on survival^{150, 151} (Class III, Level C). Given the limited number of studies, including pre- and postoperative neurocognitive evaluations, thus far the incidence and extent of neurocognitive dysfunctions related to surgery is still unpredictable. However, improvement in neurocognitive functioning has been observed in several studies after brain tumor resection (Class III, Level C).¹³¹

Prospective, longitudinal studies are needed to improve the knowledge on the magnitude of neurocognitive deficits experienced by patients with LGGs.

Cognitive dysfunctions may have a large impact on functional independence and patients' quality of life. In a large study evaluating HRQL in 195 patients with LGG, the neurocognitive deficits and epilepsy were associated with negative HRQL outcomes.¹⁵² Recently, neurocognitive function is increasingly incorporated as secondary outcome measure in clinical trials in patients with LGG.¹⁵³

Unfortunately, treatment options for these cognitive deficits are scarce. Over the last years, a few intervention studies have been conducted in brain tumor patients, which

demonstrated the positive effects of cognitive rehabilitation. A randomized controlled trial (RCT) in 140 glioma patients with stable disease reported positive effects of a 6-week face-to-face cognitive rehabilitation program, that consisted of psychoeducation, use of compensatory skills and retraining. This suggests that cognitive rehabilitation may be an effective intervention for treating cognitive dysfunction in brain tumor patients (Class II, Level B).¹⁵⁴

Pharmacological strategies for neuroprotection or symptomatic treatment have been explored in the last years but the results are not conclusive. Some psychostimulants, like methylphenidate and modafinil, have shown modest activity but their role needs to be confirmed in larger studies (Class III, Level C).¹⁵⁵

Supportive care

Antiepileptic drugs

LGGs are the most epileptogenic gliomas in adults.¹⁵⁶ Seizure represents the most frequent presenting symptom in LGG patients, occurring in up to 80% of cases. Most commonly, LGG patients present with localization-related seizures depending on tumor location: for this reason the largest amount of patients present with focal seizures.¹¹⁸

Glioma patients who never suffered symptomatic seizures should be not treated by primary prophylaxis with antiepileptic drugs (AEDs)¹⁵⁷ and in case of prophylactic use for surgery, AED can be withdrawal within the first weeks after surgery (Class I, Level A). AEDs are indicated for brain tumor patients who develop at least one seizure. Surgery, radiotherapy and chemotherapy could contribute to seizure control of LGG associated epilepsy¹¹⁸ (Class III, Level C).

Any study has demonstrated a clear superiority of a single antiepileptic drug in the control of tumor epilepsy¹⁵⁸ (Class III, Level C). Moreover, all AEDs are associated with side effects: usually these toxicities are more frequent and relevant in brain tumor patients in comparison to non-neoplastic populations.

AEDs can be divided into two main groups: first-generation drugs (*e.g.* phenytoin, carbamazepine, valproic acid, ethosuximide, benzodiazepines and barbiturates) and second-generation drugs (*e.g.* levetiracetam, felbamate, gabapentin, lamotrigine, pregabalin, tiagabin, zonisamide, oxcarbazepine, vigabatrin, lacosamide and topiramate).

In terms of long-term tolerability, the second-generation AEDs offer several advantages as compared to the first generation AEDs³¹ (Class III, Level C). Furthermore, phenobarbital, carbamazepine, oxcarbazepine and phenytoin,

can act as enzyme inducers, and increase the metabolism and clearance of many antineoplastic agents.

Valproate is a very active AED and in the past was suggested as an active antineoplastic agent but this was not confirmed in larger studies.¹⁵⁹ Due to enzyme-inhibitory properties, hematological toxicities could be increased when valproate is used together with chemotherapeutic agents.¹⁵⁸

Currently, levetiracetam from 1000 mg/day up to 3000 mg/day is the most used AED in brain tumor patients, because of lack of drug interactions, efficacy, tolerability, fast dosing, and intravenous availability.^{160, 161} (Class III, Level C).

Lamotrigine and topiramate are attractive alternatives but with a longer dosing. Lacosamide as add-on treatment has shown activity in glioma patients and can be used by intravenous administration (Class III, Level C).

As for perampanel, the mechanism of action could suggest some antineoplastic activity as well, but this must be confirmed in prospective studies. Benzodiazepines should be used only for small periods of time.

In brain tumor patients with epilepsy driving capabilities are subject to the same regulations of non-tumor patients. Although antiepileptic treatment in brain tumor patients is strongly recommended after a single seizure only low level of evidence is available concerning the question of whether patients seizure-free after tumor treatment (surgery and/or radiation therapy and/or chemotherapy) may safely withdraw AEDs. A recent prospective observational study¹⁶² (Class III, Level C), has shown a 26% rate of seizure relapse (in some cases related to/or preceding tumor progression) after a follow-up of 2.2 years. Thus, the choice of drug withdrawal remains personalized and that should take into account, both tumor-related and patients-related issues: among the latter, fear of relapse and concerns about driving limitations are relevant.

End-of-life seizures may represent an important clinical challenge in glioma patients, as reported in the EANO guidelines.¹⁶³

Venous thromboembolism

Venous thromboembolism is a frequent event in glioma patients occurring both in the perioperative period and during postoperative adjuvant treatments or follow-up. Events are more frequent in high grade glioma patients, and data in LGG patients indicate a value of 2% of 653 patients enrolled in the German Glioma Network:¹⁶⁴ this figure is most likely underestimated, since data in the GGN include patients prospectively enrolled from 2004 to 2010 with a relatively short follow-up.

Indications for VTE prophylaxis specific for LGG patients are not available. Current evidence derives from studies and meta-analyses in high grade glioma indicating that intermittent pneumatic compression in the perioperative period is to be preferred to other mechanic methods (Class II, Level B) with addition of LMWH (enoxaparin 4000 IU SC, to be started 24 hours after surgery and after exclusion of hemorrhage by CT), leading to a reduction of VTE but also to a slight increase in hemorrhages¹⁶⁵ (Class III, Level C).

Treatment of acute VTE should follow the same protocol as in non-brain tumors, although in high grade gliomas anticoagulant therapy seems to increase by 3-fold the risk of hemorrhage, but only with 1% of fatal hemorrhages¹⁶⁶ (Class III, Level C). Positioning of caval filters is not suggested, as it leads to complications in a substantial proportion of patients.

The recent availability of direct oral anticoagulants has prompted their use in alternative to warfarin and LMWH in the management of VTE also in brain tumors. Thus far we have not sufficient data from the large randomized trials to provide high-level evidence,^{167, 168} but data from retrospective studies do suggest a very low occurrence of ICH in patients receiving either rivaroxaban or apixaban in comparison with LMWH. It must be stressed that the 67 patients analyzed were mostly high grade /unspecified glioma patients.¹⁶⁹

Concerning direct oral anticoagulants' (DOACs) use in patients with LGG, recommendations by the European Heart Rhythm Association warn against the co-administration of Levetiracetam and possibly valproate in this context, even if this evidence stems from pre-clinical data (induction of Pgp by these AEDs might reduce the plasma concentrations of DOACs).¹⁷⁰

Steroids

Steroids have been used for decades in the treatment of brain tumor edema. Unfortunately, they are linked with numerous and well-defined side-effects, such as gastrointestinal bleeding, myopathy, osteoporosis, immunosuppression and psychiatric disturbances. Concerning, the optimal dose and the duration of treatment to be used in brain tumor patients no results from clinical trials are available. Usually, rate and severity of side effects correlate both with the total daily dose and duration of steroid treatment. For this reason, the need to continue steroid administration and dosage should be reviewed at each single visit. The tapering of corticosteroids should be rapidly started after major resection of the tumor. Patients who have undergone

only biopsy might need a prolongation of steroids administration in particular when starting of radiotherapy.

Dexamethasone (4-8 mg in single daily dose) has become the drug of choice in neuro-oncology, due to long half-life, low mineralocorticoid activity, and lower tendency to induce psychosis. No randomized studies have been performed in glioma patients, and the available evidence derives from studies in metastatic brain tumor patients.¹⁷¹

Other approaches to replace steroids as anti-edema drugs are being explored.

Treatment options at tumor progression

Despite a modern, multidisciplinary approach in the management of LGG, a relapse will most often occur. In this scenario, surgery is usually the first option to be discussed with the patient. In a recent review, the role of surgery in recurrent LGG was investigated. Retrospective studies only have been selected in an extensive literature search. The authors concluded that, the main aims of surgery in recurrent LGG is to provide relief of symptoms and improve diagnosis (malignant transformation),¹⁷² but there is still insufficient evidence to make any specific recommendations. More recently, it has been suggested that when feasible, surgical resection improves quality of life, by reducing mass effect, incidence of seizures, risk of malignant transformation and finally improving overall survival.^{173, 174} Overall, even if surgery is continuously gaining space in the management of recurrent tumors, its role is not definitively defined and thus it should be decided on case-by-case evaluation (Class III, Level C).

The non-surgical management of recurrent LGGs is evolving; however, the standard of care has not yet clearly defined.¹⁷⁵

For patients with progressive disease who had received chemotherapy alone, radiotherapy is given at doses of 50.4-54 Gy in 28-30 fractions (see below), or 59.4 Gy in 33 fractions for LGG undergoing anaplastic transformation. The recent advances in technology allow for safe re-irradiation in patients who had already received a first course of radiotherapy. A retrospective study, evaluating the impact of re-irradiation on recurrent gliomas of any grade at diagnosis, has found time to RT <12 months, older age and tumor grade¹⁷⁶ as negative prognostic factors (Class III, Level C). Another study has added high KPS, smaller PTV volume and re-resection¹⁷⁷ as positive prognostic factors (Class III, Level C).

A recent large retrospective series from the Radiation Oncology Italian Association,¹⁷⁸ has confirmed that re-irradiation is a safe and feasible treatment with limited risk

of toxicities. For large tumor volumes in close proximity to brain sensitive structures, *e.g.* chiasm or brainstem, conventional fractionation and hypofractionation regimens are recommended, due to better tolerance (Class III, Level C).

Complete resection followed by adjuvant re-irradiation is of benefit in some subgroups of “fit” patients.¹⁷⁹ MRI/PET has been suggested as a tool to improve treatment planning.¹⁸⁰

Alkylating chemotherapy (PCV, TMZ) is an option for all patients, with responses in uncontrolled studies ranging between 25% and 55%¹⁷² (Class III, Level C). Carboplatin is not effective,¹⁷² while in case of “aggressive” progression with contrast enhancement and edema bevacizumab could be of clinical usefulness¹⁸¹ (Class IV, Level C) even if in Europe can be administered only as off-label drug.

Rehabilitation

Rehabilitation in patients with LGG may be proposed either in the context of post-surgical sequelae involving motor function and disturbances in speech and swallowing, or in the context of long-standing cognitive impairment. This latter area, more recently identified as highly relevant in young patients with diffuse tumors with a moderate to long life expectancy, is the subject of intense investigation. Overall, evidence is of low quality due to heterogeneity in patient groups and interventions. Early post-surgical rehabilitation has been shown to improve functional outcome in patients with brain tumors¹⁸² and may lead to improvements similar to those obtained in non-tumor conditions.¹⁸³ A recent small randomized trial,¹⁸⁴ including 16 patients with grade I or II glioma and 9 with HGG, has suggested the efficacy of an approach of rehabilitation of executive functions by goal management training (Class III, level C). Earlier on¹⁸⁵ it was shown in a controlled Australian study that an integrated multidisciplinary rehabilitation is effective (primary outcome was the score at Functional Independence Measure [FIM]) (Class III, Level C). Cognitive rehabilitation has also been proven of some effectiveness at 6 months on verbal memory and attention.¹⁵⁴ The same group has more recently reported the feasibility of a home-based exercise with remote guidance in grade II and III gliomas with stable disease.¹⁸⁶

Follow-up

Post-treatment follow-up with clinical and neuroimaging surveillance has not been extensively evaluated in adult LGG. LGGs represent a heterogeneous group of tumors with variable natural histories, and patients may survive in a stable state for several years after diagnosis. The 5-year

overall survival (OS) and progression-free survival (PFS) rates in randomized studies ranged from 58% to 72% and 37% to 55%, respectively.¹³¹ These data were generated at the beginning of last decade (starting from 2010 on), and the most recent figures of survival in molecular basis studies are even better.^{187, 188} However, the likelihood of recurrence is largely a function of tumor histological type, molecular and clinical prognostic factors and previous treatments.

Early detection of recurrence is likely to improve survival and may increase treatment options and prevent clinical symptoms. However, there is no definitive evidence that identifying recurrent disease earlier improve the outcome.

The frequency of clinical and neuroimaging follow-up after treatment may change according to different risk of recurrence in the different subgroup of patients.

In clinical practice, the schedule of surveillance after conclusion of first line treatments in patients with high risk LGGs (IDH1-2 wild type and no 1p/19q co-deletion) are not different from that adopted in malignant gliomas (grade III and IV) with clinical evaluation and brain MRI every 3-6 months.¹⁸⁹ In patients presenting good predictors of outcome (IDH1-2 mutation and 1p/19q codeletion), clinical evaluation, including cognitive and epilepsy assessment, combining with neuroimaging monitoring may allow early identification of recurrence/progression. In slow growing, “indolent”, non-enhancing tumor, a clinical progression with cognitive decline and/or increase of epilepsy frequency, may anticipate radiological changes on MRI.^{139, 190} Moreover, advanced MRI techniques, such as MR perfusion, diffusion tensor imaging and MR spectroscopy, may be clinically useful for an early identification of recurrence/progression.¹⁹¹ PET with methionine, fluoro-dopa or fluoro-ethyltyrosine may be useful for identification of tumor areas with high metabolic activity, for a pre-treatment evaluation and/or monitoring treatment response and progression^{34, 192} (Class III, Level C). However, further evidence is required to better define strategies for surveillance of LGG patients after first line treatment.

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