Serum Concentrations of IL-2 and TNF-α in Patients with Painful Bone Metastases: Correlation with Responses to $^{89}$SrCl$_2$ Therapy

Na Fang, MD$^1$; Yong Li, MD$^1$; Yan-song Xu, MB$^1$; Duo Ma, MS$^1$; Peng Fu, MS$^1$; Hui-qi Gao, MS$^1$; Feng-tong Gao, MB$^2$; Hai-shan Yang, MB$^3$; and Zhi-jie Yang, MB$^1$

$^1$Department of Nuclear Medicine, First Hospital of HarBin Medical University, HarBin, China; $^2$Department of Nuclear Medicine, China-Japan Union Hospital of Jilin University, ChangChun, China; and $^3$Department of Radiology, China-Japan Union Hospital of Jilin University, ChangChun, China

We have used $^{89}$SrCl$_2$ for the palliative treatment of painful bone metastases from various malignant diseases. We studied the correlation between serum interleukin-2 (IL-2) and tumor necrosis factor-α (TNF-α) levels and the response to $^{89}$SrCl$_2$ therapy.

**Methods:** Forty-two patients (24 men and 18 women) were treated intravenously with $^{89}$SrCl$_2$ at a dose of 148 MBq (4 mCi).

**Results:** The response rate was 33 of 42 (79%). In the control subjects, serum IL-2 concentrations were higher but TNF-α concentrations lower ($P < 0.05$) than in the patients with bone metastases. After treatment with $^{89}$SrCl$_2$, IL-2 levels increased and TNF-α levels decreased, with maximal changes at the fourth month after therapy. After comparing the serum levels of IL-2 and TNF-α between responders and nonresponders, we found that these variables did not differ before $^{89}$SrCl$_2$ therapy but differed significantly ($P < 0.05$) after therapy. Responders had higher IL-2 and lower TNF-α concentrations than nonresponders. A good correlation was found between IL-2 and TNF-α levels and the number of metastases and pain score. **Conclusion:** $^{89}$SrCl$_2$ is effective for palliation of bone pain in patients with disseminated bone metastases. In addition to managing pain, $^{89}$SrCl$_2$ can improve immunity and the quality of life for most patients. Further studies are needed to elucidate the roles of IL-2 and TNF-α in the response to $^{89}$SrCl$_2$ therapy and to evaluate their usefulness as indicators of $^{89}$SrCl$_2$ efficacy.

**Key Words:** $^{89}$SrCl$_2$; bone metastases; IL-2; TNF-α; radionuclide therapy


**P**ain is the major presenting symptom in 75% of patients with bone metastases from various malignant diseases (1). If pressure inside the marrow cavity rises to more than 50 mm Hg or the bone periosteum is extended, bone pain may be inevitable (2). Reducing or even eradicking pain and improving the quality of life are the main concerns at the late stage of bone involvement and may constitute important clinical problems. $^{89}$SrCl$_2$, a radiopharmaceutical proposed by Pecher in 1942 (3) for bone pain palliation in metastatic disease, has often been used for analgesia in recent years. Several studies have demonstrated the effectiveness of $^{89}$SrCl$_2$ in treating painful bone metastases (4–7).

It is well known that the generation, proliferation, differentiation, and prognosis of malignant tumors correlate closely with the status of the immune system, especially with cell-mediated immunity (8). In addition to T lymphocytes, cytokines such as interleukin-2 (IL-2) and tumor necrosis factor-α (TNF-α) also play an important role in tumor immunity. Previous studies have focused on T lymphocyte subset alterations after $^{89}$SrCl$_2$ therapy (9). To our knowledge, no report has been published on the changes in serum IL-2 and TNF-α in patients receiving this therapy.

Therefore, the aim of this study was to explore a possible relationship between plasma IL-2, TNF-α, and clinical symptoms from bone metastases and to investigate the role of IL-2 and TNF-α in estimating the effectiveness of $^{89}$SrCl$_2$ in reducing pain.

**MATERIALS AND METHODS**

**Patients**

All patients were selected on the basis of the following criteria: a life expectancy of 6 mo or longer; no critical organ dysfunction; and, during the 3 mo before therapy, no external-beam radiotherapy, chemotherapy, or hormone therapy that was considered to have affected the patient’s immunity. In a previous study, we found no significant difference in immunologic status among patients with different types of tumor, but the status of all patients was worse than that of the control subjects. A total of 42 patients (24 men and 18 women; mean age, 54 y) were studied between December 2001 and February 2004. All had painful bone metastases and completed a 6-mo follow-up period.

The documented primary tumors were of the lung (n = 14), breast (n = 10), prostate (n = 8), kidney (n = 3), stomach/colon (n = 2), and skin (melanoma, n = 1). Four were of unknown origin.
samples were thawed to 4°C before examination. The reagents to determine IL-2 (IL-2 radioimmunity kit) and TNF-α were purchased from Biotechnical Laboratory of Beijing Dongya. The γ-counter (GC-2160) was manufactured by USTC Chuangxin Co., Ltd.

Protocols

Collection of Blood Samples. Peripheral venous blood samples (2 mL) were drawn from the patients and the control subjects into nonheparinized tubes before the onset of the therapy and monthly for 6 mo after the injection of 89SrCl2. When the nonheparinized blood coagulated, serum was then separated and preserved at −20°C before examination.

Analysis of IL-2 and TNF-α. Before the examination, the samples were thawed to 4°C and then mixed and centrifuged at 3,000 rpm for 5 min. The reagents to determine IL-2 (IL-2 radioimmunity kit) and TNF-α (TNF-α radioimmunity kit) were purchased from Biotechnical Laboratory of Beijing Dongya. The γ-counter (GC-2160) was manufactured by USTC Chuangxin Co., Ltd.

Whole-Body Scanning. Before therapy and monthly for 6 mo after therapy, all patients received 740–1,110 MBq (20–30 mCi) of 99mTc-labeled methylene diphosphonate intravenously and underwent whole-body scanning 2–4 h afterward using a single-head SPECT camera (DPS33000; ADAC) equipped with low-energy general-resolution collimators. The number of bone metastases was calculated using a modification of previously described methods (6,10). The skeleton was divided into 4 regions (skull and spine, throat and shoulder, pelvis, and limbs), and in each region the number of foci suggestive of metastases was scored visually and then summed. The bone scans were evaluated independently by 3 nuclear physicians. If they had different opinions, the maximum score was recorded.

TABLE 1
Scoring System for Evaluating Pain

<table>
<thead>
<tr>
<th>Severity score</th>
<th>Frequency score</th>
</tr>
</thead>
<tbody>
<tr>
<td>0: none (normal mobility or needing no analgesics)</td>
<td>0: none</td>
</tr>
<tr>
<td>1: mild (unable to work or needing occasional analgesics)</td>
<td>1: occasional (less than once per day)</td>
</tr>
<tr>
<td>2: moderate (mobile at home or not needing opioids)</td>
<td>2: intermittent (at least once per day)</td>
</tr>
<tr>
<td>3: severe (in a chair most of the time or needing low-dose opioids)</td>
<td>3: frequent (1–3 times per day)</td>
</tr>
<tr>
<td>4: unendurable (in bed more than 80% of the time or needing high-dose opioids)</td>
<td>4: constant</td>
</tr>
</tbody>
</table>

Pain score = severity score × frequency score.
concentrations were higher in the patients (Table 2). After 89SrCl2 therapy, serum concentrations of IL-2 increased, lower than those of the control subjects, whereas TNF-α concentrations decreased from 2.78 ± 0.37 to 1.24 ± 0.55 (% < 0.001), whereas serum TNF-α concentrations decreased from 2.78 ± 0.37 to 1.24 ± 0.55 (% < 0.001). In contrast, no significant changes in IL-2 and TNF-α concentrations were observed in non-responders (P = 0.565 and 0.542, respectively). The differences in serum IL-2 and TNF-α concentrations between responders and non-responders were not obvious before therapy (P = 0.519 and 0.178, respectively) but became statistically significant after therapy (P < 0.001) (Table 5).

Using a fall in TNF-α levels or a rise in IL-2 levels of greater than 25%, compared with the baseline value, we found the sensitivity and specificity of IL-2 increase to be 87.9% and 77.8%, respectively, and the sensitivity and specificity of TNF-α decrease to be 81.8% and 66.7%, respectively (Tables 6 and 7). Patients with an increasing IL-2 level and a decreasing TNF-α level had a better prognosis.

### DISCUSSION

IL-2 is a cytokine released from T helper lymphocytes. It promotes the generation, proliferation, and differentiation of T lymphocytes; enhances the activity of natural killer cells; induces the generation of lymphokine-activated killer cells; and promotes the production of antibodies by B lymphocytes. Through these mechanisms, it plays an important role in antitumor immune responses (13). Pretreatment serum IL-2 levels have been shown to be of

---

### TABLE 2

<table>
<thead>
<tr>
<th>Group</th>
<th>TNF-α (ng/mL)</th>
<th>IL-2 (ng/mL)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control subjects (n = 20)</td>
<td>1.35 ± 0.43</td>
<td>4.50 ± 1.37</td>
</tr>
<tr>
<td>Patients with bone metastases</td>
<td>2.77 ± 0.31</td>
<td>2.87 ± 1.23</td>
</tr>
<tr>
<td>(n = 42)</td>
<td>0.001*</td>
<td>0.001*</td>
</tr>
</tbody>
</table>

*P < 0.001 vs. control subjects.

### TABLE 3

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Before therapy</th>
<th>1 mo</th>
<th>2 mo</th>
<th>3 mo</th>
<th>4 mo</th>
<th>5 mo</th>
<th>6 mo</th>
</tr>
</thead>
<tbody>
<tr>
<td>IL-2 (ng/mL)</td>
<td>2.87 ± 1.23</td>
<td>2.98 ± 0.54</td>
<td>3.14 ± 0.81</td>
<td>3.53 ± 1.01</td>
<td>4.13 ± 1.12</td>
<td>3.35 ± 0.96</td>
<td>2.94 ± 1.04</td>
</tr>
<tr>
<td>TNF-α (ng/mL)</td>
<td>2.77 ± 0.76</td>
<td>2.53 ± 0.14</td>
<td>2.01 ± 0.42</td>
<td>1.86 ± 0.21</td>
<td>1.49 ± 0.47</td>
<td>2.05 ± 0.26</td>
<td>2.76 ± 0.23</td>
</tr>
<tr>
<td>No. of metastases</td>
<td>12.16 ± 4.58</td>
<td>11.82 ± 4.12</td>
<td>10.87 ± 4.05</td>
<td>9.63 ± 3.11</td>
<td>9.05 ± 3.29</td>
<td>9.72 ± 4.00</td>
<td>10.39 ± 3.88</td>
</tr>
<tr>
<td>Pain score</td>
<td>8.24 ± 3.71</td>
<td>6.35 ± 3.04</td>
<td>5.84 ± 2.16</td>
<td>4.20 ± 3.87</td>
<td>3.99 ± 2.15</td>
<td>4.01 ± 3.64</td>
<td>4.73 ± 2.81</td>
</tr>
</tbody>
</table>

r = −0.91 for IL-2 lesions, −0.87 for IL-2 pain score, 0.78 for TNF-α lesions, and 0.62 for TNF-α pain score.
independent prognostic value in patients with advanced non–small cell lung cancer (14). A study by Fischer et al. also indicated that IL-2 secretion correlates with long-term survival in patients with small cell lung cancer (15).

TNF-α, another important cytokine in anticancer therapy, is produced primarily by mononuclear macrophages. TNF-α can initiate an intensive immunoinflammation response, induce natural killer cells and macrophagocytes, and produce carcinolysis (16). TNF-α also can damage vascular endotheliocytes and cause thrombosis or hemorrhage, resulting in tumor necrosis or resolution (17), and inhibit tumor cell proliferation by inducing cell apoptosis (18). Most patients with malignant tumors express high levels of TNF-α, and serum concentrations of TNF-α have shown a correlation with tumor burden and progression (19). Increases in TNF-α probably originate from auto-secretion by tumor cells, tumor-infiltrating lymphocytes stimulated by tumor antigen, and circulating monocytes activated by tumor metastases (20). This possibility would be in line with recent findings that, although appropriate concentrations of TNF-α in serum increase immunologic response and inhibit the development of tumors, high levels of TNF-α can paradoxically promote the ability of a tumor to become aggressive and metastasize. TNF-α has been shown to increase adhesion between tumor cells and endotheliocytes, accelerate maturation of the tumor matrix, and increase the gene expression of stromal metalloproteinase (19,21).

The 79% response rate found for 89SrCl₂ by our study is similar to response rates found by other studies (4,22). The measured cytokines fluctuated after 89SrCl₂ therapy, presumably because 89SrCl₂ therapy improves immunologic function by killing tumor cells. After 4 mo, we found cytokine levels reflecting the pretherapeutic findings; perhaps responding patients should receive a second dose then.

At present, the pain score and the number of metastatic lesions seen on a whole-body bone scan are commonly used to evaluate the effectiveness of radiopharmaceuticals. Although palliation of pain from bone metastases can reflect the status of tumors to some extent, the pain score is influenced by many other factors, including the patient’s age, threshold of pain, mentality, and use of analgesics (23). To be meaningful, the pain score must be modified according to analgesic consumption and daily activities. Bone scintigraphy is not an optimal method of following tumor response, because patients who are in end-stage disease and physically weakened can find it difficult to undergo periodic whole-body scanning. Whether bone metastases worsen and spread or the bone begins to repair, the bone scan may show a greater intensity of focal uptake.

In the present study, we found that serum IL-2 and TNF-α levels correlated well with the number of bone metastatic lesions and pain score. Differences between pretherapeutic and posttherapeutic levels of IL-2 and TNF-α were significant in responders but not in nonresponders. In responders, these variables did not differ before 89SrCl₂ therapy but differed significantly after therapy. These results demonstrate that serum concentrations of IL-2 and TNF-α are a useful indicator of the response to 89SrCl₂ therapy in patients with bone metastases.

In summary, 89SrCl₂ therapy improves levels of measured cytokines, presumably by killing bone metastases. Repeating therapy properly might help maintain relatively normal immunity and increase the chance of survival, although no study has yet shown 89SrCl₂ therapy to increase survival. The combination of TNF-α and IL-2

---

**TABLE 5**

<table>
<thead>
<tr>
<th>Group</th>
<th>IL-2 (ng/mL)</th>
<th>TNF-α (ng/mL)</th>
<th>IL-2 (ng/mL)</th>
<th>TNF-α (ng/mL)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Responders (n = 33)</td>
<td>2.91 ± 0.56</td>
<td>2.78 ± 0.37</td>
<td>4.58 ± 1.14</td>
<td>1.24 ± 0.55</td>
</tr>
<tr>
<td>Nonresponders (n = 9)</td>
<td>2.72 ± 0.54</td>
<td>2.73 ± 0.45</td>
<td>2.48 ± 1.16</td>
<td>2.41 ± 0.58</td>
</tr>
<tr>
<td>P</td>
<td>0.345*</td>
<td>0.745*</td>
<td>&lt;0.0011</td>
<td>&lt;0.0011</td>
</tr>
</tbody>
</table>

*P > 0.05 vs. responders.

**TABLE 6**

<table>
<thead>
<tr>
<th>Change in IL-2 level</th>
<th>Responders</th>
<th>Nonresponders</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
</tr>
<tr>
<td>Decrease</td>
<td>29</td>
<td>87.9</td>
<td>2</td>
</tr>
<tr>
<td>Increase</td>
<td>4</td>
<td>12.1</td>
<td>7</td>
</tr>
<tr>
<td>Total</td>
<td>33</td>
<td>100</td>
<td>9</td>
</tr>
</tbody>
</table>
measurement and pain scoring may help in monitoring the therapeutic effects of \(^{89}\text{SrCl}_2\).

**ACKNOWLEDGMENTS**

We thank Li Chen, Changjiu Zhao, Weimin Li, and Jin Zhou for their policy assistance in performing the study. We also thank Dr. Edward Silberstein, a reviewer of the manuscript, for his extensive work in helping to rewrite it. This study was supported by the Institution of Science and Technology in Heilongjiang Province.

**REFERENCES**


**TABLE 7**

<table>
<thead>
<tr>
<th>Change in TNF-(\alpha) level</th>
<th>Responders</th>
<th>Nonresponders</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(n)</td>
<td>%</td>
<td>(n)</td>
</tr>
<tr>
<td>Decrease</td>
<td>27</td>
<td>81.8</td>
<td>3</td>
</tr>
<tr>
<td>Increase</td>
<td>6</td>
<td>18.2</td>
<td>6</td>
</tr>
<tr>
<td>Total</td>
<td>33</td>
<td>100</td>
<td>9</td>
</tr>
</tbody>
</table>