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Granulocyte Colony-Stimulating Factor (G-CSF): Clinical Use and Oncological Concerns

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ABSTRACT

Introduction. Granulocyte colony-stimulating factor is a hematopoietic cytokine mainly produced by myeloid cells. Its primary role is to stimulate and promote neutrophil proliferation, which is commonly used in oncology to prevent myelosuppression often caused by cytotoxic treatment. Growing evidence suggests that its biological activity may extend beyond hematopoiesis and modulate tumor dynamics. Several studies indicate that elevated G-CSF levels and receptor expression are associated with greater aggressiveness and a more unfavourable prognosis. The role of G-CSF in fostering an immunosuppressive microenvironment, supporting metastasis, and promoting tumor growth has become a common area of research. Furthermore, studies have already claimed a higher incidence of secondary malignancies, like acute myeloid leukemia (AML) and myelodysplastic syndrome, among patients receiving G-CSF along with cytotoxic treatment.

INTRODUCTION AND PURPOSE

Granulocyte colony-stimulating factor (G-CSF) is a hematopoietic cytokine. Its recombinant forms are commonly used in oncology to manage chemotherapy-induced myelosuppression and help reduce the risk of febrile neutropenia by stimulating neutrophil recovery. Its clinical introduction has markedly improved the safety of cytotoxic treatment by reducing infection-related complications, enabling adherence to dose-dense or dose-intensive chemotherapy protocols, thereby improving patient outcomes. Beyond its established hematopoietic role, emerging evidence indicates that G-CSF and its receptor are expressed in several solid tumors. This phenomenon has been associated with increased tumor aggressiveness, greater metastatic potential, and poorer prognosis across multiple cancer types. G-CSF may remodel the tumor microenvironment by mobilizing myeloid-derived suppressor cells, enhancing angiogenesis, and facilitating immune escape, thereby facilitating tumor growth, invasion and even therapy resistance. Additionally, clinical observations raise concerns about the link between G-CSF administration and secondary hematological malignancies. Overall, these observations highlight the importance of careful G-CSF administration and individual approach to each patient.

The aim of this study is to provide a comprehensive review of G-CSF, focusing on established data on its clinical use and emerging knowledge of its broader biological effects in cancer.

In particular, we seek to examine the mechanisms by which G-CSF may affect tumor aggressiveness, progression, and metastatic behavior. Additionally, we also investigate its potential role in the development of secondary malignancies such as AML and MDS and analyze real-world patterns of G-CSF administration, including adherence to evidence-based prophylactic guidelines. By bringing these perspectives together, this work intends to discuss the advantages and potential risks of using G-CSF and to highlight the aspects that still remain uncertain.

MATERIALS AND METHODS

A comprehensive literature search was performed using PubMed database to identify studies on granulocyte colony-stimulating factor (G-CSF). Under review were articles published between January 2007 and January 2024. We included earlier landmark papers to provide historical context. Titles and abstracts were screened manually. In total, 117 abstracts were screened, 51 full texts were assessed, and 43 studies were selected that addressed mechanistic

insights, clinical guidelines, case reports of G-CSF-producing tumors, and evaluations of G-CSF-related risks.

Keywords: Granulocyte colony-stimulating factor, G-CSF, tumor aggressiveness, secondary malignancies, AML, MDS

RESULTS: CURRENT STATE OF KNOWLEDGE

G-CSF - clinical application and benefits

Granulocyte colony-stimulating factor (G-CSF) is a glycoprotein that regulates the proliferation, differentiation, and activation of neutrophilic granulocyte precursors. G-CSF and its receptor (G-CSFR) were considered to be predominantly expressed by myeloid cells. However, studies have identified their presence in fibroblasts, endothelial cells, bone marrow stromal cells, and other tissues, such as the placenta, cardiomyocytes, and B cells [1,2,3].

In clinical practice, recombinant forms of G-CSF - such as filgrastim, pegfilgrastim, lenograstim, and lipegfilgrastim are widely used to prevent and treat neutropenia. Available forms differ primarily in their molecular structure and duration of action. Filgrastim and lenograstim are short-acting and require daily administration, while pegfilgrastim and lipegfilgrastim are long-acting and can be administered once per chemotherapy cycle.

Cytotoxic treatment causes myelosuppression, reduces neutrophil production, thereby strongly increasing the risk of infections. In serious cases, febrile neutropenia has been observed to develop, defined as the onset of fever (oral temperature $\geq 38,3^{\circ}\text{C}$ once or $\geq 38^{\circ}\text{C}$ for over 2 hours) in conjunction with an absolute neutrophil count (ANC) of less than $<1500/\mu\text{L}$ or ANC expected to decline below this threshold. Morbidity and mortality rates in patients receiving cytotoxic treatment are highly influenced by profound neutropenia, indicated by $\text{ANC} < 100/\mu\text{L}$, which carries the highest risk of severe bacteremia [4,5]. G-CSF prophylaxis reduces the depth and duration of low ANC, thus significantly lowering the risk of febrile neutropenia. Improving neutrophil recovery prevents infections caused by critically low ANC, thereby reducing the number of hospital admissions requiring intravenous antibiotic treatment. Furthermore, adequate neutrophil counts enable chemotherapy to be conducted according to the planned therapeutic regimen, which is particularly important in high-dose-density or dose-intensity regimens. Maintaining appropriate dosage levels is key to the effectiveness of these strategies,

cause it enables us to deliver more effective cytotoxic pressure on rapidly dividing cancer cells[6].

Optimal Timing and Administration of G-CSF

Timing of G-CSF administration is critical for safety and efficacy. In 2022, a two-round Delphi procedure involving 36 oncologists established consensus supporting the most commonly used approach: administering long-acting G-CSF 24 to 72 hours after completing a treatment cycle. It is believed that starting prophylaxis no earlier than 24 hours post-chemotherapy helps avoid exposing progenitor myeloid cells to residual cytotoxic agents, while administering it within 72 hours supports timely bone marrow recovery and optimal responsiveness to the treatment [7].

A recent systematic review examined the optimal timing of prophylactic G-CSF during chemotherapy. They focused on the commonly used 2-day versus 3–5-day schedules. According to the meta-analysis, febrile neutropenia occurred more frequently on days 3-5 compared with day 2. However, it showed no differences in overall survival or infection-related mortality. Severe adverse events appeared slightly less frequent with later dosing, although this difference was not statistically significant. Data on pain remained inconclusive. Overall, both schedules were only weakly recommended, highlighting the need for stronger evidence to clarify optimal timing [8].

Effective and safe use of G-CSF requires adherence to established clinical guidelines that evaluate the risk of febrile neutropenia. They are based on chemotherapy regimens and patient-specific factors. Key recommendations from major organizations include American Society of Clinical Oncology (ASCO), European Organisation for Research and Treatment of Cancer (EORTC) and National Comprehensive Cancer Network (NCCN). The indication for G-CSF in primary prophylaxis of febrile neutropenia is determined by the risk associated with a specific treatment regimen, as well as by patient-, disease-, and treatment-related risk factors (Table 1) [9].

Patient-specific

Disease-specific

Treatment-specific

- Female sex
- Advanced age > 65 years
- Malnutrition
- Coexisting medical conditions
- History of prior febrile neutropenia
- Hepatic impairment
- Kidney impairment
- Leukopenia
- Cancer subtype
- Bone Marrow Infiltration
- Late-stage cancer
- Ongoing infection
- Chemotherapy regimen
 - High risk of FN (>20%)
 - Low risk of FN (10-20%)
- Chemotherapy dose intensity
- Absence of G-CSF prophylaxis
- Absence of prophylactic antibiotics
- Previous exposure to cytotoxic therapy

- Reduced functional capacity
- Anemia
 - Cardiovascular disease
 - Recent surgical procedures

Table 1. Risk Factors Influencing G-CSF Prophylaxis Decision-Making [7]

Tumors expressing G-CSF and their aggressiveness

Multiple malignancies have been shown to express G-CSF and its receptor (G-CSFR). Such expression in many cases correlates with increased tumor aggressiveness and poorer clinical outcomes. Diagnosing granulocyte colony-stimulating factor-producing tumors can involve both clinical and histological evaluations. Clinically, these tumors may manifest with substantial leukocytosis that subsides after surgical resection [10]. However, a more direct method to confirm the tumor's role in G-CSF production is immunohistochemical staining, which reveals intracellular G-CSF expression [11, 12]. Hepatocellular carcinoma producing G-CSF is associated with rapid tumor growth and unfavorable prognosis, due to poor differentiation observed in most cases [13]. Similarly, G-CSF has been shown to be present in breast cancer, particularly in triple-negative subtypes, where they exhibit enhanced invasiveness and they are more likely to metastasize [14]. In the gastrointestinal tract, tumors such as colon, gastric, and pancreatic cancers have been reported to secrete G-CSF, often leading to advanced disease stages and poor prognoses[15]. Furthermore, G-CSF production in lung, bladder, and cervical cancers has been linked to aggressive clinical courses and rapid disease progression [16, 17, 18, 19, 20]. These findings highlight outstanding questions about

the roles of G-CSF and its receptor in tumor biology. Research suggests that G-CSF may promote tumor growth and its microenvironment.

Reinforcement of cancer progression

Emerging evidence suggests that G-CSF may trigger protumorigenic effects and contribute to tumor progression and metastasis. One key mechanism by which G-CSF may promote tumor progression is by increasing the accumulation and activity of myeloid-derived suppressor cells (MDSCs). These cells originate from bone marrow precursors and are considered to facilitate tumor growth and spread, due to an immunosuppressive effect that inhibits anti-tumor immune response. Studies have reported that high levels of G-CSF *in vivo* correlate with a strong granulocytic MDSC response in various cancer models [21, 22, 23].

This phenomenon may have profound consequences on the effectiveness of cancer treatments. Recent studies have suggested that G-CSF may contribute to chemotherapy resistance in different cancers. In breast cancer models treated with paclitaxel, G-CSF-induced tumor angiogenesis has been linked to reduced chemotherapy efficacy. Similarly, in medulloblastoma, post-chemotherapy G-CSF administration increased the proportion of G-CSFR-positive tumor cells that exhibited resistance. Uterine cervical cancers producing high levels of G-CSF have also demonstrated resistance to cisplatin-based chemotherapy, possibly through mechanisms involving MDSCs [23,24]. Studies also suggest that G-CSF, acting via MDSCs, can possibly contribute to promoting VEGF-independent angiogenesis. This results in enhanced resistance to anti-VEGF therapies [25, 26]. Furthermore, in a clinical trial involving patients with advanced unresectable head and neck cancer receiving accelerated radiotherapy, prophylactic G-CSF was associated with a reduction in local tumor control [27].

Additionally, G-CSF has been shown to contribute to the upregulation of neutrophil extracellular traps (NETs) production. These are formations, resembling web-like structures made of extracellular DNA, histones, and antimicrobial proteins released by activated neutrophils in response to infection or inflammation. Although NETs play an important role in the human immunological system, studies suggest they may also promote tumor progression. By physically trapping circulating tumor cells, they support their adhesion to blood vessels. This mechanism directly contributes to metastatic spread. NETs have also been found to increase the production of proangiogenic factors, including VEGF-A, which promotes angiogenesis in the tumor microenvironment. Activated neutrophils release angiogenic factors,

including VEGF-A, ANGPT1, CXCL8, HGF, and MMP-9, all of which contribute to new blood vessel formation. This enhances endothelial cell migration and tube formation, essential for supporting tumor growth and metastasis [28, 29 , 30 , 31 , 32].

Secondary malignancies associated with G-CSF administration

The association between G-CSF use and the development of secondary malignancies has long been a subject of interest among researchers. As a hematopoietic cytokine, G-CSF increases bone marrow activity and can contribute to excessive cell proliferation, and increase the risk of secondary malignancies. An extensive meta-analysis of 68 randomized controlled trials with more than 31 000 patients revealed that while G-CSF support improved overall survival, it was also linked to a significantly higher risk of developing secondary malignancies, including acute myeloid leukemia (AM) as well as myelodysplastic syndrome (MDS) (RR=1,85; 95% CI: 1,9–2,88) [33]. On the other hand, in another large population-based cohort study involving 122 373 breast cancer survivors, those who received chemotherapy in conjunction with G-CSF, exhibited a non-significant increase risk of AML (aHR=1,3; 95% CI: 1,0–1,7) and MDS (aHR=1,3 ; 95% CI: 0,9–1,8). However, a higher risk of acute lymphoblastic leukemia or lymphocytic lymphoma (ALL/LL) was observed, especially among patients who received four or more G-CSF cycles (aHR=2,3; 95% CI: 1,0–5,1), indicating a potential dose-response relationship [34]. Deeper analysis indicates that the type of G-CSF may also influence the risk profile. Specifically, according to another research concerning non-Hodgkin lymphoma, patients who received 10 or more doses of filgrastim had a higher incidence of MDS/AML (HR=1,67; 95% CI: 1,25–2,23), while no significant risk increase was observed with pegfilgrastim [35]. Overall, current data suggest that if there is any additional risk, it is small and depends on the treatment context.

Real-world adherence to G-CSF prophylaxis guidelines

Established guidelines recommend prophylactic G-CSF for oncological patients at high risk of febrile neutropenia exist, however, in daily clinical conditions, the administration of G-CSF continues to be inconsistent. In a retrospective cohort study in the USA, only 48,5% of patients on high-risk chemotherapy regimens received G-CSF prophylaxis, and only 13,9% of those on intermediate-risk regimens with additional risk factors did so [36]. In Germany, a representative survey revealed that guideline adherence for high-risk lung cancer patients improved from 15,4%

up to 47,85%, yet still remained sub-optimal. In certified cancer treatment centers, higher compliance rates were demonstrated [37]. In Italy, a multicenter observational study found that G-CSF was frequently administered beyond the recommended 24-72 hours post-chemotherapy timeframe; outside this window, 42% of daily G-CSF cycles were initiated [38]. In another extensive review, regardless of established guidelines, nearly one-third of physicians reported using G-CSF prophylactically in patients with a low risk (<20%) of febrile neutropenia. Furthermore, 48% of physicians indicated using G-CSF alongside antibiotics for the management of febrile neutropenia, which is not routinely recommended [39]. Variation in practice indicates that more standardized guidance may help ensure greater consistency with evidence-based practice and benefit patient outcomes.

Emerging Alternatives to G-CSF in Neutropenia Prophylaxis

As G-CSF continues to be the standard practice for preventing chemotherapy-induced neutropenia, a number of alternative strategies are being explored and considered. Among them, granulocyte-macrophage colony-stimulating factor (GM-CSF), a hematopoietic cytokine that stimulates multiple myeloid lineages and strengthens innate and adaptive immune responses. Unfortunately, its broader effects have raised safety concerns in oncology [40]. Other factors under consideration include thrombopoietin (TPO) receptor agonists such as eltrombopag and romiplostim. They are widely used in immune thrombocytopenia and post-transplant aplasia, also promote multilineage hematopoiesis, and may shorten cytopenias after chemotherapy. Unfortunately, their use with regard to neutropenia prophylaxis is not as effective [41]. Another alternative option for G-CSF could be CXCR4 antagonists like plerixafor, currently used to prepare patients for stem cell transplants. They mobilize hematopoietic progenitors by disrupting CXCL12–CXCR4 signaling and are currently used to prepare patients for stem cell transplantation [42]. Lastly, researchers have been working toward predictive algorithms and machine learning, which can result in more careful and personalized patient selection and minimize unnecessary G-CSF exposure [43].

Studies on G-CSF substitutes continue to show a growing effort to develop more personalized, potentially safer strategies in supportive oncology.

DISCUSSION

Granulocyte colony-stimulating factor is still a significant clinical tool that effectively reduces the risk of febrile neutropenia and improves the safety of cytotoxic treatments in oncological patients. However, their role in fostering cancer spread and progression is still unclear. Exogenously administered as well as tumor-derived G-CSF has already been linked to increased tumor aggressiveness, chemotherapy or radiotherapy resistance and higher frequency of secondary hematologic malignancies. Studies also report that G-CSF enhances the formation of neutrophil extracellular traps (NETs), leading to increased production of proangiogenic proteins supporting angiogenesis within the tumor microenvironment. Additionally, cancer cells expressing G-CSF were found to promote the accumulation of myeloid-derived suppressor cells (MDSCs), resulting in enhanced immunosuppression and inhibited anti-tumor immune response. Nonetheless, adherence to guideline-recommended prophylaxis in real-world conditions is inconsistent and varies between clinical centres. These results demonstrate the need for a cautious risk assessment, a more thorough, evidence-based approach to G-CSF use, and further research into its possible impact on cancer development. Additional hope for safer, supportive care during oncological treatment comes in the form of emerging alternatives such as GM-CSF, TPO receptor agonists, CXCR4 antagonists, and peptide-based agents.

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