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REVIEW

Familial Pancreatic Ductal Adenocarcinoma



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Pancreatic ductal adenocarcinoma (PDAC), although a rare disease, has a poor prognosis. With 5-year overall survival of 8%, there is a critical need to detect PDAC early or at a premalignant stage. Current screening methods are largely imaging based, but a more focused screening approach based on modifiable and nonmodifiable risk factors may improve the efficacy and likely outcomes of screening. In addition, the pathologic mechanisms that lead to the development of PDAC are discussed in an effort to further understand the targets of pancreatic cancer screening. The focus of this article will be inherited pancreatic cancer syndromes and familial pancreatic cancer, which together compose up to 10% of PDAC. Understanding the methods and targets of PDAC screening in high-risk individuals may translate to improved morbidity and mortality. (*Am J Pathol* 2019, 189: 36–43; <https://doi.org/10.1016/j.ajpath.2018.06.026>)

Pancreatic cancer (PC) affected 2.4% of the world in 2012 and has a high morbidity and mortality.¹ It is the fourth most common cause of cancer death in the United States, with an estimated 43,090 deaths in 2017,^{1,2} and has been projected to be the second leading cause of cancer death in 2020.³ Of the cases of PC, 94% are pancreatic ductal adenocarcinoma (PDAC) that develop in the exocrine tissue of the pancreas.² PDAC arises in the sporadic setting, associated with a known inherited cancer syndrome, or in familial PC (FPC)⁴; this article will focus on the latter two categories. Approximately 10% of PDACs have a hereditary component, and of the cases of familial PDAC, 20% have an identifiable germline mutation.^{5,6}

Because of low prevalence in the general population, population-based screening programs for PDAC do not exist. However, certain risk factors may increase the utility and outcome of screening methods. With 29% 1-year survival and 7% 5-year survival rates across all stages, strategies to safely and effectively screen for PDAC in high-risk individuals are increasingly important.⁷ The survival rate significantly decreases as tumor size increases, reinforcing the need for early effective screening methods.⁸ We will focus on the risk factors, pathology, screening methods, and intervention for PDAC in inherited cancer syndromes and FPC.

Risk Factors

Nonmodifiable Risk Factors (Genetics)

Inherited cancer syndromes, in order of highest to lowest increased risk of PDAC, include Peutz-Jeghers syndrome (PJS), hereditary pancreatitis (HP), familial atypical multiple mole melanoma syndrome, Lynch syndrome (hereditary nonpolyposis colorectal cancer), familial adenomatous polyposis, hereditary breast and ovarian cancer syndrome, and ataxia telangiectasia (Table 1).^{9–11} However, a germline mutation is not identified in most PDACs that appear to have a hereditary component.

FPC is defined by consensus as families with at least two first-degree relatives with PDAC who do not meet criteria for a known PDAC-associated hereditary syndrome.^{12–14} In individuals with two first-degree relatives with pancreatic cancer, the relative risk and lifetime risk are 6.4% and 9% to

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Table 1 Cancer Syndromes and PDAC Risk

Cancer syndrome	Gene mutation	Increased PDAC risk	PDAC lifetime risk, %	Age to initiate surveillance, years
Familial pancreatic cancer	Unknown			50 (or 10 years younger than youngest diagnosed age of PDAC)
2 FDR		SIR, 6.4		
3+ FDR		SIR, 32.0		
Peutz-Jeghers syndrome	<i>STK11 (LKB1)</i>	132%	11–32	30–35
Hereditary pancreatitis	<i>PRSS1</i>	RR, 69	25–40	40
Familial atypical multiple mole melanoma syndrome	<i>P16INK4A/CDKN2A</i>	RR, 46	17	50 (or 10 years younger than youngest diagnosed age of PDAC)
Lynch syndrome (HNPCC)	<i>MLH1, MSH2, MSH6, PMS2, EPCAM</i>		8.6	50 (or 10 years younger than youngest diagnosed age of PDAC)
FAP	<i>APC</i>		1.7	50 (or 10 years younger than youngest diagnosed age of PDAC)
Cystic fibrosis	<i>CFTR</i>	5.3-fold increased risk	<5	50 (or 10 years younger than youngest diagnosed age of PDAC)
HBOC syndrome	<i>BRCA1, BRCA2/FANCD1, PALB2/FANCN, FANCC, FANCG</i>	<i>BRCA2</i> : 4.6-fold increased risk <i>BRCA1</i> : 2–3-fold increased risk	3–8	50 (or 10 years younger than youngest diagnosed age of PDAC)
Ataxia telangiectasia	<i>ATM</i>	Twofold increased risk		50 (or 10 years younger than youngest diagnosed age of PDAC)

FAP, familial adenomatous polyposis; FDR, first degree relative; HBOC, hereditary breast and ovarian cancer; HNPCC, hereditary nonpolyposis colorectal cancer; PDAC, pancreatic ductal adenocarcinoma; RR, relative risk; SIR, standardized incidence ratio.

18%, respectively. Furthermore, individuals with three affected first-degree relatives have a relative risk and lifetime risk of 32% and 38%, respectively.¹⁵ The gene mutation causing FPC, likely functioning in an autosomal dominant manner with reduced penetrance, has not yet been determined.¹⁶

PJS, a result of a germline mutation in the *STK11 (LKB1)* gene, is associated with hamartomatous polyps throughout the gastrointestinal tract and characteristic mucocutaneous pigmentation often found on the perioral or buccal mucosa.¹⁷ *STK11* is a tumor suppressor gene; when a second somatic mutation in the *STK11* allele is acquired, disease manifestations are noted.¹⁸ PJS is associated with a significantly increased risk of many extraintestinal cancers (ie, breast, ovarian, and cervical) and gastrointestinal cancers, including a 132% increased risk and 11% to 36% lifetime risk of developing PDAC.^{9,19} Given this increased risk, National Comprehensive Cancer Network Guidelines recommend screening for pancreatic cancer in individuals with PJS starting at the age of 30 to 35 years.¹²

Mutations in both *PRSS1* and *SPINK1* can cause HP. However, mutations in *PRSS1* lead to an autosomal dominant form of inheritance. They are present in 80% of patients with HP.²⁰ *SPINK1* mutations are inherited in complex inheritance

patterns, and <1% of patients with these mutations develop pancreatitis.⁶ HP is characterized by recurrent episodes of acute pancreatitis in adolescents, leading to chronic pancreatitis by early adulthood.²⁰ *PRSS1* encodes trypsinogen, which is cleaved to its active form in the small intestine. With this mutation, there is premature activation of pancreatic enzymes within the pancreas that are thought to cause the recurrent inflammatory responses in acute pancreatitis. Although the relative risk of PDAC in HP was 69%, the risk was noted to be higher in patients who had additional modifiable risk factors, like tobacco use and diabetes, as discussed below.²¹

Familial atypical multiple mole melanoma syndrome is associated with a mutation in *CDKN2A/p16INK4A* and is characterized by a history of malignant melanoma in one or more first-degree relatives and multiple atypical melanocytic nevi.²² Mutations in the *CDKN2A* gene disrupt the p16INK4 protein, allowing cells to inappropriately progress from the G₁ to the S phase with uncontrolled cell growth. There is a 47% relative risk of PDAC in this population.¹⁰

Lynch syndrome, or hereditary nonpolyposis colon cancer, is caused by a germline mutation in one of the DNA mismatch repair genes: *MLH1, MSH2, MSH6, PMS2, or EPCAM*.²³ These patients are at increased risk of multiple

types of cancers: colorectal, endometrial, ovarian, stomach, small intestine, hepatobiliary system, urinary tract, brain, and pancreatic cancer. The lifetime risk of PDAC in hereditary nonpolyposis colorectal cancer has been estimated as high as 8.6%; however, other studies have found that mismatch repair genes have a lifetime risk of 3.7% of developing PDAC.^{24,25}

Familial adenomatous polyposis is characterized by multiple colorectal adenomatous polyps and involves a germline inactivating mutation in the tumor suppressor *APC* gene. In addition to an increased risk of pancreatic cancer, these patients are at increased risk of extracolonic tumors, such as desmoid, duodenal, ampullary, thyroid, hepatoblastoma, and brain.¹² The *APC* gene encodes β -catenin, which interacts with E-cadherin. When the *APC* gene is mutated, the cell division process is unchecked and cells cannot suppress overgrowth, leading to malignancy. Mutation in the *APC* gene can also cause altered cell migration and chromosomal instability, predisposing the cell to mutations in other genes leading to tumor progression and proliferation. Even after colectomy, these patients remain at increased risk of cancer in the anal transition zone, the ileal pouch, and other gastrointestinal organs.¹² There is a 4.5% increased risk of developing PDAC and a lifetime risk of 1.7%.²⁶

Cystic fibrosis is an autosomal recessive disease resulting from a mutation in the *CFTR* gene. In cystic fibrosis, it is thought that the pancreatic exocrine dysfunction predisposes patients to chronic pancreatitis, and this chronic inflammation leads to the development of PDAC.²⁷ In patients with cystic fibrosis, there is a 5.3-fold increased relative risk of PDAC.²⁸ Individuals with cystic fibrosis are at increased risk of many other cancers as well: colon cancer, small-bowel cancer, and lymphoid leukemia.²⁹ These individuals may also be at increased risk of gastrointestinal cancer after organ transplant.

Hereditary breast and ovarian cancer syndrome and other Fanconi anemia genes involve mutations in *BRCA1*, *BRCA2*/*FANCD1*, *PALB2*/*FANCN*, *FANCC*, and *FANCG*. *BRCA1* and *BRCA2* encode proteins involved in repairing double-stranded DNA breaks. Fanconi anemia genes are similarly involved in multiple DNA repair mechanisms, including the *BRCA1/BRCA2* pathway. Hereditary breast and ovarian cancer syndrome presents with early-onset breast and ovarian cancers. Although *BRCA2* mutations are associated with a fourfold to sixfold increased risk of PDAC, the association of *BRCA1* mutations is less well defined, with some finding a twofold to threefold increased risk and others finding no association.^{11,30–35} *BRCA2* is associated with an increased risk of melanoma, whereas both *BRCA1* and *BRCA2* are associated with an increased risk of male breast cancer and prostate cancer.

PALB2 binds to the *BRCA2* protein; this interaction allows for repair and checkpoint functions and tumor suppression activity.³⁶ *PALB2* mutations are known to increase susceptibility to PDAC, a relatively new disease association. In

patients with familial pancreatic cancer, the prevalence of the *PALB2* mutation is between 1% and 4%.^{37,38}

Ataxia telangiectasia is an autosomal recessive disorder attributable to a homozygous mutation in the *ATM* gene and is characterized by cerebellar ataxia, oculocutaneous telangiectasias, abnormal eye movements, and immunodeficiency. However, monoallelic carriers of *ATM* mutations are at increased risk of breast, pancreatic, lymphoid, and central nervous system cancers. There is a twofold increased risk of PDAC.³⁹ Interestingly, the incidental discovery of the association of *ATM* gene and PDAC was made with unbiased genome-wide sequencing.³⁹

Modifiable Risk Factors

In addition to multiple genetic risk factors, modifiable risk factors may also be important in prevention of PDAC. Tobacco use doubles the risk of pancreatic cancer relative to the general population and may accelerate the onset of illness.^{40,41} The inflammatory response to carcinogenic chemicals in tobacco (N-nitrosamines, polycyclic aromatic hydrocarbons, aromatic amines, and free radicals) is thought to be the mechanism of PDAC development by increasing DNA synthesis, DNA lesions, inflammatory cytokines, like IL-8 and transcription factor NF- κ B, and ultimately inflammatory pancreatic tissue damage.⁴² Smokeless tobacco also increases the risk of PDAC.¹

Even among individuals with a family history of PDAC, the standardized incidence ratio of PDAC in smokers was 19.2 compared with 6.25 in nonsmokers.¹⁵ Prolonged exposure corresponds with increased risk.⁴² Tobacco use can increase the risk of familial pancreatic cancer in patients and decreases the age of onset by approximately 10 years.⁴¹ In addition, in individuals with HP, smoking lowered the age of onset of PDAC and led to double the risk of PDAC development.⁴³

Heavy alcohol use (nine or more drinks per day) is associated with a 60% increased risk of PDAC and reduced survival from PDAC.^{44,45} In a meta-analysis, in which heavy alcohol use was defined as three or more drinks per day, the relative risk of PDAC was 1.16 in females and 1.19 in males.⁴⁶ In studies with heavy alcohol use defined as seven or more drinks per day, the relative risk was 0.78 (95% CI, 0.43–1.44) in females compared with 1.27 (95% CI, 1.03–1.56) in males.⁴⁶ Light and moderate alcohol use has not been found to increase risk of PDAC, and the effects of specific types of alcohol have not been well studied. There are no data on the impact of heavy alcohol use in the setting of FPC or gene mutations predisposing to PDAC. The association between alcohol and PDAC is thought to be because of the functional impairment of the pancreas and pancreatic enzyme dysfunction.⁴⁷ Similar to the effect of toxins in tobacco, alcohol has many carcinogenic compounds, like ethanol, acetaldehyde, and N-nitrosodimethylamine, that trigger an inflammatory response, contributing to the development of cancer.⁴⁸ Studies are confounded by

the fact that alcohol use is a significant risk factor for pancreatitis and the association of heavy alcohol use with obesity and tobacco use.

The inflammatory response is a key mechanism in pancreatitis that can lead to pancreatic cancer. In pancreatitis, the premature activation of digestive enzymes in the pancreatic enzymes leads to autodigestion and the release of further inflammatory cells.^{49,50} The acute inflammatory response includes stroma formation, infiltrating granulocytes, monocytes, pancreatic stellate cells, and macrophages. The pancreatic stellate cells then trigger further inflammation and development of pancreatic fibrosis, which is a known risk factor for pancreatic cancer. The inflammatory response is thought to suppress immune surveillance and inhibit oncogene-induced senescence.^{51,52} Studies have found that patients with a history of chronic pancreatitis have up to a 13-fold increased risk of developing PDAC because of chronic inflammation.^{21,53}

Obesity also significantly increases the risk of PDAC, likely because of more frequent inflammation and hormonal disruption in obesity. A comparison of those with a body mass index of ≥ 30 kg/m² and those with a body mass index of < 23 kg/m² found a significantly increased risk of pancreatic cancer, with an relative risk of 1.72.⁵⁴ One study found a body mass index of > 40 kg/m² associated with a relative risk of PDAC of 1.49 for men and 2.76 for women.⁵⁵ The mechanism of the development of PDAC in obese individuals is multifactorial, thought to be because of both inflammation and cell proliferation. The excess adipose tissue in obesity can release proinflammatory cytokines that promote tumor progression and metastasis.⁵⁶ In addition, obesity is thought to increase the risk of PDAC attributable to pancreatic hypertrophy and hyperplasia attributable to fat in the duodenum.⁵⁷ Data are limited regarding the impact of obesity on FPC and PDAC risk in the setting of a germline mutation.

Diabetes has a bidirectional relationship with PDAC, because diabetes can be both a risk factor for and a complication of PDAC. Individuals with diabetes have a twofold increased risk of developing PDAC.⁵⁶ Some studies have suggested the possibility of screening for PDAC in older patients with recently diagnosed diabetes.⁵⁸ In fact, recent data have suggested that the development of glucose intolerance may develop years before the diagnosis of PDAC.⁵⁹ However, diabetes can also be a consequence of the resection of PC, because of the loss of islet cells.

The mechanism of the development of PDAC in individuals with diabetes is thought to be associated with cell proliferation and decreased apoptosis. In diabetes, the environment of hyperglycemia, hyperinsulinemia, and changes in the insulin/insulin-like growth factor receptor pathways is thought to promote pancreatic ductal cell proliferation.^{56,60} Typically, these environments have to be prolonged to increase the risk of pancreatic cancer. Insulin is thought to increase cell proliferation as well as increase glucose use by activating mitogen-activated protein kinase and phosphatidylinositol 3-kinase.⁶¹ Metformin may decrease the risk of PDAC and improve

survival in patients with PDAC by lowering insulin and insulin-like growth factor 1 levels.^{56,62} Further studies are required to determine the impact of diabetes in FPC and germline mutations that predispose to PDAC.

Targets of Screening

To consider screening for a disease, several qualities must be met on the basis of the criteria established by Wilson and Jungner⁶³: i) the disease must be an important public health issue, ii) facilities for diagnosis and treatment must be available, iii) there must be an identifiable precursor lesion in the latent or early asymptomatic stage, iv) treatments must be available, v) treatments should be acceptable to patients, and vi) testing must be suitable to the medical community and population to be screened.

PDAC has several well-defined precursor lesions, including pancreatic intraepithelial neoplasms (PanINs), mucinous cystic neoplasms (MCNs), and intraductal mucinous cystic neoplasms (IPMNs).^{64–66} PanIN lesions are the most common and well characterized of the precursor lesions. PanIN lesions are typically noninvasive and non-mucinous, and they are graded on a two-tiered system (low versus high grade). Grading is based on architecture and nuclear atypia, including loss of polarity and nuclear crowding, and they may demonstrate a range of morphologies, including papillary, flat, and cribriform.⁶⁷ Early PanINs do not have known clinical significance, and only some PanIN lesions progress to invasive cancer.⁶ However, PanIN lesions may be an important target in hereditary syndromes because they are found with a 2.75-fold increased frequency in familial PDAC cases.⁶⁸ A 2009 study found that noninvasive precursor lesions are more commonly identified in the surgical resection specimens of individuals with a family history of pancreatic cancer compared with the specimens of individuals with sporadic disease.⁶⁸ PanINs are challenging to identify in the absence of surgical resection, although an association with lobulocentric atrophy on endoscopic ultrasound (EUS) has been proposed.

MCNs typically occur in the body or tail of the pancreas and do not communicate with the pancreatic ductal system.⁶⁹ Given the absence of ductal involvement, patients with MCNs are less likely to present with jaundice, new-onset diabetes, or pancreatitis.⁶⁹ MCNs occur more often in females than males (approximately 20:1). The key feature distinguishing them from IPMNs is the underlying spindle cell ovarian-type stroma seen on histology.⁶⁷ It is estimated that 15% to 30% of MCNs may evolve into invasive PDAC.⁶⁹ An increased incidence of MCNs has not been reported in the familial setting.

IPMNs are grossly visible mucinous cystic neoplasms that typically occur throughout the pancreas.⁶⁷ Classified by location of ductal involvement within the gland, IPMNs are classified into a two-tiered system (low versus high grade) on the basis of histology. Different subtypes of IPMNs

include branch-duct, main-duct, and mixed-duct types. Involvement of the main duct is associated with a greater risk of progression to cancer. On EUS, identification of mucin excretion from the ampulla of Vater is strongly indicative of IPMN.⁶⁹ Small branch-duct IPMNs are not recommended for surgical resection given a low risk of progression of disease.⁶⁹ The degree of dysplasia helps predict the risk of progression. IPMNs are frequently identified in the setting of FPC or germline mutations predisposing to PDAC, and they may be multifocal.^{68,70–72}

Recommendations for resection of IPMN in the sporadic setting vary by guidelines but overall are based on the type of cyst, severity of dysplasia, and imaging characteristics. Fukuoka Guidelines strongly recommend surgical resection of any IPMN involving the main pancreatic duct if the individual is surgically fit, whereas branch duct IPMNs are resected if there are high-risk stigmata, such as cyst size ≥ 3 cm, main pancreatic duct of 5 to 9 mm, thickened, enhanced cyst walls, lymphadenopathy, or nonenhanced mural nodules.⁷³ Recently published recommendations for asymptomatic pancreatic cysts conditionally recommend patients with both a solid component and a dilated pancreatic duct and/or concerning features on EUS and fine-needle aspiration undergo surgery.² Significant changes, such as development of a solid component, increasing size of the pancreatic duct, or diameter >3 cm may prompt an EUS for further evaluation.² These guidelines are based on expert consensus and may not necessarily apply to pancreatic neoplasia found in the background of FPC or a germline mutation.

Screening Methods

Many pancreatic cancers occur in the head of the pancreas, presenting with symptoms of obstructive jaundice and pancreatitis.⁶⁶ However, 52% of patients are diagnosed at a distant stage, with symptoms of weight loss, abdominal discomfort radiating to the back, and sometimes new-onset diabetes.⁷⁴ In these distant stages of the disease, 5-year survival is 3%. To detect PDAC at an earlier stage or before onset, improved screening methods are critical.

Because of low prevalence, it would not be effective or cost-effective to screen for pancreatic cancer in the general population. However, given the high mortality of PDAC, screening high-risk individuals may improve disease morbidity and mortality. Consensus-based screening recommendations suggest screening those individuals with increased risk of PDAC, such as individuals with FPC, PJS, HP, or familial atypical multiple mole melanoma syndrome. For those with *BRCA1*, *BRCA2*, *PALB2*, *ATM*, or Lynch syndrome mutations, screening may be considered in individuals with first- or second-degree relatives affected with pancreatic cancer.¹²

The current screening methods are largely imaging based and may use a combination of EUS and/or magnetic resonance imaging (MRI) with magnetic resonance cholangiopancreatography (MRCP; **Figure 1**). EUS and MRI/magnetic resonance cholangiopancreatography are preferred because of the absence of ionizing radiation compared with computed tomography and accuracy in finding pancreatic

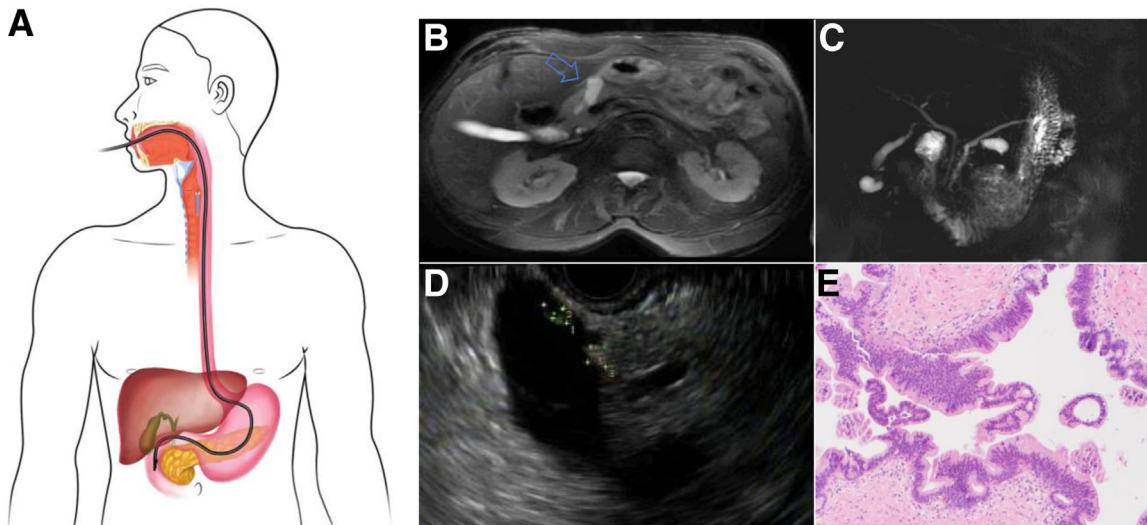


Figure 1 Screening for pancreatic ductal adenocarcinoma in high-risk individuals. **A–D:** Screening for pancreatic ductal adenocarcinoma may include endoscopic ultrasound (EUS; **A** and **D**) or magnetic resonance imaging (MRI; **B**) with magnetic resonance cholangiopancreatography (MRCP; **C**). **A:** During an EUS, an endoscope with an ultrasound probe at its tip is placed in the oropharynx and passed through the esophagus into the stomach and small intestine (image from Ni-ka Ford, printed with permission from Mount Sinai Health System). From various stations in the stomach and small bowel, pancreatic lesions may be visualized and sampled, as appropriate. **B:** Arrow indicates 3 cm pancreatic cyst. **B** and **C:** Representative MRI and MRCP images, respectively, from a familial pancreatic cancer patient are shown. **D:** A representative EUS image from the same patient, noting a 3 cm cystic lesion in the pancreas with two small nodules (printed with permission from Christopher DiMaio). **E:** The patient ultimately underwent surgical resection, which demonstrated an intraductal papillary mucinous neoplasm lined by gastric foveolar-type epithelium with up to severe dysplasia (hematoxylin and eosin staining; printed with permission from Hongfa Zhu). Original magnification, $\times 100$ (**E**).

lesions.⁷⁰ Although EUS is more invasive than MRI, MRI can detect lesions outside of the pancreas. However, some individuals with claustrophobia or metallic implants cannot tolerate MRI. Magnetic resonance cholangiopancreatography may have increased sensitivity to detect the connection of lesions to the main pancreatic duct, whereas EUS may demonstrate improved sensitivity for solid lesions. Endoscopic retrograde pancreatography is not recommended because of the risk of pancreatitis.

Current guidelines recommend screening with EUS and/or MRI of the pancreas at the age of 50 years, with an exception for PJS, for which screening may begin at the age of 30 to 35 years, and *PRSSI*, for which screening may begin at the age of 40 years.^{12,75} Given limited evidence of anticipation in successive generations, guidelines also recommend screening at 10 years younger than the earliest age of pancreatic cancer in the family.⁴¹

Ideally, screening programs target a disease with an effective treatment.⁶³ Unfortunately, <20% of pancreatic cancer patients are candidates for surgery, given the late stage of diagnosis; thus, early detection is key to implementation of effective treatment strategies.⁷⁴ Goals of a successful PDAC screening program, therefore, may include detection and treatment of high-grade PanIN, high-grade IPMN, and any early invasive cancer (ie, T1NOM0) or an invasive resectable cancer.⁷⁶

Conclusion

Although screening and treatment methods have improved, further research will be necessary to find more effective methods of screening to improve PDAC survival. Focused screening of individuals that are at high risk of developing PDAC because of modifiable and nonmodifiable risk factors may improve timing of detection, disease morbidity, and mortality. A better understanding of the pathologic mechanisms of inflammation, cell proliferation, and decreased apoptosis that lead to PDAC in high-risk individuals may help guide the development of screening methods and thus improve outcomes.

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