

# Rituximab Treatment in New and Refractory Thrombotic Thrombocytopenic Purpura (TTP) Patients: A Review

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## ABSTRACT

**Introduction:** TTP is a rare but serious disease characterized by the development of von Willebrand factor (vWF)-platelet rich hyaline thrombi in the arterioles and capillaries due to deficiency of ADAMTS13 - A Disintegrin and Metalloproteinase with a Thrombospondin type 1 motif, member 13. Rituximab is a chimeric monoclonal antibody against CD20 that has been successfully used in autoimmune diseases including TTP. But, there is no standardized regimen governing the use of Rituximab in TTP. Hence, this review focuses on the various regimens of Rituximab and the concerns with formulating standard guidelines for the treatment of TTP.

**Material and methods:** An extensive literature search was conducted using search engines such as Pubmed, Embase and Google scholar on the use of Rituximab in TTP. 50 case reports (19 male, 31 female) fulfilling the diagnostic criteria of TTP as per the BJH Guidelines aged between 11-77 years were analysed for use of Rituximab in new-onset and refractory TTP cases. The criteria for comparison were attainment of remission, time to remission, duration of remission and occurrence of relapses/failure.

**Results:** It was found that 100% new-onset cases and 84.61% refractory cases of TTP achieved remission when started on Rituximab. The time to remission with Rituximab was estimated to be between 7-14 days in 46.15% in new-onset cases and

83.33% among refractory TTP cases. The duration of remission noted during follow-up was 11-20 months in 31.57% new-onset and 45.45% refractory TTP cases upon commencement of Rituximab. The number of relapses and failure rates were higher among the female population.

**Conclusions:** Rituximab proved beneficial in terms of faster attainment and longer duration of remission, fewer relapses and failures, more so, in new-onset cases. Large clinical trials are required to reach a consensus among practitioners for the therapy of TTP.

**Keywords:** Rituximab; TTP; New-onset; Refractory; Failure.

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## INTRODUCTION

TTP is a rare but serious disease characterized by the development of von Willebrand factor (vWF)-platelet rich hyaline thrombi in the arterioles and capillaries. It affects the brain, heart, pancreas, kidney and other organs.<sup>1</sup> Under normal conditions, increased platelet aggregation is prevented by cleavage of the vWF multimers by a vWF-cleaving protease (ADAMTS13 - A Disintegrin And Metalloproteinase with a Thrombospondin type 1 motif, member 13).<sup>2</sup> There are 2 types of TTP – Hereditary TTP, the rarer form occurring due to mutations in the ADAMTS13 gene and Acquired TTP, the more common form due to production of auto-antibodies (mostly IgG type).

As per the British Journal of Haematology (BJH) Guidelines on the diagnosis and management of thrombotic thrombocytopenic purpura and other thrombotic microangiopathies,<sup>3</sup> new-onset TTP cases are defined as those having their first episode and refractory TTP cases are those with persistent thrombocytopenia after a total of 7 plasma exchange procedures. Initially, plasma exchange was considered to be the mainstay of treatment for TTP but, a significant subset of patients is found to be non-responsive to plasma exchange.<sup>4</sup>

Rituximab is a chimeric monoclonal antibody against CD20 that depletes B cells in the circulation and lymphoid tissues. It is primarily used in the treatment of CD20-positive lymphoproliferative disorders.<sup>5</sup> It has also been used successfully in patients with immune thrombocytopenic purpura and other types of autoimmune diseases.<sup>6-21</sup> The proposed mechanism of action of Rituximab is by the clearance of CD20-positive B cells that produce inhibitory anti-ADAMTS13 autoantibodies. Thus, the use of Rituximab has been investigated by numerous clinicians independently & concurrently with other therapies.

Numerous case reports have been published with regard to the use of Rituximab in new-onset and refractory TTP cases, in spite of which there is a deficit of clear guidelines for the treatment of this rare, but, life-threatening condition. Hence, the aim of this study: firstly is to review the various regimens of Rituximab in new-onset and refractory TTP cases, secondly to analyze the time to attain remission and duration of remission with various Rituximab regimens, thirdly to compare the failure and relapse rates post-Rituximab treatment, and lastly to summarize the obstacles in designing guidelines for TTP.

**METHODS****Selection of cases**

An extensive literature search was done through PubMed (Medline), Google scholar and Embase search engines on the use of Rituximab in TTP. 50 case reports (19 male, 31 female) fulfilling the diagnostic criteria of TTP as per the BJH Guidelines (Scully et al, 2012)<sup>3</sup> aged between 11-77 years were analysed. They were categorized into new-onset TTP cases - 24 (14 female, 10 male) and refractory TTP cases – 26 (17 female, 9 male) as mentioned in Tables 1 and 2 respectively.

In all regimens, Rituximab (375mg/m<sup>2</sup>) was administered by i.v. infusion weekly. Complete remission was defined as achievement

of normal platelet count (>150 x 10<sup>9</sup>/l). Relapse was defined as recurrence of TTP after a remission and failure was defined as inability to achieve normal platelet counts.

**Criteria for comparison**

Observations were made with respect to attainment of remission, time to remission, duration of remission, occurrence of relapses/failure and the findings were tabulated.

**Data analysis**

Data is expressed as Mean±S.D. wherever applicable and the results are expressed as percentage of the number of cases offered that regimen.

**Table 1: Characteristics of patients with New-onset TTP.**

Study	Case no.	Age (y)/ Sex	Older treatment	Concurrent therapy	Rituximab treatment (weeks)	Remission after Rituximab
Mak <sup>30</sup>	1	30/M	1, 2, 3	1, 2, 4	8	Yes
Chemnitz <sup>2</sup>	1	39/F	1, 2, 3	2	4	Yes
	2	37/F	1, 2, 3	2	2	Yes
	3	36/F	1, 2	1, 2	2	Yes#
	4	57/M	1, 2	-	4	Yes
	5	34/F	1, 2	-	4	Yes
Koulova <sup>31</sup>	1	40/M	1, 2, 3	-	4	Yes
Kameda <sup>32</sup>	1	26/F	1, 2	-	2	Yes
	2	38/F	1, 2, 3	-	2	Yes
Iioka <sup>4</sup>	1	40/F	1, 2, 3	-	4	Yes
	2	72/M	1, 2	3	4	Yes
	3	62/M	1, 2	-	4	Yes
Albaramki <sup>33</sup>	1	15/F	1, 2	1, 2, 3	4	Yes
Scully <sup>34</sup>	1	46/M	1, 2, 3	1, 2	4	Yes
	2	56/F	1, 2	-	4	Yes
	3	33/F	1, 2, 3	1, 2	4	Yes
	4	31/M	1, 2	1, 2	4	Yes
Kuppachi <sup>35</sup>	1	43/M	1, 2	1, 2	4	Yes
Magalini <sup>36</sup>	1	25/M	1, 2	1, 2, 3	4	Yes
Ozolugu <sup>37</sup>	1	22/F	1, 2, 3	1, 2	4	Yes
Millward <sup>38</sup>	1	20/F	1, 2	1, 2	1	Yes
Lombardi <sup>39</sup>	1	45/F	1, 2	1, 2, 3	NA	Yes
	2	44/F	1, 2	1, 2, 3	NA	Yes
	3	26/M	1, 2	1, 2, 3	NA	Yes

Treatment prior to Rituximab – 1, Plasma exchange; 2, Corticosteroids; 3, Immunosuppressants; Treatment concurrent with Rituximab – 1, Plasma exchange; 2, Corticosteroids; 3, Immunosuppressants; 4, Splenectomy; NA, Data not available; M, Male; F, Female; #, Remission followed by relapse.

**RESULTS****Regimens in TTP**

Several combinations of treatments are used before or concurrently with Rituximab as mentioned in Table 1 for new TTP cases and Table 2 for refractory TTP cases. Common modes of therapy are plasma exchange, corticosteroids, immunosuppressants and splenectomy. Rituximab has been tried for a period of 1, 2, 4 and 8 weeks in new-onset cases and 2, 4, 5, 6 and 8 weeks in refractory cases.

**Attainment of remission in new-onset and refractory TTP cases upon commencement of Rituximab**

On beginning Rituximab, all 24 out of 24 (100%) new-onset cases achieved remission as shown in Table 1 while 22 out of 26 (84.61%) refractory cases attained normal platelet counts as shown in Table 2. Among the 26 refractory cases, 11 patients had already been splenectomised, data of 4 patients was not available, while the rest of the 11 patients started on Rituximab, did not require splenectomy to achieve remission.

Table 2: Characteristics of patients with Refractory TTP.

Study	Case no.	Age (y)/ Sex	Older treatment	Concurrent therapy	Rituximab treatment (weeks)	Remission after Rituximab
Gutterman <sup>40</sup>	1	54/F	1, 2, 3, 4	1, 2	8	Yes
	2	62/F	1, 2, 3, 4	-	8	Yes#
	3	40/F	1, 2, 3, 4	-	4	No
Tsai <sup>24</sup>	1	36/F	1, 2, 3, 4	-	8	Yes
Yomtovian <sup>41</sup>	1	30/F	1, 2, 3, 4	1, 2	8	Yes
Ojeda <sup>42</sup>	1	25/F	1, 2	3	6	Yes#
Koulova <sup>31</sup>	1	45/M	1, 2, 4	1, 2	5	Yes
Zheng <sup>43</sup>	1	42/F	1, 2, 3	1, 2, 3	4	Yes
lioka <sup>4</sup>	1	77/M	1, 2, 3	1, 2	4	Yes
Ahmad <sup>44</sup>	1	56/F	1, 2, 3	1, 2	4	No
	2	61/F	1, 2, 3	1, 2	4	No
	3	53/M	NA	1, 2, 3	2	Yes
	4	57/M	1, 2	1, 2, 3	4	Yes
Ling <sup>45</sup>	1	25/F	1, 2, 3	1, 2, 3	4	No
	2	55/F	NA	1, 2	4	Yes
	3	41/M	NA	1, 2	4	Yes
	4	44/F	NA	1, 2	4	Yes
Jayabose <sup>46</sup>	1	11/F	1, 2, 3	-	4	Yes
Kosugi <sup>47</sup>	1	69/M	1, 2, 3, 4	-	4	Yes
Reddy <sup>48</sup>	1	43/M	1, 2, 3, 4	1, 2	4	Yes
Fakhouri <sup>49</sup>	1	42/F	1, 2, 3	1, 2	4	Yes
	2	21/F	1, 2, 4	1, 2	4	Yes
	3	36/M	1, 2, 3, 4	1, 2	4	Yes
	4	40/M	1, 2, 3	1, 2	4	Yes#
Stein <sup>50</sup>	1	37/F	1, 2, 3, 4	1, 2, 3	4	Yes
Patino <sup>51</sup>	1	41/F	1, 2	1, 2	4	Yes#

Treatment prior to Rituximab – 1, Plasma exchange; 2, Corticosteroids; 3, Immunosuppressants; Treatment concurrent with Rituximab – 1, Plasma exchange; 2, Corticosteroids; 3, Immunosuppressants; 4, Splenectomy; NA, Data not available; M, Male; F, Female; #, Remission followed by relapse.

Table 3: Time to attain remission in new-onset and refractory TTP cases after commencement of Rituximab treatment.

New-onset cases of TTP						
Duration of Rituximab treatment	Number of cases (Total = 24)	Cases with available data (Total = 13)	< 7days (Total = 1)	7-14 days (Total = 6)	15 -40 days (Total = 4)	>40 days (Total = 0)
1 week	1	0	-	-	-	-
2 weeks	4	3	-	2	1	-
4 weeks	15	8	1	4	3	-
8 weeks	1	1	-	-	1	-
Refractory cases of TTP						
Duration of Rituximab treatment	Number of cases (Total = 26)	Cases with available data (Total = 12)	< 7days (Total = 0)	7-14 days (Total = 10)	15 -40 days (Total = 1)	>40 days (Total = 1)
2 weeks	1	1	-	1	-	-
4 weeks	19	7	-	6	-	1
5 weeks	1	1	-	-	1	-
6 weeks	1	1	-	1	-	-
8 weeks	4	2	-	2	-	-

Data is expressed as the total number of patients in their respective groups.

As shown in Table 3, the time to achieve remission was observed to be <7 days in 1 out of 13 (7.69%) cases, between 7-14 days in 6 out of 13 (46.15%) and 15-40 days in 4 out of 13 (30.76%) new-onset TTP cases.

Among the refractory TTP cases, 10 out of 12 (83.33%) attained normal platelet count within 7-14 days, 1 out of 12 (8.33%) cases

within 15-40 days and 1 out of 12 (8.33%) cases took more than 40 days. The maximum percentage of remission in both new-onset and refractory TTP cases upon administration of Rituximab was observed to be between 7-14 days. Due to less sample size, it is difficult to comment on the duration of Rituximab treatment that caused earliest remission.

**Table 4: Minimum duration of remission noted during follow-up in new-onset and refractory TTP cases after commencement of Rituximab treatment.**

New-onset cases of TTP						
Duration of Rituximab treatment	Number of cases (Total = 24)	Reports with available data (Total = 19)	Minimum duration of remission noted during follow-up 1-10 m (Total = 5)	11-20 m (Total = 6)	21-40 m (Total = 6)	>40 m (Total = 2)
1 week	1	1	1	-	-	-
2 weeks	4	4	2	1	-	1
4 weeks	15	14	2	5	6	1
8 weeks	1	0	-	-	-	-
Refractory cases of TTP						
Duration of Rituximab treatment	Number of cases (Total = 26)	Reports with available data (Total = 22)	Minimum duration of remission noted during follow-up 1-10 m (Total = 5)	11-20 m (Total = 10)	21-40 m (Total = 4)	>40 m (Total = 3)
2 weeks	1	1	-	1	-	-
4 weeks	19	15	5	5	2	3
5 weeks	1	1	-	1	-	-
6 weeks	1	1	-	-	1	-
8 weeks	4	4	-	3	1	-

Data is expressed as the total number of patients in their respective groups; m, months.

**Table 5: Number and sex of relapse and failure cases post-Rituximab therapy.**

Duration of Rituximab therapy	Number of Relapses/ Sex of the patient		Number of Failures/ Sex of the patient	
	New-onset	Refractory	New-onset	Refractory
2 weeks	1 / F	-	-	-
4 weeks	-	2 / M;F	-	4 / F
6 weeks	-	1 / F	-	-
8 weeks	-	1 / F	-	-

M – Male, F - Female

#### Minimum duration of remission noted during follow-up in new-onset and refractory TTP cases upon commencement of Rituximab

As shown in Table 4, among the 19 new-onset TTP cases whose data was available out of the 24 cases, the period of remission lasted between 1-10 months in 5 (26.31%) cases, between 11-20 months in 6 (31.57%) cases, between 21-40 months in 6 (31.57%) cases and beyond 40 months in 1 (5.26%) case. The data of 22 patients among the 26 refractory TTP cases started on Rituximab was available. It was observed that the remission lasted for 1-10 months in 5 (22.72%) cases, 11-20 months in 10 (45.45%) cases, 21-40 months in 4 (18.18%) cases and more than 40 months in 3 (13.63%) cases. The sample size is insufficient to comment on the duration of Rituximab therapy that produced the longest period of remission.

#### Occurrence of relapses and failures in new-onset and refractory TTP cases post-Rituximab therapy

As shown in Table 5, 1 female patient out of 24 cases suffered a relapse after 2 weeks of Rituximab therapy. There was a 0% failure rate noted in the new-onset TTP cases post-Rituximab treatment. Among the 26 refractory TTP cases, 2 relapses were noted with the 4 week regimen, 1 male and 1 female. After completing the 6 week regimen, 1 female patient relapsed and yet another female patient relapsed after an 8 week regimen. Thus, among the refractory cases, a total of 3 female patients and 1 male patient relapsed after treatment with Rituximab. Among those who failed to respond to Rituximab even after 4 weeks of therapy, were 4 female patients. To sum up the observations, the number of relapses and failure rates were higher among the female population.

### Obstacles in designing guidelines for TTP

TTP is a relatively uncommon but serious disease leading to neurological and cardiovascular complications that result in a mortality rate of >90% in untreated cases.<sup>22</sup> Hence, the sample size of these studies is often inadequate and long term follow-up of cases is difficult.

Patients with TTP and severe ADAMTS13 deficiency are heterogeneous, with remarkably variable presenting features.<sup>23</sup> 33% to greater than 90% of idiopathic TTP cases are related to a severe functional deficiency of ADAMTS13 in plasma. Its deficiency may be due either to mutations in the ADAMTS13 gene in the very rare inherited forms of TTP (Upshaw-Schulman syndrome) or to circulating auto-antibodies to ADAMTS13 in the more frequently acquired forms of TTP.<sup>24</sup> Patients can also have the characteristic presenting features and clinical course of TTP without severe ADAMTS13 deficiency or even with normal ADAMTS13 activity (> 50%),<sup>23</sup> and also patients can have severe ADAMTS deficiency for many years with no illness.<sup>25</sup>

Different researchers use different methods for estimation of ADAMTS13. Various assays use different substrates and denaturants, incubation times, detection methods and indication of vWF proteolysis.<sup>26</sup> This is a major factor that makes comparison between different treatment modalities difficult.

To worsen the situation further, a study by Weng & Levy, 2003,<sup>27</sup> demonstrated that polymorphisms in receptors for immunoglobulin G (FcγRs) affect the antibody-mediated cellular cytotoxicity of Rituximab in tumor cells. Patients with homozygous 158 valine/valine (V/V) alleles of FcγRIIIa showed a higher response rate to rituximab treatment. It is known that the FcγRIIIa of V allele has a higher affinity to human IgG1 than does the phenylalanine (F) allele and that cells bearing the FcγRIIIa V allele mediate ADCC more effectively.<sup>28,29</sup> Thus, polymorphisms are another important factor to be considered during the treatment of TTP.

Since, TTP is a serious condition; its treatment is usually multimodal as mentioned above. Numerous therapies or their combinations are started simultaneously. Since, patients respond differently to the treatments, it is difficult to interpret the extent of improvement caused by a single modality. There also might be dilution of effect of one treatment by others, for example, total plasma exchange therapy might wash out Rituximab from circulation before the latter can act leading to its failure. Hence, a common consensus needs to be reached among practitioners towards the optimal use of Rituximab along with other therapies for TTP.

### CONCLUSION

Rituximab proved beneficial in terms of faster attainment and longer duration of remission, fewer relapses and failures, more so, in new-onset cases. Also, variability in assaying methods, FcγR polymorphisms, poor correlation between ADAMTS13 assays and clinical presentation of TTP, variable presenting features and interactions between treatments have been some of the vital drawbacks towards formulating guidelines for the treatment of TTP. Hence, large clinical studies are required to overcome the above mentioned differences in the therapy of TTP.

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