

## 15. Seminoma

### Background

Stage I seminoma has between a 15–20% risk of relapse; surveillance without treatment is one option. Relapses principally occur in the para-aortic nodes and the risk can be quantified using factors related to the primary tumour.<sup>1</sup> A tumour >4 centimetres (cm) in size is the most important of these; rete testis involvement may also be a predictor.<sup>2</sup> Adjuvant treatment rather than surveillance may be offered in such cases.

A single dose of carboplatin has been shown to achieve results equal to radiotherapy in terms of overall tumour control and early survival in the TE19 randomised trial.<sup>3</sup> In the UK this approach has now become the standard (Level 1b).<sup>4</sup>

If radiotherapy is considered in this setting then a dose of 20 Gray (Gy) in ten daily fractions treating the para-aortic node chain only has been shown to be as effective as 30 Gy or larger fields (Level 1b).<sup>4,5</sup>

Radiotherapy may also be considered for selected patients with stage IIA and IIB seminoma where there are metastatic para-aortic nodes up to 5 cm.<sup>6</sup> A dose of 30 Gy in 15 daily fractions to the para-aortic nodal chain and ipsilateral iliac nodes is recommended. A boost of 5 Gy to enlarged lymph nodes may be considered (Level 2b).<sup>4,7,8</sup> An alternative approach uses a single dose of carboplatin with radiation fields reduced to the involved para-aortic region only (Level 1b).<sup>4,9</sup>

Radiotherapy carries an excess risk of death as a result of radiation-induced cardiac disease or second cancer.<sup>5</sup> Thirty-year follow-up shows that the relative risk of second malignancy is 1.4; this translates into an increase in the risk of cancer from 15% for the normal population to 25% for the seminoma cohort at 30 years (Level 2b).<sup>4,10</sup>

### Recommendations

Single agent carboplatin will be the usual adjuvant treatment for high-risk stage I disease seminoma (Grade B)

#### **Stage I seminoma for which adjuvant para-aortic radiotherapy is indicated:**

20 Gy in 10 fractions over 2 weeks (Grade A)

#### **Stage IIA or IIB seminoma: para-aortic and ipsilateral iliac radiotherapy (dog leg) or para-aortic radiotherapy alone after carboplatin:**

30 Gy in 15 fractions over 3 weeks (Grade B)

The types of evidence and the grading of recommendations used within this review are based on those proposed by the Oxford Centre for Evidence-based Medicine.<sup>4</sup>

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## References

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