

Prognostic Value of Red Blood Cell Distribution Width and D-Dimer in Diffuse Large B-cell Lymphoma: Systematic Review and Meta-analysis.

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Abstract

Background: The significant role of red blood cell distribution width (RDW) and D-Dimer as prognostic factors in patients with some blood malignancies has been reported recently. **Aim:** We designed and performed a meta-analysis to investigate the prognostic roles of RDW and D-Dimer in subjects with diffuse large B-cell lymphoma (DLBCL). **Materials and Methods:** We systematically reviewed PubMed-Medline, SCOPUS, EMBASE, Web of Science Core Collection, and Google Scholar up to 30 April 2023 to look for publications on prognostic effects of RDW and D-Dimer in DLBCL patients. For investigation of the associations between RDW and D-Dimer with the overall survival (OS) and progression-free survival (PFS) of the DLBCL cases, hazard ratio (HR) with 95% confidence intervals (CIs) was used. **Results:** We included 13 eligible studies in the present meta-analysis. The results of pooled analysis showed that increased levels of RDW was related to poor OS (HR=2.01, 95% CI: 1.62-2.48, P value<0.01) and poor PFS (HR=1.52, 95% CI: 1.24-1.85, P value<0.01) among the DLBCL patients. On the other hand, a significant relationship was found between increased D-Dimer and poor OS (HR=2.30, 95% CI: 1.03-5.14, P value<0.05) of the DLBCL patients as well. **Conclusion:** Our finding clearly confirmed that elevated RDW levels and D-Dimer were associated with adverse OS and PFS in DLBCL.

Introduction

Among common types of non-Hodgkin's lymphoma, diffuse large B-cell lymphoma (DLBCL) accounts for approximately 35% of lymphoma cases in western countries (1-3). Most often, chemoimmunotherapy with standard regimens such as R-CHOP (rituximab, cyclophosphamide, doxorubicin, vincristine prednisone) is the treatment for DLBCL patients. However, prognosis of these patients is highly heterogeneous and it is

very difficult to predict the final outcome of the disease in the patients. In addition, about 40% of DLBCL patients experience relapse or are resistant to treatment (4, 5).

In the recent years, several prognostic factors such as Hemoglobin, Lymphocyte/Monocyte Ratio, Beta-2 microglobulin, and Neutrophil/Lymphocyte Ratio have been proposed to project the survival rate of DLBCL patients (6-9). Nevertheless, easier and more available factors with high sensitivity are required for prediction of prognosis of DLBCL patients. Red blood cell distribution width (RDW) is considered a systemic inflammatory response marker that can be easily evaluated through the Complete Blood Count (CBC) test and has acceptable sensitivity in many diseases such as cardiovascular and autoimmune diseases and sepsis (10-13). D-Dimer as a sensitive index of the process of fibrin formation and destruction is widely used in the deep venous thrombosis detection, intravascular coagulation, sickle cell anemia, and myocardial infarction (14-18). Recent studies introduced that tumor-related degradation products for the coagulation and fibrinolytic system, such as D-Dimer, can be used as outcomes prediction for tumor (19). Furthermore, scientific evidence recently revealed the association of RDW and D-Dimer with many cancers such as breast cancer (20-22), lung cancer (23, 24), blood cancers (25-27), prostate cancer (28), and other malignancies (29-32). However, the prognostic roles of RDW and D-Dimer in cancer and its possible mechanism in tumor progression are being discussed. Besides, several studies indicated that D-Dimer had a possible role in proliferation of cancer cells, adhesion, and angiogenesis, which may bring about malignant tumors growth. Cancer patients usually face hypercoagulable states that increase the risk of embolism. Hence, D-Dimer levels have prognostic role and are associated with survival of patients with cancer. Considering the differences between the results of the studies regarding sample sizes, study designs, and the controversy among the results, we deemed it necessary to conduct a meta-analysis regarding comprehensively investigating the RDW and D-Dimer prognostic roles among patients with DLBCL.

Materials and Methods

We utilized the Checklist of Meta-analysis of Observational Studies (33) and preferred reporting items for systematic reviews and meta-analyses (PRISMA) standard (34) to perform this study. The protocol was registered with the number of CRD42023417907 at the international prospective register of systematic reviews database (PROSPERO).

Search Strategy

A systematic search in PubMed, Medline, SCOPUS, Web of Science Core Collection, EMBASE, and Google Scholar databases was carried out to find the records from inception to 30 April 2023. Using the keywords including RDW, red blood cell distribution width, DLBCL, diffuse large B-cell lymphoma, lymphoma diffuse, large B-cell, fibrin fragment D, D-dimer, D-dimer fibrin, and D-dimer fragments, two researchers (KR and RS) searched in the mentioned databases separately and blindly. Inconsistencies in some articles were also solved by other researchers (NAN, MR, MF and NK). Finally, duplicates were identified by title of the papers, authors' names, and journals' names.

Eligibility Criteria

We included all the observational studies which examined the role of RDW and D-dimer as prognostic factors in DLBCL cases and also published in English without time and place restriction. On the other hand, studies such as case reports, case series, letters, and correspondence studies were among our exclusion criteria (Flowchart 1). The articles conducted regarding autoimmune diseases, Immunosuppression, patients with mental disorders, and those undergoing dialysis were excluded as well. In addition, the studies with lack of sufficient information on overall survival (OS) as well as progression-free-survival (PFS) of DLBCL subjects were excluded from the review process.

Data Extraction and Quality Assessment

Articles were screened independently by two researchers (RT and RM) (according to Flowchart 1) and disagreements resolved through discussions with other researchers. The extracted information included author's first name, study location, study type, type of marker investigated, year of publication, type of

survival analysis performed, mean follow-up period, sample size, and a summary of the cut-off points for the markers investigated. OS is usually the time length from the beginning of medical treatment until outcome occurrence (death whether or end of the follow-up period of the patient). PFS is the duration when the treatment is started until tumor progresses or death happens for any reason. In order to evaluate quality of the articles, two researchers (MR and AH) independently used the checklist of Newcastle Ottawa Scale (NOS) (35). The articles with a total score of ≥ 7 were considered as high-quality.

Statistical Analysis

We used R version 4.3.0 for performing the statistical analysis. I^2 and χ^2 statistics were applied for assessing the heterogeneity of the studies and the significance level for heterogeneity between the studies was considered $I^2 > 50\%$ and P value < 0.1 . We used a random effect model so as to compute Pooled Hazard Ratio with 95% confidence interval and the Inverse Variance method was applied to weight the studies. The researchers also used funnel plot and Eggers' test to check the publication bias in the studies and the asymmetric funnel plot was considered as a possible publication bias. Sensitivity analysis was utilized to examine the heterogeneity source between the records. The significance level in this study was considered < 0.05 .

Figure 1. PRISMA flow diagram illustrating the process of selection studies in the meta-analysis

Results

A total of 13 studies (1, 6, 7, 16, 19, 36-43) were included in our study (PRISMA flow diagram) based on the searched databases. Overall, eight studies (1, 6, 7, 37, 39-41, 43) focused on the role of RDW and the remaining five studies (16, 19, 36, 38, 42) focused on D-Dimer levels in DLBCL patients. The included studies were published from 2015 to 2022. All included articles were retrospective cohorts. Eight studies were conducted in China (7, 16, 19, 36, 38-40, 43) and others were conducted in Croatia (41), Iraq (37), Japan (42), Peru (1), and Spain (6). The total sample size of the meta-analysis was 3972 people (1252 and 2720 patients in the studies were related to prognostic roles of D-Dimer and RDW in DLBCL patients, respectively) varying from 81 to 992 people in the included studies. Other details of the included studies are shown briefly in Table 1.

Overall Survival in RDW and D-Dimer

To examine the relationship between the RDW in DLBCL patients and OS, seven studies (1, 7, 37, 39-41, 43) with 1728 patients were included. Our findings showed that RDW levels had relationship with OS. The pooled analysis presented a significant association between increased RDW and adverse OS of the patients ($HR_{Pooled} = 2.01$, 95% CI: 1.62-2.48, P value < 0.01) (Table 1) (Plot 2). Examining the correlation between the D-Dimer and OS among the patients with DLBCL was performed by four studies (16, 19, 38, 42) with 1066 patients and D-Dimer levels correlated with poorer OS. The combined results also demonstrated that increased D-Dimer was associated with worse OS of the patients ($HR_{Pooled} = 2.30$, 95% CI: 1.03-5.14, P value < 0.05) (Plot 3).

Progression-Free-Survival and RDW

Five studies (6, 7, 37, 39, 43) with 2169 patients reported the relationship between the RDW levels and PFS. In this study, the pooled HRs showed that increased RDW correlated with worse PFS in the DLBCL patients ($HR_{Pooled} = 1.52$, 95% CI: 1.24-1.85, P value < 0.01) (Plot 4).

Sensitivity Analysis

With respect to the sensitivity analysis, the results did not show significant difference between the included articles regarding the relationship between RDW and D-Dimer and OS, and the relationship between RDW and PFS among the DLBCL patients (supplementary file Figs 1, 2 and 3).

Publication Bias

The Funnel Plot and Eggers' test were used so as to evaluate publication bias of the studies. We found no significant bias in the articles included in this study (Eggers' test P value > 0.05). (Figs 5, 6 and 7).

Table1- Summary of studies on the prognostic factors such as RDW and D-Dimer among patients with DLBCL

| First Author | Type of Study | Country | Year | Type of Marker | Description |
|-----------------------------|---------------|---------|------|----------------|---------------------------------------|
| Atsushi Tanaka (42) | Retrospective | Japan | 2018 | D-Dimer | Cut-off value of D-dimer < 0.5 μg/L |
| Yu-di GENG (19) | Retrospective | China | 2019 | D-Dimer | Cut-off value of D-dimer 0.5 μg/L |
| Shaobo Duan (36) | Retrospective | China | 2022 | D-Dimer | - |
| Bin Liu (16) | Retrospective | China | 2018 | D-Dimer | Cut-off value of D-dimer [?] 0.5 μg/L |
| Haobo Huang (38) | Retrospective | China | 2021 | D-Dimer | Cut-off value of D-dimer [?] 0.5 μg/L |
| Brady E. Beltran (1) | Retrospective | Peru | 2019 | RDW | High RDW (> 14.6%) and |
| Leyre Bento (6) | Retrospective | Spain | 2019 | RDW | RDW ratio>0.96 according |
| Kawa Muhamedamin Hasan (37) | Retrospective | Iraq | 2021 | RDW | High RDW ([?] 14.85%) an |
| Vlatka Periša (41) | Retrospective | Croatia | 2015 | RDW | Elevated RDW >15%, Nor |
| Danhui Li (39) | Retrospective | China | 2022 | RDW | High RDW ([?] 13.40%), L |
| Shujuan Zhou (43) | Retrospective | China | 2017 | RDW | High RDW ([?] 14.1%) and |
| Manman Li (40) | Retrospective | China | 2019 | RDW | High RDW (> 14.35%) and |
| Haizhu Chen (7) | Retrospective | China | 2022 | RDW | High RDW ([?] 14.50%) an |

LD ; Low D-Dimer, **HD** ; High D-Dimer, **OS** ; Overall Survival, **PFS** ; Progression Free Survival, **EFS** ; Event Free Survival, **NOS** ; Newcastle–Ottawa Quality Assessment Scale.

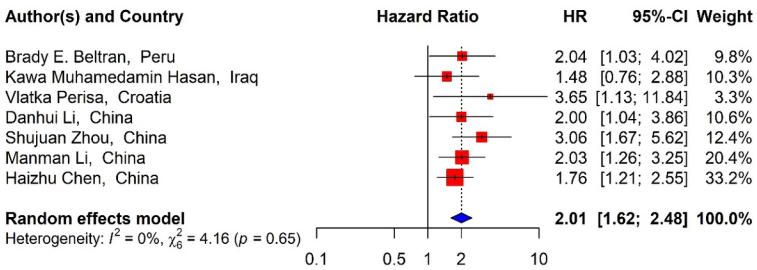


Fig 2- Forest plots of studies evaluating the relationship between RDW and OS

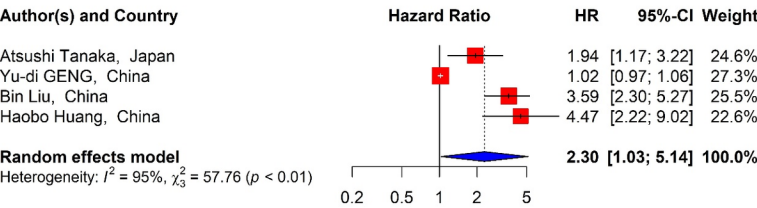


Fig 3- Forest plots of studies evaluating the relationship between D-Dimer and OS

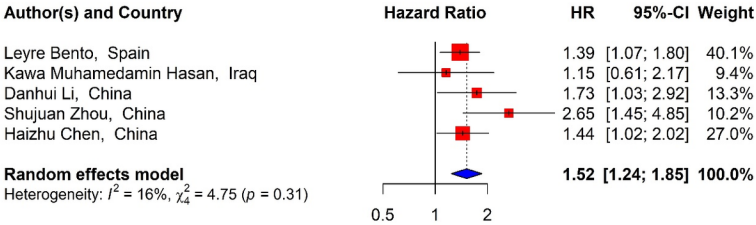


Fig 4- Forest plots of studies evaluating the relationship between RDW and PFS

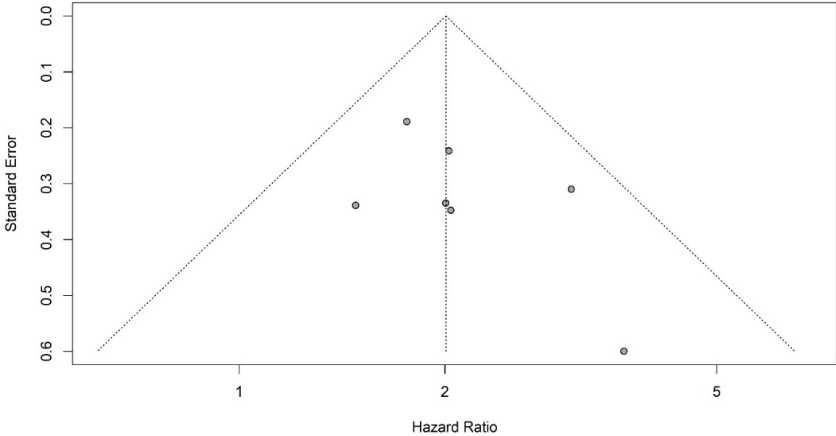


Fig 5 - Funnel Plot with pseudo 95% Confidence Limits for RDW and OS

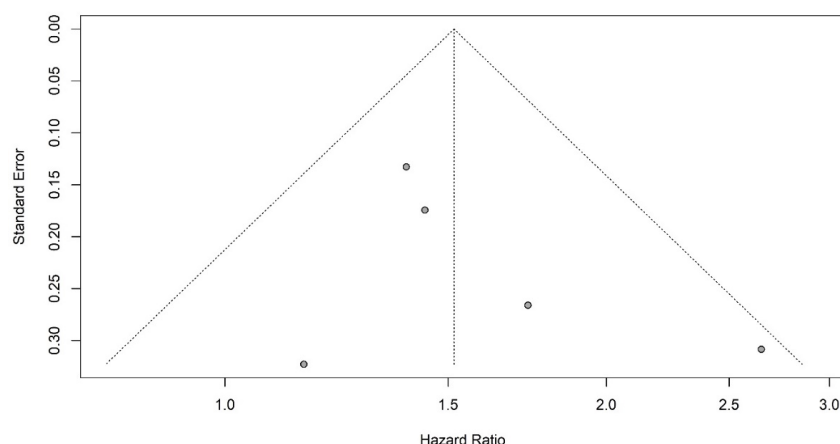


Fig 6 - Funnel Plot with pseudo 95% Confidence Limits for RDW and PFS

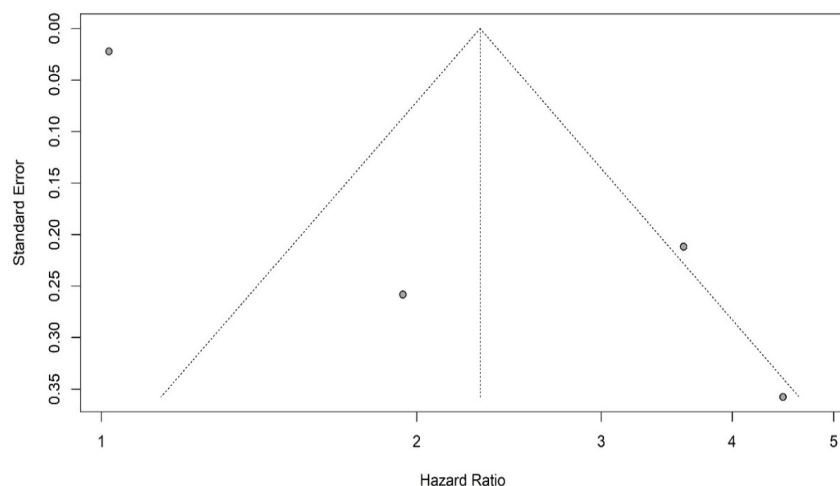


Fig 7 - Funnel Plot with pseudo 95% Confidence Limits for D-Dimer and OS

Discussion

The prognostic roles of RDW and D-Dimer were explored in subjects with DLBCL. We observed that high RDW and D-Dimer were two prognostic factors related to OS and PFS among DLBCL cases. Recently, evidence has been confirmed the relationship between RDW and poor prognosis in various cancers (44, 45). Furthermore, increased RDW was associated with worse prognosis in blood malignancies such as chronic myeloid leukemia (46), chronic lymphocytic leukemia (47), NK/T lymphoma (48), multiple myeloma (49), and DLBCL (40).

Inflammation is a pivotal factor which plays a role in progression of tumor and is known as one of its prominent features (25, 50). In this study, the pooled analysis results revealed that high values of RDW

were associated with poor PFS and OS. Although the main mechanism of the relationship between RDW and the prognosis of DLBCL patients has not been clearly and fully investigated, high RDW can be attributed to the disturbance in erythropoiesis and the changes in red blood cell maturation (51).

Some findings have provided evidence that there is an association between RDW and some markers such as IL-6, CRP (C - reactive protein), TNF-I and II (Tumor Necrosis Factor), TK (Thymidine Kinase), ESR (Erythrocyte Sedimentation Rate), and Ferritin which the accuracy and sensitivity in DLBCL patients are in a state of ambiguity (13). The relationship between RDW and malnutrition conditions might be explained by treatment with poor response and poor prognosis of patients who suffer from cancer (41). In addition, the disruption in iron absorption and metabolism mechanism observed in most cancers also contributes to increase the level of RDW (52), and increased RDW is considered as a turning point in the relationship between inflammation and worse prognosis of subjects who suffer from DLBCL. On the other hand, poor coagulation conditions are associated with poor prognosis and the outcomes such as VTE (venous thrombosis embolism) and DIC (disseminated intravascular coagulation).

Treatment of various cancers is associated with hypercoagulable states and according to the evidence, the changes in coagulation and fibrinolysis pathways have a great impact on cancer prognosis (19). Moreover, tumor-related degradation products such as D-Dimer as a prognostic factor of the final outcome should be used in all types of cancer (20, 26, 29). Some studies have indicated that elevated D-Dimer values as a suitable factor in solid tumor patients is associated with poor prognosis (53) and D-Dimer decreases significantly after the first chemotherapy (19). Also, it has been proved that there is an association between values of D-Dimer and tumor progression, distant metastasis, and tumor volume (54, 55). However, our pooled analysis results showed that by increasing in the D-Dimer values as a prognostic factor, we witnessed worsening OS in the DLBCL patients.

In this study, our findings determined the prognostic role of RDW and D-Dimer in DLBCL patients. Since the values of RDW and D-Dimer can be easily accessible in the patient tests at low cost, considering to these prognostic indicators would be helpful in the prognosis of DLBCL patients. However, the present study had some limitations. As a result of small number of publications on the role of D-Dimer in DLBCL patients, it was not possible to provide PFS in this study. On the other hand, the basic values for grouping the individuals based on RDW were different in the studies. Therefore, we could not be able to conduct subgroup analysis.

Conclusion

This meta-analysis indicated that high values of RDW and D-Dimer were significantly associated with low prognosis and poor OS and PFS in DLBCL patients. Due to availability in routine laboratory tests and affordability, they could be helpful in disease progression and prognosis of DLBCL patients and also in clinical decisions. Nevertheless, doing further studies in this field seems necessary.

Author contribution:

KR, RSH, MN and MF designed and implemented the study, performed analysis, interpreted the data, and contributed to drafting the manuscript. MR and AH assessed quality of studies. KR, NK, AMS and MS interpreted the data, drafted and revised the manuscript. RT and RM extracted the data and contributed to the data management. All authors read and approved the submitted manuscript.

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The original contributions presented in the study are included in the article/Supplementary material, further inquiries can be directed to the corresponding author.

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Not applicable.

Patient consent statement:

Not applicable.

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