

## Treatment of Non-Metastatic Muscle-Invasive Bladder Cancer: AUA/ASCO/SUO Guideline (2017; Amended 2020, 2024)

Jeffrey Holzbeierlein,<sup>1</sup> Brooke R. Bixler,<sup>2</sup> David I. Buckley,<sup>3</sup> Sam S. Chang,<sup>4</sup> Rebecca S. Holmes,<sup>3</sup> Andrew C. James,<sup>5</sup> Erin Kirkby,<sup>2</sup> James M. McKiernan,<sup>6</sup> and Anne Schuckman<sup>7</sup>

<sup>1</sup>Department of Urology, University of Kansas Cancer Center, Kansas City, Kansas

<sup>2</sup>American Urological Association, Linthicum, Maryland

<sup>3</sup>Pacific Northwest Evidence-based Practice Center, Oregon Health & Science University, Portland, Oregon

<sup>4</sup>Department of Urology, Vanderbilt University Medical Center, Nashville, Tennessee

<sup>5</sup>Department of Urology, Texas Urology Group, San Antonio, Texas

<sup>6</sup>Department of Urology, Columbia University, New York, New York

<sup>7</sup>Department of Urology, University of Southern California, Los Angeles, California

**Purpose:** Although representing approximately 25% of patients diagnosed with bladder cancer, muscle-invasive bladder cancer (MIBC) carries a significant risk of death that has not significantly changed in decades. Increasingly, clinicians and patients recognize the importance of multidisciplinary collaborative efforts that take into account survival and quality of life concerns. This guideline provides a risk-stratified, clinical framework for the management of muscle-invasive urothelial bladder cancer.

**Methodology/Methods:** In 2024, the MIBC guideline was updated through the AUA amendment process in which newly published literature is reviewed and integrated into previously published guidelines in an effort to maintain currency. The amendment allowed for the incorporation of additional literature released since the previous 2020 amendment. The updated search gathered literature from May 2020 to November 2023. This review identified 3739 abstracts, of which 46 met inclusion criteria. When sufficient evidence existed, the body of evidence was assigned a strength rating of A (high), B (moderate), or C (low) for support of Strong, Moderate, or Conditional Recommendations. In the absence of sufficient evidence, additional information is provided as Clinical Principles and Expert Opinions.

**Results:** Updates were made regarding neoadjuvant/adjuvant chemotherapy, radical cystectomy, pelvic lymphadenectomy, multi-modal bladder preserving therapy, and future directions. Further revisions were made to the methodology and reference sections as appropriate.

**Conclusions:** This guideline seeks to improve clinicians' ability to evaluate and treat patients with MIBC based on currently available evidence. Future studies will be essential to further support or refine these statements to improve patient care.

**Key Words:** urinary bladder neoplasms, radiotherapy, cystectomy, drug therapy

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Consultant/Advisor: Jeffrey M. Holzbeierlein, Janssen Oncology; Sam S. Chang, GLG, Janssenn, BMS, Pfizer, Urogen, Virtuoso Surgical, mIR, Prokarium, KDX Diagnostics, Tu Therapeutics, Lantheus, Merck, Pacific Edge, Nonagen; James M. McKiernan, mIR Scientific; Anne K. Schuckman, vriad Meeting Participant or Lecturer: Anne K. Schuckman, Photocure, Fergene

Scientific Study or Trial: Jeffrey M. Holzbeierlein, MDx Health, Astellas Medivation; Sam S. Chang, NIH, NantBio; Anne K. Schuckman, Urogen Health Publishing; Sam S. Chang, Uro Today

**Corresponding Author:** Erin Kirkby, MS, American Urological Association, Linthicum, Maryland ([ekirkby@auanet.org](mailto:ekirkby@auanet.org))

**Abbreviations and Acronyms**

ASCO = American Society of Clinical Oncology

AUA = American Urological Association

CIS = Carcinoma in situ

ctDNA = Circulating tumor cell DNA

DFS = Disease-free survival

EBRT = External beam radiation therapy

MIBC = Muscle-invasive bladder cancer

MRI = Magnetic resonance imaging

NAC = Neoadjuvant chemotherapy

NMIBC = Non-muscle invasive bladder cancer

PET = Positron emission tomography

QOL = Quality of life

RCT = Randomized control trial

SEER = Surveillance, Epidemiology, and End Results

SUO = Society of Urologic Oncology

TURBT = Transurethral resection of bladder tumor

VI-RADS = Vesical imaging-reporting and data system

## INTRODUCTION

### Epidemiology

There are 83,190 new cases of bladder cancer and 16,840 bladder cancer deaths estimated for 2024 in the U.S.<sup>1</sup> Approximately 25% of newly diagnosed patients have muscle-invasive disease,<sup>2,3</sup> a rate that has not changed significantly over the last 10 years based on data from the Surveillance, Epidemiology, and End Results (SEER) registry.<sup>4</sup> In addition, up to 50% or more patients with high-risk non-muscle invasive bladder cancer (NMIBC) can progress to invasive disease. The male to female ratio is 3:1, and disease incidence increases with age. While rates of bladder cancer are higher in Caucasians than other ethnicities, disease specific survival is worse overall for African-Americans.<sup>3,5</sup>

### Prognosis

The overall prognosis of patients with MIBC has not changed significantly. In patients who undergo cystectomy, systemic recurrence rates vary by stage, but range from 20% to 30% for pathologic stage pT2, 40% for pT3, > 50% for pT4 and approximately 70% for node-positive disease.<sup>6,7</sup> Most recurrences will occur within the first two to three years after cystectomy, and at this time, most patients with recurrence after cystectomy are not cured with current systemic therapies.<sup>8</sup>

A pooled analysis of multiple prospective Radiation Therapy Oncology Group protocols evaluating bladder preserving combined-modality therapy for MIBC with a median follow up of 4.3 years found the 5- and 10-year overall survival rates were 57% and 36%, respectively, and the 5- and 10-year disease specific survival rates were 71% and 65%, respectively.<sup>9</sup>

The dominant pathologic predictors for recurrence and survival are tumor stage and nodal status. Other prognostic factors include gender, presence of hydronephrosis, lymphovascular invasion, soft tissue margin status, and molecular subtyping characteristics.<sup>10-15</sup> Variant histology has become better described and recognized, and the treatment for these cancers may vary from conventional urothelial carcinoma. There is also a significant impact of treatment choices on outcome with the type and timing of therapy playing an important role.<sup>16,17</sup>

### Scope

The full evidence-based guideline for clinically non-metastatic muscle-invasive urothelial bladder cancer (cT2-T4N0M0) focuses on the evaluation, treatment, and surveillance of MIBC and is guided toward curative intent. The treatment of patients with clinically evident metastatic bladder cancer is outside the context of this guideline and will not be discussed. Optimal initial evaluation of patients with MIBC,

including imaging and proper staging, are discussed. The role of radical cystectomy and bilateral pelvic lymphadenectomy is defined. Bladder preserving regimens such as a multi-modal approach that combines maximal transurethral resection of bladder tumor (TURBT), chemotherapy, and radiation therapy as well as partial cystectomy, radiation alone, and maximal TURBT alone, are assessed.

## GUIDELINE STATEMENTS

Following review of updated literature, the Panel determined that updates were appropriate for statements related to neoadjuvant/adjuvant chemotherapy, radical cystectomy, pelvic lymphadenectomy, multi-modal bladder preserving therapy, and future directions. Corresponding updates were also made to the associated treatment algorithm (Figure).

### Treatment

#### *Neoadjuvant/Adjuvant Chemotherapy.*

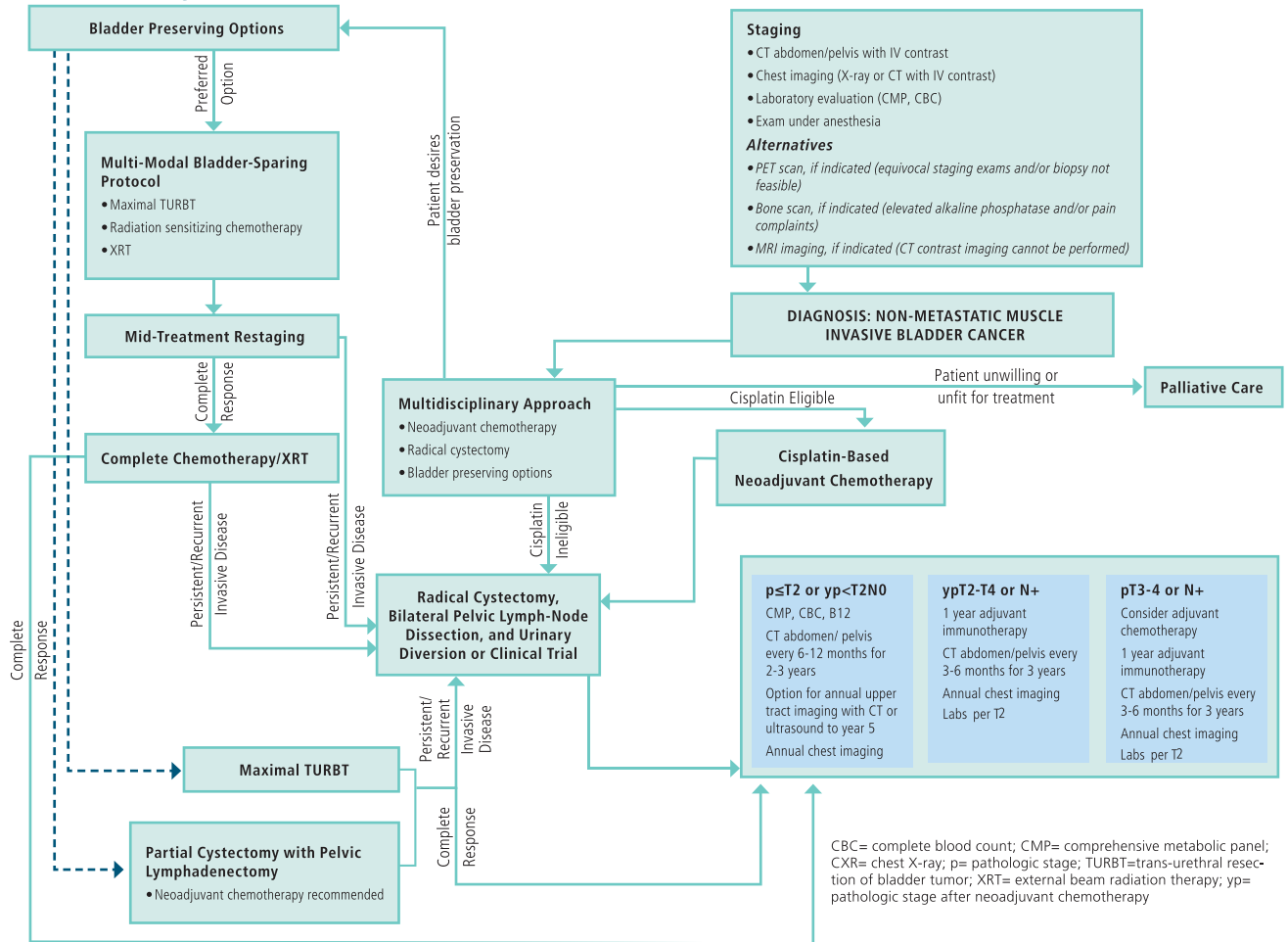
- **Utilizing a multidisciplinary approach, clinicians should offer cisplatin-based neoadjuvant chemotherapy (NAC) to eligible radical cystectomy patients prior to cystectomy. (Strong Recommendation; Evidence Level: Grade B)**

The Panel continues to advocate for cisplatin-based chemotherapy prior to radical cystectomy based predominantly on two large phase 3 randomized trials that evaluated the effects of NAC vs no NAC on mortality.<sup>18,19</sup> It should be noted that there are no validated predictive factors or clinical characteristics (including age) associated with an increased or decreased probability of response and benefit using cisplatin-based NAC. Further, the best regimen and duration for cisplatin-based NAC remains undefined; however, there are ongoing prospective randomized trials, such as the VESPER trial (gemcitabine and cisplatin versus dose-dense methotrexate + vinblastine + doxorubicin + cisplatin).<sup>20</sup>

The decision regarding eligibility for cisplatin-based NAC should be based on comorbidities and performance status, including cardiac status and presence of peripheral neuropathy, hearing loss, and renal dysfunction.

- **Patients who have not received cisplatin-based NAC and have pT3-4 and/or N+ disease at cystectomy should be offered adjuvant cisplatin-based chemotherapy or adjuvant immunotherapy. Patients who have received cisplatin-based chemotherapy and have pT2-4 and/or N+ at cystectomy should be offered adjuvant immunotherapy. (Moderate Recommendation; Evidence Level: Grade C)**

**Non-Metastatic Muscle-Invasive Bladder Cancer: Treatment Algorithm**



**Figure.** Non-metastatic muscle-invasive bladder cancer: treatment algorithm.

The CheckMate274 trial, which used adjuvant nivolumab administered to patients with high-risk disease after cystectomy, was published in 2021.<sup>21</sup> This randomized phase 3 trial allowed patients who had received neoadjuvant cisplatin-based chemotherapy and had ypT2-ypT4 or N+ disease or no NAC and had pT3-pT4a or N+ disease to receive nivolumab every 2 weeks for 1 year. The study found that patients who received adjuvant nivolumab had a significantly improved disease-free survival (DFS). Based on this, the recommendation is for patients with high-risk features after cystectomy, with or without NAC, to receive adjuvant nivolumab. Retrospective analysis of the data suggests that the greatest benefit for adjuvant treatment is when it is initiated within 90 days of cystectomy. However, some benefit was still seen even after 90 days post cystectomy.

In contrast, the IMvigor010 trial, which examined the use of adjuvant atezolizumab in a similar population to the CheckMate274 trial, failed to demonstrate a statistically significant improvement

in DFS.<sup>22</sup> Therefore, this drug has not been recommended for adjuvant use.

While the AMBASSADOR trial using adjuvant pembrolizumab has reported that it met its endpoint for improvement in DFS, the published results and additional endpoints are still pending at this time.<sup>23</sup>

**Radical Cystectomy.**

- **When performing a standard radical cystectomy with curative intent, clinicians should remove the bladder, prostate, and seminal vesicles in males; clinicians should remove the bladder in females and should consider removal of adjacent reproductive organs based on individual disease characteristics and need to obtain negative margins. Organ sparing procedures in females should be considered based on disease location and characteristics on an individual basis. (Clinical Principle)**

Radical cystectomy involves removal of the bladder (cystectomy) along with the organs at highest risk of harboring tumors that extend beyond the bladder. In males, this includes the prostate and seminal vesicles. In females this may include the anterior vaginal wall, uterus, cervix, fallopian tubes, and ovaries. Recently, the necessity of removing adjacent reproductive organs in all patients has been re-evaluated. Considering the overall low incidence of urothelial cancer involvement of the uterus, ovaries, and vagina and the absence of conclusive evidence suggesting a measurable outcome difference in removing these organs, this scrutiny is appropriate. When performing ovarian/uterine sparing procedures in women who do not desire fertility, consideration to salpingectomy should be given to reduce the risk of ovarian cancer. In select women with early-stage disease and a desire to preserve fertility and/or sexual function, organ preservation may be considered as long as complete tumor resection can be achieved.

Preoperative counseling should be performed for patients who have invasive cancer at the bladder neck or trigone region in regards to risk of organ sparing surgery.<sup>24,25</sup> If a prostatectomy is performed and there is high-grade cancer at the margin of resection at the apical urethra, a urethrectomy should be performed (immediate or delayed). This can be assessed with a frozen section or final pathology performed at the time of radical cystectomy.<sup>26</sup> A urethrectomy should be performed for women not undergoing reconstruction with a neobladder in order to reduce the likelihood of a positive surgical margin or tumor recurrence.

#### *Pelvic Lymphadenectomy.*

- **When performing bilateral pelvic lymphadenectomy, clinicians should remove, at a minimum, the external and internal iliac and obturator lymph nodes (standard lymphadenectomy). (Clinical Principle)**

The quality of the evidence does not currently support a uniform recommendation for the optimal extent of the pelvic lymphadenectomy to maximize therapeutic benefit. However, in order to facilitate adequate staging, a standard lymphadenectomy (bilateral external iliac, internal iliac, and obturator lymph nodes), at a minimum, needs to be completed with > 12 lymph nodes evaluated. The number of lymph nodes identified by the pathologist is a surrogate for the adequacy of the lymphadenectomy. It reflects the quality and completeness of the surgical dissection as well as the quality of the pathologic examination.<sup>27</sup> Submission of separate nodal packets appears to facilitate identification of lymph nodes and is associated with an increased number of reported lymph nodes.

Earlier cohort studies reported more extensive lymphadenectomy (with boundaries extending above the common iliac bifurcation up to or beyond the aortic bifurcation) to be associated with improved all-cause or bladder cancer-specific mortality versus less extensive lymphadenectomy, but these studies had methodological limitations, including variability in the lymphadenectomy techniques evaluated, and inconsistency in results.<sup>28-34</sup> Previous cohort studies found that more extensive lymphadenectomy (above the bifurcation of the common iliac arteries) was associated with a lower risk of bladder cancer recurrence or progression, but again most studies had methodological limitations and inconsistent results.<sup>35,36</sup>

A 2019 randomized trial (n = 401) reported that there was no improvement with an extended lymph node dissection (LND) in recurrence-free survival (primary endpoint of this study), cancer specific survival, or overall survival.<sup>37</sup> More recent observational and cohort studies have varying results with several showing no benefit, but in those that did report an advantage with a more extensive LND, this advantage was noted in patients who had not received NAC.<sup>38-41</sup> The largest observational study (n = 19,020) using SEER data did report statistically significant associations between the extent of pelvic LND and cancer-specific mortality (HR = 0.99;  $P < .001$ ) and rates of lymph node invasion (OR = 1.01;  $P = .001$ ) in a mixed population of patients with MIBC and NMIBC; however, the effect sizes were very small.<sup>41</sup>

### **Bladder Preserving Approaches**

#### ***Multi-Modal Bladder Preserving Therapy.***

- **For patients with MIBC who have elected tri-modality therapy with organ preservation, clinicians should offer maximal TURBT followed by chemotherapy combined with external beam radiation therapy (EBRT). Planned cystoscopic surveillance per high-risk NMIBC schedule should be performed. (Strong Recommendation; Evidence Level: Grade B)**

An important component of multi-modal therapy is the maximal resection of all visible tumor with TURBT prior to EBRT and chemotherapy. This has been shown in prospective series to improve local control by approximately 20%.<sup>9</sup> Additionally, ideal patients for tri-modality therapy include those in whom complete resection is feasible and who have no hydronephrosis and no CIS.

Comparing multi-modal bladder preserving surgery with radical cystectomy is difficult. Much of the data, including one RCT and multiple cohort and registry series, have compared EBRT with and without chemotherapy versus radical cystectomy.<sup>42-45</sup> The RCT found no difference in overall survival

between the two approaches, although a higher risk of loco-regional failure was seen in the bladder preservation arm.<sup>42</sup> Unfortunately, none of these studies adequately corrected for age, comorbidities, nodal status, and pathologic versus clinical staging. In the absence of randomized data, Zlotta and colleagues reported on a multi-institutional comparison of patients with MIBC treated with tri-modality therapy vs cystectomy using propensity score matching and weighted analysis.<sup>46</sup> This showed that in well selected patients, similar outcomes in metastasis-free survival, cancer-specific survival, DFS and overall survival could be achieved. Overall survival slightly favored tri-modality therapy; however, 13% of patients in the tri-modality therapy group did undergo radical cystectomy. Mak et al reported a 5-year survival of 57% for all study patients, of whom 80% did have an intact bladder.<sup>9</sup> It is unclear what proportion of patients who, having initially chosen bladder preservation, ultimately require cystectomy in a non-study setting. The reported bladder preservation rates may be dependent upon the degree of initial patient evaluation and selection. Thus, currently the Panel believes that multi-modal bladder preserving therapy is the preferred treatment in those patients who desire bladder preservation and understand the unique risks associated with this approach or those who are medically unfit for surgery.

**• Following completion of bladder preserving therapy, clinicians should perform regular surveillance with computed tomography (CT) scans, cystoscopy, and urine cytology. (Strong Recommendation; Evidence Level: Grade C)**

Following bladder preserving treatment, clinicians should address any bladder and bowel issues that may result from treatment and consider referral of patients to experienced medical professionals to evaluate and treat. Patients should have a follow up cystoscopy with biopsy to identify occult persistent malignancy. Those who are biopsy-proven complete responders to bladder preserving protocols remain at risk for both invasive and non-invasive recurrences as well as new tumors in the upper tracts. Recurrences may be successfully managed by prompt salvage therapy. Although there is no direct evidence to determine optimal frequency of surveillance, most bladder preserving protocols encourage careful follow up. The overall survival rates achieved in bladder preserving series that appear comparable to those obtained with immediate cystectomy are likely in part due to the use of close surveillance with early salvage cystectomy in patients with residual/recurrent disease as well as careful patient selection. Published protocols recommend every 3 month cystoscopy during the first year, every 4 to 6 months

in the second, and every 6 to 12 months thereafter.<sup>9,47</sup> In addition, the Panel recommends cross-sectional imaging of the abdomen and pelvis and chest imaging every 6 months for the first 2 years, although, again, there are no published data showing that this improves survival.

## **FUTURE DIRECTIONS**

Several key areas of future research need emphasis to improve clinical care and provide a path to better patient outcomes with invasive bladder cancer.

### **Detection and Markers**

Improved imaging modalities to better locally stage tumors and define extent of disease are needed. This includes cystoscopic and radiographic imaging of local disease and more effective and accurate evaluation techniques of regional lymphatics and distant sites. The role of magnetic resonance imaging (MRI), vesical imaging-reporting and data system (VI-RADS) for local staging and defining the role of positron emission tomography (PET) imaging, the best PET imaging agent, and the investigation/validation of other novel technologies are deemed high-priority.

Urine cytology can be used to monitor for recurrence after TURBT and cystectomy, but difficulties with interpretation after urinary diversion have limited its usefulness after bladder removal. Radiation therapy can alter the appearance of shed cells and oftentimes result in atypical results. Current urinary markers have a limited role in the routine monitoring for recurrence of urothelial carcinoma after radical cystectomy due to false positive rate. Future studies should focus on the development of urinary and serum-based markers that can be used to identify early urothelial based and/or distant recurrences.

Increased knowledge gained from comprehensive genetic studies of invasive bladder cancer should be utilized to identify and validate markers that could be used to guide diagnosis and therapeutic decision-making. This would include the identification of prognostic markers capable of stratifying patients at risk for advanced disease, and predictive markers for the response to chemotherapeutic/immunotherapeutic agents as well as radiation-based therapies. In addition, further studies are needed to evaluate and validate the prognostic and predictive information obtained from novel molecular classifications of bladder cancer.

### **Therapy**

The rapid introduction of novel immunotherapeutic agents for the treatment of bladder cancer has begun to show promise. Phase 2 and 3 studies have now demonstrated significant antitumor activity of

the anti-PD-1 and anti-PDL-1 antibodies in the metastatic setting. Additional studies are needed to further define the role of these agents alone or in combination with other therapies for all stages of bladder cancer.

In addition, further studies are needed to better integrate multi-modal therapy in patients with invasive bladder cancer. Specific examples include the role for adjuvant chemotherapy or immunotherapy in patients who have previously received NAC followed by surgery but still possess high-risk pathology (residual invasive disease or regional lymph node involvement) and the role of immunotherapy in bladder preservation. A phase 1 trial investigating the addition of concurrent immune-checkpoint inhibition to chemoradiation for bladder preservation in patients with muscle-invasive disease found high rates of metastasis-free and overall survival, and a phase 3 trial (NCT03775265) investigating the role of atezolizumab with chemoradiation completed enrollment and will provide further data regarding the role of immunotherapy with bladder preservation.<sup>48</sup> Additionally, the role of radiation in patients undergoing radical cystectomy for T3 and T4 disease, including the use of intraoperative radiation therapy, is yet to be clearly defined.

Robotic cystectomy has been adopted as a surgical option for the treatment of patients with invasive bladder cancer with the hope that it will improve the morbidity associated with radical cystectomy. RCTs have shown decreased blood loss with robotic cystectomy as compared to open cystectomy with no difference in complications, length of hospitalization, readmission rates, pain, QOL, or postoperative mortality and no difference in short-term progression-free survival.<sup>49,50</sup> Long-term data

are needed to demonstrate the oncologic efficacy, potential for improved clinical outcomes, and QOL using this technology compared to standard open techniques.

Tissue regenerative technology continues to advance, stimulating the hope that organ replacement may be available in the future. Support of basic and translational research is needed to move tissue regeneration forward into clinical use for patients who require bladder removal for invasive bladder cancer.

The currently unpublished SWOG S1011 trial compared extended LND with standard LND and found no significant difference in DFS or overall survival.<sup>51</sup> However, presentation of unpublished long-term follow up of the German LEA AUO AB 25/02 trial suggests improvement in survival associated with an extended LND.<sup>37</sup>

In addition, studies emphasizing patient reported outcomes after treatment for invasive bladder cancer are needed. This information is necessary to help further support patient centered outcomes and identify specific areas of treatment that require further attention to improve patient QOL.

### Surveillance

Finally, the optimal strategies for surveillance after definitive treatment for invasive bladder cancer to identify pelvic, distant, and urothelial recurrences need to be defined. The role of specific imaging tests and laboratory studies as well as their appropriate interval has yet to be established. Some evidence suggests a potential role for circulating tumor cell DNA (ctDNA) in detecting recurrence and progression following radical cystectomy. Future studies are needed to further define the potential role of ctDNA for surveillance.

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