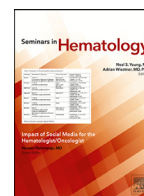




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## Review

## Monitoring MRD in ALL: Methodologies, technical aspects and optimal time points for measurement

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## ABSTRACT

The accurate determination of minimal or measurable residual disease (MRD) during the early months of therapy in acute lymphoblastic leukemia is well established as the most important independent prognostic biomarker, predicting response to combination chemotherapy. Stratification based on MRD maximizes treatment effectiveness while minimizing adverse effects. Allele-specific real-time quantitative PCR of clone-defining immunoglobulin/T-cell receptor gene rearrangements in the patients' leukemic clones and/or multiparametric flow cytometric tracking of leukemia-associated immunophenotypes are considered standard of care. Following recent advances in high throughput sequencing (HTS; next generation sequencing), much attention has been devoted to the development of HTS-based MRD assays, which can increase sensitivity; theoretically only limited by the number of cells input into the assay. Knowledge of the methods and limitations of each technology, along with awareness of the sensitivity and specificity of MRD at particular treatment time points is important in interpretation of the MRD value. MRD negativity at pre-established protocol-appropriate time points guides continuance with consolidation/maintenance chemotherapy, whereas positivity leads to a change to a biological therapy such as blinatumomab and intensification of therapy to allogeneic stem cell transplant. Positivity after maintenance may herald impending relapse enabling treatment intervention. MRD has been integral to the introduction of novel agents and cellular therapies into clinical trials and standard of care, but the long-term predictive value of MRD on outcome of novel therapies is not yet established. Integration of somatic genetics with MRD may further improve accurate identification of patients with the lowest and highest risk of relapse.

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## Introduction

The majority of adults with acute lymphoblastic leukemia (ALL) achieve remission with the use of multiagent chemotherapy, however half of patients will relapse [1–3]. Accurate risk stratification is essential to deliver optimal treatment to improve outcomes. The assessment of treatment response through the measurement of minimal or measurable residual disease (MRD) is the most powerful factor-predicting outcome after combination chemotherapy, and has been standard of care for well over a decade [4–8]. Integration of MRD monitoring into risk-adapted protocols has been used to successfully guide therapy intensification and reduction [5,9–11]. The use of MRD in adult ALL is equally as predictive of outcome as

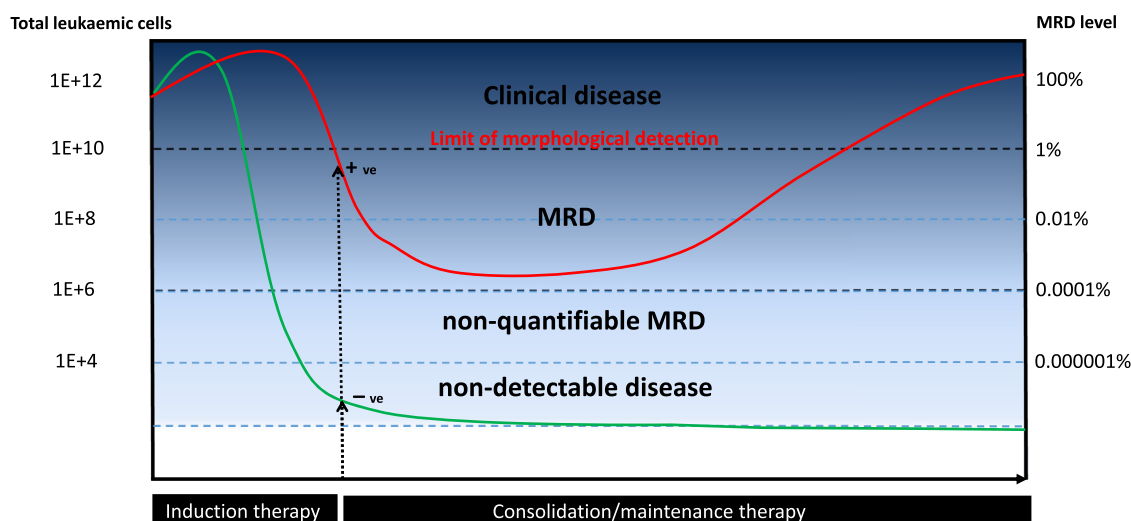
in pediatric practice and a recent survey of adult practice in Europe confirms MRD testing is standard of care in the treatment of adult ALL [12–15]. The clinical management of patients with ALL relies on accurate prediction of relapse hazard to determine the intensity of therapy. Novel therapeutic approaches and allogeneic stem cell transplant (alloSCT) must target patients who will derive the most benefit whilst consideration to reducing therapy (and associated toxicity) may be appropriate in patients with the most chemotherapy-sensitive disease. Here we review MRD methodologies and technical aspects for interpretation.

## What is MRD?

MRD, simply defined, is “measurable leukemia in samples apparently devoid of leukemia cells.” It is the low-level disease, which is not detectable by morphological assessment with a light microscope. Given the estimated  $10^{12}$  (a trillion) blasts present at diagnosis, MRD represents anything less than 10 billion cells

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**Fig. 1.** MRD assessment in ALL. Schematic diagram of disease levels in ALL, with equivalent MRD levels. Two example of patients assessed after induction chemotherapy are shown. The patient represented by the green line is MRD negative after induction chemotherapy and is essentially cured with a very low risk of relapse. The patient represented by the red line is MRD positive and destined to relapse.

**Table 1**  
Characteristic of MRD techniques.

MRD technique	Sensitivity	Applicability	Benefits	Limitations
ASO-RQPCR IG/TCR	0.001% ( $10^{-5}$ )	BCP-ALL: 95% T-ALL: 90-95%	-Applicable to majority of patients -Sensitive -Highly standardized with QA scheme	-Time consuming -Expensive -Requires pre-treatment sample -Requires extensive experience
MFC for LAIP	0.01% ( $10^{-4}$ )	BCP-ALL: >90% T-ALL: >90%	-Rapid -Cheap (relatively) -Information about whole sample cellularity	-Variable sensitivity -Need technical expertise (especially low level disease) -Lack of standardization, no QA -Fresh cells required
RQ-PCR fusion genes	0.01% to 0.0001% ( $10^{-4}$ to $10^{-6}$ )	<50%	-Sensitive -Standardized primers	-Not applicable to all (absence of targets in >50% cases) -Risk contamination
HTS IG/TCR	0.0001% ( $10^{-6}$ ) –potentially lower (depending on amount of DNA analyzed)	Potentially 100%	-Applicable to all patients -Highly sensitive (only limited by cells input) -Clone unbiased -revealing persisting or evolving clones (even if not defining clones at presentation) -Whole repertoire assessment	-Lack of standardization -Complex bioinformatics pipelines -Only clinically available in US -Minimal clinical validation -Risk contamination (if no barcoded primers are used)

( $10^{10}$ ). With a maximal sensitivity of 5 logs MRD negative represents anything below 10 million cells ( $10^6$ ), hence the use of terminology “measurable” replacing “minimal” by many groups. The driving concept behind MRD is really quite simple; the rate of decline in disease quantity in the face of systemic chemotherapy is of prognostic value and is a measure of relapse prediction, examples of this are shown in Fig. 1.

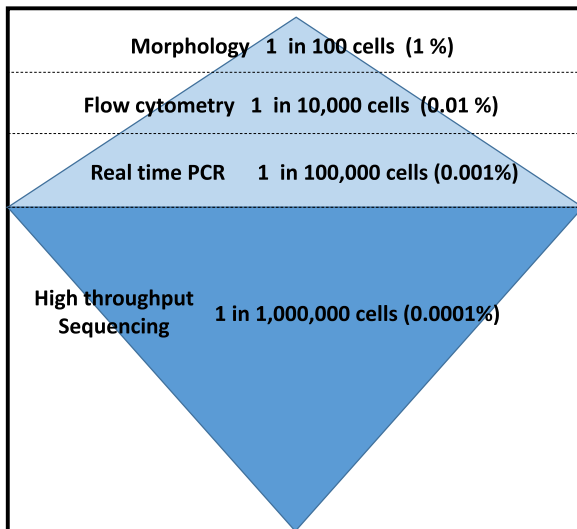
The human eye (down a microscope) can detect leukemic blasts at a maximal sensitivity of 1%. At the end of induction therapy, the majority of patients are in clinical remission with less than 5% blasts by morphologic examination of a bone marrow (BM) smear. However, morphological assessment of regenerating post therapy BM is prone to error [16,17]. Sensitive measurement of response to treatment is achieved through powerful molecular and flow cytometry methods to more precisely monitor disease.

**Methodologies/technical aspects of MRD**

All methods of MRD detection exploit features present exclusively in leukemic cells to differentiate them from normal cell. In current clinical practice this includes use of gene fusions,

highly variable junctional regions of immunoglobulin (IG), and T-cell receptor (TCR) gene rearrangements and aberrant leukemia-associated immunophenotypes (LAIP). The principles and the advantages and disadvantages of these MRD techniques are summarized in Table 1 and Fig. 2.

Allele-specific real-time quantitative (ASO-RQ) PCR of clone-defining IG/TCR gene rearrangements in the patients' leukemia can be used in >80% of adults with ALL although the applicability of this technology does decline with increasing age [18]. Initial characterization of clonal IG/TCR in performed in diagnostic samples with a panel of screening PCRs which target the rearranged VDJ (variable, diversity, joining) of the IG/TCR genes, which encode the hypervariable complementarity determining region 3 domain. This is then followed by Sanger sequencing or high throughput sequencing (HTS) of products to identify the clones [19-23]. ASO-RQ PCR then requires assays tailored to each individual patients clonal rearrangements and, depending on template availability and primer selection, has a maximal sensitivity of  $1:1 \times 10^{-5}$  (1 leukemic cell in 100,000 normal cells) due to nonspecific background amplification [20]. This method has been highly standardized by the EuroMRD Consortium (<http://www.euomrd.org>)



**Fig. 2.** Comparison of relative sensitivities of residual disease assessment methods. This can be thought of as an “iceberg” - with HTS technologies potentially offering the power to increase sensitivity and breadth of detection.

with laboratories all over the world participating in shared quality assurance testing twice a year working to the same protocols/guidelines. The ASO-RQ PCR MRD method requires expertise, a large amount knowledge about IG/TCR gene rearrangement and is both laborious and time consuming. Detection and sequencing of IG/TCR rearrangements and design of the corresponding ASO primers typically takes up to 4 weeks, whereas the analysis of follow-up samples (actual MRD assessment) takes less than a week.

IG/TCR rearrangements are not directly related to the oncogenic process and can clonally evolve, which may lead to loss of leukemia specific sequences and false negative results. Clonal architecture is dynamic. When disease relapse occurs, it can involve clones that were not identified, or only viewed as minor clones, at diagnosis and therefore were not tracked [24].

Multiparameter flow cytometric (MFC) tracking of LAIP approach evaluates ALL at diagnosis with a specific reagent panel. This defines regions where leukemic events are present outside of those seen during normal maturation for the relevant lineage (the LAIP). These LAIP regions are then employed for analysis of subsequent samples and events appearing in the predefined regions counted as residual disease [25,26]. This is more rapid than ASO-RQ PCR, allowing prompt reporting of results. The LAIP method is applicable to >90% of patients; however sensitivity is often a log lower than ASO-RQ PCR. Standardization of flow cytometric tracking is difficult, requires an experienced operator, and inter-operator variation can lead to inconsistent reporting [26]. The method also assumes stability of immunophenotype for both the leukemia and the background normal and regenerating BM populations. Phenotypic shifts commonly occur in MRD and normal cells during therapy consequently can give rise to both false positive and negative results. Immunotherapy and cellular therapies targeting antigens on leukemic blasts (such as CD19, CD20, or CD22) may hamper classic flow cytometry gating strategies.

Although highly predictive of outcome, these methods are not applicable to all patients. Following recent advances in HTS (next generation sequencing), much attention has been devoted to the development of HTS-based MRD assays, which can increase sensitivity; theoretically only limited by the number of cells input into the assay. Highly parallel HTS is employed to sequence the rearranged VDJ of the IG/TCR genes. Combined with the high capac-

ity of HTS, this allows a single, clone-unbiased, and highly sensitive test to be applied to all patients, revealing persisting or evolving clones, potentially even if these were not the defining clones at presentation. Importantly, HTS generates exact nucleotide sequences for all clones, which can be traced through subsequent follow-up analysis [27,28]. HTS technology has the advantage of being able to visual a larger picture of the IG/TCR repertoire in one experiment and therefore the ability of detecting clones that are low frequency at diagnosis, but become major players at later stage [29]. HTS has been widely introduced for the screening of diagnostics samples and increases applicability [19,22,23]. The clonoSEQ HTS technology (Adaptive Biotechnologies, Seattle, WA) is the first assay to be approved by the US Food and Drug Administration for MRD detection [30]. Clinical application of this assay has been demonstrated by improving stratification compared to MFC in B-ALL [31–34]. However, before implementation of HTS-MRD detection into routine clinical practice, several issues must be addressed, direct comparison to ASO-RQ PCR is required and workflows standardized, which will require large multicentre trials [35].

### Practical consideration for MRD data interpretation

#### Source and quality of material for assessment

MRD levels in T cell ALL are roughly equivalent (generally less than a log lower) in peripheral blood (PB) and BM, however in precursor B cell (PBC) ALL MRD can be up to three logs lower in the PB than in BM, so hence BM is a prerequisite [36–39]. HTS has an enhanced sensitivity that could potentially enable MRD quantification from PB, this has been explored in both the adult and pediatric setting but requires larger studies to confirm its clinical utility [33,34].

Attention must be given to the quality of the sample obtained. MRD should be measured in the first 2.5 mL of BM aspirated from one puncture site and the procedure performed by experienced and carefully instructed operator, as MRD may be underestimated in large PB contaminate BM aspirates [40]. There is however no evidence for unequal distribution of ALL cells in different parts of the BM compartment [41].

Finally, sufficiently regenerated BM is required for the assessment of morphological BM remission and in order to fulfill qualitative and quantitative criteria for MRD analysis. However, this has to be balanced by the effect of BM aspiration delay. Delay has been shown to have a significant impact on measured MRD levels with inaccurate risk group allocation in over 20% of patients [42].

#### Limits of detection and how to define “MRD negativity”

The definition of MRD negativity is a misnomer, differs by technology used and is related to different definitions of sensitivity. MRD negative does not mean complete absence of disease. As mentioned previously with a maximal sensitivity of 5 logs “MRD negative” represents anything below 10 million cells present. Therefore like other quantitative assays consideration to the lower limit of detection and lower limit of quantification are crucially important when interpreting results as well as the clinical time point at which the test is applied. MRD negativity implies that no MRD is detected with high certainty, using an MRD technique that can truly measure low residual disease levels with quantitative range  $\leq 10^{-4}$  thereby identifying patients with a comparatively lower risk of relapse than those remaining MRD positive. However, MRD negative states still associate with an appreciable risk of relapse (>20%–30%) highlighting a current limitation in assaying measurable disease. The use of HTS technologies claim to reach sensitivities down to  $10^{-7}$  potentially enabling a status of MRD negativity to be assigned more robustly [27,33]. However, to

**Table 2**  
Summary of characteristic of international study group of MRD in adult ALL.

Study group	MRD technique	Time point	Cut-off value
GMALL [44,46]	ASO-PCR	Day 11, day 24, week 16	$1 \times 10^{-4}$
MRC UKALL XII/ECOG2993 [13]	ASO-PCR	Week 8	$1 \times 10^{-4}$
PETHEMA [48]	MFC	Week 16-18	$5 \times 10^{-4}$
GRALL [47]	ASO-PCR	Week 6	$1 \times 10^{-4}$ ( $1 \times 10^{-3}$ HR)
MD Anderson [49]	MFC	CR, 3 months, 6 months	$1 \times 10^{-4}$
NILG [45]	ASO-PCR	Week 16, week 22	$1 \times 10^{-4}$

achieve these levels of sensitivity experiments require a sufficient amount of DNA (cells) input, which ignore the cellularity limits of BM samples, especially aplastic samples during treatment.

MRD assessment is not possible in all patients because of technical limitations such as lack of identification of patient specific clonal markers or insufficient diagnostic or follow-up sample. These limitations are more prevalent in the advanced age setting [18]. HTS has been shown to address some of these limitations, although further data is required in the adult setting [19,34].

### Optimal time points and prognostic significance

The rate of decline in disease quantity in the face of systemic chemotherapy varies by patient, giving each patient a unique relapse prediction. MRD interpretation is dependent on the time point taken in treatment, and interpretation of different time points gives different relapse predictions. As well as for risk classification and prediction MRD is increasingly being utilized for post remission treatment decision making [43]. When comparing MRD studies several important considerations influence the predictive impact of MRD, including treatment regime used, sensitivity of MRD assay, timing of assessment and the rate of SCT in the cohort.

### Use of MRD during chemotherapy

In adults with T-cell ALL or Philadelphia (Ph)-negative PBC ALL, initial MRD response is a highly relevant prognostic marker, reported by all major study groups [13,44-49]. Study groups use different cut-off values, depending on the MRD technique used and timing of MRD analysis, this is summarized in Table 2. Apart from these differences, all study groups confirmed the strong independent predictive value of chemotherapy response in adult ALL. This is further confirmed by a recent meta-analysis of 16 studies (studies evaluated MRD at the end of induction or early consolidation, using ASO-PCR or MFC) comprising 2076 adult ALL patients, which concluded 10-year disease free survival rate of 64% for patients who achieved MRD negativity, compared with 21% for those who were positive [12].

The most commonly used time point for conducting the first MRD assessment is at the completion of induction chemotherapy which is approximately 2 to 3 months into therapy. For patients who are MRD negative, therapy is often guided to start consolidation. In contrast, MRD positivity leads to a change to blinatumomab and alloSCT. There is no clear guidance on the frequency of monitoring post remission, however, a German multicentre adult ALL study demonstrated that nearly 90% of patient relapsed with a median interval of 4 months, suggesting that it would be prudent to monitor at a minimum of 3 monthly intervals in order to intercede before frank relapse [50]. A recent survey of European practice reported an average of four to five tests per patient in the 12-months after initial negative MRD test. In MRD positive pa-

tients, the number of tests was reported to be lower, possibly reflecting intensification with SCT in these patients and frequency of MRD testing not specified by protocols; alternatively it may reflect poorer survival. The use of MRD in second remission to monitor for progression and offer additional therapeutic options including informing on SCT was also reported [14].

### MRD and alloSCT

Several studies have confirmed that poor early MRD response identifies adult patients who may benefit from intensification of therapy with myeloablative alloSCT in adult ALL [45,46,48,51]. However, many adults above the age limit for this approach and it remains unclear whether reduced intensity conditioned (RIC) alloSCT is an effective salvage therapy for adult patients with MRD prior to alloSCT. The UKALL14 study prospectively evaluated a RIC alloSCT and the data from several hundred patients indicate a substantial difference in outcome when patients are MRD positive prior to the procedure [52]. MRD is, of course, a continuous quantitative variable and MRD levels correlate with post SCT outcomes [45,46,53]. Patients with very high level MRD  $\geq 10^{-3}$  pre alloSCT have worse outcome than those with levels  $< 10^{-3}$  irrespective of when MRD is measured (end of induction or immediately prior to SCT) [33,51,54,55]. Such patients would now be recommended to receive blinatumomab prior to alloSCT. On the basis of the BLAST study, the agent is licensed for patients with residual high level MRD [56]. Serial MRD measurements after RIC alloSCT are likely to be critical, allowing early identification of impending relapse and important clinical window to act on MRD to prevent overt clinical relapse [33,55,57]. It is hoped that the sensitivity of HTS may allow frequent PB testing to supplement BM sampling, to allow this clinical window to be detected in a timely and more feasible fashion than repeated BM assessment [34,55,58]. Interventions that may have value in this context include donor lymphocyte infusions, tyrosine kinase inhibitors in Ph+ ALL and novel agents [52].

### MRD in the context of novel therapies

The rapid development and use of immune and cellular therapies has offered effective alternatives for treatment in patients with relapsed or refractory ALL who previously would have had salvage cytotoxic chemotherapy, or no viable treatment option. MRD has played a key role in defining eligibility and monitoring response in key studies of inotuzumab ozogamicin, blinatumomab, and chimeric antigen receptor T-cells (CART) therapy [59-61]. MRD is now considered standard of care assessment of response to these therapies, planning further therapy and assessing eligibility for SCT. With the increasing use of these therapies, the number of MRD assessment per patient will potentially increase on contemporary protocols. Long term data on the prognostic value of MRD in these therapies is still preliminary, however compared to MRD response data from first line chemotherapeutic approaches, relapse rate is high even in patients reaching MRD negativity [62,63]. Therefore, caution has to be used when extrapolating interpretation of MRD values after these novel therapies from upfront treatment MRD response long-term outcome data. These data highlight the treatment/protocol dependency of MRD diagnostics as a tool for clinical prediction. Attention must also be given to the MRD method used to monitor these novel therapies. Antigen negative (eg, CD19-negative) relapse in PBC ALL is observed after immunotherapy and in up to 20% of patients after CD19-directed CART immunotherapy [64-66]. Monitoring blasts in patients with CD19-negative relapse by MFC is challenging as CD19 is often used as a parameter to quantify MRD and diagnose relapse. MRD detected by PCR provides reliable results independently from CD19 expression; however, it does not identify the important change of CD19-negative relapse,



which may in itself have therapeutic implications. The ability to accurately monitor ALL progression during treatment and after CD19-negative relapse by MFC requires identifying additional B-lineage or other specific markers consistently expressed on B cells. Using a combination of MFC, ASO-RQ PCR as well as tracking CART persistence and B cell recovery ensures impending relapse is detected [67].

#### *MRD in the context of Ph+ ALL*

The Philadelphia chromosome is found in approximately 25% of adults with MRD in Ph+ ALL can be assessed by quantifying BCR-ABL transcripts for p190 or p210, as well as the methods already discussed. BCR-ABL transcript quantification (using RNA) is relatively straightforward assay technically and, for p210 transcript quantification can be carried out and reported to international standards due to the work done in CML. However, the reports produced for CML characterize the molecular response on a scale which is well validated for CML but not validated as suitable for Ph+ ALL. P190 quantification is less commonly available and is much less standardized. International standardization of p190 quantification has been led by Heike Pfeifer on behalf of the EuroMRD consortium with 35 laboratories participating [68]. At the lowest levels of MRD there was still variation between labs and an appreciable false negative rate. The extremely detailed laboratory recommendations are a considerable move forward in p190 quantification.

Although there is general agreement in the literature that patients in whom BCR-ABL1 does not significantly diminish during initial therapy after second generation TKI are at higher risk for a poor outcome [69–72] the relationship between BCR-ABL1 levels and outcome the predictive value of BCR-ABL monitoring is not so great for that of Ig/TCR monitoring in Ph- disease. Where BCR-ABL1 and Ig/TCR monitoring have both been monitored in a childhood ALL study, overall concordance between the two methods was only 69%. Ig/TCR appeared more reliable at predicting outcome. An early MRD response was highly predictive of a favorable outcome [73]. The discrepancies between the two methods were investigated by Hovorkova et al by flow-sorting different subsets of cells. A BCR-ABL1-positive clonal haematopoiesis emanating from early progenitors, closely resembling a CML-like disease was shown, suggesting that at least some of the biological heterogeneity of BCR-ABL1-positive ALL may result from this [74].

In practical terms, wherever possible, BCR-ABL1 should be monitored early and monitored often and if possible, both patient specific Ig/TCR re-arrangements and BCR-ABL1 should be monitored.

#### *Combining genotype profiling with MRD for more accurate prognostication in ALL*

MRD alone is not sufficient to fully predict outcome. Somatic genetic abnormalities define fundamentally distinct biological subgroups with important prognostic and predictive significance. MRD is a continuous variable, however it has traditionally been used in a dichotomized way, using the same “cut-off” for all patients. When MRD is examined as a continuous variable it is log normally distributed but the shape of the distribution depends on genetic subtype; confirming differential MRD kinetics. Using a single MRD threshold does not reflect the biological heterogeneity that is a fundamental feature of the disease [75,76]. These observations clearly demonstrate the need for tailoring MRD cut-offs to different genetic subgroups. HTS technologies with deeper levels of detection may further influence these integrated risk groups. The future of stratification in ALL lies in the integration of clinical risk factors with high-sensitivity MRD and detailed genetics. Prognostic index models have been developed to include all these variables

and provide an accurate method for predicting outcome, but also allow greater flexibility for defining risk groups [77].

#### **Summary**

MRD is clearly fundamental to risk directed therapy for ALL. It is accepted as the most powerful independent prognostic indicator in both adult and childhood ALL. The rapid introduction of novel therapies, particularly blinatumomab, inotuzomab ozogamicin, and CART therapies are playing an increasing role in MRD eradication and long-term data on prognostic significances of the depth and kinetics of MRD clearance are eagerly awaited. Development of ultra-sensitive HTS assays may allow for further refinement of risk stratification. However, multicentre standardization for all phases of analysis including use of control quantification material, quality assessment and informatics analysis of HTS data is still lacking and this is a priority topic for the EuroClonality NGS Consortium. Other sensitive technologies including digital/droplet PCR are also being widely assessed. To allow correct interpretation of the MRD result, MRD reports must provide information on the MRD technique used and on MRD markers as well as the theoretical limits of detection and the limits of quantification of the assay.

Recent studies have suggested that other genetic factors influence MRD kinetics and MRD cut-offs. MRD is a continuous variable and optimal cut-offs vary by genetics subgroup so the current “one size fits all” may not be utilizing the data efficiently as dichotomization of continuous variables leads to the loss of statistical power [75]. To develop true precision medicine strategies, integrated prognostic index models should be considered in future clinical trial design to refine patient stratification.

These factors all serve as a framework for integration of MRD as a diagnostic and research tool in to future adult ALL studies.

#### **Conflicts of interest**

The authors have no conflicts of interest to disclose.

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