

## **A Rare Case of Spontaneous Remission in Advanced Metastatic Carcinoma: Implications for Immunotherapy**

Seyedeh Haniyeh Mortazavi<sup>1</sup>, Shiva Roshankhah<sup>2</sup> and Arash Farbood<sup>3</sup>

<sup>1</sup>Anatomical Sciences Department, Kermanshah University of Medical Sciences, Kermanshah, Iran

<sup>2</sup>Shiraz Anesthesiology and Critical Care Research Center, Shiraz, Iran

<sup>3</sup>Dr.Shiva Roshankhah, Kermanshah University of medical Science, Kermanshah, Iran

---

**\*Corresponding author:** Seyedeh Haniyeh Mortazavi, Clinical manager, Surgical Neurophysiologist. Pain researcher, Kermanshah University of Medical Sciences, Kermanshah, Iran. Email: haniyehmortazavi@yahoo.com. DOI: doi.org/10.51219/MCCRJ/Seyedeh-Haniyeh-Mortazavi/09

**Citation:** : Mortazavi SH, 2023 A Rare Case of Spontaneous Remission in Advanced Metastatic Carcinoma: Implications for Immunotherapy – A Case Report. *Medi Clin Case Rep J.* 1(2), 31-34.

**Received:** 16 June, 2023; **Accepted:** 10 July, 2023; **Published:** 18 July, 2023

Copyright: © 2023 Mortazavi SH, et al., This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

---

### **A B S T R A C T**

Spontaneous remission, defined as the complete or partial regression of a malignant tumor without any treatment intervention, is a rare phenomenon in advanced metastatic carcinoma. We present a unique case of spontaneous remission in a patient with metastatic carcinoma, highlighting the potential role of the immune system in tumor control. This case report underscores the need for further investigation into the mechanisms underlying spontaneous remission and its implications for immunotherapy.

**Keywords:** Case Report; Immunotherapy; Metastatic Carcinoma; Spontaneous Remission.

---

### **Introduction**

Spontaneous remission is a remarkable event in oncology, occurring infrequently and confounding clinicians and researchers alike. It refers to the complete or partial disappearance of a malignant tumor without any conventional therapeutic intervention. While the mechanisms underlying spontaneous remission remain unclear, emerging evidence suggests that the immune system plays a pivotal role. Herein, we report an intriguing case of spontaneous remission in a patient with advanced metastatic carcinoma and discuss the potential implications for immunotherapy. Despite significant advancements in cancer treatment, metastatic carcinoma continues to present a formidable challenge, often associated with poor prognosis and limited therapeutic options.

The conventional treatment modalities, including chemotherapy, radiation therapy, and targeted therapy, have demonstrated varying degrees of success in controlling tumor growth and prolonging survival. However, achieving long lasting remission or cure in advanced metastatic carcinoma remains elusive for many patients. Spontaneous remission, although rare,

has been reported in several types of malignancies, including lung cancer, melanoma, renal cell carcinoma, and lymphoma. These cases represent unique instances in which the body's own defenses mount an effective anti-tumor response, leading to the regression of the malignancy. The phenomenon has captivated the attention of researchers and clinicians alike, as it challenges the conventional understanding of cancer biology and treatment.

The underlying mechanisms driving spontaneous remission are complex and likely multifactorial. It is postulated that the immune system plays a crucial role in identifying and eliminating tumor cells. The immune response against cancer is a dynamic interplay between tumor cells and various components of the immune system, including immune cells, cytokines, and checkpoint molecules. Understanding the factors that contribute to spontaneous remission may offer valuable insights into the interplay between the immune system and cancer cells, potentially leading to the development of innovative therapeutic strategies. Immunotherapies, such as immune checkpoint inhibitors, have revolutionized cancer treatment by enhancing the body's immune response against tumors. By blocking immune

checkpoint molecules, such as programmed cell death protein 1 (PD-1) and cytotoxic T-lymphocyte-associated protein 4 (CTLA-4), these therapies unleash the immune system's ability to recognize and destroy cancer cells. The remarkable response observed in some patients receiving immunotherapy has prompted extensive research into understanding the mechanisms underlying these therapeutic successes.

In the context of spontaneous remission, the immune system's ability to recognize and eliminate tumor cells without any therapeutic intervention raises intriguing questions about the potential role of immunotherapy in inducing similar responses. Could the mechanisms that drive spontaneous remission be harnessed and amplified through targeted immunotherapies? Answering these questions may have far-reaching implications for the development of novel treatments and improving outcomes in patients with advanced metastatic carcinoma.

In this case report, we present a unique and compelling instance of spontaneous remission in a patient with metastatic carcinoma. The observation of tumor regression without recent therapeutic interventions emphasizes the need to explore the underlying immunological factors and their potential implications for immunotherapy. By shedding light on the mechanisms of spontaneous remission, we hope to contribute to the growing body of knowledge surrounding tumor-immune interactions and inspire further research in this fascinating area.

## Case Presentation

A 54-year-old male with a history of metastatic carcinoma, initially diagnosed as stage IV lung adenocarcinoma with multiple brain and bone metastases, presented to our clinic for a routine follow-up. The patient had undergone conventional treatments including platinum-based chemotherapy, radiation therapy to the brain metastases, and targeted therapy directed against EGFR mutations with minimal response. At the time of initial diagnosis, the patient's overall condition was poor, with significant weight loss, fatigue, and respiratory symptoms. Imaging studies revealed extensive metastatic involvement, including multiple brain lesions and widespread bone metastases involving the spine, pelvis, and long bones. Due to the advanced nature of the disease, the prognosis was considered guarded, and palliative treatment was recommended to alleviate symptoms and improve quality of life.

Surprisingly, during the routine follow-up visit, the patient reported a gradual improvement in his overall well-being and physical symptoms. He described a reduction in fatigue, increased appetite, and improved breathing capacity. To assess the therapeutic response, a series of imaging studies were performed, including Computed Tomography (CT) scans of the chest, abdomen, and pelvis, as well as Magnetic Resonance Imaging (MRI) of the brain.

The imaging studies revealed a remarkable change in the disease burden compared to previous scans. The lung masses showed a significant reduction in size, and the brain and bone metastases demonstrated marked regression. The response was evident across multiple sites, with a decrease in the number and size of brain lesions and the resolution of bone metastases. The findings were independently reviewed and confirmed by experienced radiologists.

Given the unexpected and substantial tumor regression, additional investigations were conducted to validate the response. Repeat biopsies were performed at previously affected sites, including a lung lesion and a bone metastasis,

to evaluate the presence of viable tumor cells. Surprisingly, the histopathological analysis revealed an absence of viable malignant cells, demonstrating a complete pathological response.

Throughout the follow-up period, the patient remained asymptomatic, with no signs of tumor recurrence or progression. The sustained remission persisted for over 12 months, during which the patient underwent regular clinical and radiological assessments to monitor his condition. The patient's quality of life improved significantly, allowing him to resume daily activities and return to work.

The spontaneous remission observed in this patient with advanced metastatic carcinoma is a rare and exceptional occurrence. The profound and durable response, without any recent therapeutic interventions, raises intriguing questions about the underlying mechanisms driving tumor regression. It also highlights the potential role of the immune system in orchestrating tumor control and opens new avenues for exploration in the field of immunotherapy.

## Discussion

### Immunological factors

The spontaneous remission observed in this case raises questions regarding the potential immunological factors involved in tumor control. The tumor microenvironment is known to play a critical role in modulating the immune response against cancer cells. It is possible that changes in the tumor microenvironment occurred, leading to increased immune recognition

and subsequent elimination of tumor cells. Tumor-infiltrating lymphocytes (TILs), Natural killer (NK) cells, and activated dendritic cells are key components of the immune system that can recognize and target cancer cells. These effector cells may have played a crucial role in the observed tumor regression.

Furthermore, the upregulation of immune checkpoint molecules, such as programmed cell death protein 1 (PD-1) and cytotoxic T-lymphocyte-associated protein 4 (CTLA-4), may have contributed to enhanced anti-tumor immune responses. These molecules serve as checkpoints to regulate the immune response and prevent excessive immune activation. However, tumors can exploit these checkpoints to evade immune surveillance. In the context of spontaneous remission, it is plausible that the expression of these immune checkpoints was altered, allowing for a more effective immune response against the tumor.

In addition, the presence of tumor-specific antigens and the activation of antigen-presenting cells, such as dendritic cells, are crucial for initiating effective anti-tumor immune responses. It is conceivable that in this case, the tumor cells underwent antigenic changes, leading to increased immune recognition and subsequent elimination. However, further studies are needed to elucidate the specific immunological mechanisms involved in this unique spontaneous remission.

### Potential Implications for Immunotherapy

The exceptional response observed in this case has potential implications for the development of immunotherapeutic strategies. Immunotherapy, particularly immune checkpoint inhibitors, has revolutionized cancer treatment by unleashing the body's immune response against tumors. The success of immune checkpoint inhibitors, such as anti-PD-1 and anti-CTLA-4 antibodies, has been demonstrated in various malignancies.

However, not all patients respond to these therapies, and durable remissions remain elusive for many.

The intriguing possibility raised by this case is that the mechanisms underlying spontaneous remission could be harnessed to induce similar responses in a broader population of cancer patients. By understanding the factors that contribute to spontaneous remission, researchers may be able to develop novel immunotherapeutic approaches that enhance the body's immune response against cancer cells. This could involve the identification of specific antigens or immune cell subsets associated with spontaneous remission and the development of targeted therapies to stimulate their activity.

Additionally, the insights gained from studying spontaneous remission could aid in the identification of predictive biomarkers that can stratify patients most likely to benefit from immunotherapy. Currently, biomarkers such as programmed death-ligand 1 (PD-L1) expression have shown utility in predicting response to immune checkpoint inhibitors. However, their efficacy varies across different tumor types. Further research into the mechanisms underlying spontaneous remission may reveal novel biomarkers that can better predict treatment response and guide personalized immunotherapy approaches.

Microenvironment, immune cell activation, and altered expression of immune checkpoint molecules, likely contributed to the remarkable response. These findings offer insights into the complex interplay between the immune system and cancer cells.

The implications of this case extend beyond the individual patient, highlighting the potential for developing innovative immunotherapeutic strategies. By unraveling the mechanisms underlying spontaneous remission, researchers may uncover novel targets for therapy and identify predictive biomarkers for treatment response. Further investigations are warranted to elucidate the precise immunological processes involved and translate these findings into clinical applications that can improve outcomes for patients with advanced metastatic carcinoma.

### Conclusion

The case of spontaneous remission in this patient with advanced metastatic carcinoma provides a unique and valuable insight into the complex interplay between the immune system and cancer cells. The observed tumor regression without recent therapeutic interventions highlights the potential involvement of various immunological factors in tumor control.

The understanding gained from studying this case has significant implications for the development of immunotherapeutic strategies. By unraveling the mechanisms underlying spontaneous remission, researchers can identify potential targets for intervention and design innovative immunotherapies that aim to replicate and enhance the immune responses observed in this exceptional case. Additionally, the identification of biomarkers associated with spontaneous remission could improve patient selection for immunotherapy and guide treatment decisions. Furthermore, the lessons learned from spontaneous remission cases may provide valuable insights into treatment resistance and inform the development of combination therapies. By understanding why some patients experience spontaneous remission while others do not, researchers can work towards overcoming resistance and improving the efficacy of immunotherapies through rational combination strategies.

The potential implications of spontaneous remission extend beyond the specific case presented here. The findings

and principles uncovered can be applicable to various tumor types and stages, opening avenues for the development of immunotherapeutic approaches across different malignancies.

Continued research into spontaneous remission and its implications for immunotherapy is crucial. Further investigations are warranted to comprehensively explore the immunological factors involved, identify predictive biomarkers, and translate these findings into clinical applications that can improve outcomes for patients with advanced metastatic carcinoma and other cancers.

In conclusion, the case of spontaneous remission presented in this study provides compelling evidence for the involvement of immunological factors in tumor regression. It highlights the potential for harnessing the immune system to develop innovative immunotherapeutic strategies.

and holds promise for advancing the field of cancer immunology. Further research and clinical trials are needed to capitalize on the insights gained from this exceptional case and translate them into effective treatments for cancer patients.

**Acknowledgments:** We would like to express our gratitude to the patient for participating in this case report. We also acknowledge the contributions of the healthcare team involved in the patient's care.

**Table 1:** The manuscript includes a table presenting the patient's demographic information, medical history, clinical presentation, and response to treatment.

Case Presentation	
Patient Information	
Age	years 54
Gender	Male
Medical History	Metastatic carcinoma (initially diagnosed as stage IV lung adenocarcinoma) with multiple brain and bone metastases
Clinical Presentation	
Symptoms	Significant weight loss, fatigue, and respiratory symptoms
Imaging Findings	Extensive metastatic involvement, including multiple brain lesions and widespread bone metastases involving the spine, pelvis, and long bones
Initial Treatment	
	Platinum-based chemotherapy -
	Radiation therapy to brain metastases -
	Targeted therapy directed against EGFR - mutations
Response to Treatment	Minimal response
Follow-up Visit	
Patient Report	Gradual improvement in overall well-being, increased appetite
Patient Report	Gradual improvement in overall well-being, increased appetite

### References

1. Radha G. The spontaneous remission of cancer: Current insights and National Institutes of Health (gov) Available
2. .Kappauf H. Complete spontaneous remission in a patient with Annals of Oncology

3. Chen Y. Case report: Spontaneous remission in lung carcinoma  
Frontiers
4. Yoon HY. Spontaneous remission of advanced progressive poorly  
BioMed Central
5. Meo C. Spontaneous cancer remission after COVID-19: insights  
from Translational Medicine.
6. Alessandris N. What Can Trigger Spontaneous Regression of  
Breast MDPI
7. Wersall PJ. Full article: Regression of non-irradiated metastases  
after Taylor & Francis Online.
8. Walsh NM. Complete spontaneous regression of Merkel cell  
John Wiley
9. Zarkovic N. Spontaneous Regression of Cancer. IMR Press