Ionizing Radiation and Cancer Risk

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DCEG Radiation Epidemiology and Dosimetry Course 2019



Objectives

Provide a broad overview of the current understanding of ionizing radiation and cancer risk from epidemiological studies

Features of high-quality studies for providing evidence

Key Reference

SCHOTTENFELD AND FRAUMENI

CANCER Epidemiology and Prevention

FOURTH EDITION

EDITED BY MICHAEL J. THUN MARTHA S. LINET JAMES R. CERHAN CHRISTOPHER A. HAIMAN DAVID SCHOTTENFELD Chapter 13: Ionizing Radiation

Amy Berrington de González André Bouville Preetha Rajaraman Mary Schubauer-Berigan

NIH NATIONAL CANCER INSTITUTE

Introduction and Key Concepts



Ionizing radiation

Universal carcinogen

- Can cause cancer in *most* organs
- Can cause cancer at any age (including *in utero*)

Variation in the magnitude of risk

Large risks from childhood exposure

• Leukemia, breast, thyroid, CNS tumors

Established carcinogen... fundamental questions

Magnitude of risk at very low doses Risk from different types of radiation

Impact of rate

(timing) of

exposure

Modifiers of risk Joint effects

> Risk from emerging medical technologies

... and more!

Mechanisms of radiationinduced carcinogenesis

Key concepts related to the exposure

Types of radiation

Modes and patterns of exposure

Sources of exposure

Types of Ionizing Radiation

- All types can cause cancer in humans
 - sufficient evidence IARC Group 1
- Varying energies and ability to penetrate
 - ➢ potential variation in cancer risk



Image source: http://www.nrc.gov/about-nrc/radiation/healtheffects/radiation-basics.html

Internal vs external exposure

- Internal Source within the body
 - Ingestion, inhalation, injection of radioactive particles
 - particles



Proximity to photon-emitting source



Rate of exposure

Туре	Timing	
Acute	Delivered within seconds	
Fractionated	Multiple acute or short-term exposures delivered at intervals	
Protracted	 Continuous, over relatively long time Fairly constant rate 	

Full- or partial-body

• Full-body – (relatively) uniform exposure over the body

 Partial-body – only part of the body exposed



Patterns of exposure: Examples

Exposure/Study	Description
Atomic bomb survivors	ExternalAcuteWhole-body
Diagnostic x-rays	ExternalFractionatedPartial-body
I ¹³¹ from fallout	 Internal Protracted Largest exposure to thyroid, smaller exposures elsewhere

Units of exposure



Sources of exposure





Main sources of exposure – general population

- Medical (diagnostic)
- Low-level environmental
- Historic
 - Atomic bombs in Japan
 - Chernobyl accident
 - Therapeutic radiation for benign conditions



Figure 13–1. Comparison of current estimated annual per capita radiation exposure (mSv) for countries with a similar health-care level.

Environmental Exposures

Natural background radiation

- Radon
- Cosmic radiation
- Radionuclides in food and earth

Man-made environmental exposures

- Atomic bombs, nuclear weapons testing
- Nuclear accidents

Other

 Industrial activities, security inspection systems, medical facilities, educational/research institutions

Medical Exposures

• Primarily fractionated, partial-body



Images: https://lab.research.sickkids.ca/qbict/what-is-a-ct-scan/ https://www.cancer.gov/about-cancer/treatment/types/radiation-therapy/external-beam

Increasing medical radiation exposure in the U.S.







- Trend towards decreasing exposures
- Exceptions Interventional radiology physicians & nuclear medicine radiologic technologists

Exposure assessment and study design

Exposure assessment: Common sources





Exposure assessment: Considerations

Strength - Dose can be measured

Challenges – quality, detail varies across studies

- From "exposed" vs. "unexposed" to individual organ dose estimates
- (Often) rely on historical information to reconstruct dose long after exposure
- (Often) need multiple sources of information

Sources and considerations: Environmental studies

- Questionnaires:
 - level of detail
 - timing relative to exposure
- Measurements:
 - number of measurements
 - timing relative to exposure
 - coverage



Challenge: Uncontrolled, unexpected exposure



Sources and considerations: Medical studies





✓	

- Treatment records:
 - detail about patient and treatment
 - accuracy of treatment parameters
 - availability of treatment-planning images
- Medical records from diagnostic procedures:
 - detail about patient
 - types of machines
 - settings individual vs typical protocols
- Questionnaires: Complement records (or be only source)

Sources and considerations: Occupational studies

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- Badge dose measurements
 - Usage
 - Location, limit of detection
 - Not used < 1960s
- Bioassay measurements (internal exposures)
 - Coverage

- Questionnaires on work history
 - Level of detail

Quality of individual doses for epidemiologic studies

- Lack human-based measurements
- Sparse data
- Based on retrospective interviews

Human-based measurements

- Reliable
- Available for all participants
- Representative of organ of interest

Lowest

Highest

Features of high-quality studies





Exposure collected independently of outcome

Follow-up

Prospective cohort

- Select participants
- Data collection designed specifically for study
- Requires long follow-up
 - Challenging given long latency radiation and solid cancers

Retrospective cohort

- Select participants
- Use existing records, measurements, etc... to determine exposure and outcome status

Possible from both prospective and retrospective cohort designs

Completeness of follow-up



Appropriate comparison groups



Incidence vs mortality

Mortality

- Often have national data
- Under-reporting of cancer on death certificates
- Less informative for non-fatal outcomes
- Reflects factors related to survival as well as risk

Incidence

- Ideal: population-based registries
- Often rely on self-report with subsequent validation
- Informative for non-fatal outcomes
- More informative for evaluating latency period

Life Span Study (LSS) of Japanese Atomic Bomb Survivors

"Gold Standard" of radiation epidemiology

- Large, unselected population
- Males and females
- Wide range of age at exposure
- Long-term, comprehensive follow-up
- Well-characterized doses across range

Acute, whole body exposures

Foundation of radiation protection standards

7 nested case-control studies of second GI cancers

- Nested within registry-based cohorts
 - Denmark, Finland, Iowa, Netherlands, Norway, Ontario, Sweden
- Detailed treatment data from medical records
- Dose reconstruction from RT records
- Dose-response relationship
- Joint effects radiation and chemotherapy

		Second Cancer			
		Esophagus	Stomach	Pancreas	
First cancer	Breast cancer	x			
	Hodgkin lymphoma	x	x	x	
	Testicular cancer		x	x	
	Cervical cancer		x		

Stomach Cancer Risk After Treatment for

JOURNAL OF CLINICAL ONCOLOGY

Hodgkin Lymphoma

Lindsay M. Morton, Graqa M. Dores, Rochelle E. Curtis, Charles F. Lynch, Marihym Siavall, Per Hall, Ehel S. Gillert, David C. Holgon, Ham H. Saem, Tom Borge Johanneen, Susan A. Smith, Kim E. Weathery, Michael Anderson, Sophie D. Fossa, Michael Haupmanne, Frie, Hohoway, Helds Jonenu, Magune Kaijaer, Ruth A. Kleinerman, Freydis Langmark, Ecro Pakkala, Lalla Vaalavirat, Alcandrad W. van den Belt-Dusebout, Jooph F. Fruumer, J. Juli S. Toris, Sterfer M. Aleman, and Hora E. van Levenven

BJC 🛽

British Journal of Cancer (2016) 115, 901–908 | doi: 10.1038/bjc.

Keywords: pancreatic cancer; radiotherapy; testicular cancer; chemotherapy; logistic regression

Increased pancreatic cancer risk following radiotherapy for testicular cancer

Mchuel Hauptmann^{**}, Tom Bergu Johannesen^{*}, Ethel S Gilber^{*}, Marlyn Stovall^{*}, Fora E van Leewem^{*}, Peretra Rajarama^{*}, Sixan A Smith^{*}, Rate E Westers^{*}, Jener Me P Aleman^{*}, Michael Anderson^{*}, Rochelle C Curta^{*}, Graça M Dores^{*}, Joseph F Fraumen JJ^{*}, Per Hall^{**}, Eric J Holowary^{*}, Heikki Joensu^{*}, Magnus Kaije^{*}, Zinki A Kaiemena^{*}, Proyde Langmark^{*}, Charle F Lynch^{*}, Tece Puklad^{1*}, ¹ Hane H Storm^{*}, Lela Valavira^{**}, Alexandra W van den Belt-Dusebout^{*}, Lindaay M Morton^{*}, Sophio F Drosa^{**} and Lois B Travil^{**}

Thyroid Cancer in Children in Ukraine

- Key source of information about long-term risk of thyroid cancer from I-131
 - One of several studies in exposed areas
- Cohort of 12,514 children screened regularly for thyroid cancer
- Resident in 3 contaminated areas
- Dose estimates:
 - individual radioactivity measures
 - dietary/lifestyle patterns reported on questionnaires
 - environmental measurements



Cancer risks

Cancer risks observed


Classification of radiation-related cancers

"Yes"

Significant doseresponse relationship from robust epi studies



"Possibly"

Some evidence for dose-response relationship

Questions about biases, potential confounding



"Unclear"

Lack of adequately powered, high-quality studies

Inconsistent findings across studies

Berrington de González et al. Cancer Epidemiology and Prevention

Cancers caused by radiation

Bladder, Breast, Lung, Leukemia (non-CLL), Brain/CNS, Ovary, Thyroid, Colon, Esophagus, Oral (salivary gland), Stomach, Liver, NMSC, Bone, Soft tissue, Pancreas, Rectum

Possibly Endometrial, Multiple Myeloma, CLL

Unclear

Non-Hodgkin Lymphoma, Prostate, Renal cell, Cervix, Gallbladder, Melanoma

Berrington de González et al. Cancer Epidemiology and Prevention

"Possibly related"

Uterine corpus (endometrial)

- Increased risk for certain ages at exposure?
- ERR greater when account for probability of hysterectomy

CLL

- Long thought to be unrelated to radiation
- Excess risk observed among Chernobyl clean-up workers

Utada et al. *JNCI Cancer Spec* 2018 Zablotska et al. *Environ Health Perspect*. 2013 39



Excess relative risks appear to vary by site



Excess relative risk at 1 Gy (90% CI)

Berrington de González et al. Cancer Epidemiology and Prevention Preston et al., Rad Res 2007



Why might magnitude of risk vary?

What can this variation teach us in terms of mechanisms?

What can we learn from sites with no apparent association?



Linear model

- Most parsimonious
- Good representation for most sites

➤Acute low to moderate doses – LSS

Fractionated, high-dose (> 5 Gy) RT

 Power often limited to detect departure from linearity – even at high-doses

> BEIR VII 2006; Preston et al. *Rad Res* 2007 Berrington de Gonzalez et al *Red Journal* 2013

Non-linear relationships

• Leukemia (non CLL)





Why is shape important?

Radiation protection standards primarily based on extrapolation from LSS (low-to-moderate dose, high dose-rate)

Most exposures to workers and the general population at low(<100 mGy) dose, low dose-rate

What about risks from high-dose fractionated exposure (cancer survivors)?

How does variation in dose and dose-rate impact the risk?

Dose and dose-rate effectiveness factor (DDREF)

- Factor by which radiation effect changes at low doses, dose-rates compared with high dose, dose-rate
- BEIR VII: 1.5
 - Based on animal and epidemiological studies
 - Risk per unit dose reduced by 1/3 for protracted dose or total dose <100 mGy
- Use: risk projection, estimation of lifetime risks

Recent low dose, dose-rate studies

Report risk estimates comparable to the LSS

Suggests similar risk from protracted or fractionated lowdose exposures

Challenge to compare across study populations that differ beyond dose and dose-rate characteristics

Low dose, dose-rate studies: Two examples

Leukemia (non-CLL) ERR/Gy (95% CI) Pearce et al. <i>Lancet</i> 2012				
UK Childhood CT - Fractionated	LSS Age exposure <15			
36 (5-120)	45 (16-188)			
Solid cancer mortality ERR/Gy (95% CI) Richardson et al. <i>BMJ</i> 2015				
INWORKS - Protracted	LSS Age at exposure 20-60			
0.47 (0.18-0.79)	0.32 (0.01-0.50)			

High-dose fractionated studies

- Therapeutic (high-dose) fractionated exposures
 - Risk estimates < LSS (5- to 10-fold)
 - Dose-response linear (exception thyroid) unexpected
- Importance: Second cancer risks, inform risk/benefit assessment

High-dose fractionated studies: Two examples



...... Fitted dose-response - - - - For similar age (exposure, attained), BEIR VII model

Berrington de Gonzalez et al. *Red Journal* 2013

How does risk per unit of dose vary by type?

Estimates of relative biological effectiveness (RBE) largely from animal and laboratory studies

Lack of data from epidemiologic studies

Implications for newer types of radiotherapies?

• Neutron scatter from proton - Neutrons 20 x > X-rays ?

Radiation-related risks by age - illustrated for thyroid cancer (1)

- Relative and absolute risks tend to be higher at earlier age at exposure
 - Especially breast, leukemia, thyroid, brain
 - Exceptions: Lung?
 - Thyroid, brain no apparent increase for exposure >20 y



Furukawa et al. *IJC* 2013

Radiation-related risks by age - illustrated for thyroid cancer (2)

- ERR decreases with attained age
- EAR increases with attained age



Furukawa et al. IJC 2013

Age at exposure and solid cancer incidence in LSS

- Suggestion of upturn in ERR at older ages observed earlier
- Most recent study shows this was driven by inclusion of autopsyonly cases



Higher risk among females vs males?

- Observed in number of studies
- Differences in radiosensitivity?
- Modification by other factors?
- Differences in background rates?



Grant et al. Rad Res 2017

Time since exposure

- Minimum latency
 - ~ 2 years for leukemia
 - ~ 5 years for solid cancers
 - Need for long-term follow-up and value of retrospective design
- Risks persist long-term
 - Do not return to baseline
 - Important for estimating cumulative risk, screening of high-risk populations

Joint effect of radiation and smoking



- Modification of radiation dose-response relationship by smoking observed across number of studies
- Nature of the interaction unclear



Variation in breast dose-response by age at menarche?



Brenner et al. Rad Res 2018

RT - dose-response attenuated by ovary dose



Senetic susceptibility

- Most knowledge to date based on rare mutations
 - Cancer-prone families
 - Highly-sensitive population
- Advances in technology
 - New opportunities to broaden the research



Absolute Risk & Attributable Fraction

Excess lifetime risk from pediatric CT: UK



Cumulative breast cancer risk after chest RT



Estimated Attributable Fraction (AF)

- What proportion of cancers are caused by radiation?
- Contributing factors
 - exposure characteristics dose and age at exposure distributions
 - population characteristics (age, sex, etc...)
 - distribution of cancers types

AF: Environmental Radiation Exposure

Source	Population	Outcome	Estimated AF	Reference
Background radiation	England – all ages (<15)	Leukemia	5% (15%)	Kendall et al. <i>Leuk</i> <i>Res</i> 2011
Residential radon	UK	Lung cancers	3%	Parkin and Darby <i>BJC</i> 2011
Chernobyl accident	Cleanup workers, residents, evacuees at highest exposure levels	Cancer deaths	3%-4%	WHO 2006
Japanese atomic bomb	Survivors	Solid cancers	10%	Grant et al. <i>Rad Res</i> 2017

AF: (up to age 75) from diagnostic medical radiation



AF: Radiotherapy

Population	Outcome	Estimated AF	Reference
US adults treated for 15 cancers typically with RT	Solid cancers	8%	Berrington de Gonzalez et al. <i>Lancet</i> 2011
UK all ages treated for 13 cancers typically treated with RT	All cancers excluding NMSC	Males: 6% Females: 8%	Parkin and Darby <i>BJC</i> 2011
Female Hodgkin lymphoma survivors	All cancers excluding NMSC	19%	Parkin and Darby <i>BJC</i> 2011
Male Hodgkin lymphoma survivors	All cancers excluding NMSC	16%	Parkin and Darby <i>BJC</i> 2011

Opportunities for reducing exposures and risks



Radon remediation



Diagnostic

Careful clinical justification Using lowest reasonable dose Increase awareness

Technologies to monitor and control dose



Radiotherapy

Treatment-planning systems to optimize tumor treatment, minimize dose to surrounding tissue



Occupation

Monitoring Improving protective gear to encourage use

Berrington de González et al. Cancer Epidemiology and Prevention



A few "classic studies"

Radiologists: First evidence that radiation can cause leukemia

Leukemia in Radiologists¹

HERMAN C. MARCH, M.D.

Philadelphia, Penna.

Date of Death	Type of Leukemia Recorded	Age	
Oct. 17, 1943	Lymphatic	54	
July 15, 1943	Acute	43	
April 23, 1943	Acute myelogenous	42	
Feb. 22, 1942	Acute myclogenous	63	
July 10, 1940	Leukemia	48	
Jan. 23, 1939	Chronic lymphatic	65	
June 24, 1938	Leukemia	52	
Feb. 23, 1933	Lymphatic	69	

TABLE II: DEATHS FROM LEUKEMIA IN RADIOLOGISTS, 1929–1943

Source: death notices in *JAMA*, 1929-1943

Comparison: radiologists and non-radiological physicians

Radium dial and clock painters

Early sources of data on cancer risk from high-let radiation

Excess risk of sarcoma and head carcinomas among female radium dial painters

RADIATION RESEARCH 76, 368-383 (1978)

Dose-Response Relationships for Female Radium Dial Workers^{1,2}

R. E. ROWLAND, A. F. STEHNEY, AND H. F. LUCAS, JR.

Center for Human Radiobiology, Argonne National Laboratory, Argonne, Illinois 60439

THE AMERICAN JOURNAL OF CANCER

A Continuation of The Journal of Cancer Research

VOLUME XV OCTOBER, 1931 No. 4

THE OCCURRENCE OF MALIGNANCY IN RADIO-ACTIVE PERSONS

A CRNRRAL REVIEW OF DATA GATHERED IN THE STUDY OF THE RADUM DIAL PARTNERS, WITH SPECIAL REPRENENCE TO THE OCCURRENCE OF OSTEOGENIC SARCOMA AND THE INTER-RELATIONSHIP OF CREATAIN BLOOD DISEASES

HARRISON S. MARTLAND, M.D.

RADIATION RESEARCH **150** (Suppl.), S21–S29 (1998) 0033-7587/98 S5.00 ©11998 by Radiation Research Society. All rights of reproduction in any form reserved.

Studies of U.S. Radium Dial Workers: An Epidemiological Classic

Shirley A. Fry1

Decades of research investigating:

Dose-response analyses

latency

age at exposure



Israeli study of radiotherapy for tinea capitis



- Large cohort of patients who underwent radiotherapy for tinea capitis, matched unexposed groups
- Linkage with pathology and cancer registry data
- Radiotherapy treatment records
- Excess risks of thyroid, brain/CNS and skin cancer
- Refining of dosimetry over time
- Low- dose external exposure to thyroid

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Bone sarcoma after treatment for childhood cancer

Table 2. Matched Relative Risk of Bone Cancer According to Type of First Cancer and Radiation Dose at the Site of Bone Cancer, Adjusted for Alkylating-Agent Treatment.

	RADIATION DOSE (rad)					
	0	<1000	1000- 2999	3000- 3999	4000- 5999	≥6000
All types of cancers						
No. of cases	10	9	6	11	15	13
No. of controls*	51	70	30	18	23	12
Relative risk [†]	1.0‡	0.6	6.0	16.9	21.2	38.3
				100	9-	
	0		<1000	399	99	≥4000
Retinoblastoma						
No. of cases	4		4	7		7
No. of controls	25		15	14		11
Relative risk [†]	1.0‡		1.3	12.	7	19.4
All other types						
No. of cases	6		5	10		21
No. of controls	26		55	34		24
Relative risk [†]	1.0‡		0.2	12.	0	28.8

*Five controls for whom the radiation dose to the site could not be estimated have been excluded from the analysis in this table.

†Risks for radiation dose above 1000 rad are statistically significant (P<0.05).

‡Referent category.

- Cohort study with nested casecontrol component
- One of the first studies to quantify risk using estimated dose to bone tumor site
- Quantified joint effects radiation and chemotherapy
- Evaluated risks by type of radiotherapy
Moving forward

Challenges Cancer risks from low doses

- Large sample size
- Long-term follow-up
- Minimize measurement error
- Availability of potential confounders?

Opportunities

- Electronic medical record linkages
- Pooled studies
- Biological samples leveraging advances in genomics

Summary of ionizing radiation and cancer

Universal carcinogenNot "weak"

Magnitude of risk appears to vary by site

Increasing evidence for risks at low dose, low dose-rate Age - modifier of radiation-related risk

More research needed to understand the many other potential modifiers

Long history of radiation epidemiology

American Journal of Epidemiology Copyright © 2001 by the Johns Hopkins University Bloomberg School of Public Health All rights reserved	Vol. 154, No. 12, Supplement Printed in U.S.A.	С
Radiation Exposure and Cancer: Case Study		E
Genevieve M. Matanoski, ¹ John D. Boice, Jr., ² Stephen L. Brown, ³ Ethel S. Gilbert, ⁴ Jerome S. Puskin, ⁵ and Tara O'Toole ⁶		алі
. J. Radiat. Biol., Vol. 85, No. 6, June 2009, pp. 467–482	informa healthcare	J
nising radiation and cancer risks: What have we learned pidemiology?	from	
THEL S. GILBERT		



Question #1: Which of the following is not clearly associated with radiation?

- a. Breast cancer
- b. Leukemia
- c. Thyroid cancer
- d. Prostate cancer

Question #1: Which of the following is not clearly associated with radiation?

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Question #2: Studies of radiotherapy teach us about cancer risk from fractionated, high-dose exposures?

- a. True
- b. False



Question #2: Studies of radiotherapy teach us about cancer risk from fractionated, high-dose exposures?

- <mark>a. True</mark>
- b. False

Question #3: Which of the following are correct?

- a. Radiation-related relative risks tend to decrease with increasing age at exposure.
- b. Radiation-related absolute risks tend to increase with increasing attained age.
- c. Radiation-related risks do not tend to vary by age at exposure or attained age.
- d. Age effects have not been studied.

Question #3: Which of the following are correct?

- a. Radiation-related relative risks tend to decrease with increasing age at exposure.
- b. Radiation-related absolute risks tend to increase with increasing attained age.
- c. Radiation-related risks do not tend to vary by age at exposure or attained age.
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