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Fractionated Stereotactic Radiosurgery Alone for the Treatment of a Papillary Craniopharygioma

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Abstract
The use of radiation treatment (RT) is usually reserved for residual or recurrent craniopharyngiomas, and the role of RT alone and not as an adjunctive therapy to surgery has not been clearly defined. The authors describe a case of a 50-year-old man presenting with a large suprasellar craniopharyngioma with extension into the third ventricle, producing acute hydrocephalus. A ventriculoperitoneal shunt was performed concurrently with an endoscopic biopsy. Treatment with fractionated stereotactic radiosurgery (FSR) resulted in near resolution of the lesion with no evidence of recurrence over six years. A review of RT for the treatment of craniopharyngiomas without surgical resection is performed.

Introduction
Craniopharyngiomas are histologically benign extraaxial epithelial tumors that arise from embryologic remnants of Rathke’s pouch. These rare lesions have an estimated incidence of 1.5 per million people per year, but comprise 10-15% of all pediatric brain tumors. Despite their benign histology, craniopharyngiomas cause significant morbidity from damage to the hypothalamus, optic apparatus, and endocrine system. Aggressive treatment is advocated, but the optimal treatment is often debated.

Radical resection is often utilized as a first line treatment due to the frequently large size of these lesions at presentation and associated mass effect. Such surgery, however, can carry a high risk of morbidity with hypothalamic and endocrine dysfunctions. For this reason, many favor subtotal resection with preservation of adjacent anatomical structures and adjuvant therapies for residual tumor. The use of radiation therapy, including fractionated external radiation and radiosurgery, is often utilized for those patients with subtotal resection for residual tumor after a subtotal resection or for tumor recurrence. Published series report a local control rate of 79-85% in these patients. In a review of their craniopharyngioma patients with long-term follow-up, Karavitaki et al. divided 121 patients into four groups: (1) GTR, (2) GTR plus RT, (3) sub-total resection (STR), and (4) STR plus RT. In this cohort, the ten year recurrence-free survival rates were 100%, 100%, 36%, and 77%, respectively. These results have been reproduced in the literature examining the newer techniques of fractionated radiation therapy. Typically, 45-55 Gy in 1.8-2.0 Gy fractions are utilized and ten year local control rates for surgery with postoperative FSR are 87-89% compared to 31-42% with surgery alone.

The effect of radiotherapy for craniopharyngioma appears to be affected by the consistency of the lesion with more solid tumors having the highest average control rate of 90%. Tumors that are either cystic or mixed have rates of 88% and 68%, respectively. The impact of histology on radiation effect is somewhat less clear. While some groups have not found a significant difference between adamantinomatous and papillary craniopharyngiomas, House et al. did find a better response in the latter.

Discussion
The treatment of craniopharyngiomas is highly controversial. This controversy is further fueled by the myriad therapeutic modalities available: cystic drainage, intracavitary chemotherapy, limited resection or gross total resection (GTR), and radiation therapy. The greatest debate exists between those favoring surgical excision and those believing that subtotal resection followed by adjuvant therapy is best to spare the potential morbidity associated with aggressive surgery. While criticisms of surgical treatment are largely based on the results of open approaches, the role of endoscopic endonasal resection in limiting that morbidity is unclear.

Radiosurgery is most often used as an adjunctive treatment for craniopharyngiomas, either in the setting of residual tumor after a subtotal resection or for tumor recurrence. Published series report a local control rate of 79-85% in these patients. In a review of their craniopharyngioma patients with long-term follow-up, Karavitaki et al. divided 121 patients into four groups: (1) GTR, (2) GTR plus RT, (3) sub-total resection (STR), and (4) STR plus RT. In this cohort, the ten year recurrence-free survival rates were 100%, 100%, 36%, and 77%, respectively. These results have been reproduced in the literature examining the newer techniques of fractionated radiation therapy. Typically, 45-55 Gy in 1.8-2.0 Gy fractions are utilized and ten year local control rates for surgery with postoperative FSR are 87-89% compared to 31-42% with surgery alone.

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Most reports on radiotherapy discuss craniopharyngioma stability and local tumor control. Few studies describe the effect on tumor size. Significant lesion reduction has been documented after fractionated external radiation and stereotactic radiosurgery. In our reported patient, we observed significant tumor shrinkage within one month and this effect has been sustained currently for six years, demonstrating FSR as a possible alternative for initial therapy in select cases. Despite this result, we continue to utilize and recommend surgery as the first line treatment for craniopharyngiomas. We reserve FSR for patients with a significant residual tumor residual or with recurrence. Despite its appeal as...
Conclusions

While surgery remains the initial treatment of choice for craniopharyngiomas, the debate between GTR versus STR and even open versus endoscopic approaches continues to persist. Radiotherapy is often considered for residual or recurrent disease, but we have been able to show that, when necessary, PSM can be effective as an initial treatment. After establishment of a tissue diagnosis, solid papillary craniopharyngiomas may be the most suitable for radiotherapy if surgical resection is not feasible.

References