

## What is the optimal treatment for metastatic colorectal cancer?

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Colorectal cancer is the second leading cause of death from cancer in the developed countries. Although great efforts have been made to early diagnosis a relevant number of cases will present metastases. The natural history of metastatic Colorectal Cancer (mCRC) has dramatically evolved in the recent years thanks to the introduction of modern chemotherapy.

Nowadays with the new drugs, such as oxaliplatin and irinotecan or modern drugs based on molecular targets (bevacizumab or cetuximab) the response rate has increased to 50% and the survival has been improved not only progression free survival, which has reached 12 months, but also overall survival which is longer than 2 years.

Despite this progress many questions remain to be answered, mainly those related to the sequential regimens, drug rotation, alternant or intermittent schedules, optimal duration of chemotherapy, the role of maintenance chemotherapy and the role of doublets or triplets.

The optimal duration of chemotherapy is very important because it has a direct influence on the patient quality of life, survival and costs.

There are several studies addressing this topic and the alternatives we have, such as “stop and go”, intermittent strategies or maintenance of only several agents and these studies reinforce the frequent behaviour of the oncologists to stop the treatment when the patient has obtained the maximum response. But there are some methodological problems in the analyzed trials which have determined that not all the professionals agree with this proposal.

With this context it is essential to perform well designed clinical trials incorporating new drugs and addressing these questions. This presentation tries to review all these controversial points.

### Biography

Medical training in Medical Oncology at University Hospital of Oviedo where she collaborated in a Pharmacokinetic Laboratory combining traslational research (cancer drug sensitivity) in cancer. Doctorate courses and Advanced Studies Certificate in Research in Cancer with the best qualification (BQ). PhD with a project “Colon Cancer Follow-up Strategies and their Cost-effectiveness” with BQ. She works in Medical Oncology Department at Clinical University Hospital of Valladolid where she’s been carried out several clinical projects mainly in Digestive Tumors (Gastric and CRC) related to new prognostic/predictive factors, tumour markers and its clinical utility, biomarkers...In this moment she is carrying out several clinical and pathological projects in CRC and Gastric Cancer. She has completed a Master in Palliative Medicine and other in Molecular Oncology. She’s awarded in two times with National Awards “Profesor Barea” to the best projects related to health management and cost in 2009 and in 2010.

She also works as an Oncology Associated Professor and she’s more than 70 communications to International/National Congress in Oncology and Health Care Quality and Management (HCQM), more than 40 articles published in relevant International and National Scientific Journals (SJ), including HCQM and she’s a reviewer of SJ such as: “European Journal of Surgical Oncology”, “Journal of Oncology Pharmacy Practice”, “Clinical Medicine: Oncology”, “World Journal of Gastroenterology”... She is member of the Editorial Board of “Global Journal of Surgery” and Editor in chief of a Review Book of Colorectal Cancer which is in development. She is member of Spanish Society of Medical Oncology, American Society of Clinical Oncology, European Association of Cancer Research, International Society of Gastrointestinal Oncology and Society for Translational Oncology among others. She has been invited several times to be a speaker in International Congress.