



**NUCLEAR PHARMACY CONFERENCE**  
Saturday, October 7 - Sunday, October 8, 2023

**PRIMER ON POTENTIAL THERANOSTIC AGENTS**

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**OBJECTIVES**

1. Recall Radionuclides for therapy
2. Describe Regulations for therapy radiopharmaceuticals
3. Identify potential new radiopharmaceutical therapies

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**RADIATION THERAPY USE OF RADIOPHARMACEUTICALS**

- RAM use in therapy is SYSTEMIC Radioimmunotherapy (RIT) or Radiopharmaceutical Therapy (RPT)
- Radiation Oncologists can be Authorized Users and receive radioactive materials, but most do not receive this training in traditional residencies
- Movement of Medical Oncologist to become AU for unit dose RPT

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**RADIATION THERAPY TERMINOLOGY**

- External radiation therapy
  - Accelerator therapy
  - Proton therapy
  - Intensity modulated radiation therapy
  - Cyberknife-robotic accelerator
  - Gamma Knife Co-60
- Internal radiation therapy (Brachytherapy)
  - LDR-Seeds (Ir-192, I-125, Pd-103)
  - HDR (10.5 Ci Ir-192)

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**RADIATION BENCHMARKS (EFFECTIVE DOSE)**

- X-Ray of the chest: 0.04 mSv (4 mrem)
- CT of the chest: 7.8 mSv (780 mrem)
- Barium enema including fluoroscopy: 8.7 mSv (870 mrem)
- Bone scintigraphy: 3.5 mSv (350 mrem)
- I-131 sodium iodine 10 mCi (0% uptake): 24 mSv (2400 mrem)

External Radiation Therapy

- Skin dose limit: 25 Gy (2500 rad)
- Spinal cord: 10 Gy (1000 rad)
- Kidney: 23 Gy (2300 rad)
- Marrow: 2 Gy (200 rad)

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Radiopharmaceutical Treatment					
RN	Emis sion	Half-life	Radiopharmaceutical	Indications	Avail
I-131	β	8 days	<sup>131</sup> I-sodium iodide	Thyroid cancer Graves' Disease	Yes
P-32	β	14 days	<sup>32</sup> P-sodium phosphate <sup>32</sup> P-chromic phosphate	Radiosynovectomy Solid tumors	Off- market
Sr-89	β	51 days	<sup>89</sup> Sr-strontium chloride (Metastron®)	Skeletal metastases	FDA-1993
Sm-153	β	46 hours	<sup>153</sup> Sm-lexidronam (Quadrimet®)	Skeletal metastases	FDA 1997 Off-market
I-131	β	8 days	<sup>131</sup> I-lobenguan (Azedra®)	Sympathohormaffin tumors	FDA 2018 Off-market
I-131	β	8 days	<sup>131</sup> I-tositumomab (Bexaar®)	Non-Hodgkin Lymphoma	Off- market
Y-90	β	64 hours	<sup>90</sup> Y-Ibritumomab tiuxetan (Zevalin®)	Non-Hodgkin Lymphoma	FDA 2002
Ra-223	α	11 days	<sup>223</sup> Ra-radium chloride (Xofigo®)	Castrate-resistant prostate cancer skeletal metastases	FDA 2013
Lu-177	β	6.6 days	<sup>177</sup> Lu-DOTATATE (Lutathera®)	Neuroendocrine tumors	FDA 2018
Lu-177	β	6.6 days	<sup>177</sup> Lu-PSMA	Prostate Cancer	Mar 2022

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### WHAT IS IMPORTANT IN CHOOSING AN ISOTOPE FOR RADIOTHERAPY?

- Type of production (reactor, cyclotron)
- Half-life (dose rate)
- Type of emissions (alpha, beta, gamma)
- Energy of the emissions (range in tissue)
- Specific Activity (% radioactive atoms)
- Availability and Cost
- "Theranostics"

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### WHAT IS THERANOSTICS?

- Theranostics is a combination of the terms **therapeutics** and **diagnostics**. Theranostics is the term used to describe the combination of using one radioactive drug to identify (diagnose) and a second radioactive drug to deliver therapy to treat the main tumor and any metastatic tumors.

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The diagram shows a diagnostic molecule with a yellow sphere labeled 'Ga-68', an orange box labeled 'Linker (DOTA)', a red box labeled 'Vector (RBC)', and a green arrow labeled 'Target (PSMA)'. Below this is a PET scan image of a human torso with labels: 'Liver metastases' (multiple yellow arrows), 'Pancreatic tumor' (yellow arrow), and 'Kidney' (green arrow). The text 'No Biopsy' is on the left, and 'Diagnostic' is on the right.

<https://uihc.org/health-topics/what-theranostics>

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### THERAPY

The diagram illustrates two therapeutic strategies. The top strategy uses Y-90 (yellow sphere) attached to a Linker (DOTA, orange cylinder), which is connected to a Vector (TOC, red arrow) that binds to a Target (SSTR2, green arrow) on the tumor cell membrane. The bottom strategy uses Lu-177 (yellow sphere) attached to a Linker (DOTA, orange cylinder), which is connected to a Vector (TATE, red arrow) that binds to a Target (SSTR2, green arrow) on the tumor cell membrane. The tumor cell membrane is shown as a blue lipid bilayer.

<https://uihc.org/health-topics/what-theranostics>

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### MODE OF DECAY

Travel distance (range) depends on particle energy and absorber density  
 Linear energy transfer (LET) = energy delivered per distance

	energy	LET	Air Distance	Soft Tissue Distance
Beta ( $\beta$ )	50-2300 keV	low	~10 m	<10 mm
Alpha ( $\alpha$ , $^4\text{He}$ )	5-9 MeV	high	~50 mm	<100 $\mu\text{m}$ (5-10 cells)
Auger electron	< 1keV	high	~50 mm	<0.5 $\mu\text{m}$ (nucleus)
Gamma ( $\gamma$ )	100-900 keV	low	long-range	low attenuation
Neutron	up to 20 MeV	high	long-range	low attenuation

- Beta 50-250 cell diameters
- Auger electrons
  - Produced from electron capture and internal conversion
  - e.g. I-125, I-123, In-111
  - Very short range (<1 $\mu\text{m}$ )
  - Must be deposited intra-nuclear

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### AVERAGE MM RANGE OF $\beta$ -EMISSION IN WATER

The chart shows the average particle length path in mm for six beta-emitting isotopes. The x-axis ranges from 0 to 4 mm. The y-axis lists the isotopes with their energy and abundance. A vertical line is drawn at approximately 0.25 mm, labeled as ~20 cell diameters.

Isotope	Energy (keV)	Abundance (%)	Average particle length path (mm)
Lu-177	153	61%	~0.5
Ho-166	1774	48.7%	~2.8
Sr-89	1495.1	99.9%	~2.0
Sm-153	635	32%	~0.8
I-131	606	89.9%	~0.7
Y-90	2280	99%	~3.5

Average particle length path (mm)  
 (~0.25 mm = ~20 cell diameters)

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### STABILITY AND STORAGE

- Provided to the pharmacy in a single-use vial at a concentration of 30 microcurie/mL at the reference date with a total radioactivity of 162 microcurie/vial at the reference date
- Provided to the hospital in a unit dose syringe from the pharmacy (Cardinal-Denver)
- Should not be diluted or mixed
- Storage at room temperature
- Shelf life: 48 hours
- Should be stored for 4 months and discard as no



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### TRAINING

- 35.300 RAM category requiring written directive
- 35.390 Training category for nuclear medicine physicians
  - Will be listed as 35.300
- 35.396 Training route for radiation oncologists
  - On RAM license
    - Listed 35.300 and 35.400
    - Or 35.300 and 35.600

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### LICENSE AMENDMENTS

- Radium-223
- Atomic number 88 (atomic mass - 223)
- Most licenses will categorize possession limits to radionuclides with atomic numbers 1-83.

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**STRONTIUM-89**

- **Chemical Symbol:** <sup>89</sup>Sr
- **Chemical Form:** Strontium-89 chloride
- **Half-life:** 50 days
- **Manufacturer(s):** BioMed through Drax 2020
- **Trade name(s):** Metastron
- **Diagnostic use:** Indicated for the relief of bone pain in patients with painful skeletal metastases that have been confirmed prior to therapy.

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**YTTRIUM-90**

- **Chemical Symbol:** <sup>90</sup>Y
- **Chemical Form:** Yttrium-90 chloride
- **Half-life:** 64 hrs
- **Manufacturer(s):** Eckert & Ziegler, MDS Nordion
- **Trade name(s):**
- **Diagnostic use:** Indicated for radiolabeling:
- Zevalin® used for radioimmunotherapy procedures

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**YTTRIUM-90**

- **Chemical Symbol:** <sup>90</sup>Y
- **Chemical Form:** Yttrium-90 ibritumomab tiuxetan
- **Half-life:** 64 hrs
- **Manufacturer(s):** Spectrum Pharmaceuticals
- **Trade name(s):** Zevalin
- **Diagnostic use:** Indicated for the:
  - Treatment of relapsed or refractory, low-grade or follicular B-cell non-Hodgkin's lymphoma (NHL)
  - Treatment of previously untreated follicular NHL in patients who achieve a partial or complete response to first-line chemotherapy

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• U.S. Food and Drug Administration (FDA) on November 18, 2011 removed the pre-treatment biodistribution evaluation requirement using Indium-111 ZEVALIN

**<sup>111</sup>In Ibritumomab  
Tiuxetan Imaging**



In-111 ibritumomab (Zevalin)  
Normal physiological pattern.

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**ZEVALIN TX DOSAGE**

- 0.4 mCi/kg in patients with a platelet count  $\geq 150,000/\mu\text{L}$
- 0.3 mCi/kg with a platelet count 100,000–149,000/ $\mu\text{L}$
- **Maximum dose is 32 mCi**

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**Y-90 Syringe Dose Calibrator Settings**

- Siegel, et al. Accurate Dose Calibrator Activity Measurement of Y-90 labeled Ibritumomab Tiuxetan. J Nuc Med March 2004
- NIST Report to IDEC Pharmaceuticals, Corp. Experimental determination of calibration factors for commercial dose calibrators for Y-90 labeled Zevalin in 10ml plastic syringe. (Needle size 25 x 0.9mm equals 20G 1")

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**ZEVALIN ADVERSE EVENTS**

- Thrombocytopenia
- Neutropenia
- Nadir 7-9 weeks
- Median duration 30 days

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**ZEVALIN REQUIRES NO SPECIAL AU TRAINING REQUIREMENTS**

- Must be licensed under 35.300 for unsealed therapy use
- Written directive required

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**PEPTIDE RECEPTOR RADIONUCLIDE THERAPY (PRRT)**

- Lu-177 Dotatate
- Lutathera® January 2018
- Indication: Treatment of somatostatin receptor positive GEP NET
- Phase III 79% lower risk of disease progression or death versus high dose octreotide

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### LUTETIUM LU-177 DOTATATE



- $T_p$  = 6.65 days
- $\beta^-$  emitting radionuclide
  - Beta=153keV 61% abundance
  - maximum range in tissue 2.2 mm (mean 0.67)
- Gamma 208 keV (11%) and 113 keV (6.4%)
- 10 mCi/mL
- colorless to slightly yellow solution
- pH 4.5 to 6

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### LU-177 DOTATATE REGIMEN



- 4 cycles (1 cycle is 8 weeks)
  - 30 min Amino Acid protectant infusion
  - 30 min 200 mCi Lu-177 dotatate
  - 3 hours of AA infusion
- Renal clearance 70% in 24 hours
- Nausea and vomiting due to amino acid infusions. Resolved upon completion of the infusions.

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### LU-177 DOTATATE REGIMEN

- Imaging:
  - pre-therapy staging and planning
  - May have immediate post-therapy imaging
  - $^{111}\text{In}$ -Octreotide,  $^{68}\text{Ga}$ -DOTATATE
- 200 mCi (7.4 GBq) by infusion every 8 weeks x 4
- Concurrent amino acid infusion for renal protection
- Nausea/vomiting is frequent
- Post-therapy hydration is important
  - incontinence may be a radiation safety concern
- Maintain radiation safety precautions at home up to 11 days

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**LU-177 DOTATATE REGIMEN**

- Low external radiation dose rate
  - Immediate: ~2 mR/h (1 meter)
  - 24 h: ~1 mR/h (1 meter)
- Usually discharged to home with written instructions
- Nausea/vomiting is frequent
  - likely related to amino acid infusion
- Post-therapy hydration is important
  - incontinence may be a radiation safety concern
- Maintain radiation safety precautions at home
  - Up to 11 days

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**LU-177 DOTATATE REGIMEN**

**COLD OCTREOTIDE**

- Administer long-acting octreotide 30 mg intramuscularly between 4 to 24 hours after each dose
- Do not administer long-acting octreotide within 4 weeks of each subsequent dose
- Short-acting octreotide may be given for symptomatic management during treatment, but must be withheld for at least 24 hours before each dose

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**DECAY IN STORAGE (10 CFR 35.92)**  
**VS**  
**WASTE DISPOSAL (10 CFR PART 20 SUB K)**

- Lu-177m T<sub>1/2p</sub> = 160.44 days
- Contaminant present in reactor-produced (Lu-176 → Lu-177) Lu-177
- Not present in NCA Lutetium (from Yb-177)

*Nucl Med Mol Imaging 2015 Jun;49(2):85-107*

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**Y-90 MICROSPHERES  
SIR-SPHERES® SIRTEX MEDICAL 2006  
FDA DEVICE**

- **Indication:**Metastatic liver tumors
  - Primary colorectal cancer
  - With adjuvant IHAC
- Must be no potential for resection of the tumor

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**THERASPHERE® Y-90  
MICROSPHERES**

(Components Not to Scale)

Catheter Inserted into Hepatic Artery

Catheter Enters Femoral Artery

Liver

TheraSphere Dose Vial

10-20ml Syringe

IV Bag

3-way Stopcock (Blue)

3-way Stopcock (Red)

Evacuation Line

Delivery Line

Empty Vial in Lead Pot

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**ADMINISTRATION**

- Evaluation of pulmonary shunting
  - Tc-99m macroaggregated albumin (MAA)
- Vascular status of lesions
  - CT
- Placement via hepatic artery
- Activity can be administered to localized areas
  - Altering of injection site

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**NRC LICENSING GUIDANCE – THERASPHERE® AND SIR-SPHERES® YTTRIUM-90 MICROSPHERES  
FDA DEVICE**

■ REVISED DECEMBER 2007

■ Yttrium-90 (Y-90) microspheres are manual brachytherapy sources used for permanent implantation therapy. Y-90 microspheres are regulated under 10 CFR 35.1000 "Other Medical Uses of Byproduct Material or Radiation from Byproduct Material."

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TABLE 5.2 Therapeutic Radionuclides Used for Nuclear Medicine Research

Radionuclide	Description	Production
Lutetium-177	Beta emitter, 6.7-d half-life	Reactor
Astatine-211	Alpha emitter, 7.2-h half-life	Accelerator
Yttrium-90	Beta emitter, 64-h half-life	Reactor
Rhenium-186	Beta emitter, 3.7-d half-life	Reactor
Rhenium-188	Beta emitter, 17-h half-life	Reactor
Holmium-166	Beta emitter, 27-h half-life	Reactor
Iodine-131	Beta emitter, 8.0-d half-life	Reactor
Samarium-153	Beta emitter, 46-h half-life	Reactor
Bromine-77	Beta emitter, 57-h half-life	Accelerator
Copper-67	Beta emitter, 62-h half-life	Accelerator
Actinium-225	Alpha emitter, 10.0-d half-life	Accelerator
Strontium-89	Beta emitter, 50.5-d half-life	Reactor

Advancing Nuclear Medicine Through Innovation  
Committee on State of the Science of Nuclear Medicine,  
National Research Council 2007. National Academies Press at:  
<http://www.nap.edu/catalog/11985.html>

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**RADIONUCLIDE-SPECIFIC (NRC REGULATORY GUIDE 8.39 REV 2)**

- Estimated radiation dose not likely to exceed
  - 500 mrem (5mSv) per treatment to ANY person
  - 100 mrem (1mSv) per year to any:
    - Child
    - Breastfeeding infant
    - Any other uninvolved individual
- Administered activity (e.g.  $^{131}\text{I} \leq 8.6 \text{ mCi}$ )
  - Can be calculated residual based on activity *OR*
- Dose rate at 1 meter (e.g.  $\leq 1.8 \text{ mrem/h}$  for  $^{131}\text{I}$ )

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**NRC 8.39 rev 2 (April 2023) Table 1. Basic Activity Thresholds for Radionuclides**

RADIONUCLIDE	COLUMN 1 (0.5 rem) Patient Release Threshold Q-release (mCi)	COLUMN 2 (0.1 rem) Instruction Threshold Q-instructions (mCi)
At-211	460	89
Bi-213	5700	1100
Cu-67	100	20
I-131	8.6	1.7
Lu-177	110	22
Ra-223	7.3	1.5
Sm-153	180	38
Sr-89	89	18
Y-90	920	180
Zr-89	5.7	1.1

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**ESTIMATING POTENTIAL EXPOSURE TO OTHER INDIVIDUALS AFTER RADIONUCLIDE THERAPY**

- Radionuclide-Specific
  - Half-life, Exposure rate ( $\Gamma$ )
- Radionuclide-Specific (Not Radiopharmaceutical-Specific)
  - Administered Activity, Time since administration
- Standard Patient-Specific
  - Occupancy Factor, Distance from Patient

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### NUREG 1556 VOL. 9 REV. 3

If an autopsy or cremation is to be performed

- Immediately notify the AU in charge of the patient and the RSO upon death of a therapy patient.
- Consult and get permission from the RSO.
- Instruct pathologist to excise tissue containing radioactive seeds.
  - Make pathologist aware seeds may have migrated and additional tissue may need to be removed.
  - Instruct pathologist to consult with RSO about the possibility of slicing through a seed and contaminating the facility.
- Seek municipal approval, if required, because the very high temperatures used in modern crematoria may cause seeds to burst, releasing radioactivity into the plume.

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### RPT CONTRAINDICATIONS

- Category X
- Contraindicated in women who are pregnant or women who are continuing to breast feed
- **Relative contraindications:**
  - use in children under ten remains a subject of debate
  - patients who require nursing care because of physical debility, mental instability.

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### CLOSING

- Billions of dollars in radiopharmaceutical acquisitions and licensing
  - Many ongoing trials
  - Dominated by PSMA
- Virtual Biopsy with RPT
  - Large gap between biopsy-based tumor characterization and what is actually happening in the various tumor lesions in a single patient and between patients
  - Genomics, immunohistochemistry, PK/PD data, standard tumor assessment criteria by themselves are not enough to meet the goals of Precision Medicine
  - Choosing a dosing strategy for RPT
- Choosing a dosing strategy for RPT
  - Flat or weight based dosing is simple and easy
  - It works (possibly suboptimally)
  - It's a shame to not utilize the theranostic capacity
  - Need to prove it is better

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