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
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Sex differences in melanoma survival—a GEM study

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Abstract

Sex differences in melanoma are prominent, with female having a significant survival advantage. However, it is unclear why we see this survival advantage. Here, we investigate the relationship between sex, clinicopathologic variables, and melanoma specific survival in 1753 single primary melanomas from patients in the GEM (Genes, Environment, and Melanoma) study. Using Cox proportional hazard models and formal mediation analysis, the effect of sex on survival is explained largely by differences in the clinicopathologic features of tumors at diagnosis. Specifically, we find evidence that 86.5% of the effect of sex on melanoma survival is mediated by differences in age at diagnosis, Breslow thickness, ulceration, mitoses, and site (hazard ratio [HR] = 1.85, $P < .001$). This analysis indicates that the female survival advantage in melanoma is not primarily due to a direct effect of sex (HR = 1.19, $P = .42$) but is largely a result of an indirect effect of sex mediated by clinicopathologic features.

Sex differences in melanoma are prominent. In general, incidence is higher in women at young ages but men gradually predominate as age increases.^{1,2} However, we consistently see women having a significant survival advantage compared with men.³⁻⁸ The current determinants of melanoma stage and prognostic factors include tumor characteristics such as Breslow thickness, ulceration, and nodal metastasis; however, several studies have also shown sex to be an independent prognostic factor after adjusting for these known tumor characteristics.³⁻⁹ It is not yet fully understood why women have a survival advantage. Several mechanisms including behavioral differences, biological processes, and histopathologic variables have been speculated to explain the sex-specific differences we see in melanoma survival.¹⁰

There are behavioral and biological differences between men and women that may contribute to the differences in survival. First, women are more likely to go to the doctor, which may result in earlier detection of melanoma.¹¹ Additionally, women are more likely to possess “skin awareness,” which is associated with a decreased risk of melanoma death.^{12,13} Also, men have been shown to have higher UV exposure than women, another

explanation for the differences in melanoma-specific survival.¹⁴ Several biological factors such as hormone milieu, oxidative stress response, vitamin D levels, and differences in gene expression have also been postulated to explain the difference.^{15,16} Melanoma is an immunogenic disease, and there are innate immunological differences between men and women such that women may exhibit a stronger immune response compared with men.¹⁷⁻²⁰ Overall, there is no clear consensus on why women have improved melanoma-specific survival compared with men. The goal of our study is to further examine the relationship between sex and melanoma-specific survival and determine whether sex differences in survival are mediated by established prognostic factors.

The Genes, Environment, and Melanoma (GEM) study consists of 3579 patients with incident primary cutaneous melanoma from 1998 to 2003 (2373 single primary melanomas and 1206 multiple primary melanomas) at 8 population-based cancer registries in Australia, Canada, United States, and Italy and at 1 hospital-based institution in Michigan.²¹ The Institutional Review Board at each center reviewed and approved the study

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protocol. In this analysis, we included 1753 patients. We excluded non-Caucasian patients, patients with multiple primary melanomas, and those with missing values in the analytic variables. These variables included sex, melanoma-specific survival, Breslow thickness, ulceration, mitoses, tumor infiltrating lymphocyte (TIL) grade, solar elastosis, histological subtype, anatomic site of melanoma, skin type, educational level, erythematous ultraviolet radiation (UVE) dose, and age at diagnosis. All pathology was reviewed by expert dermatopathologists. Erythemally weighted UVE²² and dose were calculated.²³

A descriptive analysis comparing men with women in our sample was performed. A bivariate Cox proportional hazards model was used to calculate a hazard ratio (HR) for association between sex and melanoma-specific survival controlling for age and center. Then a multivariable Cox proportional hazards model was used to determine the association between survival and the selected variables associated with melanoma, adjusting for age and center (Table 1). Mediation analysis was then used to decompose the direct effect of sex from the indirect effects operating through clinicopathologic variables that were associated with survival.

The indirect effects were estimated from the coefficients of 2 regression models: a model regressing the survival outcome on the mediator, sex, and center, and a model regressing the mediator variable on sex and center. We conducted an initial mediation analysis examining 1 mediator variable at a time, and a multiple mediation analysis investigating the combined indirect effects of multiple clinicopathologic variables. All analyses were performed using the *survival* package (for Cox models) and *CMAverse*

(for mediation analysis) in R Statistical Software. A P value of less than .05 was considered significant for all analyses, and all tests of statistical significance are 2-sided.

Of the 1753 patients included in our sample, 836 (47.7%) were women and 917 (52.3%) were men. There were 34 women (4.1%) and 74 men (8.1%) who died within 7.4 years, the follow-up time for this cohort. Controlling for only age and center, men are more likely to die of melanoma (HR = 1.81, P = .005). After adjusting for the clinicopathologic variables, there is no longer a statistically significant association between sex and survival (HR = 1.19, P = .47). However, individuals with thicker tumors (HR = 1.14, P < .001), mitoses (HR = 4.52, P < .001), and ulceration (HR = 3.11, P < .001) had a higher risk of dying of melanoma. Older patients (HR = 1.02, P = .02) were also more likely to die of melanoma. Individuals with brisk TILs (HR = 0.23, P = .008), marked solar elastosis (HR = 0.33, P = .004), tumors on trunk/pelvis (HR = 0.48, P = .02) and extremities (HR = 0.35, P < .001) had a lower risk of dying of melanoma. College graduates were also less likely to die of melanoma (HR = 0.50, P = .01).

In multivariable analyses, Breslow thickness, ulceration, mitoses, TIL grade, solar elastosis, and anatomic site were found to be statistically significantly associated with melanoma-specific survival. An interaction analysis showed no interactions between age and sex. A mediation analysis conducted on these variables found that age, Breslow thickness, ulceration, and mitoses significantly mediated the effect of sex on melanoma-specific survival (Table 2). Overall, 86.5% of the effect of sex on melanoma-specific survival can be explained by age, Breslow thickness, ulceration, mitoses, and anatomic site (HR = 1.85, P < .001).

Table 1. Multivariable analysis of melanoma-specific survival.^a

| Variable | n | | HR (95% CI) | P |
|--|--------|------|----------------------------------|-------|
| | Female | Male | | |
| Sex | 836 | 917 | 1.19 (0.75 to 1.89) | .47 |
| Median Breslow thickness (mm) ^b | 0.70 | 0.83 | 1.14 (1.09 to 1.21) ^b | <.001 |
| Ulceration | | | | |
| Absent | 786 | 825 | Referent | |
| Present | 50 | 92 | 3.11 (1.96 to 4.95) | <.001 |
| Mitoses | | | | |
| Absent | 517 | 487 | Referent | |
| Present | 319 | 430 | 4.52 (2.50 to 8.18) | <.001 |
| TIL grade | | | | |
| Absent | 184 | 180 | Referent | |
| Non-brisk | 536 | 593 | 0.65 (0.41 to 1.02) | .06 |
| Brisk | 116 | 144 | 0.23 (0.08 to 0.68) | .008 |
| Solar elastosis | | | | |
| Absent | 331 | 293 | Referent | |
| Mild/moderate | 387 | 470 | 0.69 (0.43 to 1.10) | .12 |
| Marked | 118 | 154 | 0.33 (0.15 to 0.70) | .004 |
| Histology | | | | |
| Superficial spreading melanoma | 642 | 638 | Referent | |
| Nodular melanoma | 60 | 99 | 1.38 (0.83 to 2.30) | .22 |
| Other | 134 | 180 | 0.97 (0.52 to 1.82) | .93 |
| Anatomic site | | | | |
| Head/neck | 93 | 166 | Referent | |
| Trunk/pelvis | 250 | 539 | 0.48 (0.26 to 0.87) | .02 |
| Extremities | 493 | 212 | 0.35 (0.19 to 0.63) | <.001 |
| Skin type | | | | |
| Freckle/occasionally tan | 406 | 309 | Referent | |
| Deeply/moderately tan | 430 | 608 | 1.31 (0.86 to 2.00) | .21 |
| Education level | | | | |
| ≤High school | 597 | 618 | Referent | |
| >High school | 239 | 299 | 0.5 (0.29 to 0.87) | .01 |
| UVE dose (z-scaled) | | | 1.02 (0.81 to 1.28) | .86 |

Abbreviations: CI = confidence interval; HR = hazard ratio; mm = millimeters; TIL = tumor infiltrating lymphocyte; UVE = erythematous ultraviolet radiation.

^a Controlled for age and center.

^b Breslow thickness was log transformed for analyses.

Table 2. Mediation analyses of age and clinicopathologic variables on the effect of sex on melanoma survival.

| | HR (95% CI) | P | Proportion mediated |
|----------------------------|---------------------|-------|---------------------|
| Indirect effects | | | |
| Age | 1.18 (1.07 to 1.30) | <.001 | 29.0% |
| Breslow—mm | 1.37 (1.17 to 1.59) | <.001 | 52.0% |
| Ulceration | 1.19 (1.05 to 1.34) | .01 | 28.6% |
| Mitoses | 1.17 (1.07 to 1.28) | <.001 | 27.8% |
| Solar elastosis | 1.00 (0.97 to 1.04) | .97 | 0.1% |
| TILs | 0.98 (0.94 to 1.02) | .26 | −4.5% |
| Site | 1.12 (0.96 to 1.29) | .15 | 19.8% |
| Joint effects ^a | | | |
| Indirect | 1.85 (1.43 to 2.58) | <.001 | 86.50% |
| Direct | 1.15 (0.72 to 1.92) | .54 | |
| Total | 2.13 (1.39 to 3.68) | .002 | |

Abbreviations: CI = confidence interval; HR = hazard ratio; mm = millimeters; TILs = tumor infiltrating lymphocytes.

^a Center is included as a covariate. Multiple mediators include age, ulceration, Breslow thickness (log), presence of mitoses, and anatomic site.

Several studies in the literature show sex to be an independent prognostic factor for melanoma.³⁻⁹ However, the results of this study show that the effect of sex on melanoma-specific survival sex is largely mediated by clinicopathologic features of the tumors at time of diagnosis, with 86.5% of the effect of sex explained by age, Breslow, ulceration, mitoses, and anatomic site. It is unclear if the remaining 13.5%, although not statistically significant, represents an independent effect of sex, or if it captures the effect of other unmeasured variables. Regardless, an overwhelming majority of sex's effect on survival is explained through other variables, which suggests that the female survival advantage may be due to differences in tumor characteristics present at time of diagnosis.

Several different hypotheses explain the sex differences in melanoma survival, which include both behavioral and biological differences. Many studies postulate that the differences in survival cannot fully be explained by behavioral differences, as the female survival advantage persists even in advanced stages and metastatic melanoma.^{6,7,24,25} One study showed that mitotic rate is not an effect modifier or confounder of the relationship between sex and survival, indicating that biological or host-related factors may explain the survival advantage we see in women.²⁶

In the present study, we see the effect of sex on survival is significantly mediated through age, Breslow thickness, ulceration, mitoses, and anatomic site. The mediating effects of Breslow thickness and ulceration are suggestive that sex differences in melanoma progression and survival may be related to behavioral differences between men and women. Men tend to have deeper lesions at time of diagnosis, possibly because they are less likely to visit the doctor and to perform skin self-examinations, which may contribute to later stage at diagnosis in men.^{11-13,27,28}

Mitoses are also a significant mediator of the effect of sex on survival, which may be explained by both behavioral and biological differences between men and women. Given that women mount more robust immune responses than men, they may be better at slowing down melanoma progression. This may result in men having more aggressive tumors with higher mitotic rates at time of diagnosis.²⁰ Mitotic rate has also been shown to be associated with vitamin D levels and reactive oxygen species.^{15,29,30} In some studies, women have been shown to have higher vitamin D plasma levels. Vitamin D has been shown to have an anti-tumor effect, inhibiting DNA synthesis and

melanoma cell doubling time, which may contribute to the higher mitotic rates we see in men.^{15,31-34} Melanoma is characterized by high reactive oxygen species levels, which promote growth and metastasis, and men have been shown to have lower levels of antioxidant enzymes, possibly explaining why mitoses are a mediator of the effect of sex on survival.^{30,35-37}

Other researchers have argued that evolved differences in immunity for men and women may contribute to differences in immune responses in melanoma. Thus, we may have expected to see immunological variables such as TILs to differ significantly between men and women.¹⁷⁻²⁰ In our sample, only 1 woman with brisk TILs died. This could show a protective effect of TILs that differ by sex, but our statistical ability to detect TILs as a mediating variable is limited, given that only 1 woman with brisk TILs died.

Another limitation of this study is that our sample is population based and thus has substantially thinner tumors, which may have influenced the significance of the relationship we see between sex and Breslow thickness.

In summary, this study shows that the effect of sex on melanoma-specific survival is mediated through age, Breslow thickness, mitoses, and ulceration. Previous literature suggests that sex is an independent prognostic factor for melanoma.³⁻⁹ However, our results indicate that the female survival advantage in melanoma is largely due to mediating effects of clinicopathologic features of male and female tumors at the time of diagnosis.

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Conflicts of interest

The authors have no conflicts of interest to disclose.

Data availability

Data are available by contacting Dr Marianne Berwick at mberwick@salud.unm.edu or Dr Irene Orlow at orlowi@mskcc.org.

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