

# Glioblastoma Multiforme: Navigating Treatment, Recent Breakthroughs and Therapies

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**Glioblastoma multiforme (GBM) is a highly aggressive and invasive type of primary brain tumor. Despite maximal safe surgical resection followed by concurrent adjuvant chemotherapy and radiotherapy, the clinical prognosis is grim, with only marginal prolongation of survival and poor quality of life. Median survival time is 15 months. This review will discuss the pathogenesis of GBM, diagnostic challenges, clinical evaluation, imaging, genomics and current therapeutic options. The intrinsic immunosuppressive properties of GBM and additional adverse changes in immune surveillance and the systemic immune environment brought about by chemoradiotherapy will be addressed. GBM stem cell properties and their role in local recurrence and preclusion of cure will be covered. We will discuss the limited penetration of the blood-brain barrier by therapeutics as a major obstacle in treatment. Advances in novel therapeutic strategies using personalized approaches, cell-based therapies, tumor vaccines and targeted drug delivery will be considered.**

**Keywords:** glioblastoma; blood-brain barrier; tumor microenvironment; temozolomide; nanoparticles; radiotherapy

## Introduction

Glioblastoma multiforme (GBM) is the most prevalent malignant primary tumor of the brain and is characterized by its invasiveness and lethality despite treatment with a combination of surgical resection, radiotherapy, and chemotherapy. Incidence rises with age and has thus increased with the growing older population, even in the face of tremendous efforts to design new therapies [1,2]. The breakthroughs needed to substantially prolong the survival of persons with GBM likely require an understanding of the molecular mechanisms responsible for tumor progression, but that understanding remains elusive.

This narrative review aims to summarize the latest information on GBM diagnosis, etiology, underlying mechanisms and therapeutic advances—with a special focus on strategies to address current treatment challenges.

## An Overview of GBM

### Epidemiology

GBM is the most common and aggressive primary central nervous system (CNS) malignancy, with a median survival of 15 months with treatment and a 5-year survival of under 7% [3,4]. Its average incidence rate is

3.26/100,000 population and the median age for diagnosis is 64 years [5]. The location of GBM is most concentrated in the frontal, temporal, and parietal lobes [6]. With the recent improvement in diagnostic techniques, its incidence ranges from most common to least common in the frontal, temporal, parietal, occipital, and other structures of the brain, respectively.

Age is also an important factor, and many studies show that it occurs mostly in people over the age of 40 years [7,8]. To that end, it has been observed that the incidence of GBM increases with age, peaking at 75–84 years and decreasing thereafter [9]. Other factors, such as socioeconomic status, have been shown to play a role in GBM incidence and the standard of care [10,11]. Gorenflo *et al.* [12] conducted a literature review on papers that analyze socioeconomic status and GBM, and with a sample size of greater than 1530 patients, found a positive correlation between area socioeconomic status level and GBM incidence or prognosis. This could ideally be used to devise interventions with improved outcomes and prevention strategies.

### Etiology

In the vast majority of GBM cases, tumors are sporadic and no risk factors are identified. Rare but estab-

lished risk factors include exposure to radiation and certain genetic syndromes. Ionizing radiation is commonly used for diagnostic and treatment purposes, as patients who have been exposed to high doses of radiation earlier in life have a higher risk for brain tumors in general [13,14]. There is also a positive association between ionizing radiation and risk for glioma at younger compared to older age at time of exposure.

At least three genetic syndromes are associated with a risk for developing GBM: Li-Fraumeni syndrome, neurofibromatosis type 1 (NF1), and Turcot syndrome. Li Fraumeni syndrome is a hereditary cancer predisposition syndrome caused by germline mutations in *TP53*, a gene that encodes the 393 amino acid P53 tumor suppressor protein [15]. Mutations or deletions in the *TP53* gene are one of the most common mutations in cancer and occur in over 30% of glioblastomas [16–18]. Various studies have found an association between germline mutations in *TP53* and CNS tumors [19,20]. Reed *et al.* [21] used comparative transcriptomics to identify genes that are uniquely overexpressed in a Li-Fraumeni syndrome GBM patient relative to other cancer patients, including 200 GBMs. They found that signal transducer and activator of transcription 1 (STAT1) and signal transducer and activator of transcription 2 (STAT2) were significantly overexpressed in the Li-Fraumeni syndrome patient, hence identifying an actionable therapeutic target and further supporting the association between the syndrome and glioblastoma [21].

Although very rare, high-grade gliomas similar to GBM are seen in patients with NF1, a multisystem genetic disorder with autosomal dominant inheritance that predisposes individuals to specific CNS benign and malignant tumors [22,23]. Neurofibromin is a tumor suppressor protein that is the product of the *NF1* gene, which belongs to the guanosine triphosphatase (GTPase) activating protein (GAP) family, which inactivates the rat sarcoma (RAS) signaling pathway by promoting hydrolysis of guanosine triphosphate (GTP) to guanosine diphosphate (GDP) [24]. Patients born with a germline mutation of NF1 with the somatic inactivation of the second NF1 allele have a loss of neurofibromin expression and function. This loss of neurofibromin expression in Schwann cells and astrocytes is associated with hyperactivation of RAS, driving tumor growth and the appearance of cutaneous neurofibromas. In early childhood, individuals with NF1 may be subject to gliomas affecting the optic pathway, while adults with NF1 are prone to higher-grade gliomas. GBM is rare, but when it occurs in persons with NF1, it is found at younger ages than sporadic GBM [25,26].

Turcot syndrome is another rare hereditary disorder associated with colorectal polyposis with primary neuroepithelial tumors of the CNS, such as GBM or medulloblastoma [27,28]. One case report revealed an 11-year-old boy with a synchronous clinical presentation of both GBM and colonic adenocarcinoma [29]. The synchronous manage-

ment of CNS tumors and colonic adenocarcinoma makes management more difficult and shortens the survival rate. Hence, the presence of GBM in Turcot syndrome may suggest a lower survival rate in contrast with other CNS tumors.

## Grading, Classification and Prognosis

### Classification and Grading

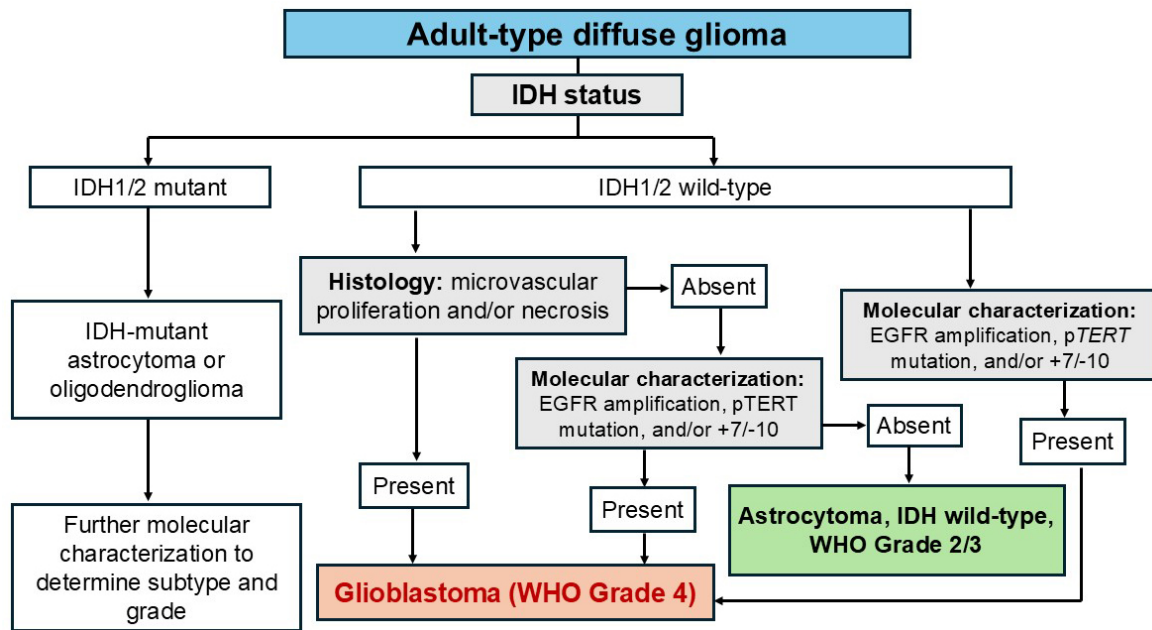
Traditional diagnosis of and grading of gliomas is largely based on their histopathological features, with GBM designated as the highest-grade (Grade 4) category of glioma. Gliomas can be classified as diffuse or circumscribed [30,31]. Circumscribed (Grade 1) gliomas have well-defined margins and are considered benign and surgically curable [32]. Most glial neoplasms in adult patients are diffuse gliomas, which are characterized by infiltrative growth within the CNS parenchyma. Tumor cells invade either individually or as a group of cells and form a network throughout the neuropil. Diffuse gliomas can be separated into three malignancy grades by histology: World Health Organization (WHO) Grades 2, 3, and 4. Diffuse gliomas can also be histologically subtyped as astrocytomas or oligodendrogliomas, although histologic classification has recently taken a back seat to molecular characterization. Astrocytoma Grade 4 is essentially synonymous with GBM and is the most common subtype [33].

In 2021, the WHO classification of CNS tumors underwent significant changes, incorporating molecular features for the classification of gliomas, glioneuronal tumors, and neuronal tumors. One key change adopted by the 2021 WHO classification system is the recognition that the mutational status of isocitrate dehydrogenase 1 or 2 (*IDH1* or *IDH2*) separates gliomas into distinct disease entities, with a diagnosis of GBM requiring wild-type IDH status [30,34,35].

In addition to IDH-wild type status, three other molecular features characterize the diagnosis of GBM: chromosome 7 gain and chromosome 10 loss, telomerase reverse transcriptase promoter (*pTERT*) mutation, and epidermal growth factor receptor (*EGFR*) amplification [36,37]. The presence of one or more of these genetic alterations supersedes histological features that would otherwise suggest a lower-grade tumor [34] (Fig. 1).

### Prognosis

The overall prognosis for GBM is poor, with a 5-year survival rate of only 7.2%. The median survival after diagnosis is only 15 months [38]. There have been over 1200 GBM clinical trials in the last 2 decades; however, the vast majority failed to produce a clinically meaningful survival benefit. Other factors can be considered when determining prognosis. One study analyzed the mRNA gene expression for 525 patients with GBM from the Cancer Genome Atlas (TCGA) database and found 33 genes whose expressions showed significant independent associations with overall



**Fig. 1. Flow chart illustrating the integration of histological and molecular features for the diagnosis of GBM.** GBM, glioblastoma multiforme; IDH, isocitrate dehydrogenase; EGFR, epidermal growth factor receptor; pTERT, telomerase reverse transcriptase promoter; WHO, World Health Organization. The figure was created using Microsoft PowerPoint (Version 2024, Microsoft Corporation, Redmond, WA, USA).

survival [39]. Future studies could be conducted to further understand the mechanisms of GBM and possible treatment methods through gene expression or repression.

### Pathogenesis of GBM

#### Genetics and Epigenetics

GBM has been associated with three main genetic events: (i) receptor tyrosine kinase (RTK) mutational activation and amplification, (ii) inactivation of tumor suppressors, such as phosphatase and tensin homolog (PTEN), tumor protein p53 (TP53), neurofibromin 1 (NF1) and retinoblastoma protein (RB1), and (iii) phosphatidylinositol 3-kinase (PI3K) pathway activation [40–46]. Pathogenesis is not strictly reliant on these factors, however. Alteration and upregulation of multiple other signaling pathways have been associated with the mechanistic development of GBM. Among these are loss of cyclin-dependent kinase inhibitor 2A (CDKN2A), and activation of several oncogenic pathways: Wnt, transforming growth factor (TGF)- $\beta$ , vascular endothelial growth factor (VEGF), nuclear factor (NF)- $\kappa$ B, AKT, and mammalian target of rapamycin (mTOR) [47–50].

#### Molecular Pathogenesis

##### IDH

IDH enzymes catalyze the conversion of isocitrate to  $\alpha$ -ketoglutarate. The cytosolic IDH enzyme plays a pivotal role in generating  $\alpha$ -ketoglutarate as a cofactor for cytosolic

dioxygenases, while IDH2 and IDH3 are essential components of the Krebs cycle in mitochondria. IDH mutations are found frequently in lower-grade gliomas (Grades 2–3). Tumors with a mutated *IDH1* or *IDH2* gene tend to have a better prognosis than GBM [51,52]. IDH-mutant Grade 4 astrocytomas, previously designated as IDH mutant GBM, have been reclassified as WHO Grade 4 IDH-mutant astrocytoma [34,53].

##### TERT and EGFR Mechanisms in GBM

TERT is the catalytic component of the telomerase enzyme, which adds hexamer repeats to telomeres, and it is upregulated in multiple types of human cancers, including GBM [54]. Maintaining telomere length is a hallmark of oncogenesis and is required for cellular immortality and prevention of cellular replicative senescence [55,56]. In GBM, stereotypical *TERT* promoter mutations predominate as the mechanism of transcriptional upregulation of telomerase and are seen in about 80% of cases [57,58].

Some studies have found that *TERT* promoter mutations are associated with worse prognosis and overall survival, while others show no survival effect of *TERT* mutations [59,60]. In 20% of GBM, telomeres are elongated through a distinct mechanism termed alternate lengthening of telomeres (ALT), which occurs independently of *TERT* promoter mutations [61,62].

EGFR, a transmembrane receptor tyrosine kinase of the erythroblastic oncogene B (ERBB) family, is involved in cell proliferation and differentiation. *EGFR* amplifica-

tion in the form of extrachromosomal DNA known as double minutes is often found in GBM [63,64]. In addition, by virtue of its localization to chromosome 7, EGFR is frequently overexpressed in tumors with a gain of chromosome 7. Upon binding to ligands, which include epidermal growth factor (EGF), EGFR forms homodimers or heterodimers with other ERBB family members, which leads to autophosphorylation of its C-terminal tail [65]. This serves as a docking site for SRC homology 2 domain-containing signaling proteins, including phosphoinositide 3-kinase and signal transducer and activator of STAT proteins. In GBM, EGFR signaling may occur aberrantly, independent of ligand binding, and can incite pathophysiological processes leading to unconstrained cell growth. EGFR variant III (EGFRvIII) is the most common EGFR mutant found in GBM and lacks amino acids 6-273 (exons 2-7). EGFRvIII is constitutively active and forms molecular clusters on the cell membrane that can be important for its pro-tumorigenic function [66,67]. EGFRvIII promotes cell proliferation, angiogenesis, and invasion. EGFR may therefore be a valuable treatment target [68]. Since *EGFR* and *TERT* alterations carry biological significance in GBM, these molecular parameters have also been utilized for molecular grading of gliomas independently of histologic features [69].

Reports on the prognostic role of EGFRvIII are conflicting and not definitive [70,71]. A meta-omics analysis from Hoogstrate *et al.* [72] combining four large datasets into one large GBM transcriptome dataset of 741 participants found that within patients with EGFR-amplified tumors (those with high copy number of the *EGFR* gene), there was no significant difference in patients with EGFRvIII positive and negative tumors, as well as no association of EGFRvIII and patient survival. Missense mutations within the ectodomain of EGFR are associated with shorter survival [73]. These prognostic associations and the ability to detect these mutations in plasma samples provide important directions for future therapies targeting either EGFR or *TERT* or both [74].

### Microenvironment and Niches

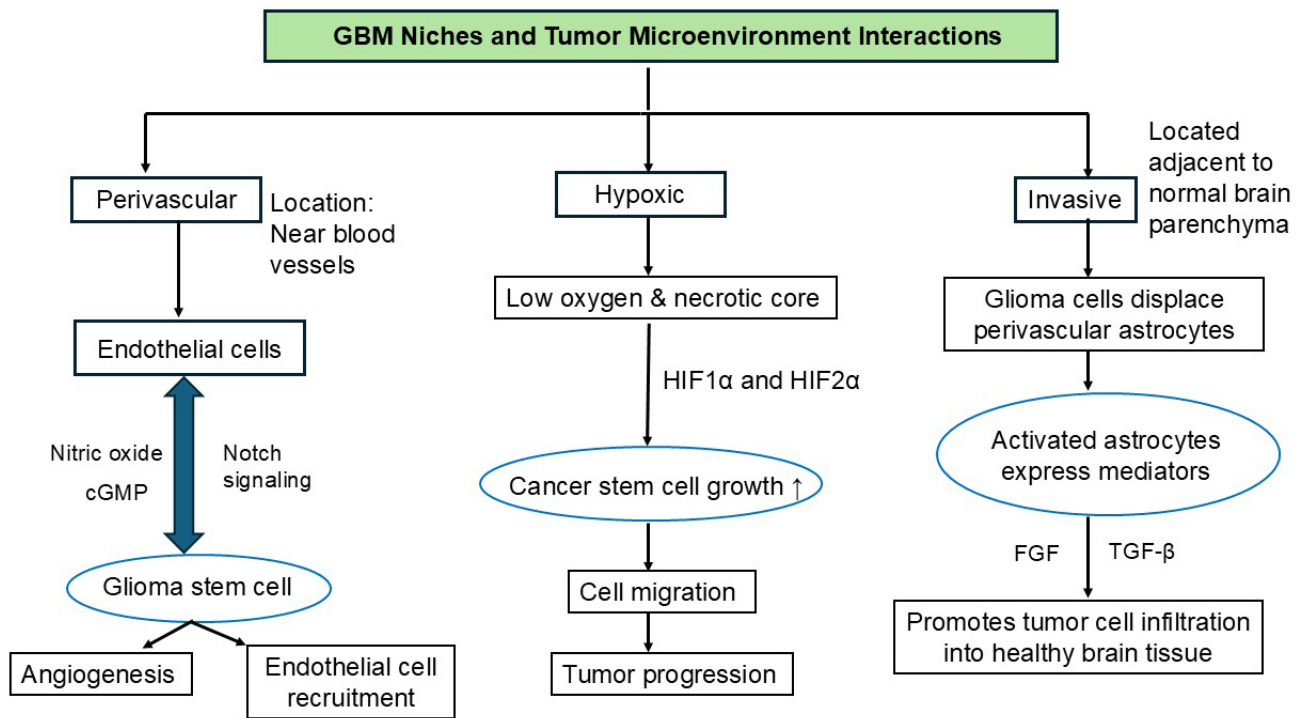
The myriad genetic mutations and epigenetic factors that incite tumor development correspond with other key factors that contribute to GBM pathogenesis, including tumor microenvironment, metabolism, the immune system, and GBM's niches [75-77]. The concepts of tumor microenvironment and the GBM niche are deeply intertwined [78]. The tumor microenvironment refers to all non-neoplastic cells within a tumor that may directly influence the tumor's growth [79,80]. In the glioblastoma microenvironment, this includes microglia/macrophages, monocytes, dendritic cells, neutrophils, myeloid-derived suppressor cells, lymphocytes, neurons, astrocytes, oligodendrocytes, endothelial cells and pericytes [81,82]. GBM tumors interact extensively with the surrounding brain tis-

sue. A series of high-profile publications over the last several years have shown that GBM cells form electrically active networks and exhibit complex signaling dynamics with nearby brain cells and with each other [83-87].

Metastasis of GBM outside of the CNS is exceedingly rare, with some estimates placing the incidence of GBM metastasis as low as 0.4-0.5% [88,89]. This observation suggests that GBM is more dependent on its primary tissue microenvironment than other malignancies. GBM is highly unusual in this respect; metastatic dissemination is almost universally observed in aggressive cancers and is the leading cause of cancer-related mortality. Circulating tumor cells have been isolated from the blood of GBM patients, demonstrating the ability of these cancer cells to cross the blood-brain barrier and access extracranial sites [90,91]. GBM's apparent inability to establish distant metastases despite access to the circulation remains unexplained.

The elements of the microenvironment are found in variable proportions in GBM niches, with the distinguishing feature among niches considered to be their anatomic location and the predominant means of pathogenesis utilizing these tumor microenvironment elements. Three niches have been characterized in GBM: the perivascular, hypoxic, and invasive [92-94] (Fig. 2). The perivascular tumor niche supports rapid angiogenesis and endothelial cell recruitment to create an environment that promotes GBM survival, growth and spread into healthy brain parenchyma [95,96]. Interaction between the endothelium and GBM stem cells is achieved via nitric oxide, cyclic guanosine monophosphate (cGMP), and induction of Notch signaling [97-100]. Notch proteins are expressed on the membrane of GBM stem cells, while the ligands delta-like ligand 4 (DLL4) and Jagged 1 (JAG1) that interact with Notch-1 and Notch-2 are expressed on the membranes of endothelial cells, thus promoting the production of VEGF and angiogenesis [101-103]. Nitric oxide has multiple effects on GBM, but many studies indicate that nitric oxide synthase inhibition can reduce endothelial cell proliferation and migration and decrease tumor invasiveness [104,105].

The hypoxic niche refers to pseudopalisading areas with low oxygen and a necrotic core that are ideally suited to foster immunosuppression [106-108]. Hypoxic conditions stabilize hypoxia inducible factor (HIF)1 $\alpha$  and upregulate HIF2 $\alpha$ , transcription factors that activate genes that bring about adaptation to low oxygen conditions and promote the growth of cancer stem cells [82,109,110]. The invasive niche is similar to the perivascular niche in its relation to surrounding vasculature, but differs in location (being situated adjacent to normal brain parenchyma) and its utilization of the surrounding vasculature [111]. Invasive niches have a relatively low density of tumor cells and are able to commandeer existing, adjacent physiologic vasculature [112]. In this niche, glioma cells displace perivascular astrocytes significantly, inducing astrocytes to express several factors, including fibroblast growth factor and TGF- $\beta$ ,



**Fig. 2. Key features of GBM niches.** The 3 niches are perivascular, hypoxic, and invasive. The perivascular niche creates an environment that promotes GBM growth and immune evasion. Endothelial cells interact with glioma stem cells via Notch signaling, nitric oxide, and cyclic guanosine monophosphate (cGMP). These interactions support angiogenesis and endothelial cell recruitment. In the hypoxic niche, hypoxic conditions stabilize hypoxia inducible factors (HIF), leading to adaptation to low oxygen conditions, enhanced cancer stem cell growth, and tumor progression. Finally, the invasive niche, located adjacent to normal brain parenchyma, consists of glioma cells displacing perivascular astrocytes, thereby activating astrocytes to express fibroblast growth factor (FGF) and transforming growth factor (TGF)- $\beta$ , thus fostering tumor infiltration.  $\uparrow$  indicates increase. The figure was created using Microsoft PowerPoint (Version 2024, Microsoft Corporation, Redmond, WA, USA).

implicated in tumor cell infiltration [113,114]. Relevant to the invasive niche is the phenomenon of perineuronal satellitosis, where GBM cells interact with neurons to form one of the secondary structures of Scherer.

### The Immune System and Metabolism

Two other factors inciting tumor development, mentioned previously, are the immune system and metabolism. GBM evade and suppress the host immune system through a variety of mechanisms [115]. For one, these tumor cells reduce the expression of major histocompatibility complex class II (MHC II), cluster of differentiation (CD)40, and CD80, factors which would otherwise assist the immune system in targeting tumor cells [116–120]. Higher levels of the CD40 glycoprotein and its ligand are associated with better prognosis [121]. Moreover, glioma-associated cancer-initiating cells have been shown to express factors that induce T-cell apoptosis, such as the programmed death-ligand 1 (PD-L1) and Galectin-3 [122–125].

Metabolically, glioblastoma stem-like cells have been shown to favor glycolysis over oxidative phosphorylation, referred to as the Warburg effect [126,127]. While glycoly-

sis is more predominant in hypoxic conditions, it gives way to the pentose phosphate pathway in normoxic states within actively proliferating cancer cells, which ensures production of biomolecules necessary for DNA replication. The principal means of metabolism switches whether the tumor cells are invading/migrating or proliferating [128,129]. More specifically, pentose phosphate pathway enzyme expression is increased in GBM cells when compared to normal brain tissue, particularly in highly proliferative tumor regions, whereas glycolysis enzymes are markedly elevated in GBM cells in severely hypoxic tumor regions [128,130]. Hypoxic conditions also promote the migration of tumor cells to evade hypoxic cell damage. In such conditions, GBM stem cells upregulate the expression of glucose transporters for enhanced glucose uptake in order to outcompete surrounding non-neoplastic cells [131].

Immunosuppressive cells are participants in the disarming of immune defenses against GBM [132,133]. There are several key immunosuppressive cells that contribute to GBM proliferation (Table 1, Ref. [107,134–139]). Tumor-associated microglia/macrophages are known to differentiate towards the M2 phenotype, and through multiple mech-

**Table 1. Mechanisms of action of key immunosuppressive cells within the GBM microenvironment.**

Cell type	Known immunosuppressive features	References
Tumor-associated microglia /macrophages	Differentiate toward the M2 phenotype Release anti-inflammatory cytokines Incite angiogenesis Nourish tumor stem cells Enhance tumor invasiveness through augmented epithelial-mesenchymal transformation. Activate immune checkpoints	[107,134,135]
Myeloid-derived suppressor cells	Promote T cell inactivation and inhibit T proliferation	[136,137]
Regulatory T-cells	Suppress T-cell antigen-specific anti-tumor responses and cytotoxic functions. Foster tolerance by secreting cytokines such as TGF- $\beta$ and IL-10 Cytotoxicity and degranulation of natural killer cells are impeded by regulatory T cells and hypoxia	[138,139]

anisms such as releasing anti-inflammatory cytokines and inciting angiogenesis, enhance tumor growth and progression [134,135]. Myeloid-derived suppressor cells further suppress anti-tumor immune activation by inhibiting T-cell activation and proliferation [136]. Regulatory T-cells participate in suppression of antigen-specific anti-tumor responses, secrete immunosuppressive cytokines, and impair natural killer cell function [138,139].

## Strategies for Clinical and Radiological Evaluation

### Initial Detection and Evaluation

Radiographic evaluation plays a pivotal role in the diagnosis and treatment of GBM. At first presentation, patients usually undergo a computed tomography (CT) scan, which characteristically reveals a low-attenuating tumor with poorly defined irregular margins and a substantial mass effect [140]. A standard CT is not specific or sensitive for evaluating GBM [141]. Radiological evaluation is largely informed by magnetic resonance imaging (MRI) [142,143]. T2-weighted sequence, fluid attenuated inversion recovery (FLAIR), and gadolinium-enhanced T1-weighted MRI are routinely used for diagnosis, surgical planning, and evaluation of treatment response in patients with GBM [144]. Some features that are particularly noted include tumor volume, peritumoral edema, microvasculature, necrosis, degree of enhancement, and the presence of cysts [145].

### Tumor Characterization and Monitoring

Radiological evaluation using diffusion-weighted imaging (DWI) applies an estimate of the random diffusional (Brownian) motion of water molecules in biological tissues to enable the calculation and mapping of the apparent diffusion coefficient (ADC) of various regions of the mass *in vivo*. ADC is inversely proportional to tumor density and extent of cell proliferation and is therefore help-

ful in estimating the tumor growth potential and clinical prognosis of glioma patients [146,147]. In a study from Lawrence and colleagues [148] with 75 subjects (mean age 53 years  $\pm$  12) presenting with IDH wild-type GBM, 32 were treated with dose-escalated radiotherapy on a 1.5 Tesla MRI-linear accelerator, and 28 patients had additional DWI sequences. They used frequent DWI longitudinally to yield volumetric measures and found that low-ADC tumor volumes correlated with improved overall survival [148]. Another study conducted by Wu *et al.* [149] investigated the clinical value of DWI in the grading of glioma and its application in clinical surgery by assessing ADC values for low and high-grade gliomas. They found a difference in ADC values of normal white matter between the two groups, although this difference was not statistically significant [149]. Nonetheless, DWI has a promising prognostic value in pre-operative differential diagnosis and pathological classification of gliomas [150].

Positron emission tomography (PET) scans can provide additional information about GBM metabolism and recurrence beyond that yielded from MRI [151]. Radiolabeled glucose ( $^{18}\text{F}$  FDG) is the most common probe utilized in PET imaging [152]. Additional probes have been designed, and this has expanded the value of PET scans in clinical oncology [153]. Amino acid-based PET imaging tracer agents can act as adjunct tools to increase accuracy in detecting and monitoring GBM [154]. Among the most common of these amino acid tracers are  $^{11}\text{C}$ methionine,  $^{18}\text{F}$ fluoro-ethyl-L-tyrosine, and  $^{18}\text{F}$ fluorodopa. As previously mentioned, radiolabeled glucose is typically the gold standard radiotracer; however, the brain has a naturally high uptake of  $^{18}\text{F}$ FDG, so GBM lesions near gray matter can be difficult to interpret [155].  $^{11}\text{C}$ Methionine and other amino acid tracers can better delineate tumor from background in comparison to  $^{18}\text{F}$ FDG and add prognostic and diagnostic information beyond the MRI [156,157].  $^{18}\text{F}$ Fluorodopa is a dopamine analogue that is taken up by L-amino acid transporter 1, an amino acid transporter ex-

pressed at high levels in gliomas [158–160]. [<sup>18</sup>F]Fluoroethyl-L-tyrosine is another amino acid-based alternative to [<sup>18</sup>F]FDG that can provide information about tumor volume, detect recurrence and hone in upon metabolically active areas of the tumor [161,162]. [<sup>18</sup>F]Fluoromisonidazole ([<sup>18</sup>F]FMISO) is a hypoxia-sensing tracer that signals the hypoxic microenvironment found around GBM. Hypoxia is a marker of poor prognosis that incites radioresistance, invasiveness and microvascular proliferation [163].

Immuno-PET is another approach that uses several cell differentiation markers, such as CD146, to indicate tumor aggressiveness or CD11b to indicate tumor-associated myeloid cells (TAMCs) as effective targets for treatment guidance [164]. CD146 is a cell adhesion molecule and a member of the immunoglobulin superfamily. Higher levels of this glycoprotein within the GBM tissue detected non-invasively with immune-PET are considered an indicator of poorer prognosis and tumor aggressiveness [165,166]. TAMCs comprise as much as 40% of the GBM tumor mass and contribute to immunosuppression [167]. The integrin CD11b is found in abundance on the surface of TAMCs and microglia, and leveraging anti-CD11b tracers to monitor TAMCs could be valuable in determining treatment efficacy. Additional PET biomarkers specifically for patients with GBM include integrin receptor family, fibroblast activation protein, somatostatin receptors, and chemokine receptor-4 [168].

### Tumor Vasculature

Assessment of tumor vasculature and blood flow is an important aspect of GBM evaluation. T2\*-based dynamic susceptibility contrast (DSC) MRI is often employed to look at blood volume and flow within GBM but requires gadolinium or other contrast agents [169]. Arterial spin labelling is an MRI-based technique for measuring cerebral blood flow without the need for intravenous contrast [170]. It can be useful in tumor grading and in differentiating between GBM and primary CNS lymphoma [171,172].

GBM vessel walls may exhibit fragmentation [173]. In a retrospective study, Yadav *et al.* [174] were able to distinguish IDH wild-type GBM from IDH mutant high-grade astrocytoma with preoperative susceptibility-weighted MRI, which was applied to detect fragmented vessels. Fragmented thrombosed microvasculature was found in more than 90% of the patients with IDH wild type and was absent in all of the IDH mutant imaging.

Overall, there are several methods of radiological evaluation employed along with genetic and molecular profiling to create a personalized treatment plan for patients with GBM and allow clinicians to make accurate diagnostic evaluations [175,176].

## Therapeutic Approaches to GBM

The standard treatment of GBM uses a three-pronged approach consisting of surgical resection with subsequent concurrently administered radiation and chemotherapy with temozolomide [177,178]. The subsections below will discuss each of these dimensions of therapy and investigational approaches currently in development.

### Chemotherapy

#### Currently Available Treatment-Temozolomide

The current standard chemotherapy drug treatment of GBM is the oral alkylating agent temozolomide [179]. Temozolomide is the only drug approved for first-line treatment of GBM [180]. Its efficacy has been highlighted in various studies, with improved survival [181,182]. The methylation status of the O6-methylguanine-DNA methyltransferase (*MGMT*) promoter is an important predictive biomarker for the response to temozolomide. The tumor of about 60% of GBM patients shows no methylation of the promoter, which predicts a poor response to temozolomide, as opposed to the remaining 40% of patients, whose tumors show hypermethylation of the promoter [183].

The timing within the 24-hour day/night cycle of temozolomide administration has emerged as a possible factor in its efficacy [180,184]. A chronotherapy study from Damato *et al.* [185] found that administering temozolomide in the morning, before 10 AM, was associated with longer overall survival compared to treatment in the evening, after 8 PM. This was a retrospective study with 166 eligible GBM patients who were newly diagnosed and had undergone both surgery and chemoradiation. This difference can be explained by circadian medicine, which maximizes treatment efficacy and minimizes toxicity by timing the delivery of medications in accordance with the circadian rhythms of the patient [186]. Along these lines, evidence suggests that the circadian clock in tumor cells is linked to DNA damage response mechanisms, which involve DNA damage checkpoints, nucleotide excision repair mechanisms, as well as survival pathways [187].

#### Chemotherapies in Development in Animal and Cell-Based Models

**Nanoparticle Delivery.** Another obstacle to efficient drug delivery is the blood-brain barrier, which consists of multiple layers surrounding brain vessels and prevents the passage of drugs into the brain [188]. To mitigate this issue, there is a need to enhance the delivery of drugs to the brain and improve the penetration of drugs into the brain [189]. Nanocarrier-based therapy can bring about drug penetration and delivery into the brain. This technology has several advantages that can be leveraged against GBM, such as drug encapsulation and solubilization, increased cellular uptake via endocytosis, targeted delivery, and controlled release [190]. The small carrier particles can

be composed of organic or inorganic materials and can cross the blood-brain barrier. They may be engineered in the form of nanoparticles, micelles, or liposomes [191]. They offer greater bioavailability and lengthened drug half-life [192]. Murine models have shown that nanoparticles can deliver temozolomide to the brain via an intranasal route [193]. When encapsulated in a chitosan-based nanoparticle, the half-life of temozolomide in phosphate-buffered saline (PBS) was enhanced to 13.4 hours compared to 1.8 hours for the free drug and, when given to mice intravenously, these temozolomide-carrying chitosan particles penetrated the blood-brain barrier [194].

**Penetrating the Brain-Tumor Barrier.** Identifying molecular signatures of the GBM vasculature has been utilized to target the brain-tumor barrier [195]. For instance, Jimenez-Macias *et al.* [196] used publicly available single-cell RNA-seq data to perform a transcriptomic analysis to identify endothelial-related genes that were enriched in perivascular regions of GBM and found that many of the enriched transcripts were involved in angiogenesis and recruitment of blood vessels. They then treated endothelial monolayers and endothelial cells grown within blood-brain barrier 3D spheroids with 6'-bromoindirubin-3'-acetoxime (BIA), an anti-invasive and anti-angiogenic compound, and found that BIA downregulated brain-tumor barrier signature genes, causing endothelial barrier disruption in these *in vitro* models. They then used a synthetic nanoparticle to deliver BIA into a murine GBM model and showed an *in vivo* increase in blood-tumor barrier permeability. Zdiouruk *et al.* [197] also formulated a nanoparticle-encapsulated form of BIA for intravenous injection and showed that this treatment changed the tumor microenvironment in ways that would foster anti-tumor responses. The BIA treatment led to improved survival and an increase in the proportion of CD8<sup>+</sup>T lymphocytes and CD103<sup>+</sup> dendritic cells.

Thus, nanocarrier-based therapy could be a useful therapeutic for optimizing blood-brain barrier permeability. Although we have not found human trials as of this writing, research into developing different types of particles is ongoing [198,199].

**Immunotherapy and Combination Therapy.** Another difficulty in chemotherapy administration is the heterogeneity of GBM, since this is a mechanism that contributes to temozolomide resistance [200]. Other factors that contribute to temozolomide resistance include the DNA repair system mechanisms, and other mechanisms like autophagy [201–203]. Therefore, temozolomide-dosing schedule modulation and combination therapy are prominent areas of study. Immunotherapy may also be incorporated into GBM treatment. The anti-VEGF monoclonal antibody bevacizumab has been FDA-approved since 2017 to treat recurrent GBM, where it extends progression-free survival and overall survival [204,205].

Combination therapy is a growing area of study and may confer synergistic inhibition of GBM. Combining temozolomide or bevacizumab with another drug, such as the oral antineoplastic alkyl-phospholipid perifosine, may amplify their efficacy. Perifosine is an AKT pathway inhibitor that prevents its translocation to the plasma membrane and subsequent phosphorylation [206]. It is not effective as a monotherapy for GBM [207,208]. Zhao *et al.* [209] studied the effects of temozolomide and perifosine together in cultured GBM cell lines and a mouse model. They found that the combination of temozolomide and perifosine diminished expression of the BRCA1 tumor suppressor gene, hampered DNA repair mechanisms, elicited caspase-dependent apoptosis, and decreased GBM cell viability and proliferation [209–211]. Ramezani and colleagues [212] looked at perifosine and bevacizumab in a heterotopic mouse GBM model and found that perifosine enhanced apoptosis induction by bevacizumab.

Another study looked at combining temozolomide and cryptotanshinone, a diterpenoid quinone compound, in cell culture using LN229 and U87-MG human GBM cell lines [213]. In these cell types, they found that the combination had cytotoxic and anti-proliferative effects. An obstacle to its use is the low solubility and poor penetration of cryptotanshinone into tumors [214].

## Surgical Resection

### Techniques for Improving Precision

The poor prognosis and relatively high incidence of GBM have brought much effort to develop new therapies, but despite this focus, the gold standard treatment remains surgical resection followed by radiation therapy combined with temozolomide chemotherapy. This has been the case since the introduction of temozolomide in 2005 [215,216]. However, technical advances have allowed improved surgical outcomes that align with the concept of safe maximal tumor resection [217]. Surgery is the starting point of GBM treatment, where the greater the extent of resection, the better the survival [218–220]. One particular study analyzed the impact of the extent of resection, residual tumor volume, and gross total resection in glioblastoma subgroups in relation to their neurological and functional outcomes. The study by Gerritsen *et al.* [221] found that more extensive resection and lower residual tumor volume were significantly associated with improved overall survival and progression-free survival across all subgroups, with residual tumor volume the stronger prognostic factor. These findings can help aid surgical decision-making with regard to individual GBM patients.

### Intraoperative MRI

There are various surgical innovations used in GBM treatment, summarized in Table 2 (Ref. [222–231]). One of these, intraoperative MRI, defines the location of anatomical structures and gives real-time information on tumor

boundaries that improves the accuracy of resection. This is an important prognostic factor for patient outcomes. Madani *et al.* [232] compared the frequency of further resection prompted by intraoperative MRI across different tumor subtypes from a surgeon's perspective and found that intraoperative MRI appeared most useful in cases of high-grade and low-grade gliomas. This could be attributed to the challenge of differentiating glioma margins from normal brain tissue. A retrospective study from Mirzayeva *et al.* [233] found that intraoperative MRI-guided resection makes it easier for surgeons to assess the extent of resection of high-grade or low-grade gliomas intraoperatively. Finally, fusing preoperative MRI with intraoperative MRI data can be used to develop a prototype elastic image fusion algorithm that can compensate for surgery-related brain shift [222,223].

#### Fluorescence-Guided Surgery

Fluorescence-guided surgery uses fluorophores such as 5-aminolevulinic acid (5-ALA) to enhance visualization of enhancing and non-enhancing malignant tumors and increase the extent of resection while decreasing residual tumor volume [234]. Intraoperative functional ultrasound can detect changes in brain tissue perfusion [235,236]. Fluorescein is another fluorescent marker that has the capacity to accumulate in cerebral areas as a result of damage to the blood-brain barrier. This allows fluorescein to be concentrated at tumor sites, making the tumor more visible [224,237].

#### Intraoperative Mapping and Intraoperative Neuromonitoring

Intraoperative mapping is a method of direct cortical stimulation that induces a neuronal excitation that can be used to map in real-time language and motor function both cortically and subcortically [225,238]. Another imaging tool is functional ultrasound, which provides spatiotemporal resolution and allows for changes in blood dynamics that reflect changes in metabolic activity [226,239]. Continuous dynamic mapping is another tool that maps the corticospinal tract by sending a short train of pulses [227,240]. Awake mapping is used during GBM resections to prevent potential neurological deficits, and it has been associated with increased extent of resection and decreased neurological deficits [228].

Intraoperative neuromonitoring includes a variety of different modalities in which different neuropathways are monitored throughout the neurosurgical procedure. Examples of these modalities include electroencephalogram (EEG), sensory evoked potentials, electromyography, motor evoked potentials, direct cortical stimulation, and brainstem auditory evoked responses [229,241]. The EEG records the average extracellular field potentials of the spontaneous activity of cortical neurons near the recording electrodes. Sensory evoked potentials monitor sensory

pathway integrity by recording points cranial and caudal to the surgical field. Electromyography monitors the spontaneous activity in muscles by placing 2 electrodes that are approximately 1 cm apart into the body of the muscle and continuously monitoring [242,243]. Motor evoked potentials monitor the efferent motor pathways from the motor cortex and fibers in the internal capsule to the muscle. Direct cortical stimulation involves direct contact with the cortex when a charge is transferred, thus identifying eloquent areas to be avoided in surgery and minimizing neurologic deficits [244]. Brainstem auditory evoked responses monitor the auditory pathway from the eighth nerve to the auditory radiations [245,246].

#### Raman Spectroscopy

Raman spectroscopy technology is an intraoperative real-time decision support system for neurosurgical guidance in brain tumors that does not require a contrast agent [247,248]. Leblond *et al.* [249] used a machine learning model incorporating Raman spectroscopy to characterize live tissue during neurosurgery to distinguish tumor from non-tumor spectra. The model was trained on data from a multicenter clinical study and their analysis attained a diagnostic accuracy of 91% for GBM. Statistical analyses demonstrated that the inclusion of Raman spectroscopy improved detectability, setting the stage for a potentially new predictive model.

Virtual reality technology using an algorithm for intraoperative MRI-based navigation during GBM surgery has shown promise in finding residual tumor and improving progression-free survival [230,231].

Overall, these innovations, as well as the others mentioned in Table 2, have helped with the management of GBM and optimizing the extent of resection.

#### Radiotherapy and Stereotactic Radiosurgery

A therapeutic approach utilized to maximize survival and prognosis is conventional radiotherapy, which is typically begun after surgery and is considered a part of the standard of care for GBM [250]. Significant advances have been made to optimize external beam radiotherapy, but there is still some controversy regarding its use and safety [251,252]. Age is a factor that greatly influences prognosis, and GBM management in elderly patients can be complex [253]. While younger patients are typically treated with 60 Gy in 30 fractions, alternate dosing regimens are often considered in the elderly, because the aging brain may be more susceptible to the toxic effects of radiation. Elderly patients between 65–70 years of age with excellent functionality are good candidates for surgery and radiotherapy with concomitant and adjuvant temozolomide.

#### Hypo-Fractionated Radiotherapy

Elderly patients with good functionality above the age of 70 or with frailty are generally considered for the

**Table 2. Surgical innovations used in GBM treatment.**

Surgical techniques	Description	References
Intraoperative MRI	Better visualization and resection of the tumor for greater efficiency	[222,223]
5-ALA	Fluorescent tracer that identifies gadolinium-enhancing tumor	[224]
Intraoperative mapping	Cortical stimulation to induce neuronal excitation and map both motor and language function to maximize the extent of resection and spare function	[225]
Functional ultrasound	Using Doppler ultrasound images to detect changes in brain perfusion, enhancing spatiotemporal resolution	[226]
Continuous dynamic mapping	Maps the corticospinal tract using a monopolar suction probe, applying a modified Taniguchi technique with a short train of impulses	[227]
Awake mapping	Decreases neurological deficits and increases the extent of resection	[228]
Intraoperative neurophysiological monitoring	A set of techniques that reduces the risk of neurological injury: electroencephalogram, sensory evoked potentials, electromyography, motor evoked potentials, direct cortical stimulation, and brainstem auditory evoked responses	[229]
Virtual intraoperative technology	Overlays 3-dimensional anatomy of the brain over the surgical field to improve the accuracy of resection	[230,231]

5-ALA, 5-aminolevulinic acid; MRI, magnetic resonance imaging.

same treatment as younger persons, except with a shortened course of radiotherapy, referred to as hypofractionation [254,255]. Hypofractionation entails giving a larger daily dose (>1.8 Gy per fraction) within a shorter overall treatment timespan [256]. A recent retrospective study from Korea found that hypofractionated radiotherapy in persons aged 65 and over with GBM yielded comparable overall survival with lower cost when compared to long-course radiotherapy [257].

Hypofractionated radiotherapy has also been explored in the pre-operative setting for newly diagnosed and recurrent disease. This is a research area that is rapidly evolving. Some advantages of pre-operative hypofractionated radiotherapy are the ability for more distinct target delineation and a possible amplified anti-tumor immune response [258].

### Stereotactic Radiosurgery

Stereotactic radiosurgery, using either a hypofractionated approach with dose escalation or a single dose, can deliver ablative radiation to the tumor while minimizing the dose received by adjacent normal structures [259]. Its benefit in select GBM patients is controversial because GBM is known to be an infiltrative disease, and skeptics argue that this local therapy does not improve overall survival [260,261]. However, it does seem to confer significant benefit in specific GBM patient populations. One retrospective observational multi-institutional study looked at the efficacy and safety of stereotactic radiosurgery for GBM patients with consideration of molecular tumor profiles. A total of ninety-six patients underwent stereotactic radiosurgery (median dose 15 Gy) at 147 tumor sites. Most (85%) of the patients were treated at recurrence, and stereotactic radiosurgery was used for 12% of patients. Re-

searchers concluded that post-stereotactic radiosurgery survival was similar as a function of IDH mutation and *MGMT* promoter methylation status. They also found that stereotactic radiosurgery prescription dose >15 Gy and treatment target volume less than 5 cm<sup>3</sup> were predictors of overall survival in GBM patients, independent of age and IDH status [262]. Stereotactic radiosurgery can be applied to treat smaller, focal recurrent tumors after prior treatment with surgery, radiotherapy, and temozolomide [263]. Morris *et al.* [264] observed that stereotactic radiosurgery in combination with bevacizumab, an anti-VEGF monoclonal antibody, can be safely used to treat focal GBM recurrence.

Two clinical trials are evaluating pre-operative hypofractionated radiotherapy in GBM patients. The NeoGlioma Trial is a phase I trial that is studying the safety, feasibility, and maximum tolerated dosage of pre-operative radiosurgery in patients with proven high-grade glioma [265]. The patients undergo MRI-guided stereotactic biopsy and then either standard of care surgery or radiosurgery in 1 fraction within 14 days. After 14 more days, patients who have received radiosurgery undergo surgery. Within another 4–6 weeks, all patients will receive standard of care radiation therapy over 30 fractions and temozolomide daily with or without tumor-treating fields. The study is expected to enroll 25 subjects and to continue until September 2025, with a 3-year follow-up planned. Another clinical study looked at pre-operative hypofractionated radiotherapy in patients with a new radiological diagnosis of GBM that received a single fraction of preoperative radiotherapy ranging from 6 to 14 Gy, followed by standard of care surgery and postoperative chemoradiotherapy [266]. Part of the tumor was excluded from the radiation field, and this non-irradiated portion, known as the cold spot, was reserved for pathology and molecular profiling. These are

ongoing studies that are still recruiting, and these results can prove to be useful in understanding the benefits of pre-operative hypofractionation radiotherapy. Preclinical studies in mice have been encouraging [267].

#### Combination Chemotherapy and Radiotherapy

Combination therapy of temozolomide and radiotherapy (40 Gy in 15 fractions) demonstrated better outcomes than radiotherapy alone, if tolerated [268]. The addition of tumor-treating fields, alternating low-intensity electric fields via transducer arrays, combined with temozolomide, also improved overall survival [269]. The tumor treating fields device consists of four transducer arrays, a field generator, and a power source. The patient's head must be shaved, and the field generator delivers these alternating electric fields through the transducer arrays across the brain and to the tumor site [270]. This type of anti-mitotic therapy also exerts its effects by promoting autophagy, augmenting cell permeability and strengthening the anti-tumor immune response [271,272]. Overall, radiotherapy is a crucial part of the current standard of care for patients with GBM, and there are multiple considerations that are individualized to the patient. The field is evolving to incorporate finer techniques to make resection and radiotherapy more precise [273].

A recent study looked at ways to improve the efficacy of radiotherapy by performing both single-cell RNA sequencing on tumors from patients with GBM and complementary *in vivo* murine experiments [274]. Their goal was to identify mechanisms of immunosuppression. They found that GBM responsiveness to radiotherapy was associated with expression of pyroptosis-related genes in humans. By promoting apoptosis, the stimulator of interferon genes (STING) pathway activation may be the mediating factor in conferring radiation responsiveness. They demonstrated this effect using a STING agonist in a murine GBM model. Golgi phosphoprotein 3-like (GOLPH3L) could interact with STING and inhibit its activity by facilitating its transport from the Golgi to the endoplasmic reticulum. This action of GOLPH3L on STING led to radiation resistance and, in GBM patients, lower GOLPH3L expression was associated with longer survival with radiotherapy. In a small retrospective case-controlled human study, they administered the GOLPH3L inhibitor vitamin B5 calcium (VB5) and showed a delay in tumor recurrence [274]. Therefore, they posit that inhibiting GOLPH3L could be applied to improve the efficacy of radiotherapy.

Another recent study seeks to improve the poor GBM prognosis by adding an antiseptory factor to the current standard therapy of surgical tumor removal, radiotherapy, and chemotherapy [275]. Antiseptory factor is an endogenous protein that may potentiate the antineoplastic effect of temozolomide and also alleviate edema surrounding the tumor [276]. In a double-blind randomized multicenter phase 2 clinical trial being conducted in Sweden

(NCT05669820), the effect of adding Salovum, an egg yolk product containing high levels of antiseptory factor, to temozolomide therapy is being assessed in 300 patients with newly diagnosed GBM. The trial is still in progress and recruitment is estimated to be complete during 2026, with primary endpoints defined as survival at 6 and 12 months after diagnosis.

#### Viruses and Immunotherapy

Oncolytic viruses, either genetically engineered or naturally occurring, can infect GBM tumor cells and cause them to undergo lysis, thus releasing debris and tumor antigens that incite an immune response, transforming an immunologically "cold" tumor microenvironment to a "hot" environment [277]. In addition to attracting dendritic cells, natural killer cells, and cytotoxic T lymphocytes, oncolytic immunotherapy can lower the immunosuppressive barrier by reducing regulatory T cells. In a clinical trial, Ling *et al.* [278] found that GBM patients seropositive for herpes simplex virus type 1 given an oncolytic herpes virus by intraleSIONAL injection had an increase in survival to 14.2 months (95% CI = 9.5–15.7 months) compared to the expected survival of 6–9 months.

Chimeric antigen receptor (CAR)-T cell therapy can alter patient-derived T cells so that they become capable of recognizing antigens present on GBM tumor cells [279]. Although very effective for hematologic malignancies, success in solid tumors has been elusive. Use of CAR-T therapy for GBM is being explored in animal models and early human trials [280,281]. Choi *et al.* [282] applied CAR-T targeting EGFRvIII in 3 patients and documented strong, but transient anti-tumor responses, with tumors progressing in 2 of the 3 patients in this very early first-in-human study. Bagley *et al.* [283] published interim data from their human trial targeting EGFR and interleukin-13 receptor  $\alpha 2$  in 6 patients with recurrent multifocal GBM and found early signs of efficacy.

#### Translational Challenges

The biological properties of GBM pose significant challenges to therapy. Infiltration of normal brain by tumor cells precludes surgical cure, while stem-like cells within possess a number of properties that allow them to resist conventional chemoradiotherapy [284]. Furthermore, the immunologically cold tumor microenvironment has rendered immune therapies, such as immune checkpoint inhibition, which have been successful in other solid tumors, ineffective [115]. Finally, the blood-brain and blood-tumor barriers limit the availability of both small molecules, biologics and cell therapies within tumors and in the tumor-infiltrated brain [188]. It is, therefore, incontestable that a deeper understanding of tumor biology is warranted in order to design improved therapies.

The current neuro-oncology landscape has benefited from extensive basic science investigation of tumor cells and their interactions with the microenvironment. This has led to the development of experimental therapies, which are tested in mouse models of GBM, the vast majority of the time. Indeed, the mouse has been utilized extensively as the host for xenografting human GBM cells, with the caveat that such mice need to be immunodeficient to prevent graft rejection, thereby preventing the study of the immune component of the tumor microenvironment. Immunocompetent mouse models of GBM that enable the study of the microenvironment are available, but their caveats include the differences between mouse and human immune systems and the fact that the biology is performed on mouse rather than human tumor cells. A collective deficiency of mouse models is that several candidate therapies demonstrate efficacy in preclinical mouse models but then fail in clinical trials [285].

To mitigate the inadequacy of mouse models, some groups have turned to the use of brain organoids as the host of patient-derived GBM grafts. This technology allows the study of interactions between tumor cells and human neural tissues and eliminates the possibility of heterophilic interactions between human proteins on tumor cells and mouse proteins in the host, possibly altering tumor biology [286]. This promising platform may improve in the future by virtue of synthetic organoid designs incorporating vasculature and immunity into cerebral organoids [287].

As an alternative to mouse models and human cerebral organoids, there has been sporadic use of canine and primate models. The major limitation of this approach is the high cost and, as a result, limited throughput [288].

The most prevalent current translational pipeline consists of preclinical testing in mouse models followed by Phase I clinical trials for the most promising candidate therapies. This has been a reasonable approach for translating the most efficacious and safe new treatments, as assessed in mouse models, to the clinic for initial testing on patients. Future improvements may consist of more rigorous selection of candidate therapies for clinical testing, clinical trials targeting newly diagnosed rather than recurrent tumors, and window of opportunity trials that assess tumor pharmacokinetic and pharmacodynamic properties of therapeutic agents in conjunction with surgical resection.

### Intersection of GBM With Alzheimer's Disease

GBM and Alzheimer's disease (AD) both affect brain tissue, show an increase in prevalence with age, and carry a poor prognosis. They can be seen as opposites because GBM involves uncontrolled nerve cell growth while AD reflects neurodegeneration and nerve cell death [289,290]. Dementia rarely co-occurs with GBM and some studies point to a possible inverse correlation between them [291]. Techniques such as network analysis, single-cell RNA se-

quencing and machine learning have uncovered dysregulated pathways in common that may be leveraged to find treatments for each [292,293]. Recently, interest has focused on the mitochondrial dysfunction characteristic of both AD and GBM as a key therapeutic target. In particular, mitochondrial pathways that control energy metabolism may be important in the progression of both diseases, with poor energy generation in AD leading to apoptosis and cell death, while robust mitochondria can fuel invasiveness in GBM [294–296]. Microglia involvement and neuroinflammatory cascades are also prominent in both [297,298]. Interestingly, a pathologic evaluation of postmortem brain tissue in over 200 persons with GBM by Greutter *et al.* [299] found neuropathologic changes consistent with AD in tumor-adjacent cerebral cortex in 106 out of 205 (52%) patients. The authors speculate that this might be attributable to accelerated brain aging brought on by GBM treatment. Manipulating identical mitochondrial and immune pathways in opposite directions may be viable ways of treating AD and GBM, respectively, so that a breakthrough in one may lead to insights into the other [300]. Further, innovative techniques for blood-brain barrier-penetrating targeted delivery of treatment may be applied to both GBM and AD [301].

### Conclusion

GBM is a highly aggressive primary brain tumor that carries a poor prognosis despite the gold standard treatment regimen of surgical resection, radiotherapy, and chemotherapy. Our understanding of the molecular mechanisms and pathogenesis allows for the characterization of tumors and the prediction of progression and natural history, but this has not led to any major increases in survival. The need for further research on treatments and breakthroughs to prolong the lifespan and improve the quality of life of individuals with GBM is crucial and highlighted throughout this review. Advances in surgical approaches, more accurate radiological techniques and the creation of personalized treatment plans that include tumor vaccines and targeted drug delivery are all indications of progress, but ultimately, residual tumor prevails. As new cutting-edge methodologies are developed, there is hope for a pathway to eliminate all tumor cells so that recurrence is prevented.

### Availability of Data and Materials

Not applicable.

### Author Contributions

ABR, SG, JD and DGP conceived the review. ABR and AS supervised. ABR, SG, SH, AZD and AS performed the literature research. AP contributed to visualizing and preparing the figures. ABR, SG, AZD and DGP were in-

involved in drafting the manuscript. ABR, DGP, SH, JD, AS and AP revised the manuscript and added critically important intellectual content. Visualization was conducted by SH and DGP. All authors have given final approval for the version to be published. All authors have participated sufficiently in the work to take public responsibility for its content and agreed to be accountable for all aspects of this work.

## Ethics Approval and Consent to Participate

Not applicable.

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## Conflict of Interest

The authors declare no conflict of interest.

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