

胃癌腹膜转移诊治概述

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摘要

腹膜转移作为进展期胃癌最常见的远处转移部位之一, 因其发生机制复杂、诊治难、预后差已引起广泛临床关注。其发生机制和预防诊治相关的基础和临床研究近年来齐头并进, 致力于提高胃癌腹膜转移患者的生存率并改善其生活质量。目前其诊断方法多样, 难以确切预防, 治疗多采用以化疗为基础的综合治疗方案且尚在探索完善。本文就近年胃癌腹膜转移的发生机制、诊断和防治相关文献行综述, 以期临床诊治提供思路。

关键词

胃癌, 腹膜转移, 诊治

The Diagnosis and Treatment of Peritoneal Metastasis of Gastric Cancer

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Abstract

As one of the most common metastasis sites in advanced gastric cancer, peritoneal metastasis has attracted the extensive clinical attention due to its complicated mechanism, difficult diagnosis and treatment, and poor prognosis. So many basic and clinical research involving mechanism, prevention and treatment in recent years has committed to decrease the mortality of the gastric cancer

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patients with peritoneal metastasis and improve their quality of life. At present, it has multiple diagnostic methods, but it is difficult to exactly prevent. Most of the treatments are based on chemotherapy and are still being explored and improved. This paper aims to review the related literature about mechanisms of peritoneal metastasis of gastric cancer, diagnosis, prevention and treatment, so as to provide some clinical ideas.

Keywords

Gastric Cancer, Peritoneum Metastasis, Diagnosis and Treatment

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1. 引言

2018 年胃癌在全球范围内的发病率与死亡率在全身肿瘤中分别位列第五和第三, 全球每年超过 1,000,000 例新发病例, 和约 783,000 死亡病例[1]; 而我国 2015 年胃癌发病率、病死率分别居全部恶性肿瘤的第 2 位和第 3 位[2]。其中腹膜转移作为晚期胃癌患者首要的远处转移和死亡原因, 是主要预后决定性因素之一[3]。在中国腹膜转移占胃癌转移的 53%~60%, 并且此类患者的 5 年生存率仅为 2%, 中位生存期只有 3~6 个月[4]。近年来, 对其发生机制、诊断及预防治疗的研究共识层出不穷, 进展争议共存。本文基于此就近年胃癌腹膜转移的诊疗基本情况作一概述, 以期为临床工作提供一些思路。

2. 胃癌腹膜转移的发生机制

胃癌的腹膜转移与其他癌种的腹膜转移相似, 都是阶段性多基因调节、多细胞因子参与相互作用的复杂环节, 通过多方调控定制微环境, 实现由微观到宏观的系列转移过程。目前比较受大多数人接受的是 Paget 的“种子和土壤”理论[5]。即具有恶性侵袭和转移潜能及活性的癌细胞从原发灶脱落, 成为癌转移、复发的“种子”, 腹膜自身解剖生理学特性、医源性损伤、炎症反应等促使间皮下细胞外基质暴露和大量纤维素渗出, 从而促使癌细胞种植及逃脱机体免疫活性细胞的杀伤。在癌细胞与宿主组织之间的系列双向串扰下, 宿主细胞甚至积极主动的为癌细胞制备合适的“土壤”。

总体贯序步骤概括为: 1) 增殖的癌细胞在相关因子的作用下由原发灶突破浆膜而游离, 脱落至淋巴系统、血液循环、腹腔等处, 尚未着床和增殖侵袭, 即亚临床转移阶段; 2) 腹膜游离癌细胞(PFCC)黏附于腹膜组织; 3) 癌细胞与腹膜周围细胞(例如癌症相关成纤维细胞和肿瘤相关巨噬细胞等)双向调控下着床侵袭腹膜发生上皮-间质转化(EMT)等系列过程; 4) 在各种转移相关因子营造出的促肿瘤生长微环境中, 新生毛细血管形成并且新生肿瘤细胞沿血管周围开始恶性增殖[6] [7]。腹膜种植途径可概括为三条: 经间皮细胞转移(也称近端随机分布)、经淋巴转移、腹膜表面转移(即重新分布模式)。胃癌主要通过前两种途径侵袭至腹膜。经淋巴转移是基于特定腹膜组织上的特殊三联体结构: 间皮气孔, 黄斑筛孔(间皮基底膜下方多孔的的胶原蛋白板, 连接初始淋巴管的盲端)和初始淋巴管。PFCC 通过间皮基底膜下的间皮间质孔和网状黄斑孔迁移到间皮下淋巴管内, 从而发生相关腹膜的转移[8]。

胃癌腹膜转移机制相关的基础研究不断地为临床诊断和治疗提供着新思路。基因水平的相关研究:

1) 原发胃癌细胞穿透脱离相关: *CDH1*、*ANXA1*、*NRAGE* 等; 2) 有助游离癌细胞在腹腔内存活增殖: *HIF1A*、*PTEN*、*CXCR4*、*CXCL12*、*AREG*、*HBEGF* 等; 3) 间皮层的粘连和侵袭: *ITGA3*、*MMP7*、*CTGF*、

MELK 等; 4) 生长和血管生成: *VEGFA*、*IRX1*、*HIF-1 α* 等。当然其间存在复杂的交叉调控作用。除基因水平外, 针对发生腹膜转移的微环境形成相关的细胞包括腹膜间皮细胞(PMC)、腹膜成纤维细胞(PFB)、腹膜脂肪细胞(PAs)、腹膜巨噬细胞(PM)、调节性 T 细胞(Tregs)、腹膜内皮细胞(PEC)、腹膜托管细胞等, 及其分泌的众多细胞因子(趋化因子、生长因子、肿瘤坏死因子、白介素等)和它们之间的相互作用机制的研究也如火如荼[6] [7] [8] [9]。

3. 胃癌腹膜转移的诊断

3.1. 影像学检查

腹部超声主要用于检出晚期患者较多的腹腔积液、腹膜表面的结节样结构和片状融合, 干扰因素较多往往检出有限; 超声内镜主要用于探测胃癌原发灶的浸润深度。计算机断层摄影(computed tomography, CT)作为诊断腹膜转移应用更广泛的影像学检查其敏感度和特异度约为 50.9%和 96.2% [10]。而多排计算机断层扫描(MDCT)预测胃癌腹膜转移敏感性, 特异性达 51.0%, 99.3%。Shunli Liu 等[11]基于增强 CT 的多个放射学特征建立的预测模型对预测胃癌隐匿性的腹膜转移提供的一定的参考价值。常规磁共振检查(MRI)相比 CT 对于腹膜转移的诊断可能优势不明显, 但磁共振联合弥散加权成像技术(diffusion weighted imaging, DWI)与 CT 检查比较能提高腹膜癌的检出率, 虽然它也有成本高、采图时长、图质不稳定的缺点[12]。

PET-CT 是通过葡萄糖类似物进行同位素标记的方法来发现癌症组织中高糖代谢状态的病灶, 在辅助诊断早期的腹膜转移有一定的价值但其敏感度并未优于 CT, 原因不光考虑到腹膜病灶本身小而分散难检出, 技术本身局限性在于有的病理类型胃癌细胞膜上的葡萄糖转运蛋白少, 检查依靠的 ^{18}F -脱氧葡萄糖被摄取减少会造成假阴性[13] [14]。影像学作为无创检查对胃癌腹膜转移的诊断的准确率相对有限, 必要时还是更推荐有创手段。

3.2. 诊断性腹腔镜检查

针对影像学检查的漏诊率几乎高达 30%的情况, 腹腔镜检查作为可获取病理标本的诊断方法之一其对胃癌腹膜转移诊断的敏感性和特异度可以达到 64.3%~94%和 80%~100% [15]。其诊断价值被多项研究证明的同时也被多方指南推荐, 但值得注意的是, 国内外均有研究显示其在临床工作中应用不够充分[16] [17]。并且腹腔镜检查作为有创检查, 现有的指导方针对其的适应症尚未统一。除临床评估局部肿瘤浸润大于等于 T3 和/或有淋巴结转移被认为与腹膜转移的发生有关外, Li Z 等的前瞻性研究显示肿瘤部位和胃部肿瘤浸润深度(≥ 21 mm)也可能是 PM 的预测因素, 针对中国患者的诊断性腹腔镜检查的适应症他们还在进一步探索[18] [19]。腹腔镜检查不但可以确诊腹膜转移还可按范围进行评分即腹膜癌指数(PCI), 即按 PC 分期, 将腹部分成 13 个区, 对肿瘤负荷进行评分: 0 分为无可见肿瘤, 1 分为肿瘤直径 ≤ 0.5 cm, 2 分为肿瘤直径 0.5~5.0 cm, 3 分为肿瘤直径 > 5 cm 或融合。每个区域评分总和即为患者的 PCI, 总分 39 分。其在转化治疗前后的疗效评价方面占据重要的地位[20] [21] [22]。目前基于腹腔镜技术由近红外荧光(NIRF)介导的可视化的光动力学诊断方法是目前临床非常有应用前景的技术手段, 有相关研究表明利用荧光染料如 5-氨基乙酰丙酸(SALA)、吲哚花青绿(ICG)等在组织引发的荧光效应并由 NIRF 技术介导的图像工具显著提高了胃癌腹膜转移的检出率[23] [24] [25]。

3.3. 腹腔灌洗液细胞学检查

胃癌患者腹腔冲洗液中的腹膜内游离癌细胞已被证实与胃癌早期复发和不良生存相关, 有研究表明腹膜宏观转移和腹腔灌洗液细胞学检查阳性的预后同样差[15]。90 年代末日本胃癌协会将腹膜冲洗细胞

学检查(PWC)纳入其分期系统,但因传统细胞学检查方法敏感度检出率太低故目前 PWC 仅被相关指南推荐作为可选检查[26]。而近年来也发展了不少候选方法比如检测腹灌液中 CEA 水平、基因检测相关的靶分子(CEA mRNA、金属蛋白酶 7 和细胞角蛋白 20 等)及相关基因甲基化水平、端粒酶活性、还有基于流式细胞术的腹膜内 CD326(+)/CD45(+)比率测量、免疫荧光蛋白介导的细胞检测等。它们中的大多数虽然大大提高了诊断和预测的敏感性,但其阳性定义的不明确、技术及环境偏倚和高成本等局限性限制了这些技术的临床应用。更甚太敏感的技术(例如 PCR)可能会导致过度治疗,或者放弃对潜在可治愈性病例的积极治疗方案。

3.4. 实验室相关检查

目前已有报道可能诊断和预测胃癌腹膜转移的血清肿瘤标记物包括 CEA, CA72-4, CA19-9 和 CA125 等,研究显示它们在腹膜转移患者诊断中的敏感性分别为 23.91%、34.78%、36.96 和 34.78%,虽然它们组合后可敏感性略有升高但其有限的诊断准确性使其仅作为诊断辅助参考[27]。肿瘤标志物联合其他生物学指标建立的诊断及预测模型为进一步检查和治疗决策提供了一定的参考价值[28] [29]。

3.5. 液体活检、外泌体

循环肿瘤细胞检测(circulating tumor cell, CTC)在胃癌以方便快捷准确的优势在诊断早期转移、识别肿瘤细胞生物特征指导靶向用药、以及预测复发预后和药物疗效评价等方面都取得相当进展。除通过 CTC 检测标志物 c-Met 或 MUC1 mRNA 可早期预测 GC 患者微转移外,检测到 ≥ 2 CTC 被认为与晚期肿瘤,腹膜扩散,生存期短相关。并且研究表明通过 CTC 检测到上皮细胞粘附分子(EpCAM)高水平表达与腹膜转移相关,靶向药物也已应用[30]。比起细胞学和分子诊断分析均仅基于癌细胞的检测,腹腔灌洗液中 miRNA 谱分析则可预测 GC 中的腹膜转移前表型,从而更早防治[31]。

4. 胃癌腹膜转移的预防

除外科手术时要注意无瘤概念技术,避免医源性扩散外,针对局部治疗手段包括术中广泛腹腔灌洗(extensive intraoperative peritoneal lavage, EIPL)、术中及术后预防性应用腹腔热灌注化疗(hyperthermic intraperitoneal preoperative chemotherapy, HIPEC)都经临床试验证明其能减少腹膜复发和延长生存期[32] [33]。首个旨在探究新辅助腹腔镜 HIPEC (NLHIPEC)与新辅助化疗(NAC)联合手术及辅助化疗的综合方案对局部晚期 GC 患者预防腹膜复发及延长生存的前瞻性多中心 III 期随机对照试验 DragonII,目前结果尚未公布[34]。术后全身系统辅助化疗则更多使用替吉奥(S-1)/卡培他滨(CAP)单药或联合奥沙利铂(OXA)。

5. 胃癌腹膜转移的治疗

针对胃癌腹膜转移患者(GC-PM)中位生存期不足 6 个月的不良预后[4],目前主要采用以系统化疗为主,必要联合手术、局部腹腔灌注及热灌注化疗、靶向治疗和免疫治疗等的综合治疗方案,从而延长患者生存期和改善患者生活治疗。

综合目前各方指南对于终末期转移性胃癌一线系统化疗方案一级推荐是曲妥珠单抗联合氟嘧啶类药物与顺铂(HER2 阳性的转移性腺癌);对于非 HER2 阳性患者则是顺铂或奥沙利铂联合氟嘧啶类药物(5-Fu/卡培他滨/S-1) [35] [36] [37]。

但仅全身化疗对 GC-PM 治疗而言,其 1 年 OS 率多在 16%~40.7%,中位 OS 短于 3.1~10.6 个月[38]。虽然目前多方指南仍认为腹膜转移及腹腔灌洗细胞学阳性胃癌患者除了梗阻、无法控制的出血等特殊状况需予姑息性手术外不建议进行手术治疗[35] [36] [37],但自 2009 年后日本团队相继开发新辅助腹膜内和全身化疗(neoadjuvant intraperitoneal and systemic chemotherapy, NIPS)和双向腹膜内和全身新辅助化疗

(BISIC), 即使用腹腔内(IP)和静脉(IV)予多西紫杉醇和顺铂(CDDP)联合口服 S-1 的转化治疗方案, 之后全世界已有大量相关临床研究证明了双途径转化方案不光在抑制肿瘤的原发灶及腹膜转移灶取得显著降期效果[8] [22], 在不良反应可以耐受的前提下, CRS 联合 HIPEC 可使中位 OS 延长约 13 个月, 是传统疗法相关中位 OS 的两倍[39]。

三期临床研究 Phoenix-GC 生存获益上的落败[40], 提示我们联合手术治疗肿瘤细胞减少的完整性对生存的影响和制定合适筛选出生存获益人群的策略的重要性。目前认为可能影响患者预后的因素包括肿瘤细胞减少的完整性、接受 NIPS 后腹膜癌指数(PCI) ≤ 6 、治疗机构的经验、对 NIPS 后药物疗效反应等[39]。但具体尚不明确有待进一步探索。此外关于综合治疗方案中的用药、给药周期数、手术的时机及腹腔热灌注化疗(HIPEC)中的用药、温度及流速也缺乏标准。

关于靶向及免疫治疗进展, 一项基于胃癌腹膜转移的小鼠模型的实验研究, 用同位素(^{211}At)标记的曲妥珠单抗灌注小鼠腹腔对比静脉曲妥珠单抗给药, 前者对腹膜转移灶治疗效果略优于后者且可延长 HER-2 阳性小鼠生存期, 证明曲妥珠单抗作腹腔灌注给药具有一定潜力[41]。对腹液阳性患者使用 HIPEC 联合阿帕替尼和 S1 单组观察研究 NCT03428425 正在招募中。针对上皮细胞粘附分子(EpCAM)的药物 Cetumaxomab 已在治疗腹膜癌上取得一定效果, 虽然会有不良反应发生[42]。其在胃癌中应用的临床试验 NCT04222114 正在进行患者的招募。晚期转移性胃癌免疫治疗如火如荼开展的大背景下, 单独针对腹膜转移方面的研究较少。此外华西医院开展的基于嵌合抗原受体 T 细胞免疫疗法(Chimeric Antigen Receptor T-Cell Immunotherapy, CAR-T 疗法)的腹腔内给药治疗胃癌腹膜转移相关的临床试验 NCT03563326 也在招募中。

6. 小结

针对胃癌腹膜转移预后差和总体生存期短及总体治疗效果差的现况, 在各个领域发展方向上机遇和挑战并存。基础和临床从业人员只有积极从其发生机制、诊断及预防和治疗全方位探索和发展, 才有望改善这部分患者的生存预后和提高他们的生活质量。

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