

Lung-RADS分级在肺结节良恶性鉴别诊断中的应用价值研究

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摘要

在高危人群中开展肺癌筛查有益于发现早期肺癌, 提高肺癌的生存率。早期肺癌最常见的表现即为肺结节, 但肺结节并非肺癌所独有, 而包括各种疾病, 其良恶性质的鉴别是当今研究的热点与难点。2014年, 美国放射学会(ACR)创建了肺部影像报告和数据系统(Lung-RADS 1.0)。该系统于1年更新至Lung-RADS 1.2019, 随着更多数据的出现, 预计将进一步更新。Lung-RADS为报告肺癌筛查(LCS)低剂量CT(LDCT)胸部检查时提供了通用词典和标准化结节随访管理范式, 并可作为质量保证和结果监测工具。使用Lung-RADS旨在提高LCS性能并带来更好的患者预后。本文详细的介绍了Lung-RADS的发展史、应用价值以及其面临的挑战, 并提出了展望。

关键词

肺癌, 肺结节, Lung-RADS, LDCT

Study on the Application Value of Lung-RADS in the Differential Diagnosis of Benign and Malignant Lung Nodules

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Abstract

Lung cancer screening in high-risk groups is beneficial to detect early lung cancer and improve the

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survival rate of lung cancer. The most common manifestation of early-stage lung cancer is lung nodules. Lung nodules are not unique to lung cancer, but include a variety of diseases, and the identification of their benign and malignant properties is a hot and difficult issue in today's research. In 2014, the American College of Radiology (ACR) created Lung-RADS 1.0, which was updated to Lung-RADS 1.2019 in 1 year, and it is expected that it will be further updated as more data become available. Lung-RADS provides a common lexicon and standardised nodal follow-up management paradigm for reporting of Lung Cancer Screening (LCS) low-dose CT (LDCT) chest examinations and can be used as a quality assurance and outcome monitoring tool. The use of Lung-RADS is intended to improve LCS performance and lead to better patient prognosis. This article provides a detailed history of the development of Lung-RADS, the value of its application, and the challenges it is facing, as well as an outlook.

Keywords

Lung Cancer, Lung Nodules, Lung-RADS, LDCT

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1. 引言

肺癌(LC)是全球癌症死亡的首要原因[1]。自2000年以来,肺癌从120万例上升到180万例,在2019年十大死因中排名第六,而在我国肺癌是发病率最高的恶性肿瘤,也是癌症相关死亡的主要原因[2]。尽管肺癌的治疗水平在逐步提高,但5年生存率仍低于20% [3]。能接受全切的中晚期肺癌患者的5年生存率为20%~40%,而不能接受全切的晚期肺癌患者的5年生存率仅为2%~3% [3] [4]。然而,早期肺癌患者手术切除后的5年生存率为70%~100% [5]。因此,早期发现、早期诊断和早期治疗是提高肺癌患者生存率的关键[6]。早期肺癌通常在肺部有小结节,这被认为是判断原发性肺癌的关键特征[7]。然而,并非所有的肺部结节都是恶性病变,因此肺部结节的识别和预测是LC早期诊断的重要步骤[8]。

2. 肺癌筛查

肺结节(PNs)的临床诊断多采用X射线胸片,90%以上的肺结节患者有明显的异常胸片。然而,X射线胸片对早期LC患者的准确性有限,其诊断价值也因存在“盲区”和不利的密度分辨率而受到限制[9]。螺旋CT扫描因其立体、直观和连续扫描的特点,在临床上被广泛用于多种疾病的诊断。然而,由于CT检查的辐射剂量较高,其在肺部疾病中的应用价值一直受到质疑[10]。近年来,低剂量计算机断层扫描(LDCT)治疗LC成为热点。有研究指出,在检出率方面,与胸片相比,LDCT对PN的检出率高3倍,对LC的检出率高4倍,对I期LC的检出率高6倍[11]。在降低总死亡率方面,美国33个研究点的结果显示,LDCT组LC死亡人数比X线组减少6.7%,LC导致的死亡率降低约20% [12]。因此,2013年美国癌症协会推荐LDCT用于LC高危人群,并制定了相关筛查指南[13]。此外,目前LDCT筛查还可辅助诊断肺气肿、冠状动脉钙化等其他疾病,为筛查对象带来更多益处[14] [15]。

随着CT扫描仪空间分辨率的提高与更先进的后处理软件相结合,肺癌筛查中肺结节的患病率可能在21%至86%之间变化,具体取决于采集方案、纳入的人群以及2006~2018年期间使用的指南[16]。虽然大多数检测到的肺结节是良性的,但非钙化肺基线结节受试者的肺癌发病率为2%~11% [17] [18]。基线时有非钙化结节的受试者中,约有3%~4%会在接下来的2~5年内发展为肺癌[19]。肺癌的危险因素,

如体型、年龄和吸烟等已经确定[20], 但对肺结节的危险因素及其恶性风险知之甚少, 这可能至关重要, 因为肺结节是肺癌的早期表现。

3. Lung-RADS 的应用

西方国家已经制定了肺癌筛查方案。美国放射学会根据美国国家肺部筛查试验(NLST)、荷兰-比利时肺癌筛查试验(NELSON)和国际早期肺癌行动计划(I-ELCAP) [21] [22] [23] [24]公布的标题数据, 于2014年发布了“肺部CT筛查报告和数据系统(Lung-RADS)”1.0版[25]。Lung-RADS已成为全球最广泛使用的筛查发现结节的报告和管理辅助工具之一, 1.0版在应用于NLST群体时, 通过将阳性基线筛查的阈值尺寸从4毫米(最大直径)提高到6毫米(平均直径), 有效且显著地降低了假阳性率, 但假阴性率仅略有下降[26]。此后, 亚洲首个基于人群的多中心前瞻性肺癌筛查项目-韩国肺癌筛查项目(K-LUCAS)也采用了1.0版[27]。

2019年发布了Lung-RADS 1.1版[25]。Lung-RADS委员会由该领域的八位权威专家组成, 他们根据对现有文献的审查, 确定了需要澄清和改进的领域, 从而发布了新版。将非实性结节的大小阈值从20毫米提高到30毫米, 是因为有证据表明, 与实性结节和部分实性结节相比, 这类结节的体积倍增时间(VDT)更长, 病程一般也更缓慢[28]-[33]。平均直径小于10毫米且符合NELSON试验所定义的肺内淋巴结标准的硬膜外结节被重新归类为第2类结节(以前为第3类或第4A类) [34]-[39]。鉴于这些结节的恶性率较低, 且肺-RADS 3类结节的癌症诊断率总体较低, 因此这些变化有望降低假阳性筛查率。针对4B结节还增加了一项新的建议, 即允许进行短间隔随访LDCT, 以考虑到可能是感染性或炎症性的新结节或快速增大的结节。据报道, 间隔期癌症发生率较低, 考虑到中期发展为大肿瘤的可能性不大, 因此支持这一建议[40]。还明确了测量和计算平均结节直径的方法, 建议报告的平均结节直径精确到小数点后一位[41]。此外, 正如随后所讨论的, 体积测量也被纳入其中。最后, 取消了之前分配给肺癌幸存者重返筛查的修饰符, 以避免无病5年或5年以上患者的LCS和肺癌监测之间的混淆。

在Lung-RADS 1.1框架中, 根据线性二维测量的平均值将结节生长定义为 >1.5 mm的做法仍然保留。不过, 结节测量有两个显著变化。首先, 除二维测量外, 现在还包括体积测量。其次, 关于二维测量, 指南现在建议测量到小数点后一位, 并报告小数点后一位的平均直径。另一方面, Fleischner协会警告说, 对于肺部结节, 0.1毫米的测量值可能并不精确。事实上, 他们认为小于3毫米的结节太小, 无法准确测量。据我们所知, 还没有研究评估过测量到小数点后第一位的实用性。随着Lung-RADS 1.1框架的采用, 未来的研究将对评估这一新要求的价值有所启发。

4. 挑战与展望

从生物学角度看, 肺肿瘤细胞最初沿着肺泡内壁生长, 肺泡间隔的增厚程度很小。随着肿瘤细胞数量的增加, 肺泡壁增厚并塌陷。由于肺泡被细胞侵袭和取代, 结节变得更加致密, 在CT图像上表现为亚实性或完全实性。引入Lung-RADS是为了标准化报告, 并根据估计的恶性肿瘤风险指导LCS期间发现的肺结节的管理。回顾性应用Lung-RADS对NLST数据, 结果显示性能得到改善, 假阳性率显著降低[42]。然而, 在常规临床实践中, 关于Lung-RADS性能的数据有限[43]。研究显示, 与根据Lung-RADS推荐预测的恶性肿瘤患病率相比, 所有评估的Lung-RADS类别(3、4A、4B和4X)的恶性肿瘤发生率更高[44]。尽管如此, 被归类为Lung-RADS 4类的支气管内结节绝大多数是良性的。

Lung-RADS主要根据2D测量强调结节大小和生长。在指导癌症治疗决策方面, RECIST中的2D测量比单直径测量更准确; 每种情况都有不同程度的差异, 这些差异可能是决策可以容忍的[45] [46] [47]。一些研究强调了二维测量的局限性, 显示出显著的观察者内和观察者间变异性[48] [49] [50]。不同吸气程

度的扫描采集也会影响轴向结节的测量[51]。这些固有的测量误差可能导致对结节大小和尺寸变化的高估或低估。使用卡尺测量确定结节生长或生长不足可能是错误的, 导致 Lung-RADS 分类不准确。研究结果显示, 通过自动或半自动体积分析(包括测量部分实性结节的固体成分)可提高重现性[52] [53]。然而, 结节边缘复杂性和不规则性的增加导致 3D 测量和 VDT 的变异性更大[54] [55]。不同软件程序之间的测量也显示出很大的差异, 当使用相同的软件不一致时, 很难进行比较。Lung-RADS 1.1 在平均直径测量旁边包括体积测量, 以适应已经使用体积测量的实践, 并为未来体积测量的标准化提供一条途径。

5. 小结

CT 具有方便迅速、分辨力高、图像清晰的特点。CT 扫描技术不断进步, 使肺结节的检出率逐年上升, 为诊断早期肺癌带来帮助, 对提高平均生存率和降低经济成本有着重要意义。Lung-RADS 分级可以通过不同分级清晰分辨影像的表现为标准对肺结节进行重新分类, 探讨单一病灶内部及边缘 CT 征象对肺结节良、恶性鉴别的价值以及有助于提高鉴别诊断肺结节良、恶性的效能。Lung-RADS 将随着新信息的出现而继续更新, 以解决与临床实践中使用该系统相关的持续挑战, 将给患者带来更好的护理和结果。

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