

激素受体阳性/人表皮生长因子受体2阴性晚期乳腺癌一线治疗的研究进展

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收稿日期: 2023年12月10日; 录用日期: 2024年1月5日; 发布日期: 2024年1月11日

摘要

激素受体阳性(HR+)/人类表皮生长因子受体2阴性(HER2-)乳腺癌是最常见的乳腺癌亚型。大约30%的肿瘤在手术后复发和转移,并且约5%~10%的患者在初次诊断时即被诊断为晚期乳腺癌,对于这类乳腺癌,目前可以选择的治疗方案有许多,包括芳香化酶抑制剂(aromatase inhibitors, AI)、选择性雌激素受体下调剂(fulvestrant)细胞周期蛋白依赖性激酶4/6 (cyclin-dependent kinase 4/6, CDK4/6)抑制剂、磷脂酰肌醇-3-激酶(phosphatidylinositol-3-kinases, PI3K)、丝氨酸/苏氨酸蛋白激酶(protein serine-threonine kinase, AKT)抑制剂、雷帕霉素靶蛋白(mammalian target of rapamycin, mTOR)抑制剂、组蛋白脱乙酰酶(histone deacetylase, HDAC)抑制剂等。本文以内脏危象为分层就HR+/HER2-型乳腺癌一线治疗方面的研究进行综述,以期对乳腺癌患者的精准治疗提供理论基础。

关键词

乳腺癌, 晚期一线治疗, 内分泌治疗, 靶向治疗

Research Progress in First-Line Treatment for Hormone Receptor-Positive/Human Epidermal Growth Factor Receptor 2-Negative Advanced Breast Cancer

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Received: Dec. 10th, 2023; accepted: Jan. 5th, 2024; published: Jan. 11th, 2024

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文章引用: 王天琢, 迪吉. 激素受体阳性/人表皮生长因子受体2阴性晚期乳腺癌一线治疗的研究进展[J]. 临床医学进展, 2024, 14(1): 397-402. DOI: 10.12677/acm.2024.141057

Abstract

Hormone receptor-positive (HR+), human epidermal growth factor receptor 2-negative (HER2-) breast cancer is the most common subtype of breast cancer. Approximately 30% of tumors experience recurrence and metastasis after surgery, and about 5%~10% of patients are diagnosed with advanced breast cancer at the initial diagnosis. For this type of breast cancer, there are various treatment options available, including aromatase inhibitors (AI), selective estrogen receptor degraders (fulvestrant), cyclin-dependent kinase 4/6 (CDK4/6) inhibitors, phosphatidylinositol-3-kinases (PI3K), proteinserine-threonine kinase (AKT) inhibitors, mammalian target of rapamycin (mTOR) inhibitors, histone deacetylase (HDAC) inhibitors, and others. This article reviews research on first-line treatment for HR+/HER2- breast cancer, stratified by visceral crisis, aiming to provide a theoretical basis for precision treatment of breast cancer patients.

Keywords

Breast Cancer, Advanced First-Line Treatment, Endocrine Therapy, Targeted Therapy

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1. 引言

乳腺癌在全球女性中的发病率在 2020 年超过了肺癌排名第一[1]。其中最常见的亚型之一是激素受体阳性(HR+)/人类表皮生长因子受体 2 阴性(HER2-)乳腺癌, 占有病例的 70% [2] [3]。这种类型患者临床上常表现为淋巴结阴性的早期疾病, 内分泌治疗为其基础辅助治疗, 但大约 30%的肿瘤在手术后复发和转移, 并且约 5%~10%的患者在初次诊断时即被诊断为晚期乳腺癌[4]。对于晚期或转移性 HR+/HER2-乳腺癌, 目前可以选择的治疗方案有许多, 美国国家综合癌症网络(NCCN)和中国临床肿瘤学会(CSCO)推荐的药物有: 芳香化酶抑制剂(aromatase inhibitors, AI)、选择性雌激素受体下调剂(fulvestrant)细胞周期蛋白依赖性激酶 4/6 (cyclin-dependent kinase 4/6, CDK4/6)抑制剂、磷脂酰肌醇-3-激酶(phosphatidylinositol-3-kinases, PI3K)、丝氨酸/苏氨酸蛋白激酶(proteinserine-threonine kinase, AKT)抑制剂、雷帕霉素靶蛋白(mammalian target of rapamycin, mTOR)抑制剂、组蛋白脱乙酰酶(histone deacetylase, HDAC)抑制剂等, 这些药物单独或联合使用可有效延长晚期或转移性 HR+/HER2-乳腺癌患者的生存期[2] [5]。除此之外, 随着抗体药物偶联物(antibody-drug conjugates, ADC)的发展, 这类药物也逐渐应用于 HR+/HER2 低表达乳腺癌[6]。对于晚期或转移性 HR+/HER2-乳腺癌, 内脏危象的存在与否, 决定了治疗方向的选择, 因此本文以内脏危象为分层就 HR+/HER2-型乳腺癌一线治疗方面的研究进行综述, 以期对乳腺癌患者的精准治疗提供理论基础。

2. 无内脏危象的晚期或转移性 HR+/HER2-乳腺癌

内分泌治疗是 HR+/HER2-晚期乳腺癌的主要治疗方式, 其目标是控制症状、提高生活质量和延长生存期、并尽可能延迟化疗的启动。然而, 由于单药内分泌治疗疗效的局限性以及原发性或继发性耐药的存在, 内分泌单药治疗越来越不能满足临床治疗的需求。因此, 迫切需要探索联合治疗策略, 以克服耐药并改善 HR+/HER2-晚期乳腺癌患者的生存获益。CDK4/6 抑制剂是近几年乳腺癌治疗领域的重大突破,

它的出现改变了 HR+/HER2-晚期乳腺癌的临床治疗模式,不但可以延长内分泌治疗的时长,也能在一定程度上推迟患者进入化疗的时间。CDK4/6 是包括雌激素受体(estrogen receptor, ER)在内的多条信号途径的共同下游靶点,在 HR+乳腺癌中,ER 信号传导导致了 ER-Cyclin D1-CDK4/6 途径的活性增加驱动细胞自 G1 期向 S 期进程,进而引起细胞增殖,最终导致细胞增殖失控[7]。目前,已上市的 CDK4/6 抑制剂包括哌柏西利(Palbociclib)、瑞波西利(Ribociclib)、阿贝西利(Abemaciclib)和中国原研药品达尔西利(Dalpiciclib)。CDK4/6 抑制剂联合芳香化酶抑制剂 AI 的临床研究(PALOMA-2、MONALESSA-2、MONARCH-3 和 MONALESSA-7)均入组一线治疗的 HR 阳性 HER-2 阴性晚期乳腺癌患者。

PALOMA-2 [8]是一项全球多中心、随机双盲、安慰剂对照的 III 期临床研究,纳入 666 例绝经后未经晚期系统性治疗的 ER 阳性 HER2 阴性晚期乳腺癌患者,2:1 随机分组至 Palbociclib + 来曲唑的治疗组或安慰剂 + 来曲唑的对照组。主要研究终点是由研究者评估的无进展生存期(PFS),次要终点包括总生存期(OS)、客观缓解率、临床获益、患者报告结局及安全性。中位随访时间为 38 个月, palbociclib + 来曲唑组相对对照组,显著改善 PFS (27.6 vs 14.5 个月; HR = 0.563),且所有亚组患者均获益;在有可测量疾病的患者中, palbociclib + 来曲唑的 ORR 为 44.4% (odds ratio 1.55 [1.05~2.28]; P = 0.03);在不良反应反应方面 palbociclib + AI 长期使用没有累积的毒性;维持了生活质量。MONALESSA-2 [9]是一项 III 期临床试验,在 HR+/HER2-的绝经后晚期乳腺癌患者中,评估了 ribociclib + 来曲唑一线治疗的疗效和安全性。在 MONALESSA-2 研究中,患者按 1:1 的比例进行随机分配,与安慰剂 + 来曲唑组相比, ribociclib + 来曲唑组的无进展生存期 PFS (25.3 vs. 16.0 个月); ORR (0.57; 95% CI: 0.46~0.70; P < 0.001)。同样,在 MONALESSA-7 [10]研究中 ribociclib 的 PFS 获益也具有统计学意义: ribociclib 联合他莫昔芬或芳香化酶抑制剂加戈舍瑞林的中位无进展生存期为 23.8 个月(95% CI: 19.2 个月~NR),而他莫昔芬或芳香化酶抑制剂加戈舍瑞林的中位无进展生存期为 13.0 个月(95% CI: 11.0~16.4 个月) (HR = 0.553; 95% CI: 0.441~0.694; P < 0.0001)。

MONARCH-3 [11] [12]研究是一项随机、双盲、安慰剂对照的 III 期研究,入组 18 岁以上、绝经后、局部晚期不可手术或转移性、HR+/HER2-乳腺癌患者共 493 例。入组患者按 2:1 比例随机接受阿贝西利联合 AI 或安慰剂联合 AI 治疗,主要终点为 PFS,次要终点包括 OS、ORR、安全性等。2017 年 ESMO 大会上,首次公布了 MONARCH3 研究 PFS 期中分析结果。中位随访 17.8 个月,阿贝西利 + AI 与安慰剂 + AI 相比,ITT 人群的 mPFS 为 NR vs 14.7 个月(HR 0.54; 95% CI, 0.41~0.72; P = 0.000021)。该研究在发生 246 例 PFS 事件时,进一步报告了 PFS 最终分析结果,中位随访 26.73 个月,ITT 人群的 mPFS 为 28.18 个月 vs 14.76 个月(HR 0.540; 95% CI: 0.418~0.698; P = 0.000002)。值得注意的是在阿贝西利治疗组中腹泻的发生率很高,所有级别腹泻发生率为 81.3%,但以 1 级为主。

虽然在 PFS 方面 3 种 CDK4/6 抑制剂相较于对照组均有统计学差异,且拥有良好的耐受性,但在 OS 方面,这三种 CDK4/6 抑制剂有着不同的结果。Ribociclib + AI 治疗的相关研究 MONALESSA-2、MONALESSA-7 均带来 OS 显著获益,OS HR 为 0.67~0.76 [13] [14]。PALOMA-2 的 OS 为阴性结果,2022 年 ASCO 大会上报道的数据显示,哌柏西利 + AI 对比安慰剂 + AI 治疗绝经后患者的中位 OS 为 53.9 个月 vs 51.2 个月(HR = 0.956, 单侧 P = 0.3378),两组的 OS 在数值上显示出一定程度的延长,但未达到统计学差异[15]。2022 年 ESMO 大会上报道的 MONARCH 3 研究结果显示,阿贝西利 + AI 治疗绝经后患者的 OS 虽然未达到正式统计学显著性,但是可以看出 OS 获益的趋势。阿贝西利 + AI 较安慰剂 + AI 延长患者 OS 一年以上,OS HR 为 0.754,进一步延长随访或可明确阿贝西利 + AI 的 OS 获益[16]。

3. 有内脏危象的晚期或转移性 HR+/HER2-乳腺癌

HR+/HER2-晚期乳腺癌的治疗需要考虑患者的诸多临床特征,是否合并内脏危象便是其中之一。既

往 CDK4/6 抑制剂相关研究中均排除了具有侵袭性疾病特征(快速进展、症状明显、内脏危象等)的 HR+/HER2-晚期乳腺癌患者。《中国晚期乳腺癌规范诊疗指南》指出[17], 肿瘤迅速进展、内脏转移广泛或症状明显、存在内脏危象、需要快速减轻肿瘤负荷的患者, 应用 CDK4/6 抑制剂联合内分泌治疗的数据有限, 应先给予化疗等起效更快更有效的治疗。推荐的首选化疗方案包括单药化疗或联合化疗。与单药化疗相比, 联合化疗通常有更高的客观缓解率和无疾病进展时间, 然而联合化疗的毒性较大且生存获益有限, 因此, 仅需要使肿瘤迅速缩小或症状迅速缓解的患者才选择联合化疗, 而以耐受性和生活质量作为优先考虑因素的患者, 首先选择单药化疗。

针对紫杉醇类药物治疗敏感的人群可首选单药紫杉类(白蛋白紫杉醇、多西他赛、紫杉醇)或选择含紫杉醇类的联合治疗方案如 TX 方案(紫杉醇类药物 + 卡培他滨)、GT 方案(吉西他滨 + 紫杉醇类药物)、TP 方案(紫杉醇类药物 + 铂类, 包括卡铂、顺铂)。其他治疗方案包括使用卡培他滨、长春瑞滨、吉西他滨、依托泊苷等单药治疗方案以及紫杉类联合抗血管类药物(贝伐珠单抗)的联合方案。而对于紫杉醇类药物治疗失败的乳腺癌患者, 则不应再次选择含紫杉醇类药物的治疗方案, 艾立布林、长春瑞滨、卡培他滨、吉西他滨的单药治疗可明显提高此类患者的控制率。此外, BG01-1312L 研究显示[18], 对于蒽环类和紫杉类治疗失败的晚期乳腺癌, 优替德隆联合卡培他滨对比卡培他滨单药可明显延长 PFS 和 OS, 为蒽环类和紫杉类失败的晚期乳腺癌提供了新的治疗机会。

近年来, 随着 CDK4/6 抑制剂相关研究的开展, 使 CDK4/6 抑制剂联合内分泌治疗在高侵袭性 HR+/HER2-晚期乳腺癌患者中取代化疗成为可能。RIGHT Choice 研究[19]是首个针对侵袭性 HR+/HER2-转移性乳腺癌包括内脏危象患者的随机 II 期临床研究, 纳入了 222 例既往未接受过系统性治疗的绝经前/围绝经期 HR+/HER2-、疾病更具侵袭性特点(包括有症状的内脏转移、快速进展、症状性非内脏疾病)的晚期乳腺癌女性患者, 按 1:1 的比例随机分配至瑞波西利联合内分泌治疗和戈舍瑞林组或研究者选择的联合化疗组。在侵袭性疾病特征方面, 瑞波西利组与对照组分别有 20.5%和 16.4%为快速进展、13.4%和 14.5%为症状性非内脏疾病、66.1%和 69.1%为症状性内脏转移、54.5%和 50.0%为内脏危象。研究发现, 一线瑞波西利 + 内分泌治疗相较于联合化疗显著延长 HR+/HER2-晚期乳腺癌患者的 PFS 长达 12 个月(24.0 个月 vs 12.3 个月) HR (95% CI) 0.54 (0.36~0.79) P 值 = 0.0007。与此同时, 在一系列的亚组分析当中, 我们也同样看到了瑞波西利 + 内分泌治疗为患者带来的获益, 与化疗组相比, 瑞波西利组的 ORR (65.5% vs 60.0%)在数值上均有提升; 瑞波西利组的缓解时间(TTR)也有所延长(4.9 vs 3.2 个月; HR 0.78, 95% CI: 0.56~1.09)。且在毒副反应方面, 相较于联合化疗组, 瑞波西利 + 内分泌治疗具有更低的不良事件发生率。

4. 总结与展望

目前, 在 HR+/HER2-晚期乳腺癌患者的一线治疗方案中, CDK4/6 抑制剂联合内分泌治疗已成为主要选择方案, 其优势体现于更高的无进展生存期, 更长的总生存期以及更低的不良反应发生率, 使晚期乳腺癌豁免化疗成为可能, 提高了患者的生活质量。对于 HR+/HER2-晚期乳腺癌的晚期治疗仍有许多成功的临床研究未纳入到本文之中, 其多为这类乳腺癌的二线及后线治疗。例如, CDK4/6 抑制剂针对 HR+/HER2-晚期乳腺癌的晚期二线治疗的相关研究(MONARCH plus [20], PALOMA-3 [21] [22] [23], MONALEESA-3 [24] [25]及 DAWNA-1 [26]), 针对 HDAC 抑制剂西达本胺的 ACE 研究[27], mTOR 抑制剂依维莫司的 BOLERO-2 研究[28] [29]以及 PI3K 抑制剂阿培利司的 Solar-1 研究[30] [31] [32]均获得了优秀的结果。此外, 目前的肿瘤领域热点 ADC 类药物, 也逐渐应用于 HR+/HER2 低表达晚期乳腺癌的晚期治疗中, 其相关研究 DESTINY-Breast04 [6]是一项前瞻性、随机对照、III 期临床研究, 研究入组 557 例 HER2 低表达晚期二、三线乳腺癌患者, 试验组接受 T-DXd, 对照组接受医生选择的化疗方案。研究

结果显示, 试验组和对照组中位 PFS 分别为 9.9 个月和 5.1 个月, HR 0.50; 95% CI, 0.40~0.63; $P < 0.001$ 。试验组和对照组中位 OS 分别为 23.4 个月和 16.8 个月, HR 0.64; 95% CI, 0.49~0.84; $P = 0.001$ 。该研究首次成功在 HER2 低表达人群中证明使用抗 HER2 治疗的必要性, 并且很快获得 FDA 批准, 也是截至目前 FDA 唯一批准用于 HER2 低表达人群的抗 HER2 药物。另外一些新的具有前景的药物, 如 VEGF 和 FGFR 抑制剂正在进行临床研究, 期待今后更多研究者开展更多的临床研究, 推动 HR+/HER2-晚期乳腺癌的晚期治疗发展, 为 HR+/HER2-晚期乳腺癌患者的治疗策略提供更多选择。

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