

初治 M₀ 鼻咽癌根治性放疗后寡转移的治疗进展

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摘要: 调强放疗时代, 远处转移是鼻咽癌综合治疗后的主要失败模式。寡转移概念的提出, 使人们对转移性鼻咽癌的预后有了新的认识。单器官转移或转移灶少于 5 个的鼻咽癌患者的生存明显优于多器官转移者。手术、立体定向放射治疗、射频消融等局部治疗手段联合全身化疗、靶向治疗、免疫治疗不仅提高了鼻咽癌寡转移灶的局部控制、延长患者生存期, 甚至有望治愈疾病。

关键词: 鼻咽肿瘤; 放射疗法; 寡转移

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Progress in Treatment of Oligometastases after Radical Radiotherapy for Nasopharyngeal Carcinoma with M₀ Stage at Diagnoses

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Abstract: In the era of intensity-modulated radiotherapy (IMRT), distant metastasis is the main failure mode after comprehensive treatment of nasopharyngeal carcinoma (NPC). The concept of oligometastases has put forward a new understanding of the prognosis of metastatic nasopharyngeal carcinoma. The survival of patients with isolate or less than 5 organ metastases is significantly better than those with multi-organ metastasis. Surgery, stereotactic body radiotherapy (SBRT), radiofrequency ablation (RFA) and other local treatments combined with systemic chemotherapy, targeted therapy, immunotherapy not only improve the local control of nasopharyngeal carcinoma oligometastases, prolong the survival of patients, but may also cure the disease.

Subject words: nasopharyngeal neoplasms; radiotherapy; oligometastases

随着调强放疗 (intensity-modulated radiotherapy, IMRT) 联合化疗、靶向药物等综合治疗模式的广泛应用, 鼻咽癌 (nasopharyngeal carcinoma, NPC) 的局控率已达 80% 以上^[1-3]。但初治 M₀ 的 NPC 根治性放疗后远处转移的发生率仍高达 15%~30%^[4-6], 成为 NPC 治疗主要的失败模式^[7]。恶性肿瘤发生远处转移通常被认为不可治愈, 但并非所有的远处转移都是不可控的。PET-CT、MRI、ECT 等影像检查及

EBV 相关检测, 使得远处转移能够被早期发现。文献报道, 初治 M₀ 的 NPC 患者在根治性治疗后, 首次失败模式为寡转移者的生存状况优于广泛转移者; 对寡转移灶进行积极局部治疗, 比单纯全身治疗可显著获益^[8-10]。寡转移的概念在 NPC 中尚未得到广泛认同, 亦无规范的治疗模式。本文就 NPC 根治性放疗后寡转移的进展进行综述。

1 鼻咽癌寡转移的定义

1995 年, 美国肿瘤放射治疗专家 Hellman 等^[11]提出“寡转移”的概念, 认为肿瘤寡转移是一种介于局部侵犯和广泛转移之间的过渡状态, 属于肿瘤侵袭相对温和的阶段, 在这一时期, 实体瘤的转移可能

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局限于特定器官且转移数目有限,通常 ≤ 5 个,而积极地局部治疗可能使寡转移患者从中获益^[12]。Fong等^[13]报道了1001例结肠癌肝转移患者进行肝脏转移灶手术切除后,5、10年生存率分别达37%和22%。另一项5206例肺转移癌的长程回顾性研究显示,接受肺转移灶根治性手术的患者长期生存获益,15年生存率达22%^[14]。在乳腺癌、非小细胞肺癌、前列腺癌等肿瘤中也证实了寡转移的存在^[15-17]。寡转移在NPC中同样存在,在一份大样本的转移性NPC文献报道中,单器官转移率达34%,其中孤立性转移灶占16%,同时,该文献认为孤立转移和肺转移的预后最好^[18]。Tian等^[19]在转移性NPC中的研究认为,单器官转移或1~5个转移灶患者的生存明显优于多器官转移或转移灶数目 >5 的患者,应归为寡转移;而Zou等^[20]认为合并有肝脏转移的寡转移和广泛转移在生存上无差异,应将肝脏转移单独划分为M_{1c}期。此外,亦有学者对单个器官的寡转移做出更为精细的划分^[21,22]。初治M₀的NPC患者经原发灶根治性放疗后发生寡转移,目前尚无诊断标准和治疗方案,对转移灶的局部治疗方法也无大宗数据报道。因此,NPC寡转移的治疗已经逐渐得到重视,除了全身治疗外,对于转移灶应用手术、立体定向放射治疗(stereotactic body radiotherapy, SBRT)、经肝动脉化疗栓塞术(transcatheter arterial chemoembolization, TACE)、射频消融(radiofrequency ablation, RFA)等手段均有探讨,并取得了较好的局部控制率,甚至有临床治愈的报道^[23-26]。

2 寡转移灶的局部治疗

2.1 肺转移

2004年香港的一项多中心研究显示,2915例初治无远转的NPC患者,在接受原发灶根治性放疗后,476例出现远处转移,高达16%。其中,单纯肺转移的患者预后最好,中位生存期3.9年,高于骨、肝转移及多器官转移者^[27]。马俊等^[8]比较了105例NPC肺转移的三种治疗模式,单纯化疗、肺转移灶放疗/手术 $\pm$ 化疗,5年观察结果显示,无论是局部控制率还是无病生存率、总生存率,接受转移灶局部治疗组均优于单纯化疗组,其中手术组获益最明显,5年生存率达32.1%。此外亦有小样本的报道,CT引

导下的射频消融术^[28]、放射性粒子植入术^[29]等对NPC肺转移灶的处理具有安全性和有效性。

SBRT因具备生物有效剂量高、靶区适形度好等优势,在治疗寡转移的地位愈发凸显。一项系统回顾性分析显示,SBRT在对寡转移灶的治疗上显示出良好的局部控制,2年局控率约79%,2年总生存率50%以上,3级以上毒性反应低于4%^[30]。一项多中心前瞻性临床研究显示,对于1~3个, ≤ 7 cm的肺转移灶,分3次给予总剂量48~60Gy的放疗,2年局控率达96%,中位生存时间19个月^[31]。

2.2 肝转移

肝脏转移是影响转移性NPC生存的独立预后因素,NPC发生肝转移时常已合并其他器官转移,治疗效果及预后较差^[20]。Pan等^[21]对281例肝转移的NPC患者进行了更为细致的划分,认为1~3个肝转移灶、单叶转移的预后相对较好,而无论是否合并肝外转移。Huang等^[23]分析显示15例NPC肝脏寡转移患者接受R0切除术后,1、3、5年OS分别为85.7%、64.2%和40.2%,中位生存期45.2个月,明显优于接受TACE术者。而相比手术和传统放疗,立体定向放疗具有毒性低、耐受性好等优势,目前已广泛应用于肝转移的治疗。已有I/II期临床试验显示SBRT治疗肝转移的局控率在71%~90%,中位生存期17.6~20.5个月,毒性可耐受,且分割剂量大的SBRT获益更明显^[32-34]。

TACE是肝转移癌的常用治疗方法,适用于不能手术患者的姑息治疗。由于NPC经肝动脉转移入肝,因此可以通过肝动脉灌注化疗提高肿瘤局部的药物浓度或用栓塞剂减少肿瘤血供从而起到抑制肿瘤的作用。中国医学科学院肿瘤医院报道了35例NPC肝转移经TACE治疗,临床有效率约46.9%,1、2、3年累积生存率分别为43.8%、15.6%及6.3%^[24]。

RFA利用高能量电磁波破坏肿瘤组织,被广泛地应用于肝癌以及其他实体肿瘤的治疗。已有研究显示,RFA联合全身化疗治疗NPC肝转移的局部有效率达93%,高于单纯化疗及局部RFA,1、2、3年累积生存率分别为91%、61%及36%^[9],5年生存率达32.5%^[25]。

2.3 骨转移

NPC放化疗后发生远处转移,以骨转移的发生率最高^[35]。中山大学分析了116例经首程治疗后首次失败模式为单纯骨转移的NPC患者,其中105例

为 1~2 个转移灶,经全身化疗±转移灶放疗,中位生存期 33.3 个月。此外,无病间期(disease-free interval, DFI)>24 个月、转移灶局部放疗是生存的有利预后因素^[36]。福建医科大学报道了 80 例单纯骨转移的患者,中位转移后总生存(overall metastatic survival, OMS)26.5 个月,2 年 OMS 率为 52%。其中 48 例接受了骨转移灶 30~66Gy 放疗联合全身化疗的患者,中位 OMS 为 40.0 个月,高于单纯放疗的 17.4 个月及单纯化疗的 12.6 个月^[37]。

近年来,大分割放疗在骨转移止痛以及局部控制方面显示出了优越性^[38]。新加坡的个案报道,1 例骨寡转移的 NPC 患者,在接受大分割治疗而未行任何全身化疗的情况下,获得了长达 8 年的无病间期^[26]。可见 NPC 骨转移的预后存在很大差异,这可能与 DFI、转移灶数目、骨转移的治疗模式、LDH、EBV-DNA 等因素相关^[22,36,37,39]。

3 寡转移的全身治疗

3.1 化 疗

化疗仍是转移性 NPC 的主要治疗方式,经典的 PF 方案(顺铂+氟尿嘧啶)在转移性 NPC 的有效率为 53%~66%,中位进展时间(time to tumor progression, TTP)6.5~8.0 个月^[40,41]。2016 年发表在柳叶刀上一项多中心临床试验(NCT01528618)^[42]奠定了 GP 方案(吉西他滨+顺铂)在复发/转移 NPC 治疗中一线地位,GP 方案较 PF 方案提高了 1.4 个月的 PFS,3 级以上口咽黏膜反应发生率明显降低,但增加了血液学毒性。此外,紫杉醇和铂类联用(TP 方案)在治疗转移性 NPC 中亦显现出有效性^[43]。目前比较一致的认为,对转移性 NPC 4~6 周期的化疗最合适,化疗少于 4 周期是不良预后因素^[10],>6 周期化疗相比≤6 周期化疗并无明显生存获益^[44]。

3.2 靶向治疗

研究显示,表皮生长因子受体(epidermal growth factor receptor, EGFR)高表达与放化疗抵抗增加及较差的预后有关,这使得靶向阻断 EGFR 相关信号通路成为可选择的治疗策略^[45]。西妥昔单抗联合铂类/氟尿嘧啶是复发/转移头颈部鳞癌的标准治疗方案^[46],EGFR 在 NPC 特别是晚期患者同样有较高表达率^[47]。Chan 等^[48]多中心临床试验报道了西妥昔单

抗联合卡铂在铂类治疗失败的复发/转移的 NPC 患者中具有有效性,毒性可耐受。与之相反,吉非替尼在治疗转移性 NPC 的效果不佳^[49],其他 TKI 药物如索拉非尼、阿西替尼等亦有报道^[50,51],但应用价值有待商榷。此外,抗血管生成药物在 NPC 中亦有应用,浙江省肿瘤医院的 II 期单中心临床研究,恩度联合 GP 方案化疗治疗转移性 NPC 获得了 77.8%的有效率,中位 PFS、OS 分别达 12.0、19.5 个月^[52,53]。因此对于治疗后转移的 NPC 在一线化疗的基础上加入靶向治疗可能可改善预后。

3.3 免疫治疗

2017 年 KEYNOTE-028 报道了帕博利珠单抗(Pembrolizumab)在治疗 PD-L1 阳性复发/转移 NPC 的客观缓解率为 25.9%,6、12 个月的 PFS 分别为 50.0%、33.4%^[54]。梅奥医学中心牵头的多中心临床研究 NCI-9742 结果在 JCO 上发表,入组 44 例经多线治疗的复发/转移 NPC 患者接受纳武单抗(Nivolumab)治疗,有效率为 20.5%,1 年 OS、PFS 率达 59%、19.3%^[55]。新型的 CAR-T 细胞免疫治疗在血液系统肿瘤中已取得了显著的疗效,但在 NPC 中尚未开展。此外,EBV 相关疫苗、免疫基因治疗等有小样本的探索性研究。MD Anderson 癌症中心的张玉蛟教授提出放疗联合免疫治疗能够通过破坏局部病灶释放肿瘤抗原产生“远隔效应”,从而控制局部和远位病灶,降低远处转移^[56]。目前,该中心就立体定向放疗联合免疫治疗开展一项 II 期临床研究,以期患者能从联合治疗中获益。上述研究为转移性 NPC 的免疫治疗扩充了依据,提供了新的治疗思路。

4 结 语

寡转移是 NPC 治疗失败的一种特殊模式,通过积极的局部治疗联合全身治疗,寡转移患者可以获得较好生存质量和较长的生存期。但是,NPC 寡转移目前尚无统一的诊断标准和治疗方案,对转移灶的局部治疗方法也无大宗数据报道。是否有相关分子标志物为临床提供诊断,是否存在独特的生物学行为及器官特异性,有待进一步探索。目前的研究结果显示:①孤立的肺部寡转移预后较好,肝转移、骨转移预后较差。②对寡转移灶进行积极的局部治疗,

比单纯全身治疗明显获益,而全身性治疗联合局部治疗是未来的研究方向。③局部治疗以放射治疗疗效最优,特别是应用 SBRT 技术能取得较好的局部控制,此外,局部手术治疗及 RFA 也可获益。④在联合治疗方案中,化疗是经典的全身性治疗方法,而靶向治疗、免疫治疗将会是未来研究方向。如何将局部治疗和一种或多种全身治疗方法有机的结合起来,有待大样本的随机研究。

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