

腹膜假黏液瘤的诊断与治疗研究进展

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摘要: 腹膜假黏液瘤是一种罕见的临床综合征, 主要来源于阑尾黏液肿瘤, 以腹腔内充满黏液或胶冻样腹水为特征。发病率每年约 3/100 万~4/100 万。由于其进展缓慢, 无特异性临床症状, 容易导致误诊。超声、CT 等影像学检查有助于诊断。目前细胞减灭术与腹腔热灌注化疗相结合的综合治疗策略已经成为腹膜假黏液瘤标准的治疗方法, 然而术后高复发率仍是亟待解决的难题。肿瘤减灭程度是影响生存预后的重要因素, 而全身化疗能否获益尚存在争议。

关键词: 腹膜假黏液瘤; 肿瘤细胞减灭术; 腹腔热灌注化疗

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Research Progress in Diagnosis and Treatment of Pseudomyxoma Peritonei

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Abstract: Pseudomyxoma peritonei is a rare clinical syndrome with a incidence rate of 0.3/10⁵~0.4/10⁵, which mainly comes from appendix myxoma and is characterized by mucus or jelly-like ascites in the abdominal cavity. Because of its slow progress and no specific clinical symptoms, it is often misdiagnosed. Ultrasonography, CT and other imaging examinations are helpful for diagnosis. At present, cytoreductive surgery combined with hyperthermic intraperitoneal chemotherapy is the standard therapeutic strategy for pseudomyxoma peritonei, but the high postoperative recurrence rate is still the problem to be solved urgently. The extent of tumor attenuation is an important factor affecting survival and prognosis, but whether systemic chemotherapy can benefit is still controversial.

Subject words: pseudomyxoma peritonei; cytoreductive surgery; hyperthermic intraperitoneal chemotherapy

腹膜假黏液瘤(pseudomyxoma peritonei, PMP)是一种肿瘤细胞通过“再分布现象”在腹腔内播散种植, 并以产生大量黏液或胶冻样腹水为主要特征的临床罕见病^[1-2]。1884 年 Werth 首次使用腹膜假黏液瘤的概念^[3]。1937 年 Robert 提出一个假说, 当阑尾黏液囊肿破裂后, 逸出的上皮细胞在腹腔内种植, 并继续分泌黏液, 从而导致 PMP^[3]。由于可用的数据有限, PMP 确切的发病率尚不清楚, 最初提出的发病率约为 1/100 万~2/100 万, 而最新一项研究预测发病率在每年 3/100 万~4/100 万, 甚至可能更高^[4]。虽然 PMP 主要来源于穿孔的阑尾黏液性肿瘤, 但也可来源于其他器官, 如卵巢、胰腺、脐尿管、结直肠以及畸胎瘤等^[5-10]。PMP 生物学行为呈惰性生长, 进展缓

慢, 缺乏特异性临床表现, 早期发现较困难, 多数患者出现症状时往往已经是肿瘤晚期。传统治疗方式以简单穿刺引流腹腔积液或反复手术减瘤为主, 预后较差。20 世纪 90 年代提出的肿瘤细胞减灭术(cytoreductive surgery, CRS) 与腹腔热灌注化疗(hyperthermic intraperitoneal chemotherapy, HIPEC) 联合的综合治疗模式, 使部分患者 10 年生存率从 30% 提高至 63%~74%^[11-13], 目前已经成为 PMP 最有效的治疗方案。然而, 如何减少术后复发, 改善患者生存情况仍是一项难题。本文就 PMP 的诊断、治疗进展综述如下。

1 诊 断

1.1 临床表现

PMP 临床表现差异较大, 通常与腹腔内黏液积

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聚的程度有关。由于其起病隐匿,进展缓慢,早期往往没有任何症状或表现出易误诊为胃肠道疾病的轻微症状。随着腹腔内黏液不断的增加,逐渐出现腹胀、腹痛、腹腔积液、腹部包块以及饮食量减少、恶心、呕吐、肠梗阻等症状。部分患者可能出现类似急性阑尾炎表现的右下腹疼痛,而在女性患者中可能以妇科症状或卵巢肿物就诊,此外还可能表现出腹部以外的症状如腹股沟疝、黏液尿等^[14-15]。

查体时可以发现腹部膨隆,腹围增大,肠鸣音减弱。腹部触诊有揉面感,压痛、反跳痛等腹膜刺激征往往不明显,有时可触及质韧的包块。由于黏液性腹水流动性差,移动性浊音常表现阴性。

1.2 影像学检查

1.2.1 彩超

超声简单便捷,可做为 PMP 的首选检查方式。典型超声表现为^[16-18]:腹盆腔大量流动性差、透声差的液性暗区,内有絮状、点状强回声及分隔带,当探头加压冲击时,暗区中点状强回声呈“礼花”样改变;肝、脾等脏器周边呈锯齿样或扇贝样;腹膜、大网膜弥漫性增厚;肠管广泛粘连,蠕动力减弱;有时可见肿大增粗的阑尾,呈“腊肠”样改变,甚至可见阑尾壁连续性中断。

罗丹等^[19]指出超声对囊实性病变分辨率较好,可以更清楚地显示腹腔内黏液性病变及 CT 上无法显示的微小病灶,通过计算超声腹膜癌指数可以预测肿瘤的可切除性,对临床治疗方案的选择以及预后评估有着重要价值。

1.2.2 计算机断层扫描(CT)

CT 相对超声检查有其独特的优势,是 PMP 术前诊断及术后随访最常用的检查方式。典型 CT 表现为^[20-21]:腹盆腔大量积液或多发类圆形囊实性肿块,积液密度通常高于常见腹腔积液的密度;增强扫描时无明显强化或仅肿瘤边缘轻微强化;肝、脾周围可见“贝壳样”压迹;病变局限在腹腔内,不会累及腹膜后间隙。CT 可以清楚地显示病变分布范围以及与各脏器之间的相互关系,但是对小肠及肠系膜受累情况的敏感性较低^[22]。贾红敏等^[23]提出通过 CT 多平面重建及容积重建技术评判 PMP 患者有无小肠袢聚集,预判小肠系膜有无挛缩。

Bouquot 等^[24]专门针对 PMP 提出了一个 CT 评分系统,基于肝周区域 5 个位置,预测肿瘤可切除

术,灵敏度为 94%,特异度为 81%。

1.2.3 磁共振成像(MRI)

MRI 与 CT 影像特征基本类似,但在区分黏液和普通腹腔积液时更敏感。MRI 还可以更好地显示肠壁与肿瘤的边界,评估小肠尤其是胃小弯、十二指肠受累情况^[1]。

1.2.4 正电子发射型计算机断层扫描(PET-CT)

PET-CT 在 PMP 诊断中的作用尚有争议,通常认为在诊断 PMP 时价值不大,但 PET-CT 有助于发现腹腔以外的转移病灶^[25-26]。也有研究认为 PET-CT 在评估病理级别、能否完全减瘤和预测肿瘤复发时有一定帮助^[27-29]。

1.2.5 全消化道造影

通过碘剂消化道造影,进一步了解肠道运动情况、有无扩张、梗阻以及肠系膜有无挛缩。需要注意的是,消化道造影应避免使用钡剂,以免加重肠梗阻。

1.3 肿瘤标志物

肿瘤标志物在 PMP 诊断方面的研究较少,虽然多数 PMP 患者会出现血清 CEA、CA125、CA199 等肿瘤标志物升高,但由于缺乏特异性,诊断价值有限^[30]。有研究认为,通过检测肿瘤标志物水平可以评估肿瘤侵袭程度、腹膜肿瘤负荷以及肿瘤细胞增殖活性^[31]。而当联合检测腹腔积液肿瘤标志物时,可能有助于 PMP 病理级别的判断^[32]。

肿瘤标志物主要用于术后复查和早期发现复发^[33]。研究发现,肿瘤标志物升高的患者,术后复发的风险明显增高^[34-36],而在治疗后复查过程中出现肿瘤标志物升高,往往提示肿瘤复发^[33,37]。

1.4 腹腔穿刺

腹腔穿刺是一种常用的诊断方式,但是对于 PMP 来说,由于腹腔积液大多为黏液或胶冻样,很难通过穿刺针抽出。另外,穿刺液里可能没有或仅少量的上皮细胞,很难通过典型细胞学特征进行诊断。但在腹腔穿刺中能够抽出黏液或胶冻样物,对 PMP 的诊断有重大的提示价值^[38]。

1.5 腹腔镜检查

腹腔镜探查可以在较小创伤下尽可能地全面观察腹腔内病变情况,评估肿瘤程度,为制定手术方案提供依据,避免开腹给患者造成的损伤,同时可以进行多处活检,提高诊断的准确率^[39-40]。

1.6 病理学诊断

PMP 病理学分类及诊断标志一直都具有挑战

性且存在争议,先后有过多种分类标准,甚至有过一些相互混淆和重叠的概念。最早的病理分类是 Ronnett 等^[41]在 1995 年提出的,将 PMP 分为三种类型:播散性腹膜黏液性腺瘤病 (disseminated peritoneal adenomucinosis, DPAM)、腹膜黏液癌病 (peritoneal mucinous carcinomatosis, PMCA)、中间类型 (peritoneal mucinous carcinomatosis with intermediate features, PMCA-I)。2016 年腹膜表面肿瘤学国际联盟 (PSOGI) 达成的专家共识^[42],将 PMP 分为 4 类:无细胞性黏液、腹膜低级别黏液癌、腹膜高级别黏液癌和腹膜高级别黏液癌伴印戒细胞 (Table 1)。

免疫组织化学特异标志物有助于 PMP 来源的判断,阑尾来源通常表现为:CK7(+)、CK20(+)、CEA(+)、CDX2(+)、MUC2(+)、MUC5AC(+)、ER(-)和 PR(-)^[43]。

2 治疗

2.1 手术治疗

手术一直是 PMP 的主要治疗方式。传统手术以简单减瘤为主,虽然短时间内可改善患者症状,但术后复发率高,需要多次手术,预后较差。目前公认最有效的治疗方式是 CRS 与 HIPEC 相结合的综合治疗策略^[44-46]。尽管缺少前瞻性研究证实,但越来越多的回顾性研究报道了该方式取得的良好临床效果。肿瘤细胞减灭最终目的是尽可能清除包括原发病灶、腹膜、大网膜及受累脏器在内所有肉眼可见的肿瘤。研究结果显示,肿瘤减灭程度 (completeness of cytoreduction, CC) 是影响预后的重要因素,完全减瘤患者的生存时间明显优于姑息减瘤者^[11-13]。腹膜癌指数 (peritoneal cancer index, PCI) 是描述腹膜肿瘤累及程度的一个定量指标,高 PCI 被认为是

CRS 相对禁忌证,因为它显著增加了并发症的发生率和死亡率^[47],以及对生活质量有重大影响^[48]。Trilling 等^[49]提出针对高 PCI 患者,可采用两次手术进行减瘤,以降低手术并发症发生率和死亡率。由于多数 PMP 患者就诊时已经是疾病晚期,很难达到完全减瘤。翟喜超等^[50]提出将患者分为临床早期和临床晚期,对于临床早期的患者应按照 CRS 程序,尽可能切除所有肉眼可见肿瘤,包括原发病灶、腹膜、大网膜以及受累及的脏器;而对于临床晚期的患者,则以解决患者主要症状,改善生活质量的个体化治疗策略为主,避免盲目追求完全减瘤而扩大手术范围,导致术后并发症增加,影响患者预后。

2.2 化疗

2.2.1 腹腔灌注化疗

腹腔灌注化疗是治疗 PMP 重要的辅助方式,包括术中腹腔热灌注化疗 (HIPEC) 和术后腹腔灌注化疗。术中 HIPEC 在 CRS 完成后进行,有开放式和封闭式,化疗药物通常使用丝裂霉素、顺铂、奥沙利铂、5-氟尿嘧啶、多西他赛等,循环速度控制在 400~1 000 mL,加热温度至 (43±0.5) °C,治疗时间 60~90 min^[13,51]。术后腹腔灌注化疗目前主要有两种方式,一种是普通腹腔灌注化疗,将化疗药物灌入腹腔,保留 24 h 后放出,不进行加热和循环;另一种是与术中基本相同的方式。

2.2.2 新辅助腹腔内化疗

Prabhu 等^[52]报道了 27 例首次评估无法达到完全减瘤的 PMP 患者,在接受新辅助腹腔内化疗后,54.5% 的患者达到了完全减瘤,但是该研究未说明新辅助腹腔内化疗疗程数目。1 例 PMP 患者接受 12 个疗程新辅助腹腔内化疗后,同样达到了完全减瘤^[53]。这似乎为 PMP 的治疗提供了一项新的方式,有待更

Table 1 Pathological classification of PMP

PMP grade	Current terminology	Histologic feature
Grade 1	Acellular mucin	Mucin with no evidence of epithelial cells
	Low-grade mucinous carcinoma peritonei/disseminated peritoneal adenomucinosis (DPAM)	Pseudostratified or flat strips of epithelium with mild nuclear atypia, pattern of pushing invasion across a broad front and overall maintenance of cellular polarity
Grade 2	High-grade mucinous carcinoma peritonei/peritoneal mucinous carcinomatosis (PMCA)	Vesicular nuclei with prominent nucleoli, cellular stratification, cribriform or micropapillary architecture, elevated mitotic activity, high cellularity (at least 20% epithelial cells within mucin pools), irregular infiltrative glands or single cell with desmoplasia
Grade 3	High-grade mucinous carcinoma peritonei with signet-ring cells/peritoneal mucinous carcinomatosis with signet-ring cells (PMCA-S)	High grade histologic features, as reported above, with more than focal areas with signet-ring cell morphology (>10% of cells)

大样本验证。

2.2.3 全身化疗

全身化疗不是推荐的必要治疗程序,是否实施主要依赖于各中心治疗经验。术前新辅助化疗不能改善总生存期^[54-55],甚至有结果显示术前新辅助化疗是PMP的不良预后因素^[56-57]。研究发现,低级别阑尾来源PMP患者在CRS+HIPEC治疗后,接受全身化疗无法获益,但高级别PMP患者接受全身化疗有延长整体生存期的趋势^[55,58-60]。对于无法手术的晚期PMP患者,全身化疗或许可改善生存质量^[61],联合新血管生成抑制剂或许可延长生存期^[62-63]。

2.2.4 其他治疗

PMP其他治疗包括放疗^[64]、免疫治疗、生物治疗等,文献中仅见个案报道,临床应用较少。

3 预后

目前研究发现,减瘤程度、病理级别、肿瘤标志物以及HIPEC是影响PMP患者预后的重要因素。Chua等^[11]报道了一项来自16个中心2298例PMP患者的研究,结果显示接受CRS+HIPEC治疗后中位生存时间为196个月,中位无进展生存期为98个月,3、5、10和15年生存率分别为80%、74%、63%和59%,其中CC-0/1的患者5年生存率高达85%。2016年Ansari等^[12]在单中心1000例患者的研究指出,接受CC-0/1的患者5年和10年总生存率分别为87.4%和70.3%,而CC-2/3的患者5年和10年生存率分别为39.2%和8.1%。2020年夏奥等^[13]报道了国内最大样本量的单中心研究结果,5年、10年生存率分别为52.7%、44.8%,CC-0/1患者和CC-2/3患者5年、10生存率分别为77.0%、64.3%和45.8%、39.4%。虽然与国外研究结果存在偏差,但仍显示出CRS+HIPEC良好的预后,也显示出完全减瘤是影响PMP患者预后的重要因素。然而CRS+HIPEC在带来良好生存效果的同时,也伴有较高的手术并发症发生风险,因此选择适当的患者和在有经验的治疗中心接受治疗是非常重要的。

肿瘤标志物升高是PMP预后不良的独立相关因素,Taflampas等^[34]报道了519例接受CRS+HIPEC治疗的阑尾来源PMP患者,术前肿瘤标志物正常的患者无病生存率和总体生存率显著更高。而van

Eden等^[36]的研究发现,当CEA、CA125、CA199高出正常水平3倍以上,比组织学亚型更能预测更差的预后。Zhou等^[65]荟萃分析近20年发表的文献,结果发现在接受减瘤手术但不能接受完全细胞减灭术的PMP患者中,低级别PMP比高级别PMP预后更好。

近年来,新型基因测序技术逐渐成熟并应用于PMP的基础研究。与PMP相关的基因主要有K-RAS、GNAS、TP53等,基因突变是PMP预后不良的相关因素^[66]。

4 随访

在手术后5年内,建议3~6个月复查1次,包括肿瘤标志物、腹盆腔增强CT。5年以后每年复查1次。尽管在CRS+HIPEC综合治疗策略下,PMP获得良好的效果,但术后复发率仍高达28%。而对于肿瘤复发后如何治疗,尚无统一的标准。但普遍认为,肿瘤复发患者再次治疗必须个体化,再次接受手术仍能获益。

5 小结

腹膜假黏液瘤发病机制尚不清楚,虽然其生物学行为表现为惰性,但缺乏有效的治疗,预后较差。目前公认最有效的治疗方式为CRS+HIPEC,部分患者接受治疗后可显著延长生存期。同时这也一项比较复杂的手术方式,手术并发症发生率高,建议在有经验的中心进行。

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