

松果体区肿瘤放射治疗:29例单中心经验分析

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摘要: [目的] 观察松果体区肿瘤放射治疗的疗效及预后,并探讨不同放疗方案的疗效差异。[方法] 回顾性分析 2008 年 4 月至 2022 年 9 月在江苏省肿瘤医院接受首次放疗的 29 例松果体区肿瘤患者的临床资料,其中局部放疗 10 例、全脑室+局部加量放疗 4 例、全脑+局部加量放疗 3 例,以及全脑全脊髓+局部加量放疗 12 例。采用 Kaplan-Meier 法分析总生存率及无进展生存率并绘制生存曲线。[结果] 29 例患者 3、5 和 10 年总生存率分别为 92.5%、92.5% 和 74.0%,3、5 和 10 年无进展生存率分别为 88.6%、88.6% 和 79.8%。29 例患者中 4 例复发,分别为局部放疗组 1 例、全脑室+局部加量放疗组 2 例、全脑+局部加量放疗组 1 例。4 例复发患者中 3 例死亡,其中全脑+局部加量放疗组 1 例,全脑室+局部加量放疗 2 例。另 1 例复发患者在局部放疗后出现颅内复发,但通过全脑全脊髓照射后成功挽救。[结论] 放射治疗是大多数松果体区肿瘤的多学科治疗方法的基本组成部分,对于预后较差的患者,全脑全脊髓放疗可能有更好的疾病控制。

主题词: 松果体瘤;放射疗法;脊髓;脑

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Radiation Therapy for Tumors in the Pineal Region: A Single-Center Experience of 29 Cases

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Abstract: [Objective] To observe the therapeutic efficacy and prognosis of radiotherapy for pineal region tumor and to explore the differences in therapeutic efficacy between different radiotherapy regimens. [Methods] Clinical data of 29 patients with pineal region tumor receiving initial radiotherapy at Jiangsu Cancer Hospital from April 2008 to September 2022 were retrospectively analyzed, including 10 cases of primary site radiotherapy (PSRT), 4 cases of whole brain+ primary boost radiotherapy (WBRT+PB), 3 cases of whole ventricle+primary boost radiotherapy (WVI+PB), and 12 cases of craniospinal irradiation+primary boost radiotherapy(CSI+PB). The overall survival and progression-free survival were analyzed by Kaplan-Meier method and survival curve was drawn. [Results] The overall survival of 29 patients at 3- year, 5- year and 10- year were 92.5%, 92.5% and 74.0%, respectively. The 3-year, 5-year and 10-year progression-free survival rates were 88.6%, 88.6% and 79.8%, respectively. Among the 29 patients, 4 experienced recurrence, including 1 case in PSRT group, 1 cases in WBRT+PB group and 2 case in WVI+PB radiotherapy group. Among the 4 recurrence patients, 3 cases died, including 2 case in the WVI+PB group and 1 cases in WBRT+PB group. Additionally, 1 case experienced intracranial recurrence after primary site radiotherapy but was successfully salvaged through whole brain and whole spinal cord irradiation. [Conclusion] Radiotherapy is a fundamental component of the multidisciplinary treatment approaches for most pineal region tumors. For patients with a poorer prognosis, whole brain and whole spinal cord irradiation may have superior disease control, comparatively.

Subject words: pinealoma; radiation therapy; spinal cord; brain

松果体区肿瘤较为罕见,仅占成人颅内肿瘤不到 1%,在儿童中的发病率也仅为 3%~8%^[1-2]。该区域结构复杂,病变种类也较多,最常见的病变类型是生殖细胞肿瘤(germ cell tumors,GCTs)和松果体实

质肿瘤(pineal parenchymal tumors,PPTs),两者共占松果体区肿瘤 70%以上^[3]。其中生殖细胞肿瘤又分为生殖细胞瘤(germinoma,GE)和非生殖细胞瘤性生殖细胞肿瘤(non-germinomatous germ cell tumors,NGGCTs)。尽管放疗可以改善松果体肿瘤患者的预后,但具体放疗剂量和体积(局部、全脑室、全脑或全

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脑全脊髓)尚未明确或统一。本研究旨在观察松果体区肿瘤放疗的疗效及预后,并探讨不同放疗方案的疗效差异。

1 资料与方法

1.1 研究对象

回顾性分析江苏省肿瘤医院 2008 年 4 月至 2022 年 9 月间接受首次放疗的松果体区肿瘤患者的临床资料。共 29 例患者纳入研究,其中男性 25 例,女性 4 例;年龄 4~69 岁,中位年龄 14 岁。29 例患者中有 16 例(55.2%)经组织病理学证实,包括生殖细胞瘤 5 例,非生殖细胞瘤性生殖细胞肿瘤 5 例(混合性生殖细胞瘤 3 例、畸胎瘤 1 例、卵黄囊瘤 1 例),松果体实质肿瘤 6 例(松果体母细胞瘤 1 例,松果体区乳头状肿瘤 1 例,中等分化松果体实质肿瘤 2 例,松果体细胞瘤 2 例)。另 13 例(44.8%)无法通过手术或活检明确病理诊断。本研究经江苏省肿瘤医院伦理委员会审批通过(2023 科-快-102)。

1.2 纳入和排除标准

纳入标准:①首次接受放疗;②临床资料完整。排除标准:①来源于松果体区域之外的颅内肿瘤;②既往接受过放疗。

1.3 治疗方法

①入组患者均接受放疗,其中 7 例患者同时接受化疗。②16 例患者通过手术或活检获得病理确诊,包括手术切除 15 例和活检 1 例。13 例患者因患者拒绝或因病灶位置较深,无法通过手术或活检明确病理诊断。对于无病理结果者均先行局部病灶小野诊断性放疗 D_T :20 Gy,后复查颅脑 CT 或 MRI、甲胎蛋白(AFP)、人绒毛膜促性腺激素(β -HCG)等指标评估疗效,若病灶退缩明显,则生殖细胞瘤诊断成立,再酌情行全脑或全脑室放疗,或全脑全脊髓预防照射。其中 10 例患者经放疗后病灶明显退缩,考虑为生殖细胞瘤可能性大,另 3 例患者经放疗后病灶较前退缩不明显,组织病理类型难以确定。③放疗方案包括:局部放疗、全脑室+局部加量放疗、全脑+局部加量放疗和全脑全脊髓+局部加量放疗。具体治疗方案根据患者的病情而定。

1.4 随访

放疗结束后每 3 个月(2 年以内)或每 6 个月(2~

5 年)复查 1 次,通过病案检索及电话随访收集患者相关信息,随访内容包括颅脑全脊髓 MRI 或 CT、AFP 及 β -HCG 水平、患者复发及生存状况、症状有无缓解及有无新发不适等预后情况。随访时间从放疗之日开始计算,随访截至 2023 年 5 月 12 日,患者生存期以月为单位计算。总生存期(overall survival, OS)指从患者初次接受放疗之日起至因各种原因死亡之日或末次随访时间。无进展生存期(progression-free survival, PFS)指从患者初次接受放疗之日起至疾病进展复发或末次随访时间。

1.5 统计学处理

采用 SPSS 27.0 软件对数据进行统计学处理,计数资料以百分率[n(%)]表示,采用 Kaplan-Meier 法分析总生存率及无进展生存率,并绘制 OS 曲线和 PFS 曲线。

2 结果

2.1 患者临床特征

29 例患者中发病年龄 ≤ 18 岁 19 例, >18 岁 10 例;取得病理者 16 例,无病理者 13 例;单发灶 22 例,病灶数量 ≥ 2 个 7 例;临床表现:头晕头痛 20 例,恶心呕吐 11 例,视力障碍 6 例,听力障碍 3 例,尿崩 5 例;放疗联合化疗 7 例,未联合化疗 22 例。采用局部放疗 10 例,全脑室+局部加量放疗 4 例,全脑+局部加量放疗 3 例,全脑全脊髓+局部加量放疗 12 例(Table 1)。

2.2 初始治疗特征及复发患者挽救治疗结果

中位随访时间 40 个月(4~178 个月)。治疗后临床症状的缓解分别为:头晕头痛 17 例,恶心呕吐 10 例,视力障碍 4 例,听力障碍 2 例,尿崩 5 例。总体而言,松果体区肿瘤以颅高压症状为主,经治疗后大多数患者症状得到缓解或消失。

共 4 例患者治疗失败,其中 2 例出现颅内复发及脊髓转移:全脑室+局部加量放疗组 1 例、全脑+局部加量放疗组 1 例;2 例仅颅内复发:局部放疗组 1 例、全脑室+局部加量放疗组 1 例。全脑全脊髓+局部加量放疗组患者在最后一次随访时均未观察到复发及转移。

在 4 例复发患者中,其中 1 例为卵黄囊瘤,行全脑+局部加量放疗后因颅内复发和脊髓转移死亡;

Characteristic	N	Percentage (%)
Gender		
Male	25	86.2
Female	4	13.8
Age (years old)		
≤18	19	65.5
>18	10	34.5
Pathology		
Yes	16	55.2
No	13	44.8
Pathological type		
GE	5	31.2
NGGCTs	5	31.2
PPTs	6	37.5
Number of lesions		
Single	22	75.9
Multiple	7	24.1
Clinical manifestations		
Dizziness or headache	20	69.1
Nausea or vomiting	11	37.9
Visual impairment	6	20.7
Hearing impairment	3	10.3
Diabetes insipidus	5	17.2
Chemotherapy		
Yes	7	24.1
No	22	75.9
Radiotherapy regimen		
PSRT	10	34.5
CSI+PB	12	41.4
WBRT+PB	4	13.8
WVI+PB	3	10.3

Notes: GE:germinoma;NGGCT:non-germinomatous germ cell tumor; PPTs:pineal parenchymal tumor;PSRT:primary site radiotherapy;CSI:craniospinal irradiation;PB:primary boost;WBRT:whole brain radiotherapy;WVI:whole ventricles irradiation

1 例为混合性生殖细胞瘤,行全脑室+局部加量放疗后出现颅内复发及脊髓转移,后追加全脑全脊髓放疗挽救治疗,但因病情进展迅速死亡;1 例为生殖细胞瘤(经临床诊断),在行全脑室+局部加量放疗后出现颅内复发,因患儿年纪小(12 岁),家属拒绝行全脑全脊髓放疗最终死亡;1 例行局部放疗后颅内复发,经全脑全脊髓+局部加量放疗挽救治疗后随访一直生存(Table 2)。

2.3 预后分析

29 例患者 3 年、5 年和 10 年总生存率分别为 92.5%、92.5%和 74.0%;3 年、5 年和 10 年无进展生存率分别为 88.6%、88.6%和 79.8%(Figure 1)。

2.4 放疗后遗反应

治疗结束后出现情绪异常、记忆力显著减退、耳鸣以及视力下降的患者各 1 例,其余患者无不适(Table 3)。

3 讨 论

3.1 松果体区肿瘤的放疗背景

松果体区肿瘤较为罕见^[4-5],且具有高度异质性^[6-8]。放疗虽被证实可改善其预后^[9],但关于靶区及剂量的最优选择仍存在争议^[10]。目前治疗上生殖细胞瘤因对放疗高度敏感,加之易经脑脊液播散转移的特点^[11]决定了放化疗是其主要治疗手段,治愈率可达 90%以上^[12]。虽然既往生殖细胞瘤的标准治疗是全脑全脊髓+局部加量放疗^[13],但与治疗相关的毒性仍令人担忧^[14-15]。

3.2 松果体区肿瘤不同放疗方案的探讨

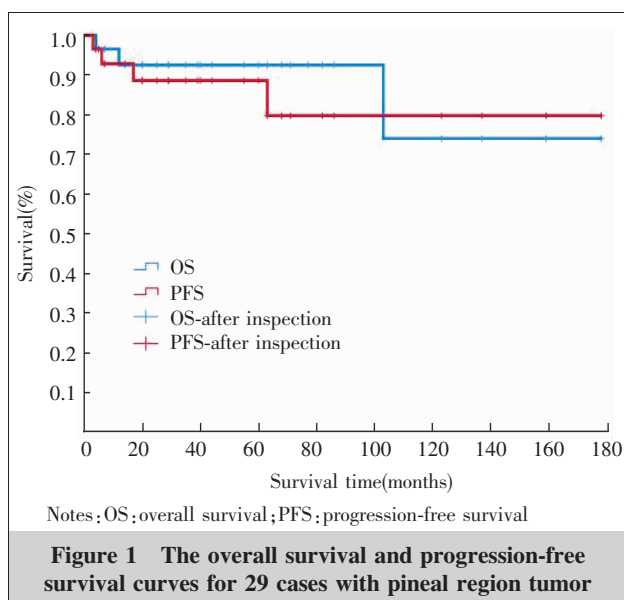
基于全脑全脊髓+局部加量放疗的毒性,研究者

Case	Age(years old)	Gender	Pathology	Pathological type	Radiotherapy regimen	Relapse	Metastasis	Salvage therapy	Outcome
1	32	Female	No	GE	PSRT	Yes	No	CSI+PB	Live
2	18	Female	Yes	YST	WBRT+PB	Yes	Yes	NA	Die
3	9	Female	Yes	MGCT	WVI+PB	Yes	Yes	CSI	Die
4	12	Female	No	GE	WVI+PB	Yes	No	NA	Die

Notes:GE:germinoma;YST:yolk sac tumor;MGCT:mixed germ cell tumor;PSRT:primary site radiotherapy;WBRT:whole brain radiotherapy;PB:primary boost;WVI:whole ventricles irradiation;CSI:craniospinal irradiation;NA:not available

Case	Radiotherapy regimen	Age(years old)	Pathological type	Initial symptoms	Side effects
1	CSI+PB	14	NA	Vomiting and fatigue	Emotional disturbances
2	PSRT	52	PC	Headache	Impaired memory
3	PSRT	18	PC	Headache and dizziness & unsteady gait	Tinnitus
4	PSRT	11	NA	Nausea and chest tightness and polydipsia	Visual impairment

Notes:CSI:craniospinal irradiation;PB:primary boost;PSRT:primary site radiotherapy;NA:not available;PC:pineocytoma



探索了缩减野放疗的可能性,如局部放疗、全脑室+局部加量放疗及全脑+局部加量放疗等^[16-18]。研究表明,局部放疗可导致更高的脑室复发风险^[19-20],提示应将脑室纳入放疗范围。Li等^[21]报道了81例非转移性双灶性生殖细胞瘤患者,有7例复发,分别是局部放疗4例,全脑全脊髓放疗1例和全脑放疗2例,发现全脑或全脑室放疗与全脑全脊髓放疗组无病生存率相似($P=0.785$)。因此,一些学者认为有限野放疗(如全脑或全脑室)可以取代全脑全脊髓放疗。

3.3 全脊髓预防性放疗的重要性及可行性

有学者认为脊髓照射有一定的必要性^[22]。Cho等^[23]通过分析仅接受放疗的81例颅内生殖细胞瘤患者,发现接受全脑全脊髓放疗的60例患者均未复发,所有复发都发生在接受局部(4/13)或全脑放疗(1/8)组中。与上述研究结果相似,在本研究描述的12例行全脑全脊髓+局部加量放疗治疗患者中均未出现脊髓转移和复发,而使用全脑室照射或全脑放疗患者的脊髓转移率分别为25.0%(1/4)、33.3%(1/3)。Weksberg等^[24]分析了仅有双灶性病变(I组, $n=17$)和双灶性病变伴脑室和/或脑脊液阳性(II组, $n=13$)生殖细胞瘤患者,在I、II组中,接受缩小野放疗患者发生脊柱衰竭分别为2例、4例;而行全脑全脊髓放疗组均无复发及转移。以上研究再次证明,通过适当的全脑全脊髓放疗几乎可以实现100%的治愈率。因生殖细胞瘤具有易通过脑脊液循环播散、种植的特点^[25-26],因此对于病灶局限者放疗范围应至

少包括全脑室^[27],推荐行全脑室/全脑+局部加量放疗或全脑全脊髓+局部加量放疗;而对于伴脑室和/或脊髓播散等多灶转移及脑脊液细胞学阳性患者应首选全脑全脊髓放疗。

相比之下,非生殖细胞瘤性生殖细胞肿瘤及松果体实质肿瘤因术后总有残留肿瘤细胞继续生长、扩散而致复发^[28],故建议采用联合治疗,包括手术、化疗和放疗等^[3,29],但预后相对较差,5年总生存率仅50%~80%^[30-31]。近期在ACNS1123和ACNS0122研究中^[32],分别采用全脑放疗、全脑全脊髓放疗治疗NGGCTs,3年无事件生存率分别为88%、92%,虽然预后无统计学差异,但全脑放疗组均出现了椎管内复发。因此,对于一些预后较好的非生殖细胞瘤性生殖细胞肿瘤患者,可以考虑进行全脑+局部加量放疗方案。建议预后不良的患者行全脑全脊髓放疗。对于松果体实质肿瘤,有文献报道,在低危和全切除术患者中采用放疗以及预防性全脑全脊髓放疗具有较好的局部控制和脊髓控制,能显著改善患者进展和生存结局^[33]。Lee等^[34]研究也进一步证实了接受放疗的恶性松果体实质肿瘤患者的预后显著优于未接受放疗者,并且认为对于中分化松果体实质肿瘤和松果体母细胞瘤,手术与放疗是最佳组合^[35],可有效改善预后。

虽有研究称,3岁以下患儿因其神经系统仍在发育,放疗易引起生长发育、智力、认知功能下降等^[14-15,36]。在Michalski等^[37]评估了未行全脑全脊髓放疗治疗后复发的髓母细胞瘤患者的预后,观察到有许多儿童复发。同样本研究也有2例因未行全脊髓预防性放疗导致脊髓转移,最终死亡。当然,化疗+全脑/全脑室放疗也是一种选择,但有学者认为其对肿瘤的控制不如全脑全脊髓放疗,化疗代替不了放疗脊髓的作用,且其毒性反应如听力障碍及骨髓抑制等也不容忽视;并且一旦肿瘤出现复发和播散,所需放疗剂量会更高,再与之前放疗范围叠加,更易导致放射性脑损伤。总之,复发后再次治疗难度及强度都会增大,伤害也更大。目前推荐采用低剂量全脑全脊髓放疗。Kanamori等^[38]回顾性分析了经低剂量全脑全脊髓放疗治疗的15例复发性颅内生殖细胞瘤患者,在第一次复发后,7例接受24~30 Gy挽救性全脑全脊髓放疗治疗,3例接受非全脑全脊髓放疗,5例仅接受化疗。结果显示全脑全脊髓放疗在

首次复发后实现了更好的无复发生存率。王捷等^[39]长期随访了 42 例行低剂量的全脑全脊髓放疗的急淋白血病患者,显示全组患儿智力及生长发育均未受影响。由此可见,全脑全脊髓放疗对松果体肿瘤预后的重要性,且具有一定的可行性。

3.4 本研究局限性

本研究的不足之处在于:①样本量较少,每种放疗方案病例数之间也存在一定程度偏倚,这可能与松果体区肿瘤较罕见有关。②多数患者年龄小,随着其生存期延长,放疗所致不良反应也有待进一步探索。

综上所述,尽管松果体肿瘤在组织学上具有多样性,但由于其独特的位置,各组织类型具有一些相似之处,如放疗仍然是大多数松果体区肿瘤的多学科治疗方法的基本组成部分。由于现有技术和经验不能准确预测松果体区肿瘤的播散,故以最低限度地覆盖潜在危险区域作为治疗策略是一种较为合理的选择。虽然缩小放疗范围可能减少并发症的发生,但同时也可能导致复发,进而造成生存率下降。因此需要谨慎抉择,权衡利弊,进一步研究筛选出可以从减少照射体积和剂量中受益的患者,同时建议对不同的松果体肿瘤亚型进行前瞻性多中心研究。

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