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ICE 方案治疗复发难治性非霍奇金弥漫大 B 细胞淋巴瘤临床观察 *

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摘要 目的: 观察 ICE 方案 (异环磷酰胺 IFO, 卡铂 CBP, 依托泊苷 VP-16) 治疗复发 / 难治性非霍奇金弥漫大 B 细胞淋巴瘤 (Non-hodgkin's lymphoma, NHL) 的疗效及安全性。方法: 20 例经系统化疗后复发或进展的非霍奇金弥漫大 B 细胞淋巴瘤 (DLBCL) 患者, 采用 ICE 方案化疗至少 2 周期, IFO 5 g/m², 第 2 天, 持续 24 小时静脉输注, CBP 按 AUC=5, max 800 mg, 第 2 天, 静脉输注, VP-16 100 mg/m², 第 1-3 天, 静脉输注。结果: 完全缓解 (complete response, CR) 5 例, 部分缓解 (partial response, PR) 8 例, 疾病稳定 (stable disease, SD) 4 例, 疾病进展 (progressive disease, PD) 3 例, 总有效率 (overall response rate, ORR, CR+PR) 65%, 化疗副作用主要为骨髓抑制 (I、II 度 6 例, III、IV 度 14 例), 其他不良反应包括胃肠道反应、粘膜损伤、肝肾毒性及脱发等均可耐受。结论: ICE 方案可用于非霍奇金弥漫大 B 细胞淋巴瘤的二线化疗方案。

关键词: 非霍奇金弥漫大 B 细胞淋巴瘤; 复发 / 难治; ICE 方案

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Recurrence of ICE Regimen for Refractory Non-Hodgkin's Diffuse Large B Cell Lymphoma in Clinical Observation*

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ABSTRACT Objective: To evaluate the safety and efficacy of the ifosfamide (IFO) combined with carboplatin (CBP) and vepeside (VP-16) in the treatment of patients with relapsed or refractory non-Hodgkin's lymphoma (NHL). **Methods:** Twenty patients with conformed relapsed or refractory Non-hodgkin's lymphoma (NHL) were enrolled in this study. The chemotherapy of regimen consisted of IFO(5 g/m², day 2, continue 24 h), carboplatin(CBP=5, max 800 mg, day 2), and vepeside(100 mg/m², day 1-3). **Results:** In the twenty cases, the complete response was in 5 cases, the partial response was in 8 cases, 4 cases was no change, 3 cases was progressive, and the overall reponse rate (CR+PR) was 65%. Side effect of chemotherapy mainly manifest as bone marrow suppression, while other adverse reactions, including gastrointestinal reaction, mucosal injury, liver and kidney toxicity and hair loss, can be tolerated. **Conclusion:** ICE regimen can achieve a safety result in the treatment of relapsed or refractory non-Hodgkin's lymphoma (NHL), and the toxicity was tolerable.

Key words: Non-Hodgkin's lymphoma; Relapsed /refractory; ICE

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前言

淋巴瘤是常见的恶性肿瘤之一, 发病率呈现逐年上升趋势, 而弥漫大 B 细胞淋巴瘤是成人中最常见的淋巴系统肿瘤, 占非霍奇金淋巴瘤的 30%-40%^[1]。利妥昔单抗联合 CHOP (R-CHOP) 做为一线推荐的治疗可以治愈 75%-85% 的患者^[2, 3], 但仍然有一部分患者原发耐药、缓解后复发或缓解时间短, 疗效差, 中位生存期仅 3-4 个月^[4, 5]。目前复发难治弥漫大 B 细胞淋巴瘤治疗十分棘手, 尚无统一标准治疗方案, 如何寻找一种有效的化疗方案是当前临床医生面临的一大难题^[6, 7]。这些复发难治性患者是治疗失败的主要原因。因此, 找到一个适合的二线化疗方案就显得十分必要。本篇文章总结了从 2010 年 1 月

-2013 年 8 月我院 20 例复发难治非霍奇金弥漫大 B 细胞淋巴瘤行 ICE 方案治疗的疗效及安全性, 现做如下报告。

1 材料与方法

1.1 一般资料

临床分期按照 Ann Arbor 国际分期法^[1]; 2008 年 WHO 淋巴瘤病理分类^[1]; 全身功能状态评分 (PS 评分)。复发性淋巴瘤是指初次化疗后获得完全缓解而后复发的淋巴瘤。难治性淋巴瘤是指满足以下任何一项即可诊断: 经标准方案规范化疗 4 个周期, 肿瘤缩小 <50% 或病情进展, 经标准方案化疗达 CR, 但在半年内复发, CR 后 2 次或 2 次以上复发, 造血干细胞移植后复发^[8, 9]。全组 20 例中, 男 5 例, 女 15 例, 中位年龄 48 岁 (38-62

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岁),生发中心4例,生发中心外16例,复发7例,难治13例,按Ann Arbor分期I期2例,II期4例,III期11例,IV期3例,乳酸脱氢酶增高13例,IPI评分中高危级以上病例14例。20例用CHOP方案治疗后缓解时间超6个月以上,允许继续用原方案作为治疗方案。并作为对照组。

1.2 治疗方法

应用ICE方案,即:IFO 5 g/m²,第2天,持续24静脉输注,CBP按AUC=5, max 800 mg, 第2天, 静脉输注, VP-16 100 mg/m², 第1-3天静脉输注, 美司钠 375 mg·1 g/m², 每3小时静推一次,共8次,预防出血性膀胱炎,21天做为一周期。每例患者至少连用2个周期后进行疗效评价。有效病例则继续行ICE方案化疗4-6周期。治疗过程中常规给予止吐、抑酸、保肝、水化、碱化对症支持治疗。

1.3 评价标准

疗效前后复查腹部超声,浅表淋巴结超声,血常规,肝功能、肾功能,心电图,骨髓检查及免疫分型,每2周期评价疗效时做胸、腹、盆腔CT。评价疗效,完全缓解(CR):肿瘤完全消失

达1个月以上;部分缓解(PR):肿瘤两个最大直径的乘积缩小达50%以上,其他病灶无增大,并且维持1个月以上。稳定(SD):肿瘤两个最大直径的乘积缩小不足50%或大小无明显变化;进展(PD):肿瘤增大超过25%以上或有新的病灶出现^[1]。副作用参照WHO标准记分,分为0度,I度,II度,III度,IV度。

1.4 统计学方法

采用SPSS 17.0软件进行数据的统计与分析,采用t检验,X²检验,P<0.05为差异有统计学意义。

2 结果

2.1 近期疗效

20例患者中完全缓解(CR)5例(25%),部分缓解(PR)8例(40%),稳定(SD)4例(20%),疾病进展(PD)3例(15%)总有效率(CR+PR)65%,复发患者中CR3例(3/7),难治性患者中CR2例(2/13)。对照组(CR)2例(10%),(PR)6例(30%),(SD)9例(45%),(PD)3例(15%),(P<0.05)。

表1 两种化疗方案疗效对比

Table 1 Comparison of clinical efficacy between two chemotherapy methods

Chemotherapy Regimens	The number of cases	CR	PR	SD	PD
CHOP	20	10	30	45	15
ICE	20	25	40	20	15

2.2 毒副作用

最常见的毒性反应是骨髓抑制,白细胞、血小板不同程度

的减少,贫血也较常见,其他常见的毒副反应还包括恶心、呕吐、口腔炎、脱发、肝脏毒性,无明显肾脏及心脏毒性。

表2 ICE方案治疗复发或难治性NHL毒副作用

Table 2 The toxicity of ICE regimen in treatment of relapsed or re-fractory NHL

Toxicities grade	0	I	II	III	IV
Leucopenia	0	2	4	6	8
Emoglobin reduce	4	14	2	0	0
Rombocytopenia	12	4	1	1	2
Nausea and Vomiting	0	4	8	5	3
Hepatotoxicity	18	2	0	0	0
Renal toxicity	20	0	0	0	0
Hair loss	10	6	4	0	0
Stomatitis	14	3	3	0	0
Cardiac toxicity	20	0	0	0	0

3 讨论

弥漫大B细胞淋巴瘤占NHL32%,为发病率最高的一种侵袭性B细胞淋巴瘤,2008年WHO将DLBCL分为三大类:非特指型(NOS),亚型和其他独立型。后来随着免疫分型进展的研究。根据Hans:CD10,bcl-6和MUM1的标志性表达可将DLBCL分为GCB型和non-GCB型,免疫表型不同有明显的预后^[10]。最近的国内外研究表明DLBCL的分期,年龄,

LDH水平,IPI评分,缓解持续时间,免疫表型,分子遗传学上存在显著差异,这种差异造成DLBCL显著不同的治疗效果和预后^[11]。目前弥漫大B细胞淋巴瘤首选R-CHOP方案化疗,但仍有部分患者接受一线治疗后会出现复发、耐药,这部分患者需行大剂量化疗后进行造血干细胞移植^[12,13]。对于复发难治弥漫大B细胞淋巴瘤首选化疗达CR后行自体造血干细胞移植,但往往部分患者不能达到CR,此类患者仍需行自体造血干细胞移植,移植效果较CR后行移植者差^[14,15]。因此,二线挽救化疗

方案的选择应尽量避免应用损伤干细胞的药物^[16]。目前国内常用的二线挽救化疗药物常选择不含蒽环类药物的化疗方案。多用的药物有异环磷酰胺、VP-16、顺铂、阿糖胞苷、米托蒽醌等,这些药物与蒽环类不存在交叉耐药,无明显心脏毒性,并且这些药物单独或联合应用均对NHL有不错的疗效^[17-19]。Timothy C^[17]等所做的多中心研究对21例儿童B细胞淋巴瘤采用美罗华联合ICE方案化疗,OR60%,CR达33%,化疗毒性均可耐受,且对CD34⁺细胞损伤很小。我院上述20例患者均经CHOP样方案作为一线治疗化疗6-8周期,肿瘤细胞对上述药物产生了不同程度耐药。故二线方案选用ICE,避免交叉耐药的产生。

ICE方案,是由异环磷酰胺、卡铂和依托泊苷组成,其单药在NHL均有效,而且与CHOP方案中的4种药无交叉耐药,它通过改变给药途径,持续静脉给药使其在体内维持较高血药浓度而减少耐药产生。异环磷酰胺属细胞周期非特异型药物,是环磷酰胺类似物,但异环磷酰胺与环磷酰胺不完全相同,异环磷酰胺有一个氯乙基连接恶唑磷酰胺环上,此一结构的差异使其理化性质改变,进入体内的异环磷酰胺被肝脏或肿瘤内磷酰胺酶或磷酸酶水解转化为活化型磷酰胺氮芥起到杀伤肿瘤作用,而在体外无活性。卡铂为二代铂类,一代铂类相比胃肠道反应轻但骨髓抑制较重,作用靶点是增殖细胞的DNA,有类似烷化剂双功能集团的作用,可以和细胞内的碱基结合,使DNA分子链内和链间交叉键联,从而失去功能不能复制。依托泊苷是鬼臼脂中分离出来的木脂体类有效成分,它是一种周期特异性抗肿瘤药物,作用于晚S期或G2期,作用部位是拓扑异构酶II,致使受损的DNA不能够修复,拓扑异构酶II插入DNA中,产生一般细胞功能所需的断裂反应。

ICE方案治疗复发难治淋巴瘤常见报道,Abali^[18]等报告用ICE方案治疗复发、难治非霍奇金淋巴瘤,在可评效的22例患者中,总缓解率(CR+PR)68%(15/22),CR6例(27%),PR9例(41%)。Aribi^[19]等一项随机临床试验治疗成人原发耐药或复发DBCL的ORR为63%。国内姚远、孙中义、易平勇等^[20]应用ICE方案治疗32例复发难治非霍奇金淋巴瘤,CR28.6%,PR40.1%,OR68.7%。近年来我们的20例资料(I、II期6例,III、IV期14例)显示CR5例(25%),PR8例(40%),总缓解率65%(13/20),与Abali及Aribi等报告的结果相符。但我院观察病例数量较少,随访时间短,ICE方案作为二线治疗的远期疗效等还有待于进一步观察。

ICE方案化疗主要毒副反应为骨髓抑制、消化道症状和脱发,但其程度患者均可耐受。ICE方案中含有异环磷酰胺,其代谢产物损伤膀胱及尿道黏膜,从而可导致出血性膀胱炎,应用美司钠、水化、利尿、碱化尿液可预防出血性膀胱炎的发生,但也有学者认为给予美司钠、水化、利尿联用预防出血性膀胱炎后不应再给予碱化尿液^[20]。本组患者均行美司钠、水化、碱化及利尿治疗,无1例出现出血性膀胱炎。我院20例病例中出现III-IV度白细胞和血小板减少者分别为70%和15%,经过粒细胞刺激因子和必要时输血小板悬液后均能恢复,无患者出现心脏和肾毒性。

综上所述,我院ICE方案化疗总反应率65%,CR率25%,不良反应均可耐受,且对干细胞损伤小,ICE方案可用于非霍奇金B细胞淋巴瘤的二线化疗方案。

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