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三维适形调强放疗联合榄香烯注射液对食管癌患者血清肿瘤标志物和T淋巴细胞亚群的影响*

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摘要 目的:探讨三维适形调强放疗联合榄香烯注射液对食管癌患者血清肿瘤标志物和T淋巴细胞亚群的影响。**方法:**选取我院于2016年8月到2019年12月期间接诊的食管癌患者60例,根据随机数字表法分为对照组(n=30)和研究组(n=30),对照组患者予以三维适形调强放疗,研究组在对照组基础上联合榄香烯注射液治疗,比较两组患者疗效、生存质量、血清肿瘤标志物、T淋巴细胞亚群以及不良反应。**结果:**研究组患者治疗6周后的临床总有效率为63.33%(19/30),高于对照组患者的36.67%(11/30)(P<0.05)。两组治疗6周后血清癌胚抗原(CEA)、糖类抗原199(CA199)水平均较治疗前降低,且研究组低于对照组(P<0.05)。两组患者治疗6周后CD3⁺、CD4⁺、CD4⁺/CD8⁺水平均下降,但研究组高于对照组(P<0.05),CD8⁺水平均升高,但研究组低于对照组(P<0.05)。两组治疗6周后卡劳夫斯基(KPS)评分均较治疗前升高,且研究组高于对照组(P<0.05)。两组不良反应发生率对比未见统计学差异(P>0.05)。**结论:**三维适形调强放疗联合榄香烯注射液治疗食管癌患者,疗效较好,可有效阻止疾病进展,改善患者生存质量和降低血清肿瘤标志物水平,减轻机体免疫抑制,且不增加不良反应发生率。

关键词:三维适形调强放疗;榄香烯注射液;食管癌;肿瘤标志物;T淋巴细胞亚群

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Effect of Three-dimensional Conformal Intensity-modulated Radiotherapy Combined with Elemene Injection on Serum Tumor Markers and T-lymphocyte Subsets in Patients with Esophageal Cancer*

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ABSTRACT Objective: To investigate the effect of three-dimensional conformal intensity-modulated radiotherapy combined with elemene injection on serum tumor markers and T-lymphocyte subsets in patients with esophageal cancer. **Methods:** 60 patients with esophageal cancer who were admitted to our hospital from August 2016 to December 2019 were selected, patients were divided into control group (n=30) and study group (n=30) according to the random number table. Patients in the control group were treated with three-dimensional conformal intensity-modulated radiotherapy. The study group was treated with elemene injection on the basis of the control group, and the efficacy, quality of life, serum tumor markers, T-lymphocyte subsets and adverse reactions of the two groups were compared. **Results:** The total clinical effective rate of the study group at 6 weeks after treatment was 63.33% (19/30), which was higher than 36.67% (11/30) of the control group (P<0.05). The levels of serum carcinoembryonic antigen (CEA), carbohydrate antigen-199 (CA199) in the two groups at 6 weeks after treatment were lower than those before treatment, and those in the study were lower than those in the control group (P<0.05). The levels of CD3⁺, CD4⁺, CD4⁺ / CD8⁺ in both groups at 6 weeks after treatment decreased, but those in the study group were higher than those in the control group (P<0.05), and the levels of CD8⁺ increased, but that in the study group was lower than that in the control group (P<0.05). 6 weeks after treatment, the score of Karnofsky (KPS) in the two groups were higher than that before treatment, and that in the study group was higher than that in the control group (P<0.05). There was no significant difference in the incidence of adverse reactions between the two groups (P>0.05). **Conclusion:** Three-dimensional conformal intensity-modulated radiotherapy combined with elemene injection has a good effect on the treatment of esophageal cancer. It can effectively prevent the progression of the disease, improve the quality of life of the patients and reduce the level of serum tumor markers, reduce the immunosuppression of the body, and do not increase the incidence of adverse reactions.

Key words: Three-dimensional conformal intensity-modulated radiotherapy; Elemene injection; Esophageal cancer; Tumor markers; T-lymphocyte subsets

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前言

食管癌是消化系统常见的恶性肿瘤,其发病率和致死率均较高。研究表明,食管癌发病具有一定的地域性,我国是食管癌的高发地区,发病率位居世界首位^[1,2]。食管癌的早期症状极为隐匿,当出现明显症状如进行性下咽困难时,已到达疾病中晚期,错失最佳手术治疗时机^[3,4]。此时,以放疗为主的综合治疗成为食管癌的常用治疗手段^[5]。三维适形调强放疗目前在诸多食管癌放疗的方案中占据着绝对的优势,具有精确定位、精确设计计划、精确治疗等优点,通过三维软件进行治疗计划的设计,最终达到可有效提高肿瘤治疗效果的剂量,同时减少对肿瘤周边正常组织的伤害^[6-8]。榄香烯注射液为新型抗癌类药物,具有广谱抗癌特性,在恶性肿瘤治疗中具有增效减毒的作用^[9,10]。本研究通过分析三维适形调强放疗联合榄香烯注射液对食管癌患者血清肿瘤标志物和T淋巴细胞亚群的影响,旨在为食管癌的治疗提供依据。

1 资料与方法

1.1 一般资料

选取我院于2016年8月到2019年12月期间接诊的食管癌患者60例。纳入标准:(1)诊断标准参考《新编常见恶性肿瘤诊治规范》^[11];(2)经细胞学、病理学等确诊为食管癌;(3)均符合放疗指征者;(4)预计生存期>6个月;(5)患者及其家属知情本研究且签署同意书;(6)卡劳夫斯基(KPS)^[12]评分在60分以上。排除标准:(1)合并心脏、肾脏和肝脏功能障碍者;(2)合并自身免疫疾病或过敏性疾病者;(3)合并血液系统疾病者;(4)入组时发生脑转移者;(5)既往已进行其他抗癌药物治疗者;(6)因各种原因终止治疗者。根据随机数字表法分为对照组(n=30)和研究组(n=30),其中对照组男19例,女11例,年龄42~68岁,平均(59.72±3.27)岁;病理类型:鳞癌26例,腺癌4例;临床分期:I期11例,II期10例,III期9例;分化程度:低分化8例,中分化13例,高分化9例。研究组男20例,女10例,年龄44~71岁,平均(60.09±4.31)岁;病理类型:鳞癌25例,腺癌5例;临床分期:I期12例,II期11例,III期7例;分化程度:低分化9例,中分化12例,高分化9例。两组一般资料比较无差异($P>0.05$),组间具有可比性。

1.2 方法

所有患者均于入院后择期进行三维适形调强放疗,患者取仰卧体位,将双臂抬至头顶交叉握住手柄,应用热塑膜和真空

负压垫将患者固定,在操作前在患者体表处标记操作位置。首先注射静脉造影剂进行增强CT扫描,增强CT扫描层距为5mm,通过观察CT增强扫描结果勾画肿瘤大体靶区,包括肿瘤靶体积(GTV)、临床靶区(CTV),以上操作由同一组放疗医师完成。采用5个共面照射野及常规分割照射的方式进行照射,处方剂量:GTV 56~60 Gy/28~30次,CTV 50 Gy/25次,常规分割2 Gy/次,1周进行5次放疗。三维适形调强放疗最大限度为双肺 V20≤25%、V30≤20%,脊髓≤45 Gy/6周,心脏 V40≤30%。研究组在进行三维适形调强放疗同时给予榄香烯注射液[石药集团远大(大连)制药有限公司,国药准字H20110114,规格:10 mL:0.2 g]静脉滴注治疗,400 mg/次,1次/d,5次/周。两组均连续治疗6周。

1.3 观察指标

(1)记录两组治疗6周后的临床总有效率。疗效判定标准如下:完全缓解(CR):肿瘤所有可见病变完全消失28d以上;部分缓解(PR):肿瘤病灶的最大径与其最大垂直径乘积减少≥50%,其他病变未进展,患者状态维持28d以上;病情稳定(SD):肿瘤病灶两径乘积减少≥25%,但小于50%,患者状态维持28d以上;病情进展(PD):肿瘤病灶两径乘积增大>25%或患者出现新肿瘤病灶^[13]。总有效率=CR率+PR率。(2)记录两组治疗期间不良反应状况。(3)于治疗前、治疗6周后采集患者清晨空腹静脉血6mL,经常规离心处理(3600 r/min 离心12 min,离心半径10 cm),分离上清液置于-40℃冰箱中待测。采用FACSCalibur流式细胞仪(美国BD公司产)检测患者T淋巴细胞亚群:CD3⁺、CD4⁺、CD8⁺,并计算CD4⁺/CD8⁺值。参考试剂盒(上海江莱生物科技有限公司)说明书步骤,采用酶联免疫吸附法检测血清癌胚抗原(CEA)、糖类抗原199(CA199)水平。(4)于治疗前、治疗6周后采用KPS^[12]评分评价患者生存质量,其中KPS评分0~100分,0分为死亡,100分为正常且无症状,分数越高,生存质量越好。

1.4 统计学方法

采用SPSS25.0进行数据分析,以率表示计数资料,行卡方检验,以均值±标准差表示计量资料,行t检验。检验标准设置为 $\alpha=0.05$ 。

2 结果

2.1 两组疗效比较

研究组临床总有效率为63.33%(19/30),高于对照组36.67%(11/30)($P<0.05$),详见表1。

表1 两组疗效比较【例(%)】

Table 1 Comparison of efficacy between the two groups [n(%)]

Groups	CR	PR	SD	PD	Total effective rate
Control group(n=30)	3(10.00)	8(26.67)	12(40.00)	7(23.33)	11(36.67)
Study group(n=30)	5(16.67)	14(46.67)	8(26.67)	3(10.00)	19(63.33)
χ^2					4.269
P					0.037

2.2 两组血清肿瘤标志物水平比较

治疗前,两组血清肿瘤标志物比较无差异($P>0.05$);治疗6

周后两组血清CEA、CA199水平均较治疗前降低,且研究组低于对照组($P<0.05$);详见表2。

表 2 两组血清肿瘤标志物水平比较($\bar{x} \pm s$)
Table 2 Comparison of serum tumor markers levels between the two groups($\bar{x} \pm s$)

Groups	CEA(U/mL)		CA199(U/mL)	
	Before treatment	6 weeks after treatment	Before treatment	6 weeks after treatment
Control group(n=30)	76.89±9.65	44.67±7.95*	51.23±7.25	38.39±6.87*
Study group(n=30)	77.36±8.02	28.14±5.79*	50.81±8.36	24.97±5.95*
t	0.205	9.206	0.208	8.088
P	0.838	0.000	0.836	0.000

Note: compared with before treatment, * $P<0.05$.

2.3 两组 T 淋巴细胞亚群指标比较

治疗前, 两组 T 淋巴细胞亚群指标水平比较无差异($P>0.05$); 两组患者治疗 6 周后 CD3⁺、CD4⁺、CD4⁺/CD8⁺ 水平均下

降, 但研究组高于对照组($P<0.05$), CD8⁺ 水平均升高, 但研究组低于对照组($P<0.05$), 详见表 3。

表 3 两组 T 淋巴细胞亚群指标比较($\bar{x} \pm s$)
Table 3 Comparison of T lymphocyte subsets between the two groups($\bar{x} \pm s$)

Groups	CD3 ⁺ (%)		CD4 ⁺ (%)		CD8 ⁺ (%)		CD4 ⁺ /CD8 ⁺	
	Before treatment	6 weeks after treatment	Before treatment	6 weeks after treatment	Before treatment	6 weeks after treatment	Before treatment	6 weeks after treatment
Control group(n=30)	47.04±6.35	37.89±5.21*	37.32±4.31	28.56±4.53*	26.78±3.42	33.67±3.54*	1.39±0.24	0.85±0.19*
Study group(n=30)	46.82±5.93	41.65±6.14*	37.06±5.29	33.14±4.57*	26.94±4.53	29.35±3.46*	1.38±0.31	1.13±0.21*
t	0.139	2.557	0.209	3.898	0.154	4.780	0.140	5.415
P	0.890	0.013	0.835	0.000	0.878	0.000	0.899	0.000

Note: compared with before treatment, * $P<0.05$.

2.4 两组生存质量比较

治疗前对照组 KPS 评分为(68.95±4.71)分, 治疗 6 周后 KPS 评分为(79.46±5.71) 分; 研究组治疗前 KPS 评分为

(69.24±4.83)分, 治疗 6 周后 KPS 评分为(87.52±4.88)分; 两组治疗 6 周后 KPS 评分均较治疗前升高 ($t=7.777, 14.582$, 均 $P=0.000$), 且研究组高于对照组($t=16.721, P=0.000$)。

表 4 两组不良反应发生率比较[例(%)]
Table 4 Comparison of adverse reactions between the two groups [n(%)]

Groups	Nausea and vomiting	Leucopenia	Radiation pneumonitis	Radiation esophagitis	Total incidence rate
Control group(n=30)	4(13.33)	2(6.67)	3(10.00)	2(6.67)	11(36.67)
Study group(n=30)	2(6.67)	1(3.33)	2(6.67)	2(6.67)	7(23.33)
χ^2					1.270
P					0.260

2.5 两组不良反应发生率比较

两组不良反应发生率对比未见统计学差异($P>0.05$); 详见表 4。

3 讨论

食管癌是我国最常见的恶性肿瘤之一, 多数患者确诊时已到达疾病中晚期, 因此仅有 20% 的患者有机会接受手术治疗, 其余多丧失最佳手术治疗时机, 临床治疗效果相当有限^[14, 15]。食管癌的病理类型分为鳞癌、腺癌, 以鳞癌居多, 此类患者对放射线敏感度较高, 故而放疗成为中晚期食管癌患者的主要治疗方案^[16]。有报道显示, 常规放疗 5 年生存率约为 10%, 患者放疗后多因复发或肿瘤原发部位局部控制不良等因素死亡, 远期生存

率较低^[17]。加之患者颈、胸部结构存在个体性差异, 胸廓内部组织不均质强化, 致使常规放疗定位准确度较低, 放疗过程中可能导致脊髓、肺等重要器官受到大剂量照射^[18]。随着医学技术的发展, 三维适形调强放疗得到了较为广泛的应用, 三维适形调强放疗可有效改善常规放疗的缺点, 符合食管癌患者生物学特征, 在保证足够肿瘤照射剂量的同时减少对周围正常组织的照射, 对肿瘤靶区实现均匀照射和高度适形, 进一步提高患者肿瘤局部控制率及生存率^[19, 20]。相关的研究表明^[21, 22], 恶性肿瘤患者存在免疫功能下降状况。其中 T 淋巴细胞的免疫作用体现为识别和清除畸变的肿瘤细胞, 可发挥阻止肿瘤疾病进展和免疫监视的作用。不少抗肿瘤化学药物均具有不同程度的免疫抑制作用, 导致患者在放疗过程中免疫功能进一步下降, 无法继

续维持治疗,降低其生存率。

近年来,中药制剂在恶性肿瘤治疗中取得了显著疗效,大量抗肿瘤中药制剂被广泛应用于临床。榄香烯注射液是国家Ⅱ类非细胞毒性抗肿瘤药物,是姜科植物温郁金经现代工艺提取的有效成分。研究表明,榄香烯是温郁金的主要成分,它可通过将肿瘤细胞阻滞在G2-M期,从而阻止肿瘤细胞有丝分裂,发挥肿瘤细胞增殖的抑制作用^[23]。此外,榄香烯注射液还具有一定的放疗增敏效果^[24]。余佳文等^[25]学者研究结果显示,榄香烯可通过多途径诱导肿瘤细胞凋亡,从而达到抗肿瘤或辅助治疗的目的。本研究中研究组的临床总有效率高于对照组,血清肿瘤标志物水平低于对照组,表明榄香烯注射液治疗可有效增强三维适形调强放疗的治疗效果,阻止疾病进展,提高治疗有效率。既往临床实践证实^[26,27],在放疗后期,大多数长期接受放疗的患者因机体免疫功能降低,化疗导致的毒副作用增加,以致于中止放疗进程,而中止放疗后,机体内残留肿瘤细胞会迅速增殖,导致肿瘤浸润转移发生。本研究中三维适形调强放疗联合榄香烯注射液治疗者免疫抑制程度明显更轻,这可能由于榄香烯可以作用于肿瘤细胞膜,使肿瘤细胞的免疫原性改变,引起机体对肿瘤细胞的免疫反应,发挥较好的调整机体免疫功能作用^[28,29]。另外,两组患者治疗后生存质量均有所提升,但研究组患者的生存质量明显更佳,可能是因为榄香烯注射液通过减轻免疫抑制、提升白细胞数、缓解癌性疼痛、提高放疗效果等作用有效改善患者放疗耐受性,减轻其治疗痛苦,逐渐好转的病情可恢复患者战胜疾病的信心,从而有效改善其生存质量^[30]。另两组不良反应发生率对比未见统计学差异,可见三维适形调强放疗联合榄香烯注射液治疗安全可靠。本研究仍存在一定不足,如样本量较小,今后将通过开展多中心调查、扩大样本量的方式进一步研究。

综上所述,三维适形调强放疗联合榄香烯注射液治疗食管癌患者的疗效较好,可有效降低血清肿瘤标志物水平和改善患者生存质量,减轻机体免疫抑制,且不增加不良反应发生率。

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静脉周围组织过度烧伤,力量过小则闭合效果不好,因此工加压无法进行统一的精准量化管理,也可能会对实验结果产生影响;本研究得出的靶静脉再通率情况,为术后6个月的近期效果评价,远期效果有待进一步的研究。

总之,超声引导下肢浅静脉的射频消融闭合术联合交通支静脉的点式剥脱及小腿浅表静脉的泡沫硬化治疗是治疗静脉曲张的一种安全有效的方式,对于GSV、AASV、SSV功能不全均适用。RFA治疗靶静脉再通的重要危险因素是靶静脉的术前直径以及静脉种类。

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