

doi: 10.13241/j.cnki.pmb.2021.15.033

替吉奥联合阿帕替尼对晚期复发转移食管癌患者 T 细胞亚群和血清肿瘤标志物水平的影响 *

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摘要 目的:观察晚期复发转移食管癌经阿帕替尼联合替吉奥治疗后的疗效及对患者 T 细胞亚群和血清肿瘤标志物水平的影响。**方法:**病例搜集时间为 2015 年 3 月至 2018 年 3 月,病例搜集范围为我院接收的晚期复发转移食管癌患者 70 例。采用信封抽签法将患者分为对照组和实验组,各为 35 例。对照组给予替吉奥治疗,实验组在对照组的基础上联合阿帕替尼治疗,两组均连续化疗 2 个周期。对比两组化疗 2 个周期后的客观缓解率、疾病控制率;对比两组化疗前、化疗 2 个周期后的 T 细胞亚群和血清肿瘤标志物水平;对比两组中位总生存期(mOS)、中位无进展生存期(mPFS)及生命质量评分,记录两组化疗期间毒副反应发生情况。**结果:**实验组的客观缓解率 45.71%、疾病控制率 68.57%高于对照组的 22.86%、42.86%($P<0.05$)。两组化疗 2 个周期后 $CD3^+$ 、 $CD4^+$ 、 $CD4^+/CD8^+$ 均较化疗前降低,但实验组高于对照组($P<0.05$); $CD8^+$ 较化疗前升高,但实验组低于对照组($P<0.05$)。两组化疗 2 个周期后肿瘤特异性生长因子(TSGF)、癌胚抗原(CEA)、糖类抗原 199(CA199)较化疗前降低,且实验组低于对照组($P<0.05$)。实验组的 mOS、mPFS 长于对照组($P<0.05$),两组化疗结束后 3 个月 QLQ-OES24 评分均升高,且实验组高于对照组($P<0.05$)。两组不良反应发生率对比,差异无统计学意义($P>0.05$)。**结论:**晚期复发转移食管癌经阿帕替尼联合替吉奥治疗后,病情得到有效控制,血清肿瘤标志物水平降低更为显著,同时还可减轻免疫抑制,延长 mOS、mPFS,且不增加毒副反应,近期疗效可靠。

关键词:替吉奥;阿帕替尼;晚期;复发转移食管癌;疗效;T 细胞亚群;肿瘤标志物

中图分类号:R735.1 文献标识码:A 文章编号:1673-6273(2021)15-2958-05

Effect of Tegafur Combined with Apatinib on T Cell Subsets and Serum Tumor Markers in Patients with Advanced Recurrent and Metastatic Esophageal Cancer*

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ABSTRACT Objective: To observe the efficacy of tegafur combined with apatinib in the treatment of advanced recurrent and metastatic esophageal cancer and its effect on T cell subsets and serum tumor marker levels. **Methods:** The case collection time was from March 2015 to March 2018, and the case collection scope was 70 patients with advanced recurrent and metastatic esophageal cancer in our hospital. The patients were divided into control group and experimental group by envelope lottery, with 35 cases in each group. The control group was treated with tegafur, and the experimental group was treated with apatinib on the basis of the control group. Both groups received chemotherapy for 2 cycles. Objective remission rate and disease control rate at 2 cycles after chemotherapy were compared between the two groups. T cell subsets and serum tumor markers levels before and 2 cycles after chemotherapy were compared between the two groups. Median overall survival (mOS), median progression free survival (mPFS) and quality of life scores were compared between the two groups. The toxicological and side effects during chemotherapy were recorded. **Results:** The objective remission rate and disease control rate of the experimental group were 45.71% and 68.57% respectively, which were higher than 22.86% and 42.86% of the control group ($P<0.05$). 2 cycles after chemotherapy, $CD3^+$, $CD4^+$, $CD4^+/CD8^+$ of two groups were lower than those before chemotherapy, but the experimental group was higher than the control group ($P<0.05$). $CD8^+$ was higher than that before chemotherapy, but the experimental group was lower than the control group ($P<0.05$). 2 cycles after chemotherapy, the levels of tumor specific growth factor (TSGF), carcinoembryonic antigen (CEA), carbohydrate antigen 199 (CA199) of two groups were lower than those before chemotherapy, and the experimental group was lower than the control group ($P<0.05$). The mOS and mPFS of the experimental group were longer than those of the control group ($P<0.05$). The QLQ-OES24 score of the two groups at 3 months after chemotherapy increased, and the experimental group was higher than the control group ($P<0.05$). There was no significant difference in the incidence of adverse reactions between the

* 基金项目:安徽省自然科学基金项目(1508085MH195)

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(收稿日期:2021-02-05 接受日期:2021-02-28)

two groups ($P>0.05$). **Conclusion:** After treatment of advanced recurrent and metastatic esophageal cancer with tegafur combined with apatinib, the condition is effectively controlled, the serum tumor markers levels are decreased more significantly, the immunosuppression is alleviated, the mOS and mPFS are prolonged, and the side effects are not increased. The short-term curative effects is reliable.

Key words: Tegafur; Apatinib; Advanced; Recurrent and metastatic esophageal cancer; Efficacy; T cell subsets; Tumor markers

Chinese Library Classification(CLC): R735.1 **Document code:** A

Article ID: 1673-6273(2021)15-2958-05

前言

食管癌是我国常见消化系统恶性肿瘤之一,发病率与死亡率均较高,给我国人民的生命健康安全带来较大的威胁^[1]。食管癌因早期无典型症状,故不少患者确诊时已经进展到晚期,因治疗手段有限,故其生存率较低^[2]。晚期食管癌患者通常采用以铂类、紫杉醇类、氟尿嘧啶类药物为基础的一线化疗方案,但由于肿瘤细胞耐药性及化疗毒副反应的不耐受,仍有不少患者一线化疗失败导致复发转移,此时多转为二线治疗^[3,4]。替吉奥是二线化疗常用的抗癌口服药,抗癌作用较好^[5]。阿帕替尼是一种新型的小分子酪氨酸激酶抑制剂,主要通过阻止血管生成来抑制肿瘤细胞增殖^[6]。本次研究对我院收治部分晚期复发转移食管癌患者给予阿帕替尼、替吉奥联合治疗,疗效确切,现整理报道如下。

1 资料与方法

1.1 一般资料

病例搜集范围为我院接收的晚期复发转移食管癌患者 70 例,病例搜集时间为 2015 年 3 月至 2018 年 3 月。纳入标准:(1)经 X 线食管摄片、纤维食管镜确诊为食管癌 IV 期,既往接受过一线化疗后仍存在复发、转移;(2)预估生存期 >3 个月;(3)患者及其家属知情本研究并签署同意书;(4)无化疗禁忌证。排除标准:(1)合并其他恶性肿瘤者;(2)合并重要脏器功能障碍者;(3)合并血液系统、内分泌、自身免疫系统疾病者;(4)合并精神障碍者;(5)合并急慢性感染者;(6)治疗依从性差,中途失访者,无法评估疗效者;(7)合并意识功能障碍者。采用信封抽签法将患者分为对照组和实验组,各 35 例。对照组男 16 例,女 19 例,年龄 45~72 岁,平均 (61.49 ± 4.37) 岁;肿瘤分型包括腺癌 4 例,鳞癌 31 例。实验组男 15 例,女 20 例,年龄 43~72 岁,平均 (61.03 ± 5.06) 岁;肿瘤分型包括腺癌 5 例,鳞癌 30 例。两组一般资料比较差异无统计学意义($P>0.05$),均衡可比。我院医学伦理委员会已批准本研究。

1.2 方法

对照组给予替吉奥(维康达)(国药准字 H20080803,山东新时代药业有限公司,规格:25 mg)化疗,按照体表面积给药,口服,体表面积 $1.25\sim 1.50\text{ m}^2$, 50 mg/次;体表面积 $<1.25\text{ m}^2$, 40 mg/次;体表面积 $>1.50\text{ m}^2$, 60 mg/次;2 次/d,连续给药 4 周后,停药 2 周,再开始下一周期。在此基础上,实验组联合阿帕替尼(江苏恒瑞医药股份有限公司,国药准字 H20140105,规格:0.425 g(以阿帕替尼计))治疗,口服,500 mg/次,1 次/d,饭后 30 min 服用,可根据患者反应调整用药为 250 mg 或 750 mg。患者连续用药 3 周后,停药 1 周,两组均化疗 2 个周期。化疗期间每周监测血压,查肝肾功能、血常规及尿常规。每个周期允许

因不良反应下调药物剂量 1 次,停药不超过 2 次,累计不超过 14 d。

1.3 观察指标

(1)观察两组化疗 2 个周期后的临床疗效。参考《实体瘤治疗疗效评价标准(RECIST)》^[7],疾病控制率=完全缓解率+部分缓解率+疾病稳定率。客观缓解率=完全缓解率+部分缓解率。具体为:除结节性疾病外,所有目标病灶完全消失为完全缓解。患者所有可测量目标病灶的直径总和至少减少 30%为部分缓解。以患者目标病灶半径的总和最小值为参照,既达不到减缓标准,也达不到恶化标准为疾病稳定。出现所有目标病灶半径的总和至少增加 20%,且半径总和增加的绝对值必须大于 5 mm 为疾病进展。(2)化疗前、化疗 2 个周期后采集患者清晨空腹肘静脉血 5 mL,经 3500 r/min 的速率离心 12 min,离心半径 17.5 cm,分离血清置于低温冰箱中待测。采用 BDcalibur 流式细胞仪检测外周血 T 细胞亚群:CD3⁺、CD4⁺、CD8⁺、计算 CD4⁺/CD8⁺。采用夹心酶法检测肿瘤特异性生长因子(TSGF)水平。采用酶联免疫法检测血清癌胚抗原(CEA)、糖类抗原 199(CA199)水平。检测过程严格遵守试剂盒(上海长征康仁医学科学有限公司生产)说明书步骤进行。(3)化疗期间行尿常规、肝肾功能、血常规检测,记录毒副反应发生情况,包括中性粒细胞减少、肝肾功能异常、恶心呕吐、血小板减少、腹痛腹泻及高血压等。(4)所有患者采用门诊复查、电话及微信等形式随访 2 年,随访终止时间为 2020 年 3 月或者患者死亡。观察两组中位总生存期(mOS)、中位无进展生存期(mPFS)。(5)在化疗结束初期、化疗结束后 3 个月采用欧洲癌症研究与治疗组织制定的食管癌专用量表 QLQ-OES24 评分^[8]对两组患者生活质量水平进行评估,调查量表主要包括社会影响、日常生活、一般情况、情感活动、治疗相关症状等维度,总分 100 分,得分越高代表生活质量水平越高。

1.4 统计学方法

采用 SPSS25.0 软件对数据进行统计分析。计数资料以例或率的形式表示,采用卡方检验。计量资料以均值 $\pm$ 标准差的形式表示,采用 t 检验。检验标准设置为 $\alpha=0.05$ 。

2 结果

2.1 两组疗效对比

实验组的客观缓解率 45.71%、疾病控制率 68.57%高于对照组的 22.86%、42.86%,差异有统计学意义($P<0.05$),详见表 1。

2.2 两组 T 淋巴细胞亚群指标对比

两组化疗前 CD3⁺、CD4⁺、CD8⁺、CD4⁺/CD8⁺ 组间对比,差异无统计学意义($P>0.05$)。两组化疗 2 个周期后 CD3⁺、CD4⁺、CD4⁺/CD8⁺ 较化疗前降低,但实验组高于对照组($P<0.05$),CD8⁺ 较化疗前升高,但实验组低于对照组($P<0.05$),具体见表 2。

表 1 两组疗效对比 [例(%)]

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

Groups	Complete remission	Partial remission	Stable disease	Disease progression	Objective remission rate	Disease control rate
Control group(n=35)	0(0.00)	8(22.86)	7(20.00)	20(57.14)	8(22.86)	15(42.86)
Experimental group(n=35)	0(0.00)	16(45.71)	8(22.86)	11(31.43)	16(45.71)	24(68.57)
χ^2					4.058	4.690
P					0.044	0.030

表 2 两组 T 淋巴细胞亚群指标对比($\bar{x} \pm s$)

Table 2 Comparison of T lymphocyte subsets between the two groups($\bar{x} \pm s$)

Groups	CD3 ⁺ (%)		CD4 ⁺ (%)		CD8 ⁺ (%)		CD4 ⁺ /CD8 ⁺	
	Before chemotherapy	2 cycles after chemotherapy	Before chemotherapy	2 cycles after chemotherapy	Before chemotherapy	2 cycles after chemotherapy	Before chemotherapy	2 cycles after chemotherapy
Control group(n=35)	38.29± 5.25	29.73± 5.33*	32.13± 3.26	24.29± 3.82*	22.19± 3.35	28.75± 2.41*	1.45± 0.36	0.84± 0.29*
Experimental group(n=35)	38.36± 5.32	34.64± 5.49*	32.18± 4.31	27.68± 3.03*	22.24± 4.26	25.94± 2.37*	1.45± 0.43	1.07± 0.25*
t	0.055	3.796	0.055	4.113	0.055	4.918	0.105	5.534
P	0.956	0.000	0.957	0.000	0.957	0.000	0.916	0.000

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

2.3 两组血清肿瘤标志物水平对比

意义($P>0.05$)。两组化疗 2 个周期后 TSGF、CEA、CA199 较化

两组化疗前 TSGF、CEA、CA199 组间对比,差异无统计学意义($P>0.05$)。两组化疗 2 个周期后 TSGF、CEA、CA199 较化疗前降低,且实验组低于对照组($P<0.05$)。具体见表 3。

表 3 两组血清肿瘤标志物水平对比($\bar{x} \pm s$)

Table 3 Comparison of serum tumor markers between the two groups($\bar{x} \pm s$)

Groups	TSGF(U/mL)		CEA(μ g/L)		CA199(U/mL)	
	Before chemotherapy	2 cycles after chemotherapy	Before chemotherapy	2 cycles after chemotherapy	Before chemotherapy	2 cycles after chemotherapy
Control group(n=35)	82.91± 6.24	65.73± 5.31*	9.28± 1.29	5.93± 0.81*	43.16± 4.28	29.18± 4.33*
Experimental group(n=35)	82.83± 5.37	39.08± 4.24*	9.23± 1.07	3.74± 0.77*	43.09± 5.39	18.20± 3.41*
t	0.057	23.202	0.176	1.593	0.060	11.786
P	0.954	0.000	0.860	0.000	0.952	0.000

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

2.4 两组 QLQ-OES24 评分对比

化疗结束初期,对照组与实验组 QLQ-OES24 评分分别为(45.39± 7.84)分、(44.67± 8.71)分,组间对比差异无统计学意义($P>0.05$);化疗结束后 3 个月,两组 QLQ-OES24 评分均升高,实验组的 QLQ-OES24 评分为(78.62± 7.36)分,高于对照

组的(69.93± 6.35)分($t=5.289$, $P=0.000$)。

2.5 两组 mOS、mPFS 对比

2 年随访结束后,对照组失访 3 例,实验组失访 4 例。实验组的 mOS 和 mPFS 长于对照组($P<0.05$),具体见表 4。

表 4 两组 mOS 和 mPFS 对比($\bar{x} \pm s$)

Table 4 Comparison of mOS and mPFS between the two groups($\bar{x} \pm s$)

Groups	mOS(months)	mPFS(months)
Control group(n=32)	12.62± 3.97	8.22± 2.89
Experimental group(n=31)	16.15± 2.76	13.38± 2.73
t	4.085	7.280
P	0.000	0.000

2.6 两组不良反应发生率对比

具体见表 5。

两组不良反应发生率对比, 差异无统计学意义($P>0.05$),

表 5 两组不良反应发生率对比 [例(%)]

Table 5 Comparison of adverse reactions between the two groups [n(%)]

Groups	Neutropenia	Abnormal liver and kidney function	Nausea and vomiting	Thrombocytopenia	Abdominal pain, diarrhea	Hypertension	Total incidence rate
Control group (n=35)	2(5.71)	1(2.86)	1(2.86)	2(5.71)	1(2.86)	1(2.86)	8(22.86)
Experimental group(n=35)	1(2.86)	1(2.86)	2(5.71)	1(2.86)	2(5.71)	3(8.57)	10(28.57)
χ^2							0.299
P							0.584

3 讨论

食管癌是侵袭性强、致死率高的难治性恶性肿瘤,晚期食管癌恶性程度高,手术治疗效果不大,化疗是其主要治疗方法^[9]。但部分晚期食管癌患者体质偏弱,无法耐受化疗治疗,引起复发转移,这就对临床如何尽可能的延长食管癌患者的生存期提出了新的要求^[10]。目前靶向治疗已成为肿瘤治疗研究的热点,其中替吉奥是治疗食管癌患者二线化疗的常用药物,主要成分包括替加氟、吉美嘧啶、奥替拉西钾等,可抑制肿瘤细胞增殖^[11,12]。而肿瘤靶向治疗的分子基础主要有表皮生长因子受体(EGFR)、血管内皮生长因子(VEGF)等^[13,14]。其中 EGFR 是原癌基因 *cerbB-1* 的表达产物,其信号通路和肿瘤细胞的生长、侵袭以及转移密切相关^[15]。现有一些研究表明^[16,17],抗 EGFR 单抗包括西妥昔单抗、马妥珠单抗等治疗晚期食管癌的疗效较为一般。VEGF 则是肿瘤血管生成的重要细胞因子,可通过促进血管生成进而促进肿瘤细胞的生长和转移^[18]。阿帕替尼是我国自主研发的抗血管生成的抗肿瘤药物,现有的研究证实其在治疗胃癌的 III 期临床试验中有较好的治疗效果^[19]。晚期复发转移食管癌目前尚无有效的二线靶向治疗方案。有临床研究表明阿帕替尼联合紫杉醇二线治疗晚期食管癌显示疗效尚可,可降低 VEGF 水平,且不良反应能够耐受^[20]。初步估计阿帕替尼在食管癌方面可能具有良好的临床应用前景。本研究就此展开探讨,以明确替吉奥联合阿帕替尼在晚期复发转移食管癌患者中的临床应用价值。

本次研究结果显示,实验组的客观缓解率、疾病控制率高于对照组,mOS、mPFS 长于对照组,化疗结束后 3 个月 QLQ-OES24 评分高于对照组。表明替吉奥联合阿帕替尼治疗晚期复发转移食管癌,近远期疗效均较好,可有效改善患者生活质量。替吉奥中的替加氟进入人体后可转化为氟尿嘧啶,从而转变为抗肿瘤的有效成分之一;奥替拉西钾则可有效减少氟尿嘧啶在胃肠道中的磷酸化效果,降低机体损伤;吉美嘧啶则可通过减缓氟尿嘧啶的分解,维持血液中较高的药物浓度^[21-23]。阿帕替尼的作用机制则是通过竞争性结合肿瘤细胞的酪氨酸 ATP 结合位点,达到抑制血管生成的药理学作用^[24-26]。通过观察其药理作用机制,可知阿帕替尼与替吉奥均具有抑制新生血管

的作用,共同达到抗肿瘤的目的。CA199 属于广谱糖类肿瘤相关抗原,其在消化道恶性肿瘤患者体内处于高水平状态^[27]。CEA 属于一种酸性糖蛋白,同样在消化道肿瘤中具有较高的诊断特异性^[28]。TSGF 是一种由恶性细胞产生的特殊标志物,可促进血管增生而导致肿瘤发展^[29]。本研究结果还显示,化疗 2 个周期后,实验组的 TSGF、CEA、CA199 水平明显低于对照组,进一步从实验室检查方面证实替吉奥联合阿帕替尼治疗在控制肿瘤进展方面明显优于单用替吉奥治疗。进一步的研究结果显示,替吉奥联合阿帕替尼治疗还可减轻免疫抑制。以往有研究表明^[30],抗肿瘤血管生成治疗能够改善肿瘤微环境中各种免疫细胞的构成,这与本次研究结果基本一致。替吉奥联合阿帕替尼治疗,发挥良好的抗血管生成作用,可减轻对免疫防御机制的损害,进而发挥免疫抑制效果^[31]。此外,不良反应发生率对照组相对更低,但两组之间比较无统计学差异,表明联合治疗未见明显的不良反应增加,可能是因为阿帕替尼在用药后主要通过粪便与尿液代谢,安全性较好^[32]。本研究的随访时间相对较短、样本量较小,今后有待开展大样本、延长随访时间的研究,同时还需结合免疫检查点抑制剂进行进一步研究。

综上所述,替吉奥联合阿帕替尼治疗晚期复发转移食管癌,可有效控制疾病进展,延长 mOS、mPFS,改善血清肿瘤标志物水平,减轻免疫抑制,且不增加毒副反应。

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