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厄洛替尼单药与替莫唑胺联合放疗对肺腺癌伴脑转移的临床疗效分析

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摘要 目的 探讨厄洛替尼单药与替莫唑胺联合放疗治疗肺腺癌脑转移的有效性和安全性。**方法** 选择2009年1月~2011年12月我院收治的54例肺癌脑转移患者为研究对象,随机分为厄洛替尼组和替莫唑胺联合放疗组。厄洛替尼组(34例)给予口服厄洛替尼150 mg/d服药直到病情进展或不能耐受副作用,替莫唑胺联合放疗组(20例)给予全脑放疗(40Gy/20次,4周)并同期给予替莫唑胺75 mg·m²·d⁻¹,d1-5 po,放疗后序贯替莫唑胺150mg·m²·d⁻¹,d1-5 po,q28d,共6周期。治疗结束后,分析和比较两组的无进展生存期(PFS)、中位生存期(OS)、总有效率(RR)和疾病控制率(DCR)以及不良反应的发生情况。**结果** 厄洛替尼组的RR和DCR分别为76.5%和88.2%;替莫唑胺联合放疗组分别为80%和95%,两组比较差异均无统计学意义($P>0.05$)。两组的PFS分别为10.1和7.1个月,差异无统计学意义($P>0.05$),厄洛替尼组的OS为20.1个月,较替莫唑胺联合放疗组(10.8个月)明显延长,差异有统计学意义($P<0.05$)。两组常见的不良反应为皮疹、骨髓抑制、消化道反应、肝功能损伤等,其中厄洛替尼组和替莫唑胺联合放疗组皮疹的发生率两分别为76.5%和5%,两组比较有统计学差异 ($P<0.05$),两组其它不良反应的发生率比较差异均无统计学意义($P>0.05$)。**结论** 厄洛替尼治疗肺腺癌脑转移的近期疗效与替莫唑胺联合放疗相当,但其可显著延长患者的中位生存期,不良反应轻微。

关键词 肺腺癌;脑转移癌;替莫唑胺;厄洛替尼;全脑放疗

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Clinical Efficacy of Erlotinib Monotherapy or Temozolomide Plus Radiotherapy in the Treatment of Brian Metastasis in lung Adenocarcinoma

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ABSTRACT Objective: We performed this study to compare the efficacy and safety of erlotinib monotherapy or temozolomide plus radiotherapy in treatment of lung adenocarcinoma with brain metastases. **Methods:** We selected 54 patients with brain metastases of lung adenocarcinoma who underwent treatment in the first affiliated Hospital of Dalian Medical University from January 2009 to December 2011. They were randomly enrolled into two groups: one group treated with erlotinib (34) 150mg daily until disease progression or unacceptable toxicity, and the other group that temozolomide plus radiotherapy group (20) was given temozolomide 75 mg·m²·d⁻¹ for 5 days every 28 days and conventional head radiotherapy of total dose of 40 Gy for 20 times for 4 weeks, then they received temozolamide therapy second to the sixth cycles: 150 mg·m²·d⁻¹ for 5 days. The progression-free survival (PFS), median overall survival (OS), response rate (RR), disease control rate (DCR) and incidence of adverse reaction were comparatively analyzed . **Results:** The RR and the DCR of erlotinib group were 76.5% and 88.2%, respectively. The RR and the DCR of temozolomide joint radiotherapy were 80% and 95%, respectively. There were all no significant differences between the two groups ($P>0.05$). The PFS of the two group were 10.1months and 7.1months ,respectively ($P>0.05$). OS of the two group were 20.1 months and 10.8 months respectively, and there were significant differences between the two groups ($P<0.05$). The main adverse effects of the two groups are rash, bone marrow suppression, enteron reaction, abnormal liver function and so on. The incidence of rash between erlotinib group and temozolomide plus radiotherapy group were 76.5% and 5%, and there were significant differences between the two groups ($P<0.05$). The other incidence of adverse reaction were no significant differences between the two groups ($P>0.05$). **Conclusion:** The short-term effect of erlotinib is not superior to temozolomide plus radiotherapy group in treatment of lung adenocarcinoma with brain metastases, but the median survival time was significant prolongation and the toxicity was mild.

Key words: Lung adenocarcinoma; Brian metastasis; Temozolomide; Erlotinib; Whole brain radiotherapy

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前言

目前,肺癌是我国病死率第一的恶性肿瘤,其中非小细胞肺癌(non-small cell lung cancer, NSCLC)占80%,多数发现时已是Ⅲ、Ⅳ期,而NSCLC脑转移发生率达24%^[1],其中肺腺癌脑转移发生率高约为43%^[2],且预后极差,自然中位生存期1~2个月^[3]。化学治疗对于肺腺癌的疗效已经达到平台期,但靶向治疗研究的突破性进展能够改善肺腺癌伴脑转移的患者临床症状,延长其生存期,提高生活质量。多项研究表明表皮生长因子受体酪氨酸激酶抑制剂(EGFR-TKI)对肺腺癌脑转移的治疗有较好的疗效,NCCN指南已经推荐厄洛替尼或吉非替尼一线用于EGFR突变的或二、三线治疗化疗失败的晚期NSCLC。然而,放化疗也可以提高颅内病灶的客观反应率。因此,对肺腺癌脑

转移的患者探索安全有效可行的治疗方法势在必行。本研究探讨了厄洛替尼单药与替莫唑胺联合放疗在肺腺癌脑转移的治疗中的疗效和不良反应,以期为肺腺癌脑转移的治疗带来新的希望。

1 资料与方法

1.1 一般资料

选择2009年1月到2011年12月我院收治的经细胞学或病理学确诊的肺腺癌伴脑转移患者54例,所有患者PS评分0~2分,其中男性26例,女性28例,年龄36~72岁,头颅CT或MRI检查证实有明确的颅内转移病灶,预计生存期>1月,临床资料记录完整,将其随机分为厄洛替尼组34例、替莫唑胺联合放疗组20例,具体情况见表1。

表1 厄洛替尼组与替莫唑胺联合放疗组的临床资料比较

Table 1 Comparison of the general information between Erlotinib group and temozolomide combined with radiotherapy group

特征 Characteristic	厄洛替尼 Erlotinib	替莫唑胺联合放疗 TMZ+R	P值 P Value
性别 Gender			0.870
男 Male	18	6	
女 Female	16	14	
吸烟史 Smoking history			0.307
吸烟 Smoker	10	8	
非吸烟 Never	24	12	
评分 PS score			0.430
0~1 分	16	16	
2 分	18	4	
脑转移瘤数目			
Number of brain metastases			
少于或等于3个脑转移灶	18	8	
Less than or equal to three brain metastases			0.263
大于3个脑转移灶	16	12	
More than three brain metastases			

1.2 治疗方法:

厄洛替尼组(34例)给予厄洛替尼150mg·d⁻¹至病情进展或不能耐受副作用,替莫唑胺联合放疗组(20例)给予全脑放疗(40Gy/20次,4周)并同期替莫唑胺75mg·m²·d⁻¹,d1~5,放疗结束后序贯替莫唑胺150mg·m²·d⁻¹ d1~5,q28d,共4~6周期。54例患者均完成了治疗。

1.3 疗效评价标准

针对颅内病灶近期疗效评价按RECIST1.1实体瘤疗效评价标准,完全缓解(CR)、部分缓解(PR)、疾病稳定(SD)和疾病进展(PD)。有效率(response rate, RR)=CR+PR。疾病控制率(disease control rate, DCR)=CR+PR+SD;近期疗效:治疗后每2个月行肺CT和头部MRI检查评价疗效。总生存时间(overall survival, OS)定义为开始服用厄洛替尼或替莫唑胺到死亡或末次随访日期,无进展生存期(progression-free survival, PFS)定义为开始接受厄洛替尼或替莫唑胺联合放疗至疾病进展时间。末次随访时间为2012年5月。

1.4 不良反应

根据美国通用的药物毒性反应标准NCI-CTC3.0分级标准进行评价。

1.5 统计学分析

运用SPSS16.0软件,率的比较采用 χ^2 检验,等级资料采用秩和检验,生存分析采用Kaplan-Meier法并进行Log-rank时序检验,以P<0.05为差异有统计学意义。

2 结果

放疗结束后3个月行肺CT和头部强化MRI检查,54例患者均可评价近期疗效评价,其中厄洛替尼组PR26例,SD4例,PD4例,ORR(CR+PR)为76.5%,DCR(CR+PR+SD)为88.2%,替莫唑胺联合放疗组CR1例,PR15例,SD3例,PD1例,RR(CR+PR)为80%,DCR(CR+PR+SD)为95%,两组RR和DCR比较均无显著性差异(P>0.05)。

两组无进展生存期(PFS)分别是10.1与7.1个月,无显著性差异(P=0.162),见图1;厄洛替尼组的中位生存期(OS)为20.6个月,较替莫唑胺联合放疗组(10.8个月)明显延长(P<0.05),见图2。

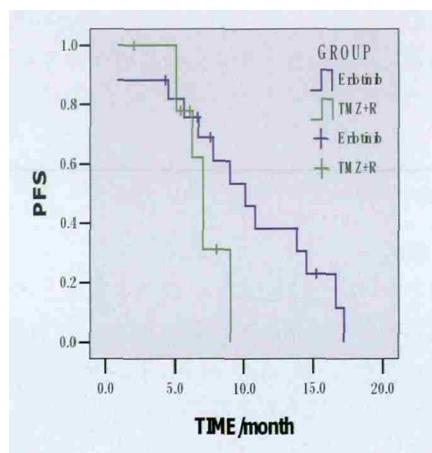


图 1 无进展生存期(PFS)

Fig. 1 Progression-free survival(PFS)

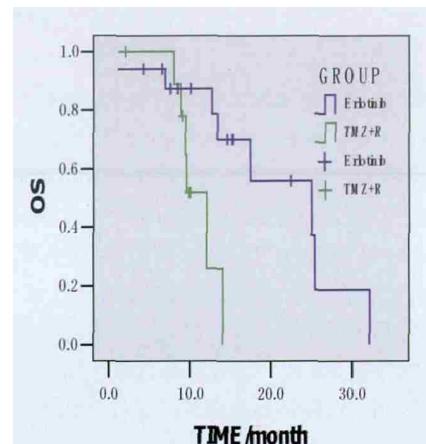


图 2 总生存期(OS)

Fig. 2 Overall survival(OS)

两组常见不良反应为皮疹、骨髓抑制、消化道反应、肝功能损伤等。厄洛替尼组和替莫唑胺联合放疗组皮疹的发生率两分别为 76.5% 和 5% ,两组比较有统计学差异($P<0.05$) ;两组骨髓抑制的发生率分别为 26.5% 和 40% ;恶心、呕吐的发生率分别

为 44.1% 和 70.0% ,腹泻的发生率分别为 37% 和 45% ,肝功能损伤的发生率分别为 26.5% 和 35% ,两组比较均无统计学差异($P>0.05$)。均给予对症治疗症状均好转,全组患者均未出现明显肾功能异常。

表 2 两组不良反应的比较(例, %)

Table 2 Comparison of the toxic side effects between erlotinib group and temozolamide plus radiotherapy group

	厄洛替尼 Erlotinib(n=34)				替莫唑胺联合放疗 TMZ+R(n=20)				P
	0				0				
皮疹 Rash	8	15	9	2	19	1	0	0	0.000
恶心、呕吐 Nausea、vomiting	19	10	5	0	6	9	3	2	0.064
血液毒性 Hematological toxicity	26	5	4	0	12	5	3	0	0.307
肝功损害 Abnormal liver function	25	4	4	1	11	2	3	2	0.389
腹泻 Diarrhea	22	6	4	2	13	3	4	2	0.073

3 讨论

肺癌脑转移的患者预后极差,全脑放疗可使大部分患者的中位生存时间延长 4-6 个月^[4] ;立体定向放疗(SRS)在局部控制及中位生存期方面虽然优于全脑放疗,但总生存时间无明显差异^[5]。化疗血脑屏障影响了化疗药物的疗效,限制了许多药物进入脑组织中。生物靶向治疗提供了一种新的肿瘤治疗途径,然而化疗联合放疗治疗肺癌脑转移一直是临床治疗方案之一,对于肺癌脑转移的最佳方式选择问题仍然没有定论。本研究旨在探讨靶向治疗与化疗联合放疗对肺腺癌脑转移治疗的疗效和安全性。

厄洛替尼是一种口服的 TKI,通过与胞质内的 ATP 分子竞争性结合 EGFR 从而抑制酪氨酸激酶活性及下游信号传导,产生抑制肿瘤细胞增殖、侵袭、转移作用,并降低肿瘤细胞的粘附性可通过^[6]。同时,有研究表明当脑转移或脑膜转移后,其血脑屏障已破坏,更有助于其通过^[7]。但是脑脊液中厄洛替尼血药

浓度的提高能否换来疗效的提高尚缺少实验依据。厄洛替尼是较早治疗 NSCLC 的分子靶向治疗药物,吴一龙等^[8]报道了 1 项厄洛替尼二线治疗晚期 NSCLC 无症状脑转移一期前瞻性研究,结果显示 RR 为 56.3%,中位 PFS 为 10.1 个月,6 个月、1 年生存率分别为 87% 和 74% 表明厄洛替尼治疗肺腺癌脑转移疗效显著。Porta S 等^[9]观察厄洛替尼治疗 69 例非小细胞肺癌脑转移患者的疗效,显示在 17 例 EGFR 突变患者中 RR 达到 82.4%,而在无 EGFR 突变的患者却未观察到明显的疗效,明确有 EGFR 突变的患者,其平均中位无进展生存期(PFS)为 11.7 个月(95%CI ,7.9-15.5),而野生型或 EGFR 基因突变未知的中位 PFS 为 5.8 个月(95%CI ,5.2-6.4)($P<0.05$) ;二者中位总生存期(OS)分别为 12.9 与 3.1 个月($P<0.001$)。Porta R 等^[10]的临床研究亦得出,厄洛替尼对于 NSCLC 脑转移的疗效同样与 EGFR 突变相关。

本组研究中的患者均为肺腺癌脑转移,我国腺癌突变率高于其他病理类型的突变率,也明显高于欧美人^[11]。本研究应用

厄洛替尼作为治疗,中位PFS为10.1个月,中位OS为20.6个月,说明厄洛替尼治疗未经EGFR检测肺腺癌脑转移取得良好的疗效。2011年ASCO会议上公布一项采用厄洛替尼联合全脑放疗治疗伴脑转移NSCLC的II期研究^[12]结果显示携带野生型EGFR的患者平均存活时间为9.3个月,携带突变型EGFR的患者则为19.1个月,表明在未经筛选的患者中,EGFR突变率高于预期,本实验结果与其相似。无独有偶,国内开始许多同类研究,张清琴等^[13]报道了厄洛替尼联合全脑放疗对NSCLC脑转移治疗疗效较好,因为这些患者拒绝全脑放疗,故本研究没有与放疗联用。

替莫唑胺是一种新型咪唑四嗪类口服化疗药,替莫唑胺以其较高的生物利用度及易通过血脑屏障的特点,其脑脊液/血浆药物浓度比可达30%-40%。目前临床主要用于治疗成人胶质细胞瘤和恶性黑色素瘤,脑转移瘤的治疗亦取得疗效^[14],随着临床观察替莫唑胺治疗非小细胞肺癌脑转移的正在不断深入研究^[15]。替莫唑胺具有较高的生物利用度及易通过血脑屏障的特点,故国际上开展了几个相关实验。Addeo R等^[16]对非小细胞肺癌和乳腺癌伴脑转移的患者进行了一项一期研究,结果表明低剂量每日给药的替莫唑胺联合全脑放疗取得良好疗效,中位OS是8.8个月,中位PFS为6个月。谢家印等^[17]采用替莫唑胺化疗联合全脑放疗方法与单纯全脑放疗组比较,其有效率分别为63.3%和44.0%,中位生存期分别为8.6个月和4.5个月。但是本研究表明并不优于厄洛替尼组,原因可能考虑替莫唑胺组胸部原发肿瘤控制没有厄洛替尼组良好,所以影响其颅内肿瘤的预后。厄洛替尼组脑转移数目1-2个患者比例多于替莫唑胺组,故中位PFS及中位OS较替莫唑胺组延长。替莫唑胺组脑转移灶数目1-3个与3个以上相比,生存期有延长。本研究替莫唑胺联合放疗组,例数少,小样本,颅内肿瘤>3个人数大于颅内肿瘤1-3个人数,但其中位OS为10.8个月与Minniti等^[18]研究全脑放疗联合立体定向治疗NSCLC脑转移中位OS为10.3个月相当,可能与放疗打开血脑屏障,使化疗药物进入脑组织有关。可见,颅内肿瘤>3个的患者,可以选择全脑放疗联合立体定向放疗或者全脑放疗联合替莫唑胺。

厄洛替尼治疗肺腺癌毒性可耐受,主要不良反应为皮疹及腹泻,大多为轻中度;替莫唑胺联合放疗组主要不良反应是恶心、呕吐、腹泻。治疗过程中无一度以上反应发生,全组患者均可耐受,发生率与既往报道相符。

综上所述,厄洛替尼单药与替莫唑胺联合放疗均可用于肺腺癌伴脑转移的治疗,其中厄洛替尼疗效明显且不良反应轻,替莫唑胺联合放疗能提高颅内病灶反应率但在总生存期上未能延长。目前有文献报道,厄洛替尼可以作为吉非替尼耐药的进展期肺腺癌的药物选择^[19]。也有文献报道,替莫唑胺能预防肺癌脑转移的治疗^[20],而厄洛替尼能否替代化疗联合全脑放疗仍需进行前瞻性、随机、大样本的临床实验研究。

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