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三阴性乳腺癌术后辅助化疗方案的药学研究*

刘屹¹ 丰航² 许凡凡² 张鑫雨³ 何恒² 张鹏² 朱亚宁^{2△}

(1 陕西省人民医院肿瘤内科 陕西 西安 710068; 2 陕西省人民医院药学部 陕西 西安 710068;

3 空军军医大学基础医学院学员四大队 陕西 西安 710032)

摘要 目的:调查三阴性乳腺癌术后辅助化疗三种方案的临床应用情况,制订药学监护点。**方法:**收集我院 2009 年 12 月至 2017 年 5 月 168 例三阴性乳腺癌患者,化疗方案选用 TAC、TP 或 AC→T 方案,对三组患者进行具体分析。**结果:**胃肠道反应:TAC 组 I 度 8 例,II 度 28 例;AC→T 组 I 度 4 例,II 度 100 例;III 度 4 例;TP 组 II 度 20 例,III 度 4 例。骨髓抑制:TAC 组 II 度 32 例,III 度 4 例;AC→T 组 II 度 92 例,III 度 16 例;TP 组 II 度 20 例,III 度 4 例。三组不同化疗方案 TNBC 患者的胃肠道反应、骨髓抑制的发生情况比较差异均无统计学意义 ($P>0.05$)。一年肿瘤无进展生存率:TAC 88.9%;AC→T 92.6%;TP 100%, 平均化疗费用:TAC 20686.94±199.87 元;AC→T 19470.83±150.988 元;TP 12895.42±276.341 元,平均住院天数为 8.808±0.2792 天;10.213±0.2429 天;10.958±0.3782 天。**结论:**在 TAC、TP 和 AC→T 方案中,TP 方案治疗三阴性乳腺癌的临床疗效可,副反应少,费用少,是较优选的治疗方案。

关键词:三阴性乳腺癌;术后辅助化疗;化疗方案;药学服务

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Pharmaceutical Research on Postoperative Adjuvant Chemotherapy for Three Patients with Three Negative Breast Cancer*

LIU Yi¹, FENG Hang², XU Fan-fan², ZHANG Xin-yu³, HE Heng², ZHANG Peng², ZHU Ya-ning^{2△}

(1 Department of oncology, Shaanxi People's Hospital, Xi'an, Shaanxi, 710068, China;

2 Department of pharmacology, Xi'an, Shaanxi, 710068, China;

3 Fourth Cadet Brigade, Air Force Medical University, Xi'an, Shaanxi, 710032, China)

ABSTRACT Objective: To investigate the clinical application of three kinds of postoperative adjuvant chemotherapy (TAC, TP, AC→T) for the three negative breast cancer, and make pharmaceutical care point. **Methods:** 168 cases of three negative breast cancer patients admitted in our hospital and given TAC TP, or AC→T chemotherapy regimens from December 2009 to May 2017, were collected and analyzed. **Results:** Gastrointestinal reaction I and II were found in 8 and 28 cases of TAC group, gastrointestinal reaction I, II and III were found in 4, 100 and 4 cases of AC→T group, gastrointestinal reaction II and III were found in 20 and 4 cases in the TP group. Bone marrow suppression II and III were found in 32 and 4 cases of TAC group, 92 and 6 cases of AC→T group, 20 and 4 cases in the TP group. No significant difference was found in the incidence of gastrointestinal reaction and bone marrow suppression between TNBC patients undergoing different chemotherapy regimens ($P>0.05$). The tumor progression-free survival rate was 88.9% in TAC group, 92.6% in the AC→T group, 100% in the TP group. The average chemotherapy costs were 20686.94±199.87, 19470.83±150.988 and 12895.42±276.341 yuan in the TAC, AC→T and TP group, the average hospitalization days were 8.808±0.2792, 10.213±0.2429, 10.958±0.3782 days in the TAC, AC→T and TP group. **Conclusions:** Among TAC, TP and AC→T chemotherapy regimens, TP chemotherapy regimen was most effective in the treatment of TNBC with less adverse reactions and lower treatment costs.

Key words: Triple negative breast cancer (TNBC); Postoperative adjuvant chemotherapy; Chemotherapy regimens; Pharmaceutical service

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前言

乳腺癌是女性最常见的恶性肿瘤之一,其发病率逐年上

升,发病率及死亡率均居女性恶性肿瘤的首位^[1-3]。2014 年召开的第九届国际乳腺癌论坛最新资料显示至 2021 年,我国乳腺癌患者将达到 250 万人,城市发病率是农村的两倍,我国乳腺

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作者简介:刘屹(1983-),博士,主治医师,研究方向:肿瘤感染治疗,电话:13772061012, E-mail: liuyi926999@yeah.net

△ 通讯作者:朱亚宁(1977-),硕士,副主任药师,研究方向:临床药学,电话:15829239232, E-mail: zhuyn2235@163.com

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癌人均发病年龄较欧美人提前 10 年,我国将成为乳腺癌大国。乳腺癌已经成为女性健康的最大威胁。

三阴性乳腺癌(triple-negative breast cancer, TNBC)是指雌激素(estrogen receptor, ER)、孕激素(progesterone receptor, PR)、人表皮生长因子受体-2 (human epidermal growth factor receptor-2, HER-2)表达均为阴性的乳腺癌亚型,占乳腺癌的 7%~15%^[4-6]。三阴性乳腺癌 5 年生存率不到 15%,多见于绝经前的中青年患者^[7],10 年原位复发率为 14%^[8]。约 90%的 TNBC 癌细胞分化较差,细胞增殖活跃^[9,10]。且与其他亚型的乳腺癌相比,TNBC 发生腋窝淋巴结转移较少,考虑其发生血行转移可能性较大^[11,12]。TNBC 发生肺、脑部转移几率较高^[13],骨转移率最低^[14]。约 6.2%的 TNBC 患者发生脑转移;如果脑转移作为首站转移,TNBC 患者的中位生存期仅为 5.8 个月^[15,16]。

尽管目前新增了许多治疗方法,如靶向治疗^[17-23]、免疫治疗^[24-27],但化疗仍是目前唯一获批的治疗办法^[28]。与其他类型乳腺癌相比,三阴性乳腺癌对化疗、放疗敏感性较高,但如果只是常规的标准治疗,其预后依然很差,无复发生存率和总生存率较低。目前,还没有针对三阴性乳腺癌的治疗指南,其治疗一般按预后差乳腺癌治疗常规进行。因此,化疗为三阴性乳腺癌的主要治疗途径^[29],术后辅助化疗的主要目的是减少局部复发、提高患者的生存率^[30]。2003 年版《NCCN 乳腺癌临床实践指南》中推荐的化疗常规方案为 TAC 方案、AC→T 方案,术后辅助化疗药物主要是含蒽环类的药物和紫杉醇类的药物。尽管目前新近的研究证实了卡培他滨在术后辅助化疗中的作用^[31],但目前临床治疗乳腺癌的化疗方案仍多采用顺铂联合多西他赛^[32],化疗效果明显,目前临床应用广泛。

现对陕西省人民医院 2009 年 9 月-2017 年 5 月收治的三阴性乳腺癌患者的术后辅助化疗方案进行调查,从中筛选化疗方案为 TP 方案、AC→T 方案、TAC 方案的病例信息,进行药理学回顾性研究,旨在建立药学监护点,提高药学服务质量,更好地服务患者。

1 资料与方法

1.1 一般资料

选取 2009 年 9 月至 2017 年 5 月在陕西省人民医院接受术后辅助化学治疗的乳腺癌患者作为本研究的研究对象。纳入标准:①经免疫组化检测孕激素受体(PR)、雌激素受体(ER)、人表皮生长因子受体-2(HER-2)三种受体的表达均为阴性;②化疗方案为 TP 方案、TAC 方案、AC→T 方案;③女性;④年龄 20~80 岁。符合纳入标准的共 168 例患者,平均年龄为 50.3 岁,中位数年龄 50.5 岁,确诊左乳腺癌 92 例,右乳腺癌 76 例。病理类型:导管内癌 4 例,髓样癌 4 例,粘液癌混合浸润性导管癌 4 例,浸润性导管癌 156 例。TP 方案 24 例,TAC 方案 36 例,AC→T 方案 108 例。化疗前血常规、肝肾功能、心电图等检查正常。

1.2 研究方法

符合纳入标准的所有病例均接受保留胸大、小肌的乳腺改良根治术或保乳切除术+淋巴结清扫术,术后采取辅助化疗,化疗方案为 TAC 方案、TP 方案、AC→T 方案。

化疗方案:①TAC 方案组:多西紫杉醇 75 mg/m²,静注,第 1 天;表柔比星 50 mg/m²,静注,第 1 天;环磷酰胺 500 mg/m²,静注,第 1 天;21 天为一周期,连用 4~6 周期。②TP 方案组:多西他赛 75 mg/m²,静注,第 1 天;顺铂 75 mg/m²,静注,第 1 天,第 1~3 天;21 天为一周期,连用 4~6 周期。AC→T 方案组:表柔比星 50~70 mg/m²,静注,第 1 天,或吡柔比星 40~50 mg/m²,静注,第 1 天,环磷酰胺 600 mg/m²,静注,第 1 天,21 天为一周期,连用 4 周期。多西他赛 75 mg/m²,静注,1 小时,第 1 天,21 天为一周期,连用 4 周期。

1.3 结果评价

一年肿瘤无进展生存率 (One-year Tumor Progression-free Survival (PFS) Rate),即从术后行辅助化疗的一年内没有死亡的、没有肿瘤恶化迹象(判断是否有肿瘤恶化迹象,基于实体瘤的疗效评价标准 (Response Evaluation Criteria In Solid Tumors, RECIST))的病人存活比率;化疗药物毒性不良反应,按照 WHO 抗癌药急性及亚急性毒性分级标准分为 I-IV 度,在每个化疗疗程结束后,根据临床观察和实验室检查结果对不良反应进行全面评估;对患者的平均治疗费用、住院天数等进行经济学评价。

1.4 统计学分析

初始数据采用 Excel 表格统计,将收集的数据进行对比分析,评估指标为化疗方案有效率、毒副作用发生、一年肿瘤无进展生存、平均治疗费用、住院天数。采用 SPSS18.0 统计软件进行统计分析,计数资料的比较采用卡方检验计量资料的比较采用 t 检验,以 P<0.05 为差异有统计学意义。

2 结果

2.1 患者的基线资料

2.1.1 患者的一般资料 三阴性乳腺癌发病年龄分布在 40~60 岁,三组经过比较患者年龄分布无统计学差异(P=0.212),年龄分布与化疗方案的选择无明显相关性。168 例三阴性乳腺癌患者,绝经前患者 88 例 (52.38%),绝经患者 80 例 (47.61%)。三组患者绝经前与绝经患者的分布比较差异无统计学意义(P=0.326),提示患者的绝经情况与化疗方案的选择无明显相关性,见图 2。此外,各组患者职业分布比较差异无统计学意义(P>0.05),见图 3。

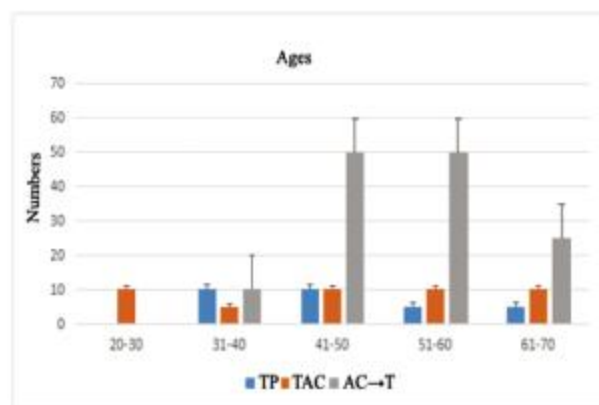


图 1 患者年龄分布

Fig.1 Age distribution of patients

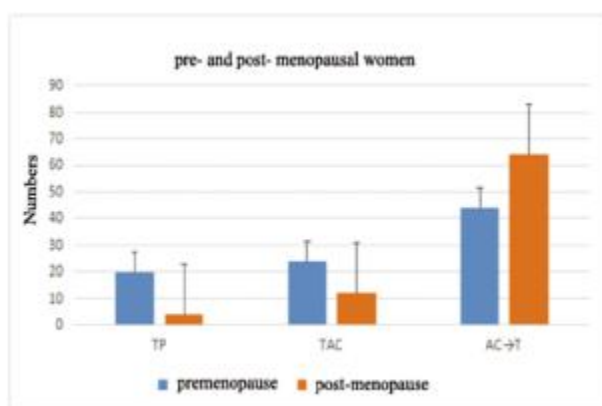


图 2 绝经情况

Fig.2 Menstrual condition

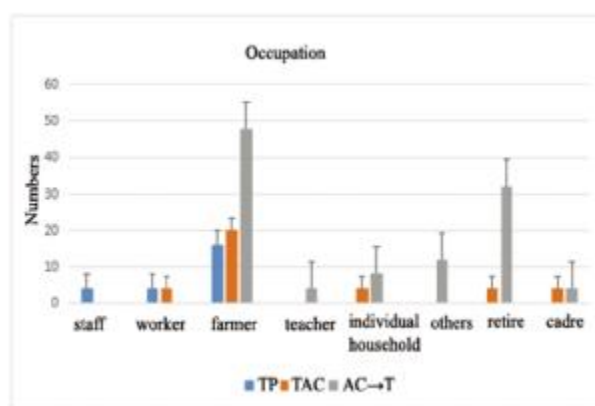


图 3 患者职业分布

Fig.3 Occupational distribution in patients

2.1.2 患者的诊断、病理结果及肿瘤相关情况 168 例三阴性乳腺癌患者的诊断、病理结果和淋巴结转移情况进行了具体的分析,左侧乳腺癌共 92 例,其中使用 TAC 方案全身化疗 24 例,AC→T 方案 56 例,TP 方案 12 例;右侧乳腺癌共 76 例,其中使用 TAC 方案全身化疗 12 例,AC→T 方案 52 例,TP 方案 12 例。从病理性质上看:浸润性导管癌共 156 例,使用 TAC 方案全身化疗 28 例,AC→T 方案 104 例,TP 方案 24 例;导管内癌共 4 例,均使用 AC→T 方案全身化疗,髓样癌 4 例,均使用 TAC 方案全身化疗,粘液癌混合浸润性导管癌 4 例,均使用 TAC 方案全身化疗。淋巴结转移数目:无淋巴结转移患者共 92 例,接受 TAC 方案全身化疗 8 例,AC→T 方案 68 例,TP 方案 16 例;1-3 枚淋巴结转移患者共 48 例,接受 TAC 方案全身化疗 16 例,AC→T 方案 28 例,TP 方案 4 例;4-10 枚淋巴结转移患者共 20 例,接受 TAC 方案全身化疗 4 例,AC→T 方案 12

例,TP 方案 4 例;大于 10 枚淋巴结转移患者共 8 例,接受 TAC 方案全身化疗 8 例;从原发肿瘤的大小看,原发肿瘤小于并等于 2 cm 的患者有 48 例,接受 TAC 方案全身化疗 12 例,AC→T 方案 32 例,TP 方案 4 例;原发肿瘤大于 2 cm 小于 5 cm 的患者有 100 例,接受 TAC 方案全身化疗 20 例,AC→T 方案 68 例,TP 方案 12 例;原发肿瘤大于 5 cm 的患者有 20 例,接受 TAC 方案全身化疗 4 例,AC→T 方案 8 例,TP 方案 8 例。从肿瘤临床分期而言,I 期患者 12 例,接受 AC→T 方案全身化疗 12 例;II 期患者 92 例,接受 TAC 方案全身化疗 12 例,AC→T 方案 64 例,TP 方案 16 例。III 期患者 64 例,接受 TAC 方案全身化疗 24 例,AC→T 方案 32 例,TP 方案 8 例。三组不同化疗方案 TNBC 患者的疾病诊断、病理性质、淋巴结受侵数目、原发病灶大小以及临床分期比较差异均无统计学意义 ($P>0.05$),见表 1。

表 1 各组患者乳腺癌病理诊断及肿瘤相关情况

Table 1 Pathological diagnosis and tumor related cases

Project	Programme			P
	TAC group	AC→T group	TP group	
	n=36	n=108	n=24	
Diagnosis				0.109
Left breast cancer	24	56	12	
Right breast cancer	12	52	12	
Pathological results				0.328
Invasive ductal carcinoma	28	104	24	
Intraductal carcinoma	0	4	0	
Medullary carcinoma	4	0	0	
Mixed infiltrative ductal carcinoma of mucous carcinoma	4	0	0	
Lymph node metastases				0.325
0	8	68	16	
1—3	16	28	4	
4 -10	4	12	4	
>10	8	0	0	
Tumor size				0.163

≤ 2 cm	12	32	4
2~5	20	68	12
>5 cm	4	8	8
Clinical stage of tumor			0.206
I	0	12	0
II	12	64	16
III	24	32	8

2.2 患者不良反应的发生情况

化疗过程中,168例三阴性乳腺癌患者胃肠道反应Ⅰ度12例(7.14%),Ⅱ度148例(88.10%),Ⅲ度8例(4.76%);骨髓抑制Ⅱ度144例(85.71%),Ⅲ度24例(14.29%),三组不同化疗方案TNBC患者的胃肠道反应、骨髓抑制的发生情况比较差异均无统计学意义($P>0.05$),见表2。

表2 不同化疗方案患者胃肠道反应、骨髓抑制发生情况的对比

Table 2 Comparison of the incidence of gastrointestinal reactions and bone marrow suppression between patients undergoing different chemotherapy regimens

Project	Programme			P
	TAC(n=36)	AC→T (n=108)	TP (n=24)	
Gastrointestinal reactions				0.341
Degree I	8(22.2)	4(3.7)	0(0)	
Degree II	28(77.8)	100(92.6)	20(83.3)	
Degree III	0(0)	4(3.7)	4(16.7)	
Bone marrow suppression				0.46
Degree II	32(88.9)	92(85.2)	20(83.3)	
Degree III	4(11.1)	16(14.8)	4(16.7)	

2.3 患者肿瘤复发转移情况

在对168例患者的肿瘤复发转移情况进行了具体分析,分析发现:行TAC方案进行全身化疗的36例患者中,一年肿瘤无进展生存32例,占88.9%,复发转移4例,占11.1%;行AC→T方案进行全身化疗的108例患者中,一年肿瘤无进展生存100例,占92.6%,复发转移8例,占7.4%;行TP方案进行全身化疗的24例患者中,一年肿瘤无进展生存24例,占100%,无1例复发转移。 $P=0.088$ 有统计学意义。由此可见,TP方案疗效确切。见表3。

表3 肿瘤复发转移情况分析

Table 3 Analysis of tumor recurrence and metastasis

Programme	Progression-free survival in one year	Progression-free probability in one year (%)	Recurrence and metastasis	Recurrence and metastasis rate	P
TAC(n=36)	32	88.9	4	11.1	0.088
AC→T (n=108)	100	92.6	8	7.4	
TP (n=24)	24	10	0	0	

2.4 患者化疗费用与住院天数情况

168例三阴性乳腺癌患者,通过对患者的平均化疗药物费用和平均住院天数的统计学分析,结果显示:患者平均化疗费用:TAC 20686.94±199.87元;AC→T 19470.83±150.988元;TP 12895.42±276.341元,平均住院天数为8.808±0.2792天;10.213±0.2429天;10.958±0.3782天。

表4 患者平均化疗费用及住院天数情况

Table 4 Average cost of chemotherapy and length of stay in hospital

Project	Programme		
	TAC	AC→T	TP
Average cost of chemotherapeutic drugs/yuan	20686.94±199.87	19470.83±150.988	12895.42±276.341
Average days of hospitalization / day	8.808±0.2792	10.213±0.2429	10.958±0.3782

3 讨论

三阴性乳腺癌是乳腺癌病例中的一个特殊群体,其预后差,复发转移率高,生存率低,治疗手段主要为化疗和放疗;术后辅助化疗作为三阴性乳腺癌患者的标准治疗手段之一,日益受到了临床医生和患者的重视。患者进行手术后,常规进行术后辅助化疗 6 个周期,然后在进行放疗。目前,三阴性乳腺癌患者常用的化疗方案有阿霉素类联合紫杉醇类、紫杉醇类联合铂类等,《NCCN 乳腺癌临床实践指南》的推荐方案为 CMF 方案、TAC 方案、AC→T 方案等,但由于其毒性反应大,不良反应严重,造成患者机体不能耐受,临床应用已逐渐减少。AC→T 方案毒性反应较 TAC 方案轻,化疗效果明显,患者可以耐受不良反应,目前临床多应用此方案。TP 方案对三阴性乳腺癌辅助治疗效果明显^[3]。由于 BRCA1 基因与 DNA 双链断裂修复有关,而铂类可以与双链 DNA 交联,因此铂类对三阴性乳腺癌可能更有效^[3]。本研究通过分析陕西省人民医院 2009 年 9 月至 2017 年 5 月 168 例三阴性乳腺癌患者的临床资料,进一步探讨了三阴性乳腺癌的术后辅助化疗方案药物的临床应用情况,并结合临床疗效明确最佳治疗方案,尝试制订三阴性乳腺癌术

后辅助化疗的药学监护点。

临床药师会对患者可能出现的不良反应进行干预,会对患者进行预防性给药,见表 6。对三阴性乳腺癌的患者有必要建立药理学监护点,应包括以下几个方面:(1)化疗方案选择与化疗药物的用法用量主要以延长生存期、提高生活质量为目的,应优先选择毒性尽可能小的治疗方案;(2)TAC 方案给药顺序是环磷酰胺、表柔比星、多西他赛,AC→T 方案时序是表柔比星、环磷酰胺序贯多西他赛,TP 方案时序是多西他赛、顺铂,给药时序出现偏差会增加毒性反应;(3)重点药物的药理学监护包括重点监护表柔比星、顺铂、多西他赛,使用表柔比星应监测心功能,定期做心脏彩超和心动超声,使用顺铂应监测肾功能,定期检查血清肌酐、肾功能、尿常规,使用多西他赛应监测过敏反应与体液潴留,预防患者出现水肿现象。化疗开始前,临床药师进行药学查房,告知患者常见不良反应,并预防性给药,给药见上表。化疗期间,临床药师重点关注患者的胃肠道反应、过敏反应等,患者一旦出现不适,立即采取相应措施。化疗结束后,教育患者定期监测血常规,预防感冒,注意饮食、卫生,加强营养,告知患者下周期来院时间及出院注意事项。

表 5 不良反应处理与药理学监护

Table 5 Treatment of adverse reactions and pharmaceutical care

Programme	Project	
	adverse reactions	pharmaceutical care
TAC	Gastrointestinal reaction	Tropisetron was given at 30min before chemotherapy. 5-HT3 receptor antagonists were combined with dexamethasone or metoclopramide on the first day of chemotherapy, and dexamethasone on the second and third day.
	Cardiotoxicity	Cardiac function ,echocardiography and echocardiography was examined before chemotherapy. Right imine were used to prevent cardiotoxicity.
	Retention of water and sodium	Oral administration of Dexamethasone Tablets was used to prevent sodium retention and anaphylaxis before use of doroside.
	Anaphylaxis	One week before the start of chemotherapy or 48 hours after the end of chemotherapy, patients should take preventive prophylaxis and increase the white blood for two days.
	Myelosuppression	
TP	Gastrointestinal reaction	In order to reduce the toxic and side effects, patients should drink more water during the treatment, drink 2000 milliliters a day, reduce the damage to the kidneys, and regularly check the renal function.
	Nephrotoxicity	The same as TAC programme
	Myelosuppression	
AC→T		The same as TAC programme
	Gastrointestinal reaction	
	Cardiotoxicity	
	Retention of water and sodium	
	Anaphylaxis	
	Myelosuppression	

在 168 例患者中,108 例接受 AC→T 化疗方案,24 例接受 TP 方案,36 例接受 TAC 方案;患者接受术后辅助化疗不良反应可耐受。三种化疗方案中,TP 方案的化疗药物费用是最低

的,其住院时间最长,且对患者的治疗有明显的效果,该组的一年肿瘤无进展生存率高于 AC→T 方案与 TAC 方案。因此,从经济方面和治疗效果考虑,TP 方案是较经济、有效的方案。

AC→T 化疗方案组的胃肠道副反应轻于 TP 化疗方案组、TAC 化疗方案组;AP 化疗方案组的肿瘤无进展生存率高于 TAC 化疗方案、AC→T 化疗方案组。TP 化疗方案的治疗效果明显,患者不良反应可耐受,治疗费用少,是较有效、经济的治疗方案。AC→T 化疗方案的骨髓抑制现象较 TP 化疗方案组、TAC 化疗方案组轻,患者可忍受。本课题存在一些不足,如样本量小、患者没有随访记录,结果准确性受到一定限制。

对患者采取用药监测,依据患者的病理或者生理特点,提供与药物相关的药学服务,对患者进行用药交代并详细指导,实施药物治疗风险评估与药物不良反应监测,建立相应的药学监护点,使药学技术服务更加精细化;同时,与临床科室协助,开展讲座,普及合理用药知识,减少用药错误率,降低副反应的发生,降低成本,对医生提供医药管理方面的帮助,使医生有更多的时间照顾更多的病人,最终,做到“用药者健康最大化,药源性损害最小化”。

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