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立体定向放疗联合内分泌治疗对转移性激素敏感性前列腺癌患者免疫功能和生活质量的影响*

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摘要 目的:探讨立体定向放疗(SBRT)联合内分泌治疗对转移性激素敏感性前列腺癌患者生活质量、免疫功能的影响。**方法:**选取我院2015年2月~2017年2月期间收治的转移性激素敏感性前列腺癌患者100例,根据信封抽签法将患者分为对照组(50例)和放疗组(50例),对照组给予内分泌治疗,放疗组在对照组的基础上联合SBRT治疗。对比两组前列腺特异性抗原(PSA)进展时间、PSA缓解率、治疗期间不良反应状况、3年生存率、免疫功能(CD3⁺、CD4⁺、CD8⁺、CD4^{+/CD8⁺)和扩展性前列腺癌复合指数表(EPI)各项评分。**结果:**随访3年,对照组有2例失访,放疗组有3例失访,放疗组的PSA进展时间长于对照组($P<0.05$),放疗组的3年生存率高于对照组($P<0.05$)。治疗后,两组CD3⁺、CD4^{+/CD8⁺、CD4⁺均下降,但放疗组较对照组升高($P<0.05$),两组治疗后CD8⁺均升高,但放疗组较对照组降低($P<0.05$)。治疗后6个月,放疗组性功能、激素功能、泌尿功能、肠道功能领域评分均高于对照组($P<0.05$)。两组不良反应总发生率、PSA缓解率组间对比无差异($P>0.05$)。**结论:**SBRT联合内分泌治疗转移性激素敏感性前列腺癌患者,可延长患者PSA进展时间,减轻免疫抑制,提高患者生活质量,同时还可改善患者的预后,患者耐受性良好。}}

关键词:立体定向放疗;内分泌治疗;转移性激素敏感性前列腺癌;免疫功能;生活质量

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The Effect of Stereotactic Radiotherapy Combined with Endocrine Therapy on Immune Function and Quality of Life in Patients with Metastatic Hormone Sensitive Prostate Cancer*

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ABSTRACT Objective: To investigate the effect of stereotactic radiotherapy (SBRT) combined with endocrine therapy on the quality of life and immune function in patients with metastatic hormone sensitive prostate cancer. **Methods:** 100 patients with metastatic hormone sensitive prostate cancer in our hospital were selected from February 2015 to February 2018. According to envelope lottery method, the patients were divided into control group(50 cases) and radiotherapy group (50 cases). The control group was given endocrine therapy, and the radiotherapy group was treated with SBRT on the basis of the control group. The prostate specific antigen (PSA) progression time, PSA release rate, adverse reactions during treatment, 3-year survival rate, immune function (CD3⁺, CD4⁺, CD8⁺, CD4^{+/CD8⁺) and expanded prostate cancer composite index (EPI) scores in the two groups were compared. **Results:** 3 years after follow-up, 2 patients in the control group were lost to follow-up, and 3 patients in the radiotherapy group were lost to follow-up, the PSA progress time of radiotherapy group was longer than that of control group ($P<0.05$), the 3-year survival rate of radiotherapy group was higher than that of control group ($P<0.05$). After treatment, the CD3⁺, CD4^{+/CD8⁺, CD4⁺ in the two groups were decreased, but the radiotherapy group was higher than the control group ($P<0.05$), 6 months after treatment, CD8⁺ in the two groups were increased, but the radiotherapy group was lower than the control group ($P<0.05$). Six months after treatment, the scores of sexual function, hormone function, urinary function and intestinal function in the radiotherapy group were higher than those in the control group ($P<0.05$). There was no significant difference in the incidence of adverse reactions and PSA remission rate between the two groups ($P>0.05$). **Conclusion:** SBRT combined with endocrine therapy in patients with metastatic hormone sensitive prostate cancer can prolong the time of PSA progression time, reduce immune suppression, improve patients' quality of life and also have a tendency to prolong the overall survival time of patients, and the patients are well tolerated.}}

Key words: Stereotactic radiotherapy; Endocrine; Metastatic hormone sensitive prostate cancer; Immune function; Quality of life

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前言

前列腺癌是指发生在前列腺的上皮恶性肿瘤,多发于中老年男性,该病进展较为缓慢,早期几乎无症状,当患者出现明显症状时,病情已较为严重,极易出现转移^[1,2]。相关流行病学统计显示^[3]:2018年全球预计新增近130万前列腺癌病例,居男性恶性肿瘤发病率的第三位,近年来我国前列腺癌发病率呈持续上升趋势。以往临床对于转移性前列腺癌的治疗以全身治疗为主,包括阿比特龙、去势等内分泌治疗法^[4],但几乎所有的转移性前列腺癌患者均对内分泌治疗存在不同程度的敏感性,成为转移性激素敏感性前列腺癌,导致治疗效果降低。近年来,联合治疗在转移性激素敏感性前列腺癌的治疗方面取得了突破性进展^[5]。立体定向放疗(SBRT)是指采用单次剂量大、分割次数少的分割方式给予靶区高剂量照射的一种治疗方式^[6,7]。Ma TM^[8]等人的研究证实单用SBRT可一定程度地控制前列腺癌病情,但有关SBRT联合内分泌治疗转移性激素敏感性前列腺癌患者的疗效仍需进一步的研究以证实,本研究就此展开探讨。

1 资料与方法

1.1 一般资料

选择2015年2月~2017年2月期间我院收治的转移性激素敏感性前列腺癌患者100例。纳入标准:(1)经术后病理组织检查明确诊断为前列腺癌者;(2)影像学检查提示有远处转移者;(3)对激素有疗效应答者;(4)卡氏功能状态量表(KPS)评分≥70分;(5)对本研究治疗方案耐受者;(6)签署了相关同意书;(7)T分期:T2期~T4期。排除标准:(1)内分泌治疗期间采用其他局部治疗者;(2)病理报告提示神经内分泌癌或小细胞癌者;(3)内分泌治疗启动超过6个月后行局部放疗的患者;(4)首次诊断前列腺癌但无转移的患者;(5)有其他肿瘤病史或影响免疫功能的疾病病史;(6)有慢性疾病和严重的传染病;(7)有精神疾病及沟通障碍者。根据信封抽签法将患者分为放疗组(50例)、对照组(50例),其中放疗组年龄41~72岁,平均(61.02±4.83)岁;病程6~14月,平均(10.62±0.93)月;Gleason评分6~10分,平均(7.88±0.63)分;T分期:T4期16例,T3期16例,T2期18例。对照组年龄43~72岁,平均(61.28±5.24)岁;病程7~14月,平均(10.91±0.86)月;Gleason评分5~10分,平均(8.06±0.72)分;T分期:T4期14例,T3期17例,T2期19例。两组患者年龄、病程、Gleason评分、T分期对比无明显差异($P>0.05$)。我院伦理委员会已批准本研究。

1.2 治疗方法

对照组给予相关内分泌治疗,包括比卡鲁胺片(上海复旦复华药业有限公司,国药准字H20113535,规格:50 mg)及去势治疗(药物去势或手术去势)行全雄激素阻断。内分泌治疗3个月后,放疗组行前列腺局部SBRT治疗。患者平卧,静脉注射造影剂,经PHILIPS BrillianceTM Big Bore 16排大孔径螺旋CT模拟机(荷兰皇家飞利浦公司)连续扫描,扫描时嘱患者平静呼吸。扫描过程中确定临床放疗靶区(CTV),采用多叶光栅适形技术设5~7个非共面照射野,计划靶区(PTV)在CTV的基础上再次外扩0.5 cm,以50%等剂量曲线包绕靶区,采用GMX-I型陀螺旋转式钴60放射外科治疗系统(上海伽玛星科技发展

有限公司),分割方式:3.5~4.0Gy/次剂量分割,中位剂量40 Gy,一般总剂量DT 35~48Gy,5次/周、每周休息2天,共治疗15次。

1.3 观察指标

1.3.1 主要研究终点 血清前列腺特异性抗原(PSA)进展时间,PSA进展时间是指从患者入组开始到出现血清PSA进展的时间间隔。

1.3.2 次要研究终点 (1)PSA缓解率。(2)治疗期间不良反应状况,包括脱发、恶心呕吐、发热、放射性膀胱炎、消化道出血、白细胞下降、骨髓抑制、贫血。(3)治疗前、治疗后6个月的扩展性前列腺癌复合指数量表(EPIQ)^[9]各项评分。(4)治疗前后的免疫功能变化。(5)采用门诊复查或电话、微信等方式随访3年,观察两组患者3年生存率。

1.3.3 具体定义 PSA缓解率定义为PSA较基线下降≥50%,且持续4周以上。EPIQ包括泌尿功能、激素功能、性功能、肠道功能领域积分,每个领域为100分,得分越高,提示生活质量越好。

1.3.4 测试操作 治疗前后,抽取患者清晨空腹肘静脉血5 mL,送至实验室检测T细胞亚群。CD3⁺、CD4⁺、CD8⁺水平利用At-tune NXT流式细胞仪[赛默飞世尔科技(中国)有限公司]检测,计算CD4^{+/}CD8⁺值。抽取患者治疗前、治疗后以及门诊复查时血液4 mL,经离心半径10.5 cm,3500 r/min离心12 min,分离上清液,PSA采用酶联免疫吸附试验检测,检测过程所用试剂盒购自丹麦Dako公司,操作严格遵守试剂盒说明书规范。

1.4 统计学方法

使用SPSS25.0进行统计学分析。计量资料均通过正态性检验,正态分布的数据以MEAN±SD描述,采用成组t检验(组间比较)及配对t检验(组内比较);非正态分布的数据以中位数[M(25%~75%)]描述,采用非参数检验。计数资料以例数及率描述,采用卡方检验或校正卡方检验。此外,建立Kaplan-Meier生存曲线模型,比较为Log-Rank检验。 $P<0.05$ 设置为差异有统计学意义。

2 结果

2.1 两组PSA进展时间、PSA缓解率、3年生存率对比

两组患者经门诊复查或电话、微信随访,随访3年,对照组有2例失访,放疗组有3例失访。从入组开始到对照组出现血清PSA进展时间为12(10,14)个月,放疗组为19(12,21)个月,放疗组的PSA进展时间长于对照组($Z=2.878,P=0.004$)。对照组的3年生存率为39.58%(19/48),放疗组的3年生存率为61.70%(29/47),放疗组的3年生存率高于对照组(Log-Rank $\chi^2=6.648,P=0.010$),其生存详细资料参见生存曲线图1。对照组的PSA缓解率为87.50%(42/48),放疗组的PSA缓解率为91.49%(43/47),两组PSA缓解率组间对比差异无统计学意义($\chi^2=0.401,P=0.526$)。

2.2 免疫功能指标变化

治疗前,两组CD3⁺、CD4⁺、CD4^{+/}CD8⁺、CD8⁺组间对比无差异($P>0.05$),治疗后,两组CD3⁺、CD4^{+/}CD8⁺、CD4⁺均下降,但放疗组高于对照组($P<0.05$),治疗后,两组CD8⁺升高,但放疗组低于对照组($P<0.05$),见表1。

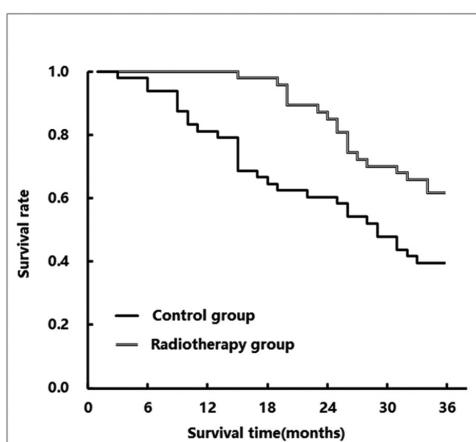


图 1 两组 Kaplan-Meier 生存曲线图

Fig.1 Survival curves of two groups of Kaplan-Meier

2.3 生活质量变化

治疗前,两组泌尿功能、激素功能、性功能、肠道功能领域的评分组间对比无差异($P>0.05$),治疗后6个月,两组均无失访病例,两组泌尿功能、激素功能、性功能、肠道功能领域评分均升高,且放疗组较对照组升高($P<0.05$),见表2。

2.4 两组不良反应比较

对照组发生不良反应的有6例,包括2例脱发、2例白细胞下降、1例恶心呕吐、1例贫血,总发生率为12.00%(6/50);放疗组发生不良反应的有11例,包括2例脱发、5例放射性膀胱炎、1例消化道出血、1例白细胞下降、1例骨髓抑制、1例发热,总发生率为22%(11/50);两组组间对比无差异($\chi^2=1.772, P=0.183$)。

表 1 免疫功能指标变化($\bar{x} \pm s$)Table 1 Changes of immune function indexes($\bar{x} \pm s$)

Groups	CD3 ⁺ (%)		CD4 ⁺ (%)		CD8 ⁺ (%)		CD4 ⁺ /CD8 ⁺	
	Before treatment	After treatment	Before treatment	After treatment	Before treatment	After treatment	Before treatment	After treatment
Control group (n=50)	37.43± 4.82	30.88± 4.27 ^a	34.32± 4.12	25.52± 3.24 ^a	24.24± 4.38	29.72± 3.64 ^a	1.42± 0.26	0.86± 0.18 ^a
Radiotherapy group(n=50)	37.26± 3.73	34.09± 3.82 ^a	34.69± 4.55	29.91± 3.12 ^a	24.78± 3.82	26.63± 3.71 ^a	1.40± 0.28	1.12± 0.19 ^a
t	0.197	-3.962	-0.426	-6.901	-0.657	4.204	0.370	-7.024
P	0.844	0.000	0.671	0.000	0.513	0.000	0.712	0.000

Note: compared with before treatment, ^a $P<0.05$.表 2 生活质量变化($\bar{x} \pm s$,分)Table 2 Changes in quality of life($\bar{x} \pm s$, scores)

Groups	Urinary function		Hormonal function		Sexual function		Intestinal function	
	Before treatment	6 months after treatment	Before treatment	6 months after treatment	Before treatment	6 months after treatment	Before treatment	6 months after treatment
Control group (n=50)	54.31± 6.25	68.23± 5.04 ^a	53.56± 6.23	67.56± 5.64 ^a	61.46± 5.28	72.85± 5.16 ^a	62.13± 4.35	73.01± 5.22 ^a
Radiotherapy group(n=50)	54.42± 5.12	79.69± 5.57 ^a	53.43± 6.74	76.98± 4.17 ^a	61.37± 4.32	83.13± 6.27 ^a	62.08± 5.22	81.09± 6.19 ^a
t	-0.096	-10.788	0.100	-9.496	0.093	-8.952	0.052	-7.056
P	0.924	0.000	0.921	0.000	0.926	0.000	0.959	0.000

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

3 讨论

早期前列腺癌几乎无症状,疾病进展后可出现转移症状,如膀胱、管神经的肿瘤细胞转移至精囊、骨,进而导致尿失禁、尿急、排尿困难、尿频、骨破坏等并发症的发生,严重时可危及患者生命^[10-12]。去势治疗可以改善转移性前列腺癌患者的生存状况,由于前列腺癌细胞的生长繁殖对机体雄激素依赖,因此比卡鲁胺治疗较为必要^[13-15]。比卡鲁胺可通过抑制下丘脑-垂体-睾丸轴,与双氢睾酮竞争结合癌细胞表面雄激素受体,通过全雄激素阻断作用,达到抑制前列腺癌发展的目的^[16,17]。由于

转移性前列腺癌患者治疗前免疫力就已处于低下状态,因此减轻治疗过程对患者免疫功能的抑制程度具有重要意义。临床实践中单纯的内分泌治疗转移性前列腺癌的疗效较为有限,有待进一步的方案优化。外放射治疗具有适应证广、疗效显著及并发症发生率低等优势,不少报道显示转移性前列腺癌的局部放疗可为患者带来明显的生存获益^[18,19]。SBRT 通过三维模拟重建实现对病灶的立体治疗,可使正常组织的照射剂量减少,病灶区获得高剂量照射,且剂量分布相对科学,可有效控制局部肿瘤^[20-22]。

本次研究以内分泌治疗为对照,观察 SBRT 联合内分泌治

疗的疗效,结果显示:放疗组的 PSA 进展时间更长,3 年生存率更高。PSA 为前列腺腺泡分泌的糖蛋白,前列腺癌变后前列腺导管系统的血 - 上皮屏障被破坏,PSA 大量释放入血,致使其在血液中水平升高^[23]。内分泌治疗中的各种方案均可降低该病患者体内雄性激素水平,促进肿瘤细胞凋亡^[24]。经内分泌治疗后前列腺体积均有一定幅度缩小,并达到稳定状态,降低放射治疗的负荷,此时给予 SBRT,因其单次治疗剂量增加、分割次数减少的特点,有利于抑制癌细胞生长^[25]。内分泌治疗可减少因放射治疗引起的癌细胞再增殖加速现象,进一步减瘤,降低前列腺癌血清标志物的含量,提高治疗效果^[26]。两组 PSA 缓解率组间对比无差异,可能是因为 SBRT 所带来的治疗效果起效较慢,而大部分患者均对初始内分泌治疗较敏感,当 SBRT 发挥效应之时,大部分患者已经 PSA 缓解,故而组间对比未见明显差异^[27]。机体的癌组织可分泌具有免疫抑制作用的因子,而抗癌免疫以细胞免疫为主,T 淋巴细胞主要介导机体细胞免疫^[28]。本次研究中 SBRT 联合内分泌治疗者的免疫抑制程度较单一内分泌治疗者更轻,由于 SBRT 可更为有效、低副作用地灭活癌细胞,杀灭肿瘤细胞的同时对危及器官进行保护,避免 T 细胞在抗癌免疫反应中产生耗竭^[29]。本研究通过观察两组生活质量发现,SBRT 联合内分泌治疗者的生活质量明显更高,主要是因为联合治疗可促使患者病情得到控制,进而显著提高生活质量^[30]。另两组不良反应总发生率比较无差异,可见 SBRT 联合内分泌治疗安全性较好,患者耐受程度佳。本研究样本量偏小,且为单中心研究,以上均为不足之处,有待于在后续研究中进行改进。

综上所述,与单独应用内分泌治疗相比,转移性激素敏感性前列腺癌患者经 SBRT 联合内分泌治疗后细胞免疫功能受损程度更轻,PSA 进展时间更长,3 年生存率更高,且生活质量得到明显改善。

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