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· 文献综述 ·

胰腺神经内分泌肿瘤合并肝转移的治疗研究进展

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摘要

胰腺神经内分泌肿瘤 (pNEN) 是一类罕见且具有高度异质性的胰腺肿瘤, 临床表现隐匿, 易发生远处转移, 其中肝转移最为常见, 显著影响患者的预后。尽管近年来对 pNEN 肝转移的治疗进行了诸多探索, 但仍存在诸多争议和空白。随着多学科诊疗模式的发展, pNEN 肝转移的治疗策略不断优化, 涵盖外科手术、局部治疗 (如射频消融、经动脉介入治疗)、全身治疗 (如化疗、靶向治疗、免疫治疗、放射性核素治疗、内分泌治疗) 等多种手段, 且联合治疗已成为重要趋势。对于可手术患者, 根治性切除仍是首选, 而对于不可手术或耐受性较差的患者, 局部治疗与全身治疗的合理联合可改善生存结局。此外, 功能性 pNEN 患者可通过内分泌治疗缓解症状, 提高生活质量。多学科协作制定个体化治疗方案, 能够显著改善患者预后。本文综述了 pNEN 肝转移的治疗进展, 以期为临床决策提供参考。

关键词

胰腺肿瘤; 神经内分泌肿瘤; 肿瘤转移; 肝; 综述

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Research progress in the treatment of pancreatic neuroendocrine neoplasms with liver metastases

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Abstract

Pancreatic neuroendocrine neoplasms (pNENs) are rare and highly heterogeneous pancreatic tumors with insidious clinical manifestations. They have a high propensity for distant metastasis, with liver metastases being the most common, significantly impacting patient prognosis. Despite extensive research on treating pNEN with liver metastases in recent years, many controversies and gaps remain. With the advancement of multidisciplinary treatment approaches, therapeutic strategies for pNEN liver metastases have been continuously refined, encompassing surgical resection, local therapies (such as radiofrequency ablation and transarterial interventions), and systemic treatments (including chemotherapy, targeted therapy, immunotherapy, radionuclide therapy, and endocrine therapy). Combination therapy has become an emerging trend. Radical surgery remains the preferred option for resectable cases, while for inoperable or treatment-intolerant patients, a rational combination of local and systemic therapies can improve survival outcomes. Additionally, endocrine therapy is crucial in symptom relief and quality-of-

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life improvement for patients with functional pNEN. Multidisciplinary collaboration in formulating individualized treatment plans can significantly enhance patient prognosis. This review summarizes recent advancements in treating pNEN liver metastases, providing a reference for clinical decision-making.

Key words

Pancreatic Neoplasms; Neuroendocrine Neoplasms; Neoplasm Metastasis; Liver; Review

CLC number: R735.9

胰腺神经内分泌肿瘤 (pancreatic neuroendocrine neoplasm, pNEN) 是临床上一种相对少见、具有高度异质性的肿瘤, 但随着影像学和生物标志物等诊断技术的发展, pNEN 的检出率逐年升高^[1]。根据肿瘤是否分泌激素并诱发相应症状, pNEN 可分为功能性胰腺神经内分泌肿瘤 (F-pNEN) 和无功能性胰腺神经内分泌肿瘤 (NF-pNEN), 在我国 pNEN 患者中, F-pNEN 占 57.1%^[2]。2022 年世界卫生组织 (World Health Organization, WHO) 发布神经内分泌肿瘤 (neuroendocrine neoplasm, NEN) 分型及分级标准, 将 NEN 分为高分化的神经内分泌瘤 (neuroendocrine tumor, NET) 和低分化的神经内分泌癌 (neuroendocrine carcinoma, NEC)^[3]。根据 Ki-67 指数及核分裂象, NET 可分为 NET G1 级 (核分裂象/10 HPF <2, Ki-67 <3%)、NET G2 级 (核分裂象/10 HPF 2~20, Ki-67 3%~20%), NET G3 级 (核分裂象/10 HPF >20, Ki-67 >20%)^[4-5]。

因临床特征不典型, 约 40%~50% 的 pNEN 患者最初诊断时就已发生远处转移, 以肝转移最为多见, 远处转移也是影响 pNEN 患者预后的不良因素之一^[6-8]。据报道^[9-10], pNEN 患者中 28.3%~77% 出现肝转移。欧洲神经内分泌肿瘤学会 (European Neuroendocrine Tumor Society, ENETS) 指南将 pNEN 肝转移的侵犯类型分为三型: I 型, 转移灶局限于单叶或相邻两个肝段; II 型, 转移灶主要位于单叶, 但对侧肝叶出现小的卫星灶; III 型, 两叶弥漫型转移, 无法进行手术切除^[11]。作为临床少见的异质性肿瘤, 尽管目前有一定的文献对其治疗方案进行探索, 但关于 pNEN 肝转移的治疗仍存在较多的空白及争议。本文主要就 pNEN 肝转移的治疗策略讨论并进行总结, 以为临床治疗和预后提供参考。

1 pNEN 肝转移外科治疗

肝转移并非 pNEN 患者的手术禁忌证。Yuan 等^[12]分析了 pNEN 肝转移患者行手术治疗与非手术治疗的预后, 结果显示, 手术治疗 pNEN 肝转移患者的 5 年生存率明显高于非手术治疗的 pNEN 患者。pNEN 肝转移患者的治疗方案根据其病理分型移侵犯类及肝转型决定, 故在治疗前均应完善相关检验、影像学检查及病理活检^[13]。

1.1 NF-pNEN 肝转移手术治疗

针对 NF-pNEN 肝转移的患者, 肝转移的侵犯类型为 I 型、肝脏储备功能良好、无严重基础疾病、G1/G2 级或生物学行为较温和或存在根治性手术可能的 G3 级 NF-pNET 患者, 根治性手术是最有效的治疗方式, 应争取对原发灶和转移灶行根治性切除^[14]。I 型 G1/G2 级 NF-pNET 肝转移患者, 根据原发灶位置不同, 手术处理的优先级也不同, 胰头原发灶的患者通常先处理肝转移灶, 胰体和胰尾原发灶的患者则先处理胰腺原发病灶。对于无法行根治性切除的病灶, 可行减瘤手术降低肿瘤负荷。既往研究^[15-16]表明, pNEN 肝转移患者减瘤率 $\geq 70\%$ 时, 可显著改善无进展生存期 (progression free survival, PFS) 和总生存期。因此, 对于侵犯类型为 II 型的 G1/G2 级 NF-pNET 肝转移患者, 在保证基本肝功能的情况下, 如果预期减瘤率 $\geq 70\%$, 亦推荐手术治疗^[15,17]。根据肝转移情况和手术风险, 手术方式主要包括同期手术和分期手术。同期手术, 即单叶转移和低风险时, 转移灶手术与原发灶手术同时进行。分期手术, 即手术范围较大或术式较复杂时, 为了降低手术风险, 先切除原发侧肝叶的肿瘤、淋巴结和转移灶, 然后通过门静脉栓塞增加对侧肝叶体积后再进行对侧肝叶肿瘤的切除^[14]。III 型 G1/G2 级 NF-pNET 肝转移患者, 不常规推荐肝转移灶切除。生物学行为恶性程度较高, 缺乏根治性手术可能的 G3 级 NF-

pNET肝转移及胰腺神经内分泌癌(pNEC)肝转移的患者,减瘤手术意义则存在较大争议^[18]。

1.2 F-pNEN肝转移手术治疗

而针对F-pNEN患者,手术治疗不仅能改善预后,还能减缓其症状,故无论是否肝转移,都应积极手术治疗^[18-19]。需要注意的是,F-pNEN患者术前需完善相应血清激素水平,并积极控制激素分泌过量引起的症状,同时使用如针对胰岛素瘤的低血糖,予静脉输注葡萄糖改善;针对胃泌素瘤的消化性溃疡,可使用质子泵抑制剂(proton pump inhibitors, PPI)类药物加强护胃治疗,此外还可以使用生长抑素类似物(somatostatin analogs, SSA)抗内分泌治疗^[20]。大多数胰岛素瘤恶性程度较低,可选择局部切除或剜除术以保留胰腺的内、外分泌功能,注意做到R₀切除及避免胰痿等并发症。外科医生们也在积极探索更佳的手术方式,Gao等^[21]认为可通过预防性支架置入避免主胰管的损伤,进而减少部分胰头胰岛素瘤患者并发症的发生。其他F-pNEN有更高的恶性倾向,具体手术方式可参照NF-pNEN肝转移患者,同时建议进行区域淋巴结清扫^[20]。

1.3 原发灶的处理

当原发灶及肝转移灶均可行根治性切除时,应尽量行原发灶及转移灶的根治性切除。当无法行根治性切除时,如原发病灶有出血,或造成胆道、消化道梗阻等占位相关症状,切除肿瘤有助于改善患者生活质量,并进一步治疗,可考虑进行原发灶切除。但切除原发灶是否使患者生存获益,仍存在争议。Bertani等^[22]认为切除胰腺原发灶与提高生存率相关,手术切除原发肿瘤患者的5年生存率优于未切除患者(5%~82% vs. 30%~50%),原发灶切除会带来一定的生存获益。而Jin等^[14,22]则认为ENETS、北美神经内分泌肿瘤学会(North American Neuroendocrine Tumor Society, NANETS)指南及美国国立综合癌症网络(National Comprehensive Cancer Network, NCCN)指南均未就此情况建议切除原发灶,现有证据不足,是否应行原发灶切除仍有待证实。

1.4 肝移植治疗

肝移植也是pNEN肝转移患者的一种有效治疗手段,但我国肝源紧张,肝移植需求量大,需要严格掌握肝移植的手术适应证,Partelli等^[11]认为肝移植的选择标准为:无肝外病变,组织学证实为

高分化(G1~G2, Ki-67<10%)NET,既往原发肿瘤切除,转移扩散<总体积的50%,在考虑移植前病情稳定治疗至少6个月,年龄<60岁。

1.5 新辅助治疗

对于已经发生肝转移的pNEN患者,单纯的手术治疗效果有限甚至无法手术,因此,通过术前转化治疗降低患者肿瘤分期以达到手术标准,术后辅助治疗改善患者预后,联合多学科制定个体化治疗方案实现患者利益最大化已成为新趋势^[23]。有研究^[24]表明,对pNEN存在转移灶时,术前通过SSA、卡培他滨联合替莫唑胺(CAPTEM)方案、肝脏局部介入/射频消融等转化治疗再行手术切除,患者的中位PFS显著长于直接手术患者(22个月 vs. 12个月, $P=0.027$)。也有研究^[25]通过术后使用CAPTEM方案治疗,进一步联合放疗,影像结果及部分组织学结果提示治疗有效。尽管新辅助治疗已成为pNEN肝转移患者的一种新的治疗趋势,但目前尚未形成统一的治疗方案,相关研究较少,仍有待探索。

2 pNEN肝转移的局部治疗

局部治疗是手术治疗与药物治疗的重要补充手段。对于不能耐受外科手术的肿瘤级别低、肝脏肿瘤负荷小或F-pNEN患者,应积极推荐局部治疗。对于高级别的pNET、NEC及肝脏肿瘤负荷较大的患者,局部治疗也可能改善其预后。

2.1 消融治疗

消融治疗是借助超声、CT、MRI的引导,对肿瘤病灶定位,局部采用物理或化学的方法直接杀死肿瘤细胞的治疗方式,主要包括射频消融、微波消融、冷冻消融等。目前在pNEN肝转移主要使用的消融治疗方式是射频消融^[26]。Akyildiz等^[27]研究显示,在接受射频消融治疗的34例术前有内分泌症状NEN患者中,97%的NEN患者内分泌症状至少部分缓解,73%的NEN患者内分泌症状达到显著或完全缓解,症状对射频消融的反应可持续(14±5)个月。92%的患者在射频消融术后症状改善,但是复发率高达63%~87%^[28]。另外Ki-67<5%的患者进行射频消融治疗,肿瘤控制效果最好^[29]。微波消融的消融效率高、所需消融时间短、具有较低的“热沉效应”,是治疗肝肿瘤的安全治疗方法,不仅能够单独使用,还可以联合肝切除

术, 有效提高5年生存率^[30-31]。研究^[32]表明, 微波消融联合肝切除术与单独行肝切除术患者生存率相似, 并且术后发生并发症较少。消融治疗的指征需要严格把握, 根据肿瘤的大小、位置等选择适合的影像设备和消融方法, 治疗指征包括单个肿瘤、肿瘤最大直径 ≤ 5 cm; 或2~3个肿瘤、最大直径 ≤ 3 cm; 避免损伤重要的血管和胆管。单独使用消融治疗的复发率很高, 联合手术切除能够有效降低复发率。

2.2 经动脉途径治疗

经动脉途径治疗主要包括肝动脉栓塞(hepatic artery embolization, HAE)、肝动脉栓塞化疗(hepatic artery chemoembolization, HACE)和肝动脉放射性微球栓塞(selective internal radiation therapy, SIRT)。Engelman等^[33]认为三种治疗效果无明显差异。对于F-pNEN肝转移患者, 建议使用HAE或HACE, 通过应用SSA控制F-pNEN肿瘤相关症状。对于肝脏肿瘤负荷较大的患者, 可行分期介入以避免溶瘤综合征的发生^[34]。

3 pNEN肝转移全身治疗

3.1 化学治疗

尽管靶向治疗、免疫治疗及放射治疗等新兴治疗方式在肿瘤治疗运用中成果斐然, 传统的化疗仍占据着肿瘤治疗领域相当重要的地位。对于肿瘤分级高、肿瘤负荷较大、疾病进展较快、高Ki-67增值指数的pNEN肝转移患者, 化疗可发挥出相当不错的效果。中国抗癌协会神经内分泌肿瘤诊治指南(2022年版)^[18]指出, 对于G1/G2期pNET肝转移患者, 可优先推荐使用CAPTEM方案^[35]。通过CAPTEM方案, pNET患者PFS显著延长至29个月, 疾病进展风险下降了50%, 在中到高级别的pNET肝转移患者也有良好的预后^[36-37]。CAPTEM联合钇-90(⁹⁰Y)放射性栓塞治疗, 肝脏的客观缓解率为74%, 具有良好的协同治疗作用^[38]。对分化好, Ki-67 $< 55\%$ 的G3级NET患者, 以铂类药物为主的传统化疗不予优先考虑, 可参考G1/G2级NET, 推荐替莫唑胺为主的化疗方案。而对Ki-67 $\geq 55\%$ 的G3级NET, 可参考NEC的化疗方案^[39]。NEC的化疗方案则是以铂类药物为主的联合化疗作为一线方案。Assarzadegan等^[40]认为, 对铂类是否敏感, 是区别NET与NEC的一个重要临床

差异。有研究^[35]表明, 对于晚期患者, 5-氟尿嘧啶联合达卡巴嗪的PFS可能比CAPTEM方案更长。

3.2 靶向治疗

靶向治疗在NEN治疗领域应用较广, 但pNEN的靶向治疗药物有限, 其中雷帕霉素靶蛋白(mTOR)抑制剂依维莫司和酪氨酸激酶抑制剂舒尼替尼是目前美国食品和药品管理局批准用于pNEN的两种靶向药物。NCCN指南也推荐二者为晚期pNEN的一线治疗靶向用药。依维莫司和舒尼替尼均可用于进展期G1/G2级pNET肝转移患者的治疗。其中, 依维莫司还可用于化疗过的进展期G1/G2级pNET肝转移患者, 甚至有研究表明依维莫司在G3级pNET中也可发挥一定疗效^[18,20,39]。研究^[41-42]发现, 舒尼替尼可使中国NEN患者的中位生存期延长至47.5个月, PFS达到15.3个月, 客观缓解率为5.0%, 药物剂量在25 mg/d有更好的耐受性。根据我国2021年发表的III期和IV期临床研究结果显示, 经过舒尼替尼治疗的PFS和客观缓解率都是受益的。索凡替尼是最新研发的一类酪氨酸激酶抑制剂, 具有抗血管生成和免疫调节的活性, 在我国的III期临床试验^[43-44]中, 索凡替尼实验组中位PFS为9.2~10.9个月, PFS得到了显著改善。索凡替尼具有高血压、蛋白尿、出血等副作用, Li等^[45]认为这些副作用可能是抑制肿瘤血管系统(而非肿瘤本身)中的血管内皮生长因子(VEGF)通路起作用, 因此相关副作用或可以作为VEGF通路抑制效果的评价指标, 预测患者疗效。依维莫司是一种mTOR抑制剂, 通过PI3K/Akt/mTOR信号通路抑制肿瘤增殖和促进肿瘤细胞凋亡。在依维莫司III期试验^[46]发现, 依维莫司使晚期进展性pNET患者中位生存期达到44个月。最近的一项研究^[47]表明, MYC上调可诱导依维莫司耐药, 细胞周期蛋白依赖性激酶和mTOR抑制剂的联合治疗可以抵消依维莫司的耐药。目前尚无研究报告以上靶向药物单药治疗pNEC肝转移的具体疗效, 但有研究尝试采用靶向+化疗等联合治疗方案治疗NEC, 为治疗提供了新的方向。此外, 一些针对新靶点如 δ 样蛋白3与治疗抗鼠类肉瘤病毒癌基因同源物B1也在研究中^[48]。

3.3 免疫治疗

有研究^[49-50]报道, 在高度分化的pNEN肝转移的细胞中常发现PD-L1的高度表达, 这表明PD-L1的表达或许是促进肿瘤发生肝转移的原因之一,

也说明pNEN肝转移的肿瘤细胞中可能对免疫检查点抑制剂(checkpoint inhibitors, CPI)的敏感。目前相关研究^[51]显示,单药CPI对晚期pNEN的临床试验结果欠佳,故CPI多与其他治疗方式联合治疗,CPI联合细胞毒治疗效果最佳但其细胞毒性的副作用也不容忽视。抗血管生成药物通过抑制各种血管生成异常增生免疫过程来增强抗肿瘤免疫力,或许与免疫治疗相结合时,能产生更好的治疗效果^[52]。目前大部分CPI尚处于临床试验阶段,作为新兴的肿瘤治疗领域,值得进一步探索和展望。

3.4 肽受体放射性核素治疗(peptide radioreceptor therapy, PRRT)

PRRT通过放射性核素⁹⁰Y和镥-177(¹⁷⁷Lu)标记SSA,通过特异性与肿瘤细胞表面的生长抑素受体(somatostatin receptor, SSTR)相结合,从而杀伤肿瘤细胞^[53-54]。既往研究认为PRRT主要用于G1/G2级NET。近期研究发现,PRRT亦能延长Ki-67<55%的G3级NET患者的生存期,甚至可能对部分NEC患者也有一定疗效。有研究^[18,55]发现,经严格筛选的G3级NET/NEC患者(Ki-67>20%~<55%)用PRRT治疗后疾病控制率可达30%~80%。国外一项III期临床研究^[56]显示,¹⁷⁷Lu显著延长中肠NET患者的PFS,且患者拥有良好的耐受性。一项晚期pNEN治疗的Meta分析^[57]显示,与依维莫司相比,¹⁷⁷Lu拥有更好的客观缓解率、疾病控制率和较长的PFS,安全性也更高。⁹⁰Y联合¹⁷⁷Lu的治疗方案比单独使用⁹⁰Y治疗的患者,生存期明显延长^[58]。McStay等^[59]通过一项前瞻性研究发现,pNEN肝转移患者通过选择性肝动脉注射⁹⁰Y治疗后,大部分患者的影像学、肿瘤标志物水平及临床症状都趋向稳定甚至好转。部分患者在治疗后会出 现肾毒性、骨髓抑制等不良反应,但经过相应的对症处理可恢复。相较于其他肝动脉内粒子栓塞治疗,肝动脉注射⁹⁰Y治疗是一种更安全有效的姑息治疗方式^[59],但需要更多的治疗周期才能降低肝肿瘤负荷^[60]。²²⁵Ac-DOTATATE靶向 α 疗法(TAT)在NET中的治疗被证明有效,长期结果显示提高了总体生存期,对¹⁷⁷Lu治疗效果不理想的患者,也延长了生存期^[61]。PRRT目前一种有效的治疗方式,能够改善患者预后,也是目前研究的热点。

3.5 内分泌治疗

针对F-pNEN特有的激素综合征,推荐治疗方案为SSA。SSA不仅可通过抗内分泌作用缓解激素

紊乱症状,还可通过抗增殖作用抑制肿瘤的生长^[39,62]。目前,SSA是G1/G2、Ki-67<10%、SSTR阳性和生长缓慢的pNEN患者的一线治疗方案^[62]。此外,SSA药物如奥曲肽、兰瑞肽已用于进展期pNEN^[63]。需要注意的是,一旦出现SSA耐药,患者PFS将大大降低^[64]。干扰素 α 也可用于治疗F-pNEN患者的激素症状,联合治疗用于对SSA治疗不敏感的F-pNEN患者^[20]。

4 小结与展望

pNEN出现肝转移发病率高、预后较差。近年来,pNEN的治疗方式正在逐步完善。外科手术方式,局部治疗如射频消融治疗、经动脉途径治疗,全身治疗如化学治疗、靶向治疗、免疫治疗、放射性核素治疗、内分泌治疗等多种治疗方式在积极探索中。PRRT是近年研究的热点,出现了越来越多的新型药物。但可以预见的是,多学科诊疗将逐渐成为主要的治疗手段,根据患者的情况及肿瘤的分型分期,联合外科手段、化学治疗、免疫治疗、靶向治疗等多种治疗方式,制定个性化的治疗方案,延长患者生存期和生存质量,将成为未来pNEN的治疗的主要方向。

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