



doi:10.7659/j.issn.1005-6947.2023.03.011
http://dx.doi.org/10.7659/j.issn.1005-6947.2023.03.011
China Journal of General Surgery, 2023, 32(3):416-423.

· 临床研究 ·

自身免疫性胰腺炎的诊治分析：附2例报告

彭程¹, 贺舜民², 涂广平¹, 余栎¹, 孙吉春¹, 汪东文², 李志强¹, 余泉¹

(1. 中南大学湘雅三医院肝胆胰外科II, 湖南长沙410013; 2. 中国人民武装警察部队湖南省总队医院普通外科, 湖南长沙410006)

摘要

背景与目的: 自身免疫性胰腺炎(AIP)是一种由自身免疫介导的罕见胰腺炎, 发病率约10.1/10万, 皮质激素治疗效果良好。但部分局灶性AIP与胰腺癌较难鉴别, 也存在误诊为胰腺癌而采取手术治疗的情况。目前, AIP的发病机制尚未阐明, 相关研究仍然缺乏。本文报告本中心近期收治的2例1型AIP患者的诊治过程, 并结合文献进行复习以期为临床工作提供借鉴。

方法: 回顾性分析中南大学湘雅三医院胆胰外科收治的2例1型AIP患者的临床资料, 并复习相关文献, 对该病的临床特点和治疗决策进行分析总结。

结果: 2例患者均为男性, 表现为梗阻性黄疸, 影像学检查均提示胰头部占位, 难以区分炎症及肿瘤。患者1血IgG4显著升高, 伴有胰腺外器官受累的表现, 诊断为1型AIP, 激素治疗后病情缓解。患者2相对不典型, 无血IgG4和胰外器官受累等表现, 超声内镜穿刺病理回报慢性炎症, 为进一步诊治行腹腔镜下胰十二指肠切除术, 术中可见胰头明显肿大, 质地硬, 与周围粘连紧密。术后病理呈典型的淋巴浆细胞硬化性胰腺炎(LPSP), 诊断为1型AIP, 激素治疗后病情缓解。

结论: 对于胰腺占位可疑胰腺恶性肿瘤的患者, 要时刻考虑到AIP的可能, 完善免疫标志物等检查。典型病例一般诊断不难, 而不典型病例则可能需要手术切除后才能最终诊断, 对于中老年男性、肿瘤标志物正常或轻度升高、穿刺病理阴性的患者, 良性占位的可能性大, 应密切关注术后病理, 如诊断为AIP, 需告知患者尽早接受规范的内科治疗。

关键词

自身免疫性胰腺炎/诊断; 自身免疫性胰腺炎/治疗; 免疫球蛋白G; 糖皮质激素类
中图分类号: R657.5

Analysis of diagnosis and treatment for autoimmune pancreatitis: a report of 2 cases

PENG Cheng¹, HE Shunmin², TU Guangping¹, YU Li¹, SUN Jichun¹, WANG Dongwen², LI Zhiqiang¹, YU Xiao¹

(1. Department of Hepatobiliary and Pancreatic Surgery II, the Third Xiangya Hospital, Central South University, Changsha 410013, China; 2. Department of General Surgery, General Hospital of People's Armed Police Force of Hunan Province, Changsha 410006, China)

Abstract

Background and Aims: Autoimmune pancreatitis (AIP) is a rare form pancreatitis caused by an autoimmune process with an incidence of about 10.1/100 000, and a positive response to steroids.

基金项目: 国家自然科学基金资助项目(81873589)。

收稿日期: 2022-07-04; **修订日期:** 2023-02-26。

作者简介: 彭程, 中南大学湘雅三医院博士研究生, 主要从事胰腺外科方面的研究(贺舜民为共同第一作者)。

通信作者: 余泉, Email: yuxiaoyx4@126.com; 李志强, Email: li_zhiqiang6138@126.com

However, it is difficult to distinguish focal AIP from pancreatic cancer, and there have been cases of misdiagnosis as pancreatic cancer leading to surgical treatment. Currently, the pathogenesis of AIP is unclear, and there is still a lack of relevant research. This article reports the diagnosis and treatment process of two cases of type 1 AIP recently admitted to our center, and additionally reviews the relevant literature in order to provide a useful reference for clinical work.

Methods: The clinical data of two patients with type 1 AIP admitted to the Department of Hepatobiliary and Pancreatic Surgery at the Third Xiangya Hospital of Central South University were retrospectively analyzed, combined with review of the relevant literature. The clinical characteristics and treatment decisions of this disease were analyzed and summarized.

Results: Both patients were male and presented with obstructive jaundice. Imaging examinations showed a mass in the pancreatic head, which was difficult to distinguish between inflammation and tumor. Case 1 had significantly elevated blood IgG4 level and extrapancreatic organ involvement, and was diagnosed with type 1 AIP. The patient's condition improved after steroid treatment. Case 2 was relatively atypical, with no blood IgG4 elevation or extrapancreatic organ involvement. Pathological examination of the ultrasound-guided fine-needle aspiration biopsy showed chronic inflammation, and further diagnosis and treatment were performed with laparoscopic pancreaticoduodenectomy. During the surgery, the pancreatic head was found to be significantly enlarged, hard in texture, and closely adhered to the surrounding tissues. Postoperative pathology revealed typical lymphoplasmacytic sclerosing pancreatitis (LPSP), and the patient was diagnosed with type 1 AIP. The patient's condition improved after steroid treatment.

Conclusion: For patients with pancreatic mass suspicious for pancreatic malignancy, the possibility of AIP should always be considered, and immunological markers and other examinations should be perfected. Typical cases are generally easy to diagnose, while atypical cases may require surgical resection before a final diagnosis can be made. For middle-aged and elderly men with normal or slightly elevated tumor markers and negative puncture pathology, the possibility of benign lesions is high, and postoperative pathology should be closely monitored. If the diagnosis of AIP is made, patients should be informed to receive standardized medical treatment as soon as possible.

Key words

Autoimmune Pancreatitis/diag; Autoimmune Pancreatitis/ther; Immunoglobulin G; Glucocorticoids

CLC number: R657.5

自身免疫性胰腺炎 (autoimmune pancreatitis, AIP) 是一种由自身免疫介导的罕见的胰腺炎, 患病率约 10.1/10 万, 皮质激素治疗效果良好^[1-3]。根据临床病理特征, 可分为两种亚型: 1 型 AIP 为淋巴浆细胞硬化性胰腺炎 (lymphoplasmacytic sclerosing pancreatitis, LPSP), 属于 IgG4 相关疾病 (IgG4-related disease, IgG4-RD)。2 型 AIP 为特发性导管中心性胰腺炎 (idiopathic duct-centric pancreatitis, IDCP), 在国内相对少见^[4]。1 型 AIP 患者常表现为腹痛、梗阻性黄疸, 也有部分患者无临床症状, 缺乏特异性。部分 AIP 患者与胰头肿块型慢性胰腺炎^[5-7]和胰腺癌^[8-9]难以鉴别, 也存在

误诊为胰腺癌而采取手术治疗的情况^[10-14], 而两者的治疗策略和预后截然不同^[15-17]。目前, AIP 的发病机制尚未阐明, 相关研究仍然缺乏, 为 AIP 的精准治疗带来了困难^[18]。本中心从 2019 年 2 月至今共收治 8 例 AIP 患者, 现报道 2 例近期收治的较具代表性的 1 型 AIP 患者的临床资料, 以期进一步提高临床医师对该病的理解和诊疗水平。

1 病例资料

患者 1 男, 66 岁。自 2021 年 10 月起, 多次因腹痛、咳嗽就诊于省内某大型三甲医院, 诊断

为“胰腺癌并远处淋巴结转移”，未系统治疗。2022年1月24日，再次因上腹间断性隐痛就诊于中南大学湘雅三医院肝胆胰外科。完善相关检查，胸腹CT提示：胰腺肿胀，胰头区占位，增强扫描呈不均匀轻度强化，伴肝内外胆管扩张和胆管炎，双侧肺门、纵膈、腹腔及腹膜后多发淋巴结肿大，双肾多发结节状低密度灶，考虑恶性肿瘤（图1A）。MCRP提示：胰头颈部增大伴梗阻性肝内外胆管扩张，病灶处胰管呈截断改变，腹腔及腹膜后多发淋巴结肿大，考虑恶性肿瘤。彩超提示胰头部等回声结节，考虑恶性肿瘤，肝内外胆管扩张，胰管扩张。化验提示血白细胞、总胆红素（total bilirubin, TBIL）、直接胆红素和CA19-9升高。入院查体：体温36℃，脉搏112次/min，呼吸22次/min，血压130/77 mmHg（1 mmHg=0.133 kPa），皮肤、巩膜黄染，腹部平坦，上腹部压痛，无反跳痛及肌紧张。入院后暂予营养支持、保肝、抗感染等治疗，经科内讨论后决定继续完善检查，明确病变性质。1月26日，行内镜下逆行性胰胆管造影+联合鼻胆管引流术，超声内镜可见：胆总管上段内

径15 mm，下段内径12 mm，胰管扩张，内径5 mm，胰头区可见25 mm×30 mm混合回声区，呈地图状，行超声内镜下细针穿刺抽吸（endoscopic ultrasound-guided fine needle aspiration, EUS-FNA）活检。1月29日，病理回报：送检组织中见腺上皮细胞和淋巴细胞及中性粒细胞，部分上皮细胞增生活跃，伴坏死和纤维间质，未见恶性依据（图1B）。血IgG4明显升高，自身免疫性肝炎全套阴性。综合以上资料，考虑患者为AIP合并IgG4相关硬化性胆管炎。2月10日，患者开始接受激素冲击治疗（甲泼尼龙，40 mg/d），2月18日剂量调整为30 mg/d，2月16日、18日、20日分别予以环磷酰胺0.2 g治疗。2月23日患者出院。3月10日、4月18日、5月26日复诊，泼尼松剂量依次调整为25 mg/d、20 mg/d、10 mg/d，并予以环磷酰胺0.4 g。6月6日复查胸腹CT提示：胰腺肿胀较前基本改善，肝内外胆管扩张及胆管炎明显改善，双侧肺门、纵膈、腹腔及腹膜后淋巴结较前缩小、减少，双肾炎症基本吸收（图1C）。治疗期间相关化验指标有明显好转的趋势（表1）。

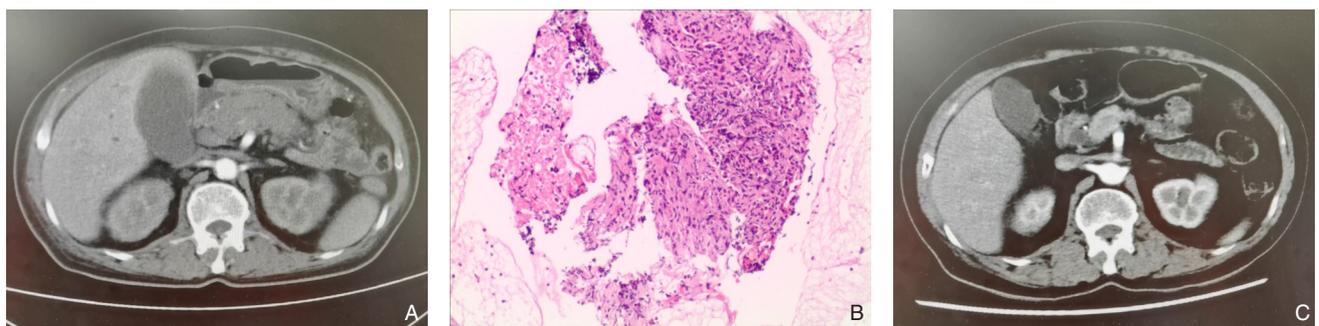


图1 患者1资料 A: 初次就诊影像（2022年1月26日）；B: EUS-FNA病理结果（HE×100）；C: 近期复查影像（2022年6月6日）

Figure 1 Data of case 1 A: Initial imaging on first visit (January 26, 2022); B: EUS-FNA pathology (HE×100); C: Recent follow-up imaging (June 6, 2022)

表1 患者1治疗期间化验结果

Table 1 Laboratory results of case 1 during treatment

项目	2022年1月	2022年3月	2022年4月	2022年5月
血白细胞($\times 10^9/L$)	15.91	12.82	11.04	11.56
ALT(U/L)	38	28	40	30
AST(U/L)	44	21	30	21
TBIL($\mu\text{mol/L}$)	112.8	22.9	11.7	11.3
直接胆红素($\mu\text{mol/L}$)	87.3	16.1	3.9	3.7
血IgG4(g/L)	10.4	6.21	2.7	2.75
CA19-9(U/mL)	163.54	—	—	26.98

注: ALT(丙氨酸氨基转移酶); AST(天门冬氨酸氨基转移酶)

Note: ALT(alanine transaminase); AST(aspartate transaminase)

患者2 男,50岁,因皮肤、巩膜黄染20 d于2022年2月28日就诊中南大学湘雅三医院感染科门诊,化验肝功提示ALT、AST、TBIL、直接胆红素明显升高。查体:体温36.3℃,脉搏58次/min,呼吸20次/min,血压119/69 mmHg,慢性病,全身皮肤、巩膜黄染,无其他阳性体征。3月5日以“黄疸查因”收入感染科,完善相关检查。腹部CT提示:胰头部体积增大,增强扫描强化较均匀,各期强化CT值为56 HU、87 HU、97 HU,考虑胰腺炎,合并肝内外胆管扩张,待除外胰头部肿瘤,左侧门静脉高压合并胃周多发迂曲扩张血管、脾大(图2A)。磁共振胆胰管成像(magnetic resonance cholangiopancreatography, MRCP)提示:胰头增大伴弥散受限,肿块性胰腺炎?待除外胰头肿瘤,胆总管下段受压合并肝内外胆管扩张,门静脉高压。化验提示:甲肝、丁肝、戊肝检测阴性;CEA、AFP、CA125、CA242、总前列腺特异性抗原、游离前列腺特异性抗原、人绒毛膜促性腺激素、神经元特异性烯醇化酶、非小细胞肺癌相关抗原21-1等肿瘤标志物阴性,CA19-9轻度升高至45 U/mL;血IgA、IgE、IgG、IgM、补体C3、

补体C4、IgG4正常。3月10日,患者转入胆胰外科继续治疗,3月12日,行EUS-FNB,术中可见胰头部均匀低回声肿块,切片大小约26.8 mm×30 mm。病检回报:穿刺组织炎性渗出物中可见少许增生的纤维组织,呈慢性炎症(图2B)。3月22日,行腹腔镜下胰十二指肠切除术,术中可见胰头明显肿大,质地硬,与周围粘连紧密,术中穿刺病理回报:慢性炎症。标本取出后,剖开胰头未见明显肿块,整体质硬,呈慢性炎症改变(图2C)。3月29日,术后病理回报:胰腺组织中可见多量急慢性炎细胞浸润,以浆细胞及淋巴细胞较多(图2D),免疫组化显示IgG4阳性细胞>10个/HPF。因此,诊断为1型AIP,患者术后恢复顺利(图2E),于4月5日出院。4月22日再次入院接受内科治疗,静滴甲泼尼龙40 mg/d。4月24日,口服泼尼松50 mg/d,4月26日调整为40 mg/d,4月24日至27日,每日给予环磷酰胺0.2 g。5月3日泼尼松调整为30 mg/d,患者出院。6月7日复诊,泼尼松调整为25 mg/d。治疗期间相关化验指标有明显好转的趋势(表2)。

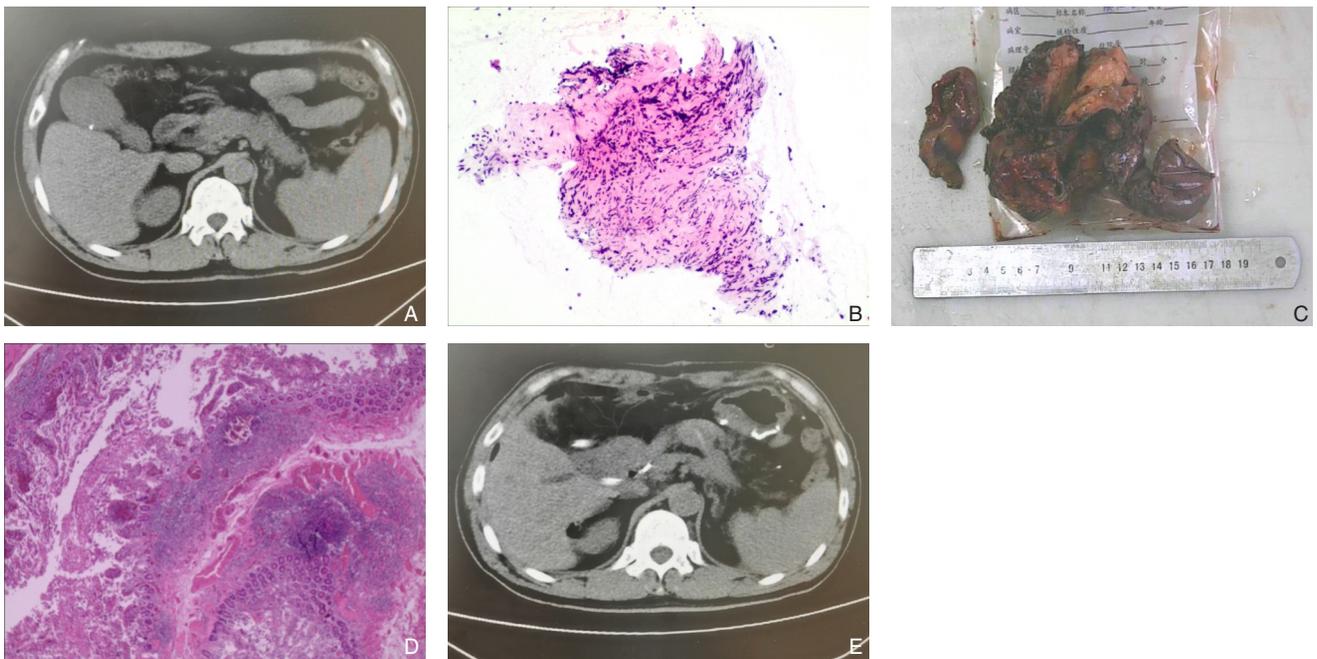


图2 患者2资料 A: 初次就诊影像(2022年3月7日); B: EUS-FNB病理结果(HE×100); C: 手术大体标本; D: 手术标本病理结果(HE×100); E: 术后影像(2022年3月28日)

Figure 2 Data of case 2 A: Initial imaging on first visit (March 7, 2022); B: EUS-FNA pathology (HE×100); C: Surgical gross specimen; D: Pathology results of surgical specimen (HE×100); E: Postoperative imaging (March 28, 2022)

表2 患者2治疗期间化验结果

Table 2 Laboratory results of case 2 during treatment

项目	2022年3月	2022年4月	2022年5月
血白细胞($\times 10^9/L$)	3.4	5.81	5.27
ALT(U/L)	415	24	28
AST(U/L)	230	14	26
TBIL($\mu\text{mol/L}$)	155.4	22.8	12.1
直接胆红素($\mu\text{mol/L}$)	108.7	15.3	5.5
血IgG4(g/L)	0.446	0.25	—

2 讨论

AIP是一种呈全球散在分布的少见病,总体发病率为10.1/10万^[2],1型相对而言更为常见^[19-21]。据报道^[20-21],日本96%的病例以及欧洲和美国80%的病例都是1型。我国尚缺乏明确的流行病学数据,但近年来,随着临床医生对AIP的重视程度和警惕性提高,关于AIP的报道越来越多,约占同期慢性胰腺炎的3.6%~9.7%^[22]。1型AIP属于IgG4-RD,常见于中老年男性,患者常伴发硬化性胆管炎,还可合并干燥综合征、硬化性涎腺炎、肺门淋巴结肿大、间质性肺炎、间质性肾炎、腹膜后纤维化等胰腺外器官受累的表现。2型AIP患者可合并炎性肠病^[23]。

尽管AIP的重视程度不断提高,但由于其临床表现缺乏特异性,误诊误治仍较为普遍^[10-14]。一方面,AIP容易被误诊为普通的慢性胰腺炎,由于未及时给予激素或免疫调节治疗,造成病情迁延。另一方面,AIP常被误诊为胰腺癌,尤其是胰头癌,进而采取了胰十二指肠切除术等治疗。根据国际胰腺外科研究组的指示,对于胰腺实质性肿块的手术,术前的组织病理学诊断并非必要依据^[24]。据统计^[25-28],在由于疑似恶性肿瘤而进行的胰腺切除术中,8%~10%的患者最终病理诊断为良性疾病,其中AIP约占病例的1/3,占有胰腺切除术的2.5%,其中确实存在诊断困难的AIP患者,但也不乏因认知不足而被忽略的患者。胰腺切除术作为普通外科中规模较大的手术,对患者创伤较大,同时也可能出现胰瘘、腹腔感染、出血等危及生命的并发症^[29-30],对于部分AIP患者,如果医生的认知和辅助检查足够充分,是完全可以避免手术的。

目前主流的用于诊断AIP的指南包括国际胰腺病协会2011年指南^[31]、我国《中华胰腺病杂志》

编委会我国自身免疫性胰腺炎诊治指南^[22]和日本胰腺协会指南^[32]。不同指南在辅助检查的选择、检测结果的分层和证据的组合上存在细微的差别,总体而言,我国指南^[22]相对简洁,可操作性更强。本文中患者1属于比较典型的1型AIP,在CT、MRCP及超声内镜中均有典型的影像学表现,血IgG4显著升高并超过正常上限两倍,此外,还有胆管炎、肺门淋巴结肿大等胰腺外器官受累表现,符合我国诊断标准中的B组,可以明确诊断。如参照日本指南^[32],患者1符合胰头肿大、MRCP提示胰管狭窄、血IgG4显著升高、胆管炎和肾脏多发低密度病灶等胰外器官受累以及细针穿刺活检未发现恶性证据等条目,同样符合诊断标准。而本文中患者2属于诊断较为困难的IgG4阴性的1型AIP患者,其仅有CT、MRCP及超声内镜中的影像学征象,且与胰腺癌较难鉴别,虽然超声内镜穿刺病理考虑慢性炎症,但无论是参照我国指南还是日本指南,仍不足以诊断AIP,考虑患者及家属的治疗态度较为积极,进一步明确诊断的意愿较为强烈,对此进行了腹腔镜下胰十二指肠切除术,术后病理回报为典型的LPSP,至此,1型AIP的诊断成立,患者在接受激素及免疫调节治疗后病情明显好转。

对于该类病例的诊治,笔者有以下几点体会:(1)临床医生需要加强业务知识的学习,避免在诊断时思维定式,对于胰腺占位可疑胰腺恶性肿瘤的患者,要时刻考虑到AIP的可能,完善免疫标志物尤其是IgG4等检查。尽管血IgG4仅在1/3的1型AIP患者中升高,阴性并不能排除诊断,但其升高时即为强力的诊断依据^[25, 27, 33-34]。例如本文患者1,多次就诊我省某大型三甲医院并诊断为胰腺癌合并远处淋巴结转移,而未考虑到AIP的可能,给患者带来了较大的精神压力,同时也延误了治疗。(2)比较典型的病例一般在完善检查后即可明确诊断并开始后续治疗。而不典型病例如本文患者2,其仅有影像学征象,无血IgG4的升高和胰腺外器官受累表现等其他证据,不足以诊断为AIP,虽然术前和术中穿刺病理均回报慢炎症,但穿刺获得的组织量和完整性有限^[35],因此,国际共识诊断标准(International Consensus Diagnostic Criteria, ICDC)并不推荐将US-FNA活检用于AIP的组织病理学诊断^[22, 31],但其对于除外恶性肿瘤是必要的,AIP的诊断还是需要依靠核心活检样本或胰腺标

本^[36]。然而,穿刺病理本身对胰腺癌也存在一定假阴性率,据文献^[37]报道约为22%,更有研究^[38-39]报道AIP可与胰腺癌或导管内乳头状黏液性肿瘤(intraductal papillary mucinous neoplasm, IPMN)^[40]同时发生。对于这类患者,即使进行了非常完善的术前评估,仍不能明确AIP的诊断,同时也不能除外胰腺恶性疾病,此时手术标本病理检测对于进一步明确诊断和治疗是必需的,但需要和患者及家属进行充分的沟通,患者及家属对良性疾病误行大规模手术的认可对于降低医疗纠纷风险至关重要。诊断性激素治疗虽然是另一条明确诊断的途径,但在未能彻底除外胰腺癌的情况下仍需谨慎选用^[9, 22]。(3)本文中患者2也存在一些指向炎症的征象。第一,其病灶在增强CT中各期呈相对均匀强化且高于胰腺实质,而胰腺癌通常在强化中呈相对低密度。第二,多项肿瘤标志物均正常,仅CA19-9轻度升高。第三,术前和术中穿刺病理均未发现恶性证据。不过对于此类患者,还是无法彻底除外恶性病变,手术标本病理仍是明确诊断的关键步骤,临床医生应密切关注其术后病理结果,如回报AIP,则应告知患者尽早开始规范的内科治疗。

利益冲突:所有作者均声明不存在利益冲突。

作者贡献声明:彭程和贺舜民负责撰写论文初稿,涂广平和余栋负责收集病例资料,孙吉春和汪东文负责核对病例资料与论文的一致性,李志强和余泉负责论文撰写的指导和审核。

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(本文编辑 宋涛)

本文引用格式: 彭程, 贺舜民, 涂广平, 等. 自身免疫性胰腺炎的诊治分析: 附2例报告[J]. 中国普通外科杂志, 2023, 32(3):416-423. doi: 10.7659/j.issn.1005-6947.2023.03.011

Cite this article as: Peng C, He SM, Tu GP, et al. Analysis of diagnosis and treatment for autoimmune pancreatitis: a report of 2 cases[J]. Chin J Gen Surg, 2023, 32(3): 416-423. doi: 10.7659/j.issn.1005-6947.2023.03.011



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