

## • 综述 •

## 寡转移膀胱癌手术治疗现状与争议

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**【摘要】** 膀胱癌(BCa)是发病率第2位的泌尿男生殖系恶性肿瘤,一旦发生转移,预后极差。目前转移性膀胱癌(mBCa)的标准治疗方案为基于顺铂的联合系统性化疗,但其治疗反应率及生存率较低,大部分患者化疗后仍会出现疾病进展。研究显示,寡转移膀胱癌行减瘤性膀胱全切除术或转移灶切除术可为部分患者提供生存获益。但现有研究较少且均为回顾性研究,寡转移膀胱癌的概念与诊断标准尚未得到统一,仍需要进一步前瞻性随机对照研究探索寡转移膀胱癌诊断标准及外科手术治疗的可行性、有效性及手术时机。

**【关键词】** 寡转移;膀胱癌;膀胱全切除术;转移灶切除术

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## Current status and controversy of surgical treatment for oligometastatic bladder cancer

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**Abstract** Bladder cancer (BCa) is the second common urinary and genital carcinoma in males. The prognosis of BCa is poor once metastasis occurs. Currently, the standard treatment for metastatic bladder cancer (mBCa) is systemic combination chemotherapy based on cisplatin. However, the treatment response rate and survival rate are low, and most patients still experience disease progression after chemotherapy. Previous studies indicated that cytoreduced total cystectomy and metastasectomy might provide survival benefits for patients with oligometastatic bladder cancer. However, there are few studies related to oligometastatic bladder cancer currently and all of them are retrospective. Besides, there is no consensus on the concept and diagnostic criteria of oligometastatic bladder cancer. Further prospective randomized controlled studies are needed to explore the diagnostic criteria of oligometastatic bladder cancer and the feasibility, effectiveness and optimal timing of surgical management.

**Key words** oligometastasis; bladder cancer; total cystectomy; metastasectomy

在世界范围内,膀胱癌(bladder cancer, BCa)是发病率第2位的泌尿男生殖系恶性肿瘤<sup>[1]</sup>,包括非肌层浸润性膀胱癌(non-muscle invasive bladder cancer, NMIBC)和肌层浸润性膀胱癌(muscle invasive bladder cancer, MIBC)。根据AJCC分期第8版,出现淋巴结转移[包括区域淋巴结阳性(cN+)和非区域淋巴结转移(M<sub>1a</sub>)或远处转移(M<sub>1b</sub>)]的BCa称之为转移性膀胱癌(metastatic bladder cancer, mBCa)。据统计,10%~15% BCa患者在确诊时即发生转移<sup>[2]</sup>,而mBCa的5年生存率仅为5%<sup>[3]</sup>。对于cN+患者,根治性膀胱切除术(radical cystectomy, RC)+盆腔淋巴结清扫(pelvic lymph node dissection, PLND)是其标准治疗方案,但对于非器官局限性膀胱癌(M<sub>1a</sub>、M<sub>1b</sub>),国内

外指南均未将膀胱全切除术作为推荐初始治疗方案。目前,mBCa公认的标准治疗方案为基于顺铂的联合系统性化疗,然而,仅约50%患者有化疗反应且化疗后5年生存率<15%,绝大多数患者在化疗后仍会出现疾病进展<sup>[4,5]</sup>。Cowles等<sup>[6]</sup>学者在1982年首次报道了6例行肺转移灶切除的mBCa,随访发现有4例生存时间超过5年。近年来,尽管外科治疗mBCa的可行性与有效性尚未得到充分验证,外科手术治疗作为mBCa多学科综合治疗的重要部分,引起了越来越多泌尿外科医生的重视,关于寡转移膀胱癌外科治疗的报道也逐渐增多,本文主要针对寡转移膀胱癌外科手术治疗现状与争议进行综述。

### 1 寡转移膀胱癌定义

“寡转移”概念于1995年第1次由Hellman等<sup>[7]</sup>提出后,已被广泛应用于乳腺癌<sup>[8]</sup>、肺癌<sup>[9]</sup>、前列腺癌<sup>[10]</sup>等多种恶性肿瘤,恶性肿瘤寡转移患者

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生存预后明显优于广泛转移患者。研究表明,根据“肿瘤自我种植理论”肿瘤原发灶可通过释放循环肿瘤细胞(circulating tumor cells,CTCs)使恶性肿瘤在远处器官组织发生种植转移,切除原发灶后可降低肿瘤形成新转移灶的概率<sup>[11]</sup>。但是,目前应用寡转移膀胱癌这一概念的研究较少,关于寡转移膀胱癌的定义尚无统一标准。Mertens 等<sup>[12]</sup>首次将寡转移概念应用于 BCa,强调影像学手段在诊断寡转移膀胱癌中的重要性。Kim 等<sup>[13]</sup>亦在其研究中使用了寡转移膀胱癌的概念,但并未对寡转移膀胱癌给出明确的定义。Ogihara 等<sup>[14]</sup>则首次较为完整定义寡转移膀胱癌,包括:①单器官转移;②转移灶数量 $\leq 3$ 个;③转移灶最大直径 $\leq 5$  cm;④未出现肝转移。满足以上 4 条标准即可诊断为寡转移膀胱癌。不满足此标准的 mBCa 称为广泛 mBCa。相比广泛 mBCa 患者,寡转移膀胱癌患者的 2 年肿瘤特异性生存率(cancer specific survival, CSS)明显增高(53.3% vs 16.1%, $P < 0.001$ )<sup>[14]</sup>。寡转移膀胱癌这一概念的提出与完善对于 mBCa 临床诊断治疗决策的制定具有重要的指导意义。

## 2 化学治疗

mBCa 一线治疗首选基于顺铂的联合系统性化疗<sup>[15]</sup>,常见化疗方案包括氨甲蝶呤+长春碱+阿霉素+顺铂(MVAC)方案和吉西他滨+顺铂(GC)方案,可显著延长生存期<sup>[16]</sup>。研究证实,相比行顺铂单药化疗方案,MVAC 方案可显著改善化疗缓解率(response rates,RR)(39% vs. 12%, $P < 0.0001$ ),延长无进展生存期(10.0 个月 vs. 4.3 个月)和总体生存期(overall survival,OS)(12.5 个月 vs. 8.2 个月)<sup>[17]</sup>。一项 III 期临床随机试验比较了 GC 方案与 MVAC 方案治疗晚期 BCa 的有效性,结果发现 2 种治疗方案患者的总体生存率(13.0% vs. 15.3%, $P = 0.53$ )和无进展生存率(9.8% vs. 11.3%, $P = 0.63$ )比较差异无统计学意义,但 GC 方案不良反应发生率明显减少,具有更好的耐受性和安全性<sup>[18]</sup>。另一项临床随机试验比较了 PCG 三药联合化疗方案(吉西他滨、顺铂、紫杉醇)与单纯 GC 方案对于局部进展性和转移性膀胱癌的疗效,研究显示二者 OS(15.8 个月 vs. 12.7 个月, $P = 0.075$ )、无进展生存率(8.3% vs. 7.6%, $P = 0.113$ )及毒副作用无明显差异,但 PCG 方案的总体缓解率明显增高(55.5% vs. 43.6%, $P = 0.0031$ )<sup>[19]</sup>。高强度 MVAC 方案(HD-MVAC)相比传统 MVAC 方案可延长患者无进展生存期和总体化疗反应率,但二者 OS 无明显差异,在应用 HD-MVAC 方案时推荐预防性使用粒细胞集落刺激因子(granulocyte colony-stimulating factor, G-CSF)<sup>[20]</sup>。此外,基于卡铂的联合化疗、免疫治疗

作为指南推荐的二线治疗,是对基于顺铂联合化疗无反应患者的另一选择<sup>[19]</sup>。

## 3 减瘤性膀胱全切术

RC+ PLND 是 MIBC 和区域淋巴结转移 BCa 患者的标准外科治疗方式。但对于 M<sub>1</sub> 期 mBCa (M<sub>1a</sub> 或 M<sub>1b</sub>),行原发灶切除术已无法达到根治目的,RC+PLND 治疗是否可提供生存获益尚未得到明确。有学者提出,膀胱全切除术可作为一种减瘤性治疗手段,缓解局部症状,降低全身肿瘤负荷,从而为 mBCa 患者提供生存获益,特别是转移灶肿瘤负荷较低且身体状况较好的患者<sup>[21]</sup>。

Seisen 等<sup>[22]</sup>分析美国国家癌症数据库中接受多药联合化疗的 3 753 例 mBCa 患者(远处淋巴结转移或骨转移或内脏转移),发现相比接受局部保守治疗(无局部治疗或经尿道膀胱肿瘤电切术或 $< 50$  Gy 放射治疗)患者,进行膀胱全切除术或者 $> 50$  Gy 放射治疗患者中位 OS 明显增高(9.95 个月 vs 14.92 个月, $P < 0.01$ ),分析显示膀胱全切除术或者 $> 50$  Gy 放射治疗与显著 OS 获益具有相关性。另一项基于人群的研究表明<sup>[23]</sup>,不论转移灶位于任何部位,mBCa 患者行膀胱全切除术治疗后,相比未行膀胱全切除术治疗患者 OS 和 CSS 均明显提高。但基于转移灶数量的亚组分析显示 OS 和 CSS 的增加仅出现在单转移灶组,膀胱全切除术不能为多转移灶 BCa 患者提供生存获益;基于转移部位的亚组分析显示,单纯骨转移、肺转移、远处淋巴结转移患者在膀胱全切除术后 OS 和 CSS 均明显增加,但膀胱全切除术无法为肝转移患者提供生存获益。

## 4 转移灶切除术

目前,寡转移膀胱癌行转移灶切除术是否具有可行性和有效性仍存在较大争议。但已有多项研究证实,寡转移膀胱癌行转移灶切除术可为患者提供生存获益。一项多中心研究表明,寡转移膀胱癌患者孤立性淋巴结转移灶切除术或孤立性肺转移灶切除术生存获益最大,而其他部位转移灶(如肝、骨、脑等)行手术切除患者生存获益有限(中位 OS: 81 个月 vs. 19 个月, $P < 0.0296$ )<sup>[24]</sup>。Iwamoto 等<sup>[25]</sup>发现转移灶切除术及术前 C 反应蛋白 $< 1$  mg/dl 是无进展生存率和 OS 的独立预测因子,转移灶切除组患者的无进展生存率及 OS 均明显高于未切除组。此外,一项纳入了 497 例接受 1 次以上转移灶切除术患者进行的研究发现,首次转移灶切除术后中位 OS 为 19 个月(4~74 个月),1/3 患者生存超过 3 年,手术安全性尚可接受<sup>[26]</sup>。mBCa 切除转移灶后 5 年生存率为 33%<sup>[27]</sup>,但需要严格把握其适应证。德国的一项关于 mBCa 的多中心研究显示,转移灶切除术后 OS 为 27 个月,癌症特异性生

存期为 34 个月,无进展生存期为 15 个月,5 年 OS 达到 28%<sup>[28]</sup>。对于首次膀胱全切除术后非区域淋巴结复发或远处复发患者,高血清 C 反应蛋白、高乳酸脱氢酶、术后 1 年内复发、复发时症状较严重、未行转移灶切除术、未行基于顺铂的联合化疗及 2 个或以上器官复发等是较差 OS 的独立预测因子<sup>[29]</sup>。来自日本的一项研究显示,相比单纯行联合系统性化疗未行转移灶切除的寡转移膀胱癌患者,系统性化疗后行转移灶切除术患者的中位 OS 明显增加,5 个周期以上系统性化疗以及转移灶切除是更长 OS 的独立预测因子<sup>[30]</sup>。另一项研究比较了有化疗反应患者和无化疗反应患者行转移灶切除术对生存期的影响,结果表明对系统性化疗无化疗反应患者无法从转移灶切除术中获益,有化疗反应是转移灶切除术使患者获益的前提<sup>[31]</sup>。

肺转移是除淋巴结转移以外最常见的 BCa 转移部位<sup>[23,27,28]</sup>。多项研究发现,肺转移灶切除术(尤其是小的孤立性病变)可显著提高患者生存预后。Kim 等<sup>[13]</sup> 回顾性纳入了 30 例行肺转移灶切除的尿路上皮癌患者,研究发现肺转移灶切除术可明显提高患者 OS。肺转移切除术及孤立性肺转移是较长疾病进展时间(time to disease progression, TTP)的独立预测因子,肺转移切除术是影响 OS 的唯一独立预后因素。关于 TTP 的亚组分析显示,相比 2 个及以上转移灶患者,孤立性肺转移患者无进展生存期显著延长,而肺转移灶大小与 TTP 无关。关于 OS 的亚组分析表明,孤立性肺转移患者的 OS 与 2 个及以上转移灶患者比较差异无统计学意义(43 个月 vs. 36 个月,  $P = 0.849$ )。Kanzaki 等<sup>[32]</sup> 纳入了 18 例行肺转移灶切除的 mBCa 患者,研究结果显示,术后中位 OS(从手术到死亡时间)为 50(2~200)个月,累计 3 年和 5 年总体生存率达到 59.8% 和 46.5%。相比多转移灶患者,孤立性肺转移灶患者总体生存率显著提高(20.0% vs. 85.7%)。Matsuguma 等<sup>[29]</sup> 研究发现,行肺转移灶切除患者 5 年总体生存率为 50%,5 年无进展生存率为 26%,肺部转移灶直径 > 3 cm 是其较差预后的预测因子。与总体相比,转移灶直径 < 3 cm 患者的校正无进展生存率显著提高(40% vs 65%)。Luzzi 等<sup>[33]</sup> 研究结果显示,行肺转移灶切除患者 5 年总体生存率为 52%,中位 OS 为 62 个月,肺转移灶直径是其独立预后因子,转移灶直径 < 3 cm 患者总体生存率优于直径 > 3 cm 的患者(59% vs. 33%,  $P = 0.001$ )。

综上,基于顺铂的系统性化疗仍是 mBCa 的一线治疗,转移灶切除术可为合适的患者,特别是对系统性化疗有化疗反应患者提供生存获益,进一步延长患者生存期,但需要合理选择患者,严格把握

其手术适应证。对于孤立性肺转移、转移灶直径 < 3 cm 且体能状态较好的患者,行肺转移灶切除术可能有助于长期的疾病控制,为患者提供生存获益。孤立性肺转移且转移灶直径 < 3 cm 可能成为肺转移灶切除术的适应证之一。

## 5 局限性

相比其他应用寡转移概念的恶性肿瘤,关于寡转移膀胱癌外科手术治疗的研究仍较少,目前的研究仍存在一定的局限性:① 现有研究均为回顾性研究,大多数为小样本研究,尚无关于寡转移膀胱癌外科手术治疗(包括原发灶切除术和转移灶切除术)的随机对照试验,仍需要进一步的大样本前瞻性随机对照研究进一步证实现有研究成果。② 寡转移膀胱癌的诊断标准尚未达成共识,仅有极少部分学者对寡转移膀胱癌给予较为明确的定义,不同学者对寡转移膀胱癌的定义又存在较大差异,仍需要更多研究探索寡转移膀胱癌的诊断标准。③ 由于现有研究所纳入的患者大部分为身体状况较好,肿瘤负担较小,对系统性化疗有治疗反应,无疾病进展证据患者,因此存在一定选择偏倚。④ 不同中心确诊 BCa 转移的影像学手段不同,骨 ECT、磁共振、CT 和使用不同造影剂的 PET-CT 等多种影像学诊断方法的特异性和敏感性各有不同,因此可能对转移灶个数及性质的判断出现误差。此外,不同中心淋巴结清扫的范围不同,手术方式及术后治疗方案的差异等亦可影响到患者的生存情况。

## 6 总结

目前研究表明,针对寡转移膀胱癌原发灶或转移灶的手术治疗可能为部分患者提供生存获益,但现有研究证据较少且部分研究存在局限性,期待进一步的前瞻性临床随机对照研究提供更高等级的临床证据进一步证实其可行性及有效性,明确其手术适应证。

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