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肝内胆管癌外科治疗的若干问题

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摘要: 肝内胆管癌(ICC)在肝脏恶性肿瘤中发病率居第二位,恶性程度高、预后差。手术治疗目前仍是ICC可能获得治愈的唯一手段,但其R0切除率相对较低、术后无复发生存时间短。合理的切缘宽度、解剖性肝切除的价值、淋巴结清扫的地位以及腹腔镜肝切除和肝移植的肿瘤学效果等诸多问题仍有待厘清。本文旨在讨论ICC外科治疗策略的相关研究进展和存在的争议,以期为临床治疗决策提供参考。

关键词: 胆管上皮癌; 外科手术; 治疗学

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Several issues in the surgical treatment of intrahepatic cholangiocarcinoma

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Abstract: Intrahepatic cholangiocarcinoma (ICC) ranks second among malignant liver tumors and has high malignancy and poor prognosis. Currently, surgical treatment remains the only potentially curative therapy for ICC, but with a relatively low R0 resection rate and a short recurrence-free survival time after surgery. There are still several issues that need to be clarified, such as reasonable margin width, the value of anatomical hepatectomy, the role of lymph node dissection, and the oncological efficacy of laparoscopic liver resection and liver transplantation. This article reviews the research advances in surgical treatment strategies for ICC and related controversies, in order to provide a reference for clinical decision-making.

Key words: Cholangiocarcinoma; Surgical Procedures, Operative; Therapeutics

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肝内胆管癌(intrahepatic cholangiocarcinoma, ICC)是仅次于肝细胞癌的第二大原发性肝癌,占肝癌的10%~20%,且发病率逐年上升^[1-2]。由于ICC发病隐匿,大部分患者在确诊时已处于进展期,仅有20%~30%的患者能够获得手术切除机会^[3],且术后复发率高,远期预后差。目前,手术切除仍然是可能治愈ICC的唯一手段。本文针对近年来ICC外科治疗的进展和争议进行综述。

1 肿瘤分期

美国癌症联合会在其第7版TNM分期系统中,首次引入了针对ICC的TNM分期系统^[4],但该版本存在明显不足,对预后预测的准确性有限。Wang等^[5]利用CA19-9、癌胚抗原、肿瘤大小和数目、血管侵犯、淋巴结转移、直接侵犯及局部肝外转移等因素建立了ICC列线图分期。参考该研究,第8版TNM分期将肿瘤大小纳入了T分

期^[6]。但是第8版TNM分期对预后的整体区分能力较第7版并未展现出显著的改进^[7-11]。笔者团队^[8]开展的一项多中心回顾性研究中,将血清肿瘤标志物CA19-9和癌胚抗原纳入第8版TNM分期,构建了ICC新的分期系统——TNMIS系统,发现该分期系统可以提高ICC的预后分层能力,并在西方人群中得到了验证。其他研究者也提出了一些改良的评分系统^[9-11],但均存在一定的局限性。未来仍需进一步开展高质量的研究,以期制定出更加实用、准确的分期系统,更好地帮助治疗决策选择和预后判定。

2 术前评估

外科治疗应同时考虑肿瘤的根治性和围手术期的安全性^[12]。ICC确诊时肿瘤直径中位数多超过5 cm^[13],需要切除较多的肝组织才能保证肿瘤切除的彻底性。术前精准评估肝储备功能和确定肝切除范围对于手术安全至关重要。目前,吲哚菁绿15 min滞留率(indocyanine green retention rate at 15 minutes, ICG-R15)和剩余肝体积(future liver remnant, FLR)已经被《原发性肝癌诊疗指南(2024年版)》^[14]推荐为肝功能评估的重要指标。ICG-R15<10%,可行右半肝切除;ICG-R15在10%~19%,可行左半肝切除;ICG-R15在20%~29%,则只能切除约1/6的肝体积^[15]。对于无肝纤维化或肝硬化的患者,FLR须占标准肝体积的30%以上;对于伴有肝实质损伤、慢性肝病或肝硬化的患者,FLR须占标准肝体积的40%以上^[16]。

对于FLR不足或处于临界值的ICC,可以通过门静脉栓塞术(portal vein embolization, PVE)、肝静脉栓塞术以及联合肝脏分隔和门静脉结扎的两步肝切除法(associating liver partition and portal vein ligation for staged hepatectomy, ALPPS)等方法增加FLR^[17]。由于PVE促进肝体积增加速度较慢,往往需要4~8周,且ICC恶性程度高,在等待期间容易出现肿瘤进展,因此,单独PVE用于增加FLR在ICC中应用较少。有研究^[18]显示,PVE术后序贯肝静脉栓塞术可提高增加FLR的成功率。另外,同时行门静脉与肝静脉栓塞术相较于单独的PVE,也能更显著地促进FLR增长^[19],但其安全性和有效性还需要大样本的研究证实。值得注意的是,尽管ALPPS具有较高的并发症发生率,但其诱导肝体积增生的效果优于PVE^[20],且得到了随机对照研究的证实^[21]。有研究^[22]显示,对于进展期的单发ICC,ALPPS可以获得97%的切除率和87.9%的R0切除率,且术后5年总体生

存率可达22.0%;但对于多发ICC,与化疗相比,ALPPS并未带来生存获益。此外,ALPPS使患者在短时间内接受两次手术,且具有较高的并发症发生率,对术者技术要求较高。因此,对于此类手术需要审慎地选择患者,并由经验丰富的外科医生实施。

3 手术切除

3.1 腹腔镜探查分期 术前评估可切除的患者中,约有30%在手术探查过程中被发现存在腹腔转移、远处淋巴结转移等手术禁忌证^[23],导致患者不得不接受非预期的开腹手术。此类无效手术不仅未能实现治疗目的,反而给患者造成了身心创伤及经济损失,同时延误了患者接受其他治疗的时机。2015年美国ICC专家共识^[24]提出,针对具有高危因素(肿瘤多发,CA19-9明显升高,可疑的血管侵犯或腹膜转移)的患者,需要进行腹腔镜探查。随着影像学的进步,术前影像学检查也可以用来预测无效手术风险较高的患者^[25-26]。Chu等^[26]提出的影像组学模型预测无效手术的灵敏度和特异度分别高达0.846和0.771,该预测模型有助于术前发现高危人群,并避免无效手术。鉴于腹腔镜手术具有创伤小、恢复快、住院时间短等优点,能够缩短与后续治疗之间的时间间隔^[27],因此,对于术前判断具有高危因素的患者,腹腔镜探查分期判断可切除性能够有效避免开腹手术的发生,并为患者及时接受后续治疗创造有利的条件。

3.2 切缘 R0切除是手术目标,也是提高患者远期疗效的关键。在R0切除的基础上,阴性切缘宽度亦对预后产生显著影响,但合理的切缘宽度尚存争议。较多研究认为切缘越窄,预后越好,切缘宽度 ≥ 1 cm,预后最好。Farges等^[28]根据切缘宽度,将患者分为 ≤ 1 mm、2~4 mm、5~9 mm和 ≥ 10 mm组,发现术后中位生存期随着切缘宽度增加而延长。Spolverato等^[29]根据切缘宽度,将患者分为1~4 mm、5~9 mm和 ≥ 1 cm组,发现切缘宽度 ≥ 1 cm预后更好。一项Meta分析^[30]结果也显示,切缘宽度 ≥ 1 cm患者预后优于窄切缘患者。然而,也有研究认为,窄切缘亦能获得较为满意的预后。Zhang等^[31]研究认为,只要保证切缘宽度 ≥ 0.5 cm,即可提高患者术后总体生存率和无复发生存率。Murakami等^[32]则发现,切缘宽度 > 5 mm和 ≤ 5 mm组患者的术后长期生存差异无统计学意义。此外,切缘宽度对预后的作用也受其他因素影响。Endo等^[33]发现肿瘤负荷(最大肿瘤直径和肿瘤数目的平方和)低或中(< 9 分)的患者,生存率与切缘宽度呈正相关,然而,在肿瘤负荷高(≥ 9 分)或淋巴结阳性患者中,宽

切缘并不能改善患者预后。笔者参与的一项国内多中心研究^[34]则发现,微血管侵犯阳性的患者,窄切缘和宽切缘预后相似。近期,Alaimo等^[35]利用最优生存树(optimal survival tree)和最优策略树(optimal policy tree)等人工智能技术,根据患者和肿瘤特征建议了5种不同的最佳切缘宽度,其中,肿瘤直径<4.8 cm且切缘宽度 $\geq$ 2.5 mm的患者,术后5年生存率相对于整个队列提高了37%。该研究是人工智能在ICC领域应用的一次尝试,仍需进一步开展广泛的验证。根据现有证据,宽切缘并不适用于所有患者,是否采取宽切缘切除,需要个体化、精准化制订手术方案。当FLR不足时,在R0切除的基础上,保留更多的功能性肝实质,未尝不是一种理性的选择。

3.3 手术方式 根据切除方式可将肝切除术分为解剖性肝切除(anatomic resection, AR)和非解剖性肝切除(non-anatomic resection, NAR)两种类型。AR是以Couinaud肝段为基础,将肿瘤在肝段及相关的门静脉系统支配区域进行规则性切除的手术方式,如肝段、肝叶或半肝切除等,其他不以Couinaud肝段解剖为基础的切除方式均被归类为NAR^[36]。一些研究表明AR可以改善部分患者的长期预后。笔者团队的一项回顾性研究^[13]纳入了702例ICC患者,发现AR组患者术后具有更高的无病生存率和总体生存率,但进一步分层分析显示,生存获益主要见于IB期或II期(不伴微血管侵犯)的患者,而对于其余分期患者,AR组和NAR组预后差异无统计学意义。Wu等^[37]纳入了合并肝内胆管结石的ICC患者,发现在无淋巴结转移患者中,AR组术后无复发生存率和总体生存率均高于NAR组,当患者合并淋巴结转移时,预后则无明显差异。Wang等^[38]研究结果也显示,AR组的无病生存率优于NAR组,单发、肿瘤高/中分化等亚组的患者效果更显著。也有研究认为,手术类型不影响早期ICC患者预后。Ke等^[39]纳入了278例TNM I期ICC患者,发现手术类型对术后复发及生存并无明显影响。根据当前的研究结果,AR可改善部分患者预后。然而,既往研究均为回顾性分析,且纳入患者的肝病背景、肝硬化程度、肝功能状态、肿瘤位置、肿瘤负荷及术者技术水平等因素存在差异,需要开展前瞻性随机对照研究进一步探索AR的获益人群。

3.4 淋巴结清扫 淋巴结转移是影响ICC患者预后的重要因素之一^[28, 40]。45%~65%的患者在就诊时即发生了淋巴结转移^[41],即使术前检查及术中探查认为淋巴结阴性的患者,仍有13%病理证实有淋巴结转移^[40]。

越来越多的国内外同行将淋巴结清扫术(lymph node dissection, LND)作为ICC外科治疗的重要组成部分,并认为有助于提高肿瘤分期的准确性。然而,是否常规行LND仍存在争议。近年来,一些研究^[42-44]发现,即使临床诊断淋巴结阴性的患者,实施LND亦能改善患者预后。笔者团队开展的一项多中心研究^[42],构建了术前预测ICC患者淋巴结转移的列线图模型,将患者分为高、中、低淋巴结转移风险人群,发现高淋巴结转移风险组的患者,LND术后总体生存和无复发生存均优于未清扫者;而低、中淋巴结转移风险组的患者无论是否行LND,总体生存和无复发生存均无差异。Chen等^[43]纳入了637例临床诊断淋巴结阴性患者,发现LND虽未能改善无复发生存率,但可以改善总体生存。Sposito等^[44]研究则发现,对于临床诊断淋巴结阴性的ICC患者,足够LND(淋巴结清扫数量 $\geq$ 6枚)可以改善无复发生存和总体生存,特别是无慢性肝病和进展程度较低的患者。鉴于ICC患者的高淋巴结转移率,且LND能改善部分患者预后,建议将LND作为常规治疗手段。然而,对于一般情况差、肿瘤分期早、具有并发症高危因素(如临床显著性门静脉高压)的患者,常规LND的肿瘤学获益和手术安全性之间仍需权衡。

另外,最佳的淋巴结清扫数量也是当前争议较大的问题。Kim等^[45]发现清扫数量 $\geq$ 5枚有助于更准确的肿瘤分期。Zhang等^[46]开展的国际多中心研究结果则表明,淋巴结清扫数量 $\geq$ 6枚、清扫范围 >12 组淋巴结可增加阳性淋巴结检出率。Sposito等^[44]发现,相比于清扫数量 <6 枚, ≥ 6 枚可以改善无复发生存和总体生存。也有研究^[47]认为最佳淋巴结清扫数量与肿瘤直径相关:肿瘤直径 ≤ 3 cm时,最佳清扫淋巴结数量至少为7枚;肿瘤直径 >3 cm时,最佳淋巴结清扫数量至少为11枚。Brauer等^[48]纳入了1 132例进行LND的ICC患者,利用最大 χ^2 检验寻找最佳阈值,认为3枚是最佳淋巴结清扫数量,但淋巴结清扫数量 ≥ 3 枚与预后无相关性,即使将阈值设为6枚,对预后仍然没有影响。基于当前的证据,第8版TNM分期系统^[6]建议淋巴结清扫数量 ≥ 6 枚。

3.5 多发肿瘤 关于多发肿瘤是否适合手术切除争议较大^[24]。部分研究认为,手术切除可以带来生存获益。Yin等^[49]通过对SEER(surveillance, epidemiology, and end results)数据分析,发现手术切除患者的长期生存显著优于非手术患者。Buettner等^[50]研究发现术后生存时间随着肿瘤数目的增加而减少,但 ≥ 3 枚肿瘤的患者术后中位生存时间仍达到15.3个月。也有研究^[51-52]发现,

经肝动脉途径治疗可以获得与手术切除相似的预后。另外,与传统化疗相比,尽管ALPPS可以提高R0切除率,但并未显示出更好的生存获益^[22]。当前的研究均为回顾性研究,时间跨度较长,且患者间存在较大的异质性,亟须开展高水平的临床研究来进一步明确适合手术切除的多发ICC人群。

3.6 血管切除 部分ICC合并大血管侵犯,为了达到R0切除,需同时行血管切除。一项多中心研究^[53]显示,约12%的ICC需接受肝切除联合门静脉或腔静脉切除重建术,且此联合手术既未增加围手术期死亡率,也未对长期生存产生负面影响。然而,Conci等^[54]的一项多中心研究发现,肝切除术联合门静脉或腔静脉切除重建会增加围手术期死亡率,且对预后的作用会受到淋巴结转移及R1切除等因素的影响。Mabilia等^[55]纳入了195例ICC患者,根据切缘情况分为R0切除(65.7%)、肝实质R1切除(29.2%)和血管R1切除(5.1%)3组,结果显示,血管R1切除组患者预后显著差于另外两组患者。可见,血管切除重建并不是ICC手术的绝对禁忌证,但需要同时实现肝实质R0和血管切缘R0切除才能改善患者预后,这需要术者具有较高的技术水平。

3.7 腹腔镜手术 与开放手术相比,腹腔镜手术具有术中出血少、住院时间长、术后并发症发生率低等方面的优势^[27]。近年来,腹腔镜手术在ICC中的应用研究报道有所增多。Hu等^[56]的荟萃分析发现,腹腔镜手术在围手术期安全性方面具有一定优势,并且可以获得相似的无复发生存率和总体生存,但值得注意的是,与开放手术相比,腹腔镜手术患者大范围肝切除率和LND率均较低。Hobeika等^[57]研究同样发现,腹腔镜手术组的患者存在肿瘤小、大范围肝切除少、LND率低,以及手术难度小等选择偏倚,这可能是其短期预后更有优势的原因。教科书式结局(textbook outcome, TO)被认为是一项能更准确、全面反映术后短期预后及评价手术质量的综合指标,Munir等^[58]分析了不同手术方式与TO的关系,该研究根据手术方式将患者分为机器人手术组、腹腔镜手术组和开放手术组,结果显示开放手术可以获得更好的TO实现率(机器人手术:6.2%,腹腔镜手术:8.1%,开放手术:12.5%; $P=0.002$);经过熵均衡(entropy balancing)后,腹腔镜手术组和机器人手术组患者实现TO的概率分别降低32%和31%。可见腹腔镜或机器人手术是否真的存在优势仍需进一步研究来验证。此外,在肿瘤大小、LND等存在组间差异的情况下^[56-57],远期预后的比较也会受到选择偏倚的影响,肿瘤学效果相似的结论需要审慎对待。

4 肝移植

由于高复发率及预后不佳,肝移植未被推荐作为ICC的常规治疗方式。然而,有研究^[59-60]发现,肝移植可令极早期(肿瘤单发且直径 <2 cm)ICC患者获得较好的预后。Sapisochin等^[59]研究发现,极早期ICC行肝移植术后5年的实际生存率高达73%,显著优于进展期患者接受肝移植的预后。同一研究团队针对肝硬化背景下的极早期与进展期ICC患者,进行了肝移植的疗效对比分析,所得结果与之相似^[60]。Ziogas等^[61]开展的一项Meta分析结果也显示,极早期ICC行肝移植的预后显著优于进展期患者接受肝移植的预后。关于如何提高进展期ICC患者肝移植后长期生存的问题,学者开展了一些探索性研究。安德森癌症医学中心纳入了21例经活检证实的ICC患者(单发肿瘤直径 >2 cm或多发肿瘤),其中6例患者接受了肝移植,这些患者均于术前接受了6个月的新辅助化疗且病灶稳定或反应良好,术后5年生存率达83.3%^[62]。Hong等^[63]回顾性分析了24例局部进展期ICC患者,发现接受新辅助治疗联合术后辅助治疗的肝移植患者预后优于仅接受术后辅助治疗和没有接受辅助治疗的患者。Abdelrahim等^[64]纳入了10例接受肝移植的胆管癌患者,其中7例为ICC患者,所有患者在肝移植前均接受了新辅助化疗,仅有1例患者在术后603 d复发,并于术后885 d死亡,其余患者均存活。Huang等^[65]分析了SEER数据,其中有31例局部进展期患者在新辅助化疗后接受了肝移植,术后5年生存率达61.7%。这些研究纳入患者均较少,且证据级别较低,但仍足以提示术前新辅助化疗后肿瘤反应良好且稳定的ICC患者或许也是肝移植的候选人群。肝移植是否优于手术切除亦需要探讨。de Martin等^[66]开展的一项多中心回顾性研究发现,相较于手术切除,肝移植可以显著降低术后复发率,提高无复发生存率。Huang等^[65]研究发现,倾向性评分匹配前后的队列均显示,肝移植组患者术后总体生存优于肝切除术组。然而,Hue等^[67]纳入了美国国家癌症数据库中的ICC数据,分别有1 879例肝切除术患者和74例肝移植患者,该研究同样进行了倾向性评分匹配,结果显示匹配前后两组患者的生存率没有统计学差异。因此,基于目前的研究证据,在供肝紧缺、费用高昂的背景下,ICC行肝移植宜严格把握适应证,对于极早期,尤其是合并肝硬化的ICC,肝移植可能获得较好的疗效。

5 结语

目前,外科治疗仍是ICC可能获得根治的唯一方式。但ICC具有侵袭性强和沿胆管浸润生长的特点,切缘阳性率高,术后极易复发。R0切除是ICC手术切除的首要目标,在此基础上,宽切缘能使部分患者获益;ⅠB期或部分Ⅱ期ICC,可行解剖性肝切除以降低复发,延长生存;常规区域淋巴结清扫有利于准确的病理分期和改善预后;对于术前判断可切除性存疑的患者,腹腔镜探查有助于避免无效的开腹手术;部分单发但FLR不足的ICC,ALPPS可提高手术切除率并改善预后;多发ICC是否适合手术治疗,尚需进一步研究来甄别获益人群;对于极早期ICC,肝移植可能具有较好的预后。但鉴于现有ICC研究普遍具有样本量小、前瞻性少和证据等级低等特点,上述外科治疗策略仍需理性对待、综合考虑。需要进一步开展相关的高水平临床研究,用以指导临床决策。

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· 消息 ·

《临床肝胆病杂志》入选“中国科技期刊卓越行动计划·中文领军期刊(2024—2028)”

2024年11月28日,中国科技期刊卓越行动计划(以下简称“卓越计划”)(2024—2028)公布,《临床肝胆病杂志》跻身“中文卓越期刊TOP100”第一梯队,入选“中文领军期刊”。

我国现有科技期刊总量超8 000种,经公开申报、资格审查,本期“卓越计划”有效申报1 340项,经陈述答辩、专家委员会复核、结果公示,最终入选中文领军期刊100种。

“卓越计划”由中国科协、教育部、科技部、财政部、国家新闻出版署、中国科学院、中国工程院等七部委联合组织实施,每5年为一个周期,是科技期刊界“国家队”的遴选,旨在支持我国最有代表性的杰出科技期刊进入世界一流行列。

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《临床肝胆病杂志》编辑部

2024年12月25日