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培美曲塞联合顺铂治疗晚期非小细胞肺癌的临床疗效观察

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摘要 目的:探讨培美曲塞联合顺铂治疗晚期非小细胞肺癌(NSCLC)的临床疗效。**方法:**随机选取我院肿瘤科晚期 NSCLC 患者 177 例,随机将其分为 3 组,培美曲塞联合顺铂治疗(PP 组)72 例,多西他赛联合顺铂治疗(DP 组)53 例,吉西他滨联合顺铂治疗(GP 组)52 例,比较三组治疗方法的临床疗效与不良反应之间的差异,根据临床疗效将 PP 组分为有效组与无效组,分析培美曲塞联合顺铂治疗晚期 NSCLC 的影响因素。**结果:**PP 组疾病控制率(DCR)与客观有效率(ORR)均显著高于 GP 组(均 $P < 0.05$);PP 组与 DP 组近期疗效之间的比较无显著差异(均 $P > 0.05$)。PP 组的药物毒副作用均显著优于 DP 组与 GP 组(均 $P < 0.05$)。PP 组的中位生存期显著高于 DP 组与 GP 组(均 $P < 0.05$),在无吸烟、腺癌与 IV 期晚期 NSCLC 患者中,培美曲塞联合顺铂治疗有效率更高。**结论:**培美曲塞治疗晚期 NSCLC 的疗效佳,与多西他赛相当并显著优于吉西他滨治疗,药物毒副作用小,且受吸烟状况、病理类型与临床分期影响。

关键词: 培美曲塞;顺铂;多西他赛;吉西他滨;临床疗效

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Clinical Curative Effect Observation of Advanced Non-Small Cell Lung Cancer Treated by Pemetrexed Combined Cisplatin

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ABSTRACT Objective: To study clinical curative effect of advanced non-small cell lung cancer (NSCLC) treated by Pemetrexed combined cisplatin. **Methods:** 177 cases of advanced NSCLC patients were selected from our hospital and divided into 3 groups randomly, PP group (n= 72) gave treatment of pemetrexed combined cisplatin, DP group (n= 53) gave treatment of docetaxel combined cisplatin, GP group (n= 52) gave treatment of gemcitabine combined cisplatin, clinical curative effect and adverse reaction were compared. According to clinical efficacy, PP group was divided into effective group and ineffective group, analyzed factors for the treatment of pemetrexed combined cisplatin to advanced NSCLC. **Results:** DCR and ORR of PP group were significantly higher than that of GP group (all $P < 0.05$); The comparison between PP group and DP group in the near future curative effect had no significant difference ($P > 0.05$). The drug side effect of PP group were significantly superior to DP group and GP group (all $P < 0.05$). Median survival in PP group is significantly higher than DP group and GP group (all $P < 0.05$), pemetrexed combined cisplatin treatment efficiency is higher in the absence of smoking, IV stage and adenocarcinoma in patients with advanced NSCLC. **Conclusion:** The curative effect in the treatment of pemetrexed to advanced NSCLC, nearly docetaxel and significantly better than gemcitabine, less drug side effect and affected by the smoking status, pathological type and clinical stage.

Key words: Pemetrexed; Cisplatin; Docetaxel; Gemcitabine; Clinical curative effect

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前言

肺癌的发病率与死亡率居高不下,非小细胞肺癌(NSCLC)占肺癌发病率的 80%,对于早期 NSCLC 患者临床上常行手术切除,但是晚期 NSCLC 通常占非小细胞肺癌患者 68%左右,临床上无法进行手术治疗,取而代之的是以顺铂为基础的两种化疗药物为主的综合治疗方式^[1]。培美曲塞是多靶点抗叶酸药物,具有抑制肿瘤生长的作用,顺铂是肿瘤化疗中的重要药物,以顺铂为基础的多种化疗药物联合可显著增强肺癌化疗的疗

效^[3,4]。本研究将对顺铂联合培美曲塞、多西他赛与吉西他滨之间的疗效与不良反应之间的比较;研究分析影响培美曲塞联合顺铂治疗晚期 NSCLC 的因素;现报道如下。

1 资料与方法

1.1 临床资料

按随机数字表法选取我院 2010 年 3 月至 2012 年 8 月肿瘤科晚期 NSCLC 患者 177 例,入选标准:完善 CT、肺组织活检等检查,符合晚期非小细胞肺癌的临床与病理诊断标准^[5];肿瘤病灶最大径 ≥ 10 cm;没有脑部转移、预计生存期 > 3 个月, Karnofsky 评分为 60 分以上的患者。排除标准^[6]:心肺功能不全、全身脏器器功能衰竭、肝肾衰竭、凝血功能障碍与高血压波动范围大与精神性疾病患者。按随机数字表法将患者随机分

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为三组,培美曲塞联合顺铂治疗组(PP组)72例,其中男40例,女32例,年龄31-78岁,平均年龄(65.14±6.21),临床分期:IIb期30例,IV期42例,大细胞癌7例,鳞癌28例,腺癌37例;多西他赛联合顺铂治疗组(DP组)53例,其中男35例,女18例,年龄32—77岁,平均年龄(63.54±5.64),临床分期:IIIb期23例,IV期30例,大细胞癌5例,鳞癌23例,腺癌25例;吉西他滨联合顺铂治疗组(GP组)52例,其中男31例,女21例,年龄34-79岁,平均年龄(66.08±7.62),临床分期:IIIb期27例,IV期25例,大细胞癌4例,鳞癌20例,腺癌28例;三组患者性别、年龄与临床分期等一般资料之间的差异无统计学意义($P>0.05$),具有可比性。

1.2 治疗方法

顺铂从齐鲁制药公司购买,顺铂与不同药物联用的方法如下:(1)PP组:培美曲塞(赛珍,齐鲁制药购入)用量:500mg/m²,静脉滴注10-15分钟,顺铂75 mg/m²,d1,21天为一周期,疗程:3-5周期,用药1周前口服叶酸0.4g,Qd,至完成化疗疗程后3周,用药1周前肌注VitB12 1 mg,9周1次,治疗前一天、当天与治疗第二天给予地塞米松口服,4.5 mg,Bid,化疗前常规给予补充水电解质、防止呕吐、水化等治疗。治疗过程中全程监测血常规,给予止吐与对症支持治疗,两个周期结束后给予影像学检查。(2)DP组:多西他赛(由恒瑞医药购入)用量:75mg/m²,静脉滴注≤1小时,d1,顺铂75 mg/m²,d1,疗程同PP组,化疗前常规进行水化、补液与止吐处理,治疗前一天、当天与治疗第二天给予地塞米松口服,4.5mg,Bid,监测血常规,给予止吐、抗感染与对症支持处理,两个周期结束后给予影像学检查。(3)GP组:吉西他滨(泽菲,豪森制药购入)1000 mg/m²,d1,8,顺铂

75 mg/m²,d1,治疗前后处理均同多西他赛联合顺铂治疗组。全部患者进行血常规检查3天/次,肝肾功能与心电图检查7天/次。

1.3 观察指标

采用电话随访方法对患者进行为期1年的随访,177例患者获随访,随访率为100%;评价患者化疗疗效与药物的毒副作用。

1.3.1 近期疗效评定 根据Recist疗效标准^[7],将疗效分为进展(PD)、稳定(SD)、部分缓解(PR)、完全缓解(CR);疾病控制率(DCR)=(CR+SD+PR);客观有效率(ORR)=(PR+CR);无进展生存期(PFS)是指:患者从用药到病情的进展或患者死亡的时间。

1.3.2 药物毒副作用 化疗药物毒副作用主要有胃肠道反应、骨髓抑制与脱发等,评价各种毒副作用发生率之间的差异。

1.4 统计学处理

研究数据采用SPSS17.0软件进行统计分析,组间的计数资料采用 χ^2 检验,组间计量资料采用T检验,用($\bar{x} \pm s$)表示,生存分析采用Kaplan-meier法, $P<0.05$ 提示差异有统计学意义。

2 结果

2.1 患者近期疗效之间的比较

PP组疾病控制率(DCR)与客观有效率(ORR)均显著高于GP组,差异有统计学意义(均 $P<0.05$);DP组与PP组在疾病控制率(DCR)、客观有效率(ORR)之间的比较差异无统计学意义(均 $P>0.05$)。

表1 患者近期疗效之间的比较 [n(%)]

Table 1 The comparison of short-term curative effect [n(%)]

组别	例数	近期疗效(Short-term curative effect)				DCR	ORR
Groups	Examples	CR	PR	SD	PD		
PP组(PP group)	72	9(12.50)	18(25.00)	36(50.00)	9(12.50)	63(87.50)	27(37.50)
DP组(DP group)	53	5(9.43)	12(22.65)	25(47.17)	11(20.75)	42(79.25)	17(32.08)
GP组(GP group)	52	1(1.92)	13(26.92)	23(44.23)	15(28.85)	37(71.15)*	14(26.92)#

注:与PP组比较, $\chi^2=5.32$, $*P<0.05$; $\chi^2=5.06$, $\#P<0.05$ 。

Note: Compared to PP group, $\chi^2=5.32$, $*P<0.05$, $\chi^2=5.06$, $\#P<0.05$.

表2 药物毒副作用之间的比较 [n(%)]

Table 2 The comparison of drug side-effects [n(%)]

组别	例数	药物毒副作用(Drug side-effects)		
Groups	Examples	中性粒细胞减少(Neutropenia)	脱发(Alopecia)	其他(Other)
PP组(PP group)	72	17(23.61)*	18(25.00)#	10(13.89)
DP组(DP group)	53	29(54.72)	32(60.38)	8(15.09)
GP组(GP group)	52	31(59.62)	31(59.62)	18(34.62)

注:与DP组比较, $\chi^2=5.32$, $*P<0.05$; $\chi^2=5.62$, $\#P<0.05$;与GP组相比, $\chi^2=5.64$, $*P<0.05$; $\chi^2=5.57$, $\#P<0.05$ 。

Note: Compared to DP group, $\chi^2=5.32$, $*P<0.05$, $\chi^2=5.62$, $\#P<0.05$, compared to GP group, $\chi^2=5.64$, $*P<0.05$, $\chi^2=5.57$, $\#P<0.05$.

2.2 药物毒副作用之间的比较

PP组在中性粒细胞减少、脱发与其他药物毒副作用中,均显著优于DP组与GP组;差异有统计学意义(均 $P<0.05$)。

2.3 生存情况

PP组的中位生存期显著长于DP组与GP组,差异均有统计学意义(均 $P<0.05$),三组患者在无进展生存期与一年生存率之间的差异无统计学意义(均 $P>0.05$)(见表3)。

表 3 患者生存情况之间的比较 $[(\bar{x} \pm s), n(\%)]$ Table 3 The comparison of survival condition $[(\bar{x} \pm s), n(\%)]$

组别	例数	无进展生存期(月)	中位生存期(月)	一年生存率(%)
Groups	Examples	PFS(M)	MST(M)	One-year survival rate(%)
PP 组(PP group)	72	5.56 $\pm$ 0.31	16.32 $\pm$ 3.61	32(44.44)-
DP 组(DP group)	53	5.27 $\pm$ 0.49	9.65 $\pm$ 2.76*	23(43.40)
GP 组(GP group)	52	4.98 $\pm$ 0.62	10.29 $\pm$ 3.06#	22(42.31)

注:与 PP 组比较, T=3.62, * P<0.05; T=2.96, # P<0.05

Note: Compared to PP group, T=3.62, * P<0.05; T=2.96, # P<0.05

表 4 影响培美曲塞与顺铂治疗疗效的临床病理因素

Table 4 Clinical pathological factors of curative effect treated by PEM&CCDP

临床因素	例数	有效组	无效组	X ² /T	P
Clinical factors	Examples	Efficacy group	Inefficacy group		
年龄(Age)		68.75 $\pm$ 5.32	68.21 $\pm$ 5.64	1.53	>0.05
性别(Sex)	男(Male)	40	13	2.30	>0.05
	女(Female)	32	16		
吸烟(Smoking)	有(Yes)	25	6	4.60	<0.05
	无(No)	47	23		
病理类型 (Pathological pattern)	大细胞(LCLC)	7	1	5.32	<0.05
	腺癌(PCa)	37	24		
	鳞癌(SCC)	28	4		
临床分期 (Clinical stages)	IIIb 期(IIIb stage)	30	5	4.96	<0.05
	IV 期(IV stage)	42	24		

2.4 影响因素

根据培美曲塞与顺铂治疗组的疗效,将患者分为有效组与无效组,其中有效组 29 例,无效组 43 例,统计分析患者的临床病理因素对培美曲塞与顺铂联合治疗的影响因素;影响 PP 组患者的治疗疗效的影响因素可能有:吸烟状况、病理类型与临床分期(见表 4)。

3 讨论

对于晚期 NSCLC 患者,药物性化疗是目前治疗不宜行手术治疗的晚期非小细胞肺癌的主要治疗方式,可缓解患者的临床症状与延长生存期限。目前晚期 NSCLC 的标准一线化疗方案为多西他赛、吉西他滨等联合顺铂^[8],多西他赛、吉西他滨联合顺铂对晚期 NSCLC 的疗效可,但是此化疗方案较易发生血液性的药物毒副作用,限制了吉西他滨在临床上的应用^[9,10]。作为新型多靶点抗叶酸药物的培美曲塞(Pem)为临床晚期 NSCLC 的化疗带来了希望^[11]。培美曲塞联合顺铂在治疗晚期非小细胞肺癌中的疗效与安全性有待临床的进一步探讨。

培美曲塞作用于叶酸代谢中的 TS、DHFR 与 GARFT 等多种酶,通过抑制这些合成酶与还原酶等关键酶的活性导致嘧啶与嘌呤合成障碍,抑制肿瘤细胞的生长繁殖^[12]。培美曲塞是在其他抗代谢类抑制肿瘤药物的基础上发现的一种新型的抗叶酸药物,通过干扰细胞复制而达到抑制肿瘤的作用,多靶点机制使患者通过多途径抑制肿瘤的生长繁殖,从而使培美曲塞联合顺铂治疗 NSCLC 具有确切疗效^[13]。有关研究表明:治疗过程中给予叶酸、Vit B12、地塞米松等的药物处理后,药物毒副作用

得到了很大程度地减轻^[14,15]。多西他赛是临床上治疗 NSCLC 有效的化疗药物,在治疗中取得了一定的疗效,资料显示:多西他赛联合顺铂在非小细胞肺癌中具有良好的近期疗效^[16]。吉西他滨是阿糖胞苷类抗代谢的抗肿瘤药物,作用于 DNA 合成期时的吉西他滨通过核苷酸磷酸化发挥细胞毒性作用,从而抑制细胞 DNA 的合成,导致 DNA 停止合成,另外,吉西他滨的自我强化作用使其在细胞内的浓度增大,加强肿瘤细胞 DNA 合成的作用^[17]。

本研究表明:联合使用培美曲塞与顺铂的 PP 组疾病控制率(DCR)与客观有效率(ORR)均显著高于 GP 组;联合使用多西他赛与顺铂的 DP 组和联合使用吉西他滨与顺铂的 PP 组在疾病控制率(DCR)、客观有效率(ORR)之间的比较无显著性的差异。联合使用培美曲塞与顺铂药物毒副作用:如中性粒细胞减少、脱发等均显著优于其他两组。PP 组的中位生存期显著高于 DP 组与 GP 组,影响 PP 组患者的治疗疗效的影响因素可能有:吸烟状况、病理类型与临床分期。研究揭示了:联合使用培美曲塞与顺铂的近期疗效佳,与多西他赛相近,并显著优于吉西他滨;联合使用培美曲塞与顺铂的药物毒副作用小,化疗药物的主要副作用有白细胞减少、中性粒细胞减少等血液毒性、脱发、肝肾细胞异常与皮疹等,治疗过程中适当补充叶酸、维生素 B12,可减轻 NSCLC 患者血液毒性,使用地塞米松可预防皮疹^[18]。联合使用培美曲塞与顺铂的中位生存期长,显现培美曲塞的长期疗效佳^[19]。使用培美曲塞联合顺铂治疗的患者中,肺癌患者的疗效较佳的原因可能是不同病理类型肺癌患者的核苷酸表达差异有关;有研究显示^[20]:肺癌吸烟状况、病理类型

与 PFS 及非小细胞肺癌预后紧密相关,与本研究相符。因此,联合使用培美曲塞与顺铂的疗效佳,药物毒副作用小,生存时间长,在无吸烟、肺腺癌的患者中,培美曲塞与顺铂的疗效更佳,为临床非小细胞肺癌化疗药物剂量、治疗疗程与周期等的改变提供一定的依据。而临床分期影响培美曲塞与顺铂的疗效的机制更有待进一步的探讨。

综上所述,培美曲塞联合顺铂治疗晚期 NSCLC 的疗效佳,与多西他赛联合顺铂治疗的疗效无差异,但显著优于吉西他滨联合顺铂治疗疗效;培美曲塞联合顺铂治疗晚期 NSCLC 的药物毒副作用小,且受吸烟状况、病理类型与临床分期影响。

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