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## 肺癌的综合影像诊断进展 \*

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**摘要:**肺癌的患病率及死亡率呈逐年增长趋势,影像学对肺癌的诊断及疗效监测至关重要。随着影像学的飞速发展和分子影像的崛起,临床用于肺癌诊断的成像方式日趋丰富,其中功能成像及分子成像的重要性日益增加。本文就各种成像方式关于肺癌检测、筛查、分期及疗效监测的进展进行综述。

**关键词:**肺癌;影像学;CT;MR;PET;分子影像

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## The New Progress of Integrated Imaging Techniques on Diagnosing Lung Carcinoma\*

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**ABSTRACT:** The morbidity and mortality of lung carcinoma are progressively increasing year by year, medical imaging has an important role in the multidisciplinary management of primary lung cancer. Recently, with the rapid development of radiology and molecular imaging, the image method to clinical diagnosis is increasingly abundant, the importance of functional imaging and molecular imaging is increasing. This article reviews the current state imaging modalities used for the evaluation, staging and post-treatment follow-up and surveillance of lung cancers.

**Key words:** Lung cancer; Radiology; CT; MR; PET; Molecular Imaging

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### 前言

据 K 纳近年来肺癌的患病率及死亡率在恶性肿瘤中均居于首位,且呈逐年递增趋势<sup>[1]</sup>。影像学对原发性肺癌的诊断及疗效监测起着至关重要的作用,现阶段的影像学不仅担负着肺癌的诊断,更应着力于构建个体化描述肿瘤的特征、分期、血管和支气管的解剖学信息并提供治疗计划的整体框架。

随着影像学的飞速发展及影像设备的不断更新,目前临床用于肺癌诊断的成像方式日趋丰富。通常胸部 X 线或计算机断层扫描技术(Computed Tomography; CT)首先提示肺部出现异常信息。核磁共振成像(Magnetic Resonance; MR)通常不用于肺部检查,但其对于评估肿瘤是否侵及胸壁、纵膈及脊柱有重要意义。最近,正电子发射断层扫描(Positron Emission Tomography/Computed Tomography; PET/CT)展示了其对肺癌分期的精确诊断并能额外提供肿瘤治疗后的代谢信息,至关重要的是使临床专家认识到影像学的作用及其发展新的起点。因此目前普遍认为 PET/CT 在肺癌放射学诊断、分期、疗效监测中

起关键作用<sup>[2]</sup>。随着蛋白组学和基因组学的不断发展,近年来分子影像逐渐走进医疗领域的舞台。奥巴马在 2015 年国情咨文演讲中提出“精准医疗计划”,其中明确指出疾病的个体化治疗进程,尤其是癌症将进入分子靶向治疗的时代,而分子影像作为分子领域向临床转化的重要桥梁,更是担负着极其特殊的作用,相信在不久的将来分子影像将会成为影像学的主导力量,在未来影像诊断与治疗中指引着前进的方向。

### 1 肺癌的影像学检测与筛查

胸部 X 线作为传统的放射学筛选手段,由于肿瘤与正常解剖结构如肋骨、肺门和血管等的重合导致假阴性率很高,尤其是对于早期肺癌。

CT 可以解决肿瘤与正常解剖组织位置重合的问题,其肺癌检出率远高于 X 线。自从 20 世纪 70 年代投入使用以来,CT 的空间分辨率和时间分辨率都有着突飞猛进的提高。目前临床普遍使用的 64 排 CT 可以在很短的时间内得到亚毫米级别解剖结构的图像,运动伪影和容积效应基本可以忽略。一些软件

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包提供的计算肿瘤体积也在临床得到广泛应用,与手动测量相比,其重复性和准确性都有提升。这一点对连续多次CT扫描患者进行随访和比较治疗效果至关重要。

考虑到早期、局限性肺癌的5年生存率远高于晚期肺癌,而只有15%-20%的患者在I期确诊,这使得研究早期诊断I期肺癌的筛选方法具有重要意义<sup>[3]</sup>。之前关于胸部X线对肺癌筛选的结果令人失望,肺癌的死亡率和高危患者检出率没有得到改善<sup>[4]</sup>。国际早期肺癌行动计划(The Early Lung Cancer Action Project;ELCAP)发起每年对高危人群进行一次低剂量胸部CT筛查。如其所愿,与X线相比CT可以筛查出更多的早期肺癌患者。调查得到的初步数据显示,筛查出的肺癌80%为I期,其手术治愈率为70%<sup>[5]</sup>。肺癌筛选研究对3000名患者随机分配胸部X线或低剂量CT进行肺癌早期筛查。60%的肺癌得以检出,其中40%由CT组检出,20%由X线组检出<sup>[6]</sup>。

虽然,CT在肺癌早期筛查与检出得到越来越普遍的应用,但放射辐射及高假阳性率问题也随之而来<sup>[7]</sup>。对此Kobayashi对26604例肺癌高危患者研究显示,在60%的最高危患者中低剂量CT筛查可以明显降低死亡率,假阳性率为20%,而只有1%的患者因放射辐射从而增加肺癌风险<sup>[8]</sup>。

## 2 肺癌的影像学诊断

大部分X线或CT检测出的肺部异常通常直接提示组织活检。然而,在某些情况下,比如患者不愿意进行活检、存在肺部潜在病变、活检相关并发症风险增加以及肺部多发异常,通常采取的措施是进一步检查肺结节。

Ohtsuka等研究原发性肺癌和良性肺结节的CT特征发现,边界模糊、毛刺征、支气管和血管受侵及小叶间隔增大为恶性的标志<sup>[9]</sup>。通常,结节倍增时间在30-360天以内的患者高度怀疑肺癌,并应进行活检,而快速增长的结节(倍增时间<1个月)和结节在24个月内保持稳定通常表明为良性结节<sup>[10]</sup>。关于增强CT特征的研究发现动脉期大于25Hu,静脉期大于5Hu有助于诊断肺癌<sup>[11]</sup>。最近CT评价肺癌新技术包括结节定量分析、结节灌注分析,双源能谱CT(Dual-Energy Spectral Computed Tomography;DESGT)等得到广泛开展。肺结节定量分析即通过使用半自动或自动分割工具评估结节的体积,评估结节的稳定和连续进展性。结节增长率有助于判断肿瘤良恶性及评估肿瘤的预后<sup>[12]</sup>。肺结节灌注分析主要用于诊断恶性肿瘤及比较治疗前后肿瘤体积的改变<sup>[13,14]</sup>。最近基于高能量与低能量瞬时切换的DESGT成像技术在临床得到广泛应用,可以在非常短的时间内获得40keV-140keV下单能图像,通过对病灶处水含量和碘含量的不同,得到病灶特征能谱曲线。每种肺组织的能谱曲线斜率k值各不相同<sup>[15]</sup>。这种方法可以可视化增强CT下病灶增强程度和模式。一项研究表明,通过肺结节增强的程度区分良性和恶性肿瘤的敏感度、特异度和准确度分别为92%、70%和82%<sup>[16]</sup>。一些研究证实良恶性肺结节的能谱曲线k值存在着显著差异。Hou等对60例已有病理证实的患者进行能谱曲线测量发现,良性病变的k值为2.59±1.01,远高于恶性病变的1.1±0.65<sup>[17]</sup>。Wang等对68例患者k值研究发现,鳞癌k值为0.931±0.301、腺癌k值为1.478±0.410,均小于良性病变<sup>[18]</sup>。此外,还有研究表明,在非小细胞肺癌(Non-Small Cell Lung

Carcinoma;NSCLC)患者中结节的稳定性和碘的最大衰减程度有关<sup>[19]</sup>。目前关于DESGT对肺结节良恶性判断的研究仍在持续进行,相信在不久的将来,DESGT关于肺结节良恶性判别会在临床得到广泛推广。

PET使用氟脱氧葡萄糖(Fluorodeoxyglucose;FDG)提供细胞的代谢信息,在癌症诊断中的重要性日益增加。PET在肺结节的前瞻性研究表明PET其在鉴别肺结节良恶性的精确度为91%;然而,当病灶直径为7-15mm时,其敏感度由91%下降到80%<sup>[20]</sup>。Herder等用PET对SPNs进行特异性评估的报道其敏感度和特异度分别为93%和77%<sup>[21]</sup>。Reyes等进行荟萃分析表明对于1cm以上的肺结节,PET对病灶的整体敏感度和特异度分别为97%和78%<sup>[22]</sup>。PET在病灶大小方面的限制可以通过PET/CT联合扫描得到改善,综合CT的解剖信息及PET的代谢信息,探测病灶大小可以缩减到6-7mm。尽管,PET/CT对于肺部结节良恶性的准确度非常高,然而在支气管肺泡癌和高分化腺癌等肿瘤分化良好的亚型依然存在假阴性<sup>[23-26]</sup>。因此,多种影像学检查方式结合是提高肺癌诊断准确度的必须方针。

## 3 肺癌的影像学分期

众所周知,肿瘤的精确分期对指导临床治疗计划及判断预后具有重要意义,PET被认为是评价肺癌淋巴结和远处转移最准确的检查手段<sup>[30]</sup>。Pieterman等报道使用PET对102例患者进行淋巴结分期,其敏感度和特异度分别为91%和86%<sup>[27]</sup>。另一研究表明PET对于纵隔淋巴结分析准确性远高于CT,包括两项荟萃分析显示PET的敏感度和特异度分别为79%-85%和90-91%,而CT为60%-61%和77%-79%<sup>[28,29]</sup>。PET/CT与单纯PET或CT相比可以进一步增加准确度<sup>[30,31]</sup>,并有助于评价早期纵隔有无淋巴结转移<sup>[32,33]</sup>。Yang等在27例患者中进行TNM分期中发现PET/CT对T和N分期的精确度分别达到94%和93%高于单独使用PET分期的75%和89%<sup>[34]</sup>,在一項50例患者的前瞻性研究发现,PET/CT技术结合两种检查信息可以在41%患者中提高诊断精确度。对于肿瘤T分期,CT的准确度为40%,PET准确度为58%,而PET/CT准确度为88%;对于N分期,三者准确性分别为49%、59%、81%<sup>[31]</sup>。此外,大于10%患者通过PET/CT可以发现其他检查未检测出的远处转移<sup>[27]</sup>。

尽管PET/CT对于淋巴结分期准确性很高,但仍然存在其局限性,尤其体现在特异度方面,由于炎症、肉芽肿性疾病、分歧杆菌感染、手术及创伤,仍然存在明显的假阳性<sup>[35,36]</sup>。PET成像用来观察肺癌远处转移是由于其全身成像能力和肿瘤相对于背景信息的高对比度,这对于骨转移和软组织转移均适用<sup>[37,38]</sup>。因此对于肺癌的精确分期将PET/CT检查结果与临床密切结合必不可少。

目前MR检查较少应用于肺部主要是由于肺组织内大量气体存在造成的磁场不均匀及心脏、呼吸运动伪影,只有少数中心研究MR检查对肺癌的诊断、分期和疗效监测。对于直径大于5mm的肺结节,判断其良恶性MR的敏感度及特异度都接近100%<sup>[39]</sup>。因此,MR有望用于肺癌筛查,然而到目前为止,仍然没有关于这方面的前瞻性研究报道<sup>[40,41]</sup>。MR扩散加权成像(diffusion-weighted imaging;DWI)可以用来判断肺结节的良恶性。一项对66例患者使用DWI判断结节良恶性的前瞻性研

究显示,其灵敏度、特异度和阳性预测值分别为95%、73%和87%<sup>[42]</sup>。目前临幊上,MR成像主要用于评估肿瘤是否侵及胸壁、纵膈及脊柱。MR和FDG-PET/CT的对比研究显示两者对NSCLC分期的准确度基本一致<sup>[43]</sup>。MR对于大脑和肝脏远处转移的检测优于PET/CT,而PET/CT对淋巴结的分期优于MR。然而,最近一项前瞻性研究显示DWI成像对于NSCLC的探测和淋巴结评估优于PET/CT<sup>[44]</sup>。造成这些研究结果不一致的原因,笔者认为由于头部存在高FDG摄取,所以MRI在头部转移性病变和存在神经系统症状的III期患者中敏感度高于PET/CT。

小细胞肺癌(Small Cell Lung Carcinoma;SCLC)的分期需单独提出,有证据表明在这种肺癌亚型中,无论原发性肿瘤或者转移性肿瘤均存在典型的FDG高摄取性<sup>[45]</sup>。准确的判断肿瘤是局限性或广泛性决定着现阶段治疗计划。Lu等对369例SCLC患者行PCT检查发现,其敏感度和特异度分别为97.5%和98.2%<sup>[46]</sup>。在一项42例SCLC患者研究中,Kamel等发现由于PET额外检测出常规CT未检测出的病灶,从而改变了29%患者的治疗计划,证明PET由于特异性检测FDG的摄取,可以更好的描述疾病的进展<sup>[47]</sup>。

#### 4 肺癌的疗效监测

传统的疗效监测(放疗及化疗)通常以解剖学成像方式评估,尤其是CT,通过病灶大小的改变判断治疗效果。PET可以提供额外的代谢信息。Mac等报道FDG摄取的改变通过测量最大标准摄入值(Standardized uptake value; SUV)获得,直接反应放化疗的病理反应,与CT相比,评价疗效及判断预后的准确性更高<sup>[48]</sup>。Ko等使用PET对145例诱导治疗及手术后的晚期NSCLC患者进行评估表明,包括可行手术治疗的患者,所有的肿瘤最大SUV均不小于5.8,切除病灶后对于SUV<4的患者平均生存时间大于56个月;而SUV≥4的患者平均生存时间只有19个月<sup>[49]</sup>。Park等发现放射治疗前后肿瘤FDG高级别摄取提示肿瘤更容易复发<sup>[50]</sup>。最近的报道证实,肿瘤FDG高摄取是肿瘤复发及判断预后的一个独立因素<sup>[51]</sup>。一些前瞻性研究表明由于PET可以更准确的识别25%-30%高度进展期肺癌,从而不适宜做根治性放疗的患者得以改变治疗计划<sup>[52]</sup>。另一项关于PET对肺癌术后随访的荟萃分析显示其敏感度、特异度和精准度分别为93%、89%和92%<sup>[53]</sup>。

治疗后,手术及放疗引起的炎症、肿瘤坏死及肉芽组织和上皮细胞增生可以导致PET高摄取从而出现假阳性现象<sup>[54]</sup>。有效避免假阳性出现的做法是连续PET随访,若出现高摄取持续性增加则高度提示肿瘤复发,若摄取呈稳定/活性减少,标志着治疗有效。

#### 5 肺癌的分子影像学进展

随着肺癌研究的不断深入及分子影像学的掘起,近年来肺癌的分子靶向治疗及分子成像逐渐进入人们的视野。酪氨酸激酶抑制剂(tyrosine kinase inhibitor; TKIs)如吉非替尼、埃罗替尼、PD153035已成功应用于临床。最近研究发现大约有10%NSCLC患者存在表皮生长因子受体(Epidermal Growth Factor Receptor; EGFR)突变。最常见的突变类型是19外显子缺失和

21外显子点突变<sup>[55]</sup>。亚太地区吉非替尼研究实验表明:对于野生型EGFR患者,吉非替尼靶向治疗组患者生存期明显低于化疗组;而对突变型EGFR患者,结果正好相反<sup>[56]</sup>。因此,精确筛选EGFR突变型肺癌患者对制定临床治疗方案及判断肿瘤预后至关重要。

EGFR突变状态决定了EGFR表达量<sup>[57]</sup>,突变型EGFR与野生型相比,EGFR表达量更高,同时与TKIs亲和力更高<sup>[58]</sup>。Bahce等使用<sup>11</sup>C标记的埃罗替尼作为示踪剂通过PET/CT对10例NSCLC患者进行研究发现,19外显子缺失型EGFR突变患者埃罗替尼吸收明显高于野生型EGFR患者<sup>[59]</sup>。Memon等对9例NSCLC患者治疗评估发现,<sup>11</sup>C标记的埃罗替尼吸收高的患者较吸收低的患者预后要好<sup>[60]</sup>。Meng等使用<sup>11</sup>C-PD153035探针通过ET/CT对20例高级别NSCLC患者研究发现,患者生存期与最大SUV存在密切关系,SUV大于2.92组与SUV小于2.92组相比,总生存期和无症状生存期均明显延长<sup>[61]</sup>。因此,分子影像通过监测<sup>11</sup>C标记的TKIs的摄取值可以筛选出EGFR突变型肺癌患者,从而制定相应的治疗方案及判断肿瘤的预后。

肺癌分子影像学目前仍处于发展的初级阶段,有关肺癌的分子影像学报道仍在不断的更新中,相信随着分子影像学的飞速发展,在不久的将来分子影像将成为影像诊断的主导力量。

#### 6 总结

目前影像学在肺癌检测、诊断与随访中发挥着重要作用。低剂量CT肺癌筛查可以降低肺癌死亡率。近年来日益普及的功能成像PET/CT提供更准确肿瘤分级、疗效检测、预后复发。DESCT、MR和分子影像学对于肺癌诊断、分期研究仍处于初级阶段,相信在不久的将来会有更多这方面的研究成果得以报道。

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