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· 临床研究 ·

包皮环切术联合 α 受体阻滞剂治疗慢性前列腺炎的临床研究 *韩 厦 沈梦君 董 凯 翟 靖 赵宇阳[△]

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摘要 目的:探讨 α -受体阻滞剂联合包皮环切术治疗慢性前列腺炎/慢性骨盆疼痛综合征(CP/CPPS)的临床疗效。**方法:**目标选择 2016 年 7 月至 2017 年 10 月上海市第一人民医院收治的 100 例年龄 18~50 岁的包皮过长同时合并 CP/CPPS 患者为研究对象,将其随机分为包皮环切术组 58 例和对照组 52 例。包皮环切术组的患者接受 α -受体阻滞剂治疗的同时进行包皮环切术,对照组仅给予 α -受体阻滞剂治疗。采用国际慢性前列腺炎症状指数 NIH-CPSI 的变化评估和比较两组的治疗效果。**结果:**以 NIH-CPSI 总分 3 个月从基线减少 4 分为治疗有效,包皮环切术组和对照组治疗有效率分别为 82.6%、62.5%,包皮环切术组显著高于对照组 ($P<0.001$)。治疗 12 周后,包皮环切术组 NIH-CPSI 总分的中位数从 24.0 ± 4.0 降至 12.0 ± 8.0 ($P<0.001$),对照组从 24.0 ± 3.0 降至 15.0 ± 7.0 ($P<0.001$),两组比较差异具有统计学意义 ($P<0.001$)。包皮环切术组 NIH-CPSI 总分、疼痛评分、尿路评分和生活质量评分均明显低于对照组 ($P<0.001$)。**结论:**与单独应用 α 受体阻滞剂相比,联合包皮环切术联合 α -受体阻滞剂药物治疗更有效提高 CP/CPPS 患者的临床疗效,改善患者的慢性前列腺炎症状评分。

关键词:包皮过长;慢性前列腺炎;慢性前列腺炎/慢性骨盆区域疼痛综合征

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A Clinical Study on Circumcision Combined with Alpha Receptor Blocker in the Treatment of Chronic Prostatitis/chronic Pelvic Pain Syndrome*

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ABSTRACT Objective: To evaluate the efficacy of circumcision combined with alpha-blocker therapy in the treatment of chronic prostatitis/chronic pelvic pain syndrome (CP/CPPS). **Methods:** 121 uncircumcised men age 18-50 years old with redundant prepuce and CP/CPPS were selected in Shanghai general hospital from July 2016 to October 2017. Subjects assigned to the circumcision group were given medications (alpha-blocker) and set for surgery the same period in each sites by study clinicians. Subjects assigned to the control group were asked to only take the same medications and remain uncircumcised status. The changes of National Institutes of Health Chronic Prostatitis Symptom Index (NIH-CPSI) were used to compare the therapeutic effect of two groups. **Results:** The primary outcome was a reduction of at least 4 points in the score on the National Institutes of Health Chronic Prostatitis Symptom Index (NIH-CPSI). The ratio of men with a decrease of at least 4 points in their total NIH-CPSI score from baseline to 12 weeks was 82.6% in the circumcision group and 62.5% in the control group ($P<0.001$). The median of total NIH-CPSI score decreased significantly from 24.0 ± 3.0 to 12.0 ± 8.0 ($P<0.001$) in the circumcision group, and in the control group the change was from 24.0 ± 3.0 to 15.0 ± 7.0 ($P<0.001$), it could be observed that there was significant difference between circumcision group and control group ($P<0.001$). **Conclusions:** Our findings shows that circumcision plus alpha-blocker therapy results in improvement in the NIH-CPSI scores compared with the medications therapy alone for CP/CPPS patients.

Key words: Circumcision; Chronic prostatitis; Chronic pelvic pain syndrome

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前言

前列腺炎/慢性骨盆疼痛综合征(CP/CPPS)是常见的慢性前列腺炎亚型,也是泌尿外科门诊最常见的疾病之一^[1],主要表

现为长期反复的疼痛或不适,持续时间超过 3 个月,并可伴随不同程度的排尿和性功能障碍,严重影响患者的生活质量^[2]。本团队前期进行的一项病例对照研究表明包皮过长可以增加 CP/CPPS 的风险^[3],当包皮覆盖超过一半的龟头,CP/CPPS 的发

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生几率更高。因此,包皮过长可能是导致 CP/CPPS 的病理基础之一。本研究主要探讨了单用包皮环切术联合 α 受体阻滞剂对合并男性包皮过长的 CP/CPPS 患者的临床疗效。

1 资料与方法

1.1 病例资料

目标选择 2016 年 7 月至 2017 年 10 月上海市第一人民医院收治的 100 例年龄 18~50 岁的包皮过长同时合并 CP/CPPS 患者为研究对象。初始共有 121 名患者在达到入组标准并且同意入组,其中 110 名参与者最初同意参与但最终放弃,1 名参与者存在药物过敏等禁忌症。最终试验组 58 名,对照组 52 名,共 110 名参与者进行了随机化分组并完成了为期 3 个月的随访。组间失访率没有显著统计学差异。试验组和对照组的人口统计学和临床指标的基线特征如表 1 所示,两组的年龄、婚姻情况、教育程度、性生活情况指标无明显统计学差异,具有可比性。

纳入标准:包皮过长;未受包皮环切术的男性;骨盆和会阴部不适至少 3 个月;伴随不同程度的排尿症状和性功能障碍;细菌培养阴性。排除标准:尿路感染的患者;尿道狭窄的患者;接受过前列腺或膀胱手术的患者;做过包皮环切术的患者。

1.2 治疗方法

将受试者随机分包皮环切组和对照组。包皮环切组进行包皮环切术,包皮环切组和对照组在临床试验的过程中均接受 α -受体阻滞剂(坦索罗辛 0.4 毫克/天)。包皮环切术的术后一周和一个月,患者来院检查伤口恢复情况和进行随访。包皮环切组和对照组均被告知了在临床试验的第一个月避免性活动。所有患者在研究期间,避免辛辣食物,咖啡因和酒精的摄入。主要随访评估结果是根据美国国立卫生研究院慢性前列腺炎症状指数(NIH-CPSI)从临床试验开始的基线一直到 3 个月的分值变化。NIH-CPSI 评分从三个方面判断 CP/CPPS 的症状:疼痛

(位置,频率和严重程度,分数范围为 0~21),排尿障碍(刺激和梗阻症状,分数范围为 0~10)和生活质量(得分范围为 0~12),总得分范围从(0 到 43)。得分越高代表相应的前列腺炎症状更加严重。

1.3 统计学分析

数据应用 Shapiro-Wilk 检验进行了正态性检验测试,结果为偏态分布。采用 Wilcoxon 秩和检验研究组基线人口统计学的连续变量,卡方检验研究组基线人口统计学的分类变量,Cochran-Mantel-Haenszel 检验了基线人口统计学的有序分类变量(婚姻状况、教育程度、使用安全套情况、性交频率等变量)。为了比较包皮环切组和对照组组间的 NIH-CPSI 分值变化,应用了方差分析的重复测量方法。数据用中位数 $\pm$ 四分位数间距表示,P 值 <0.05 被认为有统计学意义。应用 SAS 统计分析软件(9.2 版本)进行所有的统计分析。

2 结果

2.1 研究终点

NIH-CPSI 总分 3 个月从基线减少 4 分为治疗有效,包皮环切组的治疗有效率为 82.6%,对照组为 62.5%,包皮环切组显著高于对照组(P<0.001)。如表 2 所示,治疗 12 周后,包皮环切组的 NIH-CPSI 总分从 24.0 $\pm$ 4.0 下降到 12.0 $\pm$ 8.0(P<0.001),而对照组从 24.0 $\pm$ 3.0 下降到 15.0 $\pm$ 7.0(P<0.001);包皮环切组疼痛评分从基线的 10.0 $\pm$ 6.0 到 5.0 $\pm$ 3.0,对照组从基线的 10.0 $\pm$ 7.0 到 6.0 $\pm$ 3.0(P<0.001);包皮环切组尿路评分从基线的 5.0 $\pm$ 3.0 到 2.0 $\pm$ 2.0,对照组从基线的 4.0 $\pm$ 4.0 到 3.0 $\pm$ 2.0(P<0.001);包皮环切组生活质量评分从基线的 10.0 $\pm$ 3.0 到 5.0 $\pm$ 4.0,对照组从基线的 10.0 $\pm$ 4.0 到 8.0 $\pm$ 3.0(P<0.001)。包皮环切组 NIH-CPSI 总分、疼痛评分、尿路评分和生活质量评分均明显低于对照组(P<0.001)。

表 1 试验组和对照组的人口特征学对比和临床评分基线对比

Table 1 Summary of demographic characteristics and baseline characteristics by treatment group

Demographic characteristics		Circum cision group	Control group	P value
Age(median $\pm$ interquartile range)		32.0 $\pm$ 11.0	32.0 $\pm$ 12.0	0.91
NIH-CPSI score				
Total score		24.0 $\pm$ 4.0	24.0 $\pm$ 3.0	0.78
Pain score		10.0 $\pm$ 6.0	10.0 $\pm$ 7.0	0.67
Voiding problems score		5.0 $\pm$ 3.0	4.0 $\pm$ 4.0	0.23
Quality-of-life score		10.0 $\pm$ 3.0	10.0 $\pm$ 4.0	0.68
Marital status	Unmarried	31	29	0.73
	Married	27	23	
Education level	High school and below	9	11	0.19
	College	38	32	
	Postgraduate and above	11	9	
Condom use	Never	1	2	0.98
	Sometimes	15	13	
	Most of the time	27	24	
Frequency of sexual intercourse	Every time	15	13	0.52
	1-3 times / week	23	20	
	>3 times / week	17	15	
<1 time / week		18	17	

表 2 试验组和对照组 CP/CPPS 的疗效对比

Table 2 Comparison of the baseline and end point symptom scores of patients with CP/CPPS within and between treatment groups

	Circumcision group			Control group			Circumcision group vs control group(12 Weeks)
	Baseline	12 Weeks	P Value ¹	Baseline	12 Weeks	P Value ¹	P Value ²
Pain score(0-21)	10.0± 6.0	5.0± 3.03	<.001	10.0± 7.0	6.0± 3.0	<.001	<.001
Voiding problems score(0-10)	5.0± 3.0	2.0± 2.0	<.001	4.0± 4.0	3.0± 2.0	<.001	<.001
Quality-of-life score(0-12)	10.0± 3.0	5.0± 4.0	<.001	10.0± 4.0	8.0± 3.0	<.001	<.001
Total NIH-CPSI score(0-43)	24.0± 4.0	12.0± 8.0	<.001	24.0± 3.0	15.0± 7.0	<.001	<.001

Note: 1 Wilcoxon Rank Sum test, comparison of scores between baseline and week 12.

2 Repeated measure of analysis of variance ANOVA, comparison of change from baseline to week 12 for circumcision group and control group.

3 Data are median ± interquartile range.

3 讨论

我们研究的主要发现: 在 CP/CPPS 合并包皮过长的患者中, 与单独应用 CP/CPPS 的临床一线治疗药物相比, 联合包皮环切术可以明显改善 NIH-CPSI 评分, 缓解 CP/CPPS 的症状。包皮环切术可以改善患者的疼痛症状, 排尿症状和生活质量的症状。

美国国立卫生研究院(NIH)对慢性前列腺炎提出了既适合于研究又适用于临床分类方法, 其中将慢性前列腺炎分为慢性细菌性前列腺炎(II 型)、慢性非细菌性前列腺炎 / 慢性盆腔疼痛综合征(III 型: CP/CPPS)及无症状炎症性前列腺炎(IV 型)。CP/CPPS 主要表现为长期的、反复的骨盆会阴区域疼痛不适, 持续时间往往超过 3 个月, 可伴有不同程度的排尿症状和性功能障碍, 严重影响患者的生活质量和精神状态, 主要发生于青年、成年男性, 约有 51% 的男性在其一生的某个阶段会受其影响, 由于受研究对象、方法、疾病的暴露性等影响因素不同, 以往对 CP/CPPS 的流行病学研究结果也有所不同, 国内外报道其患病率约在 9%-16% 之间, 并且已经成为 50 岁以下男性就诊于泌尿外科门诊的主要原因, 而 CP/CPPS 发病机制还不明确, 病因学十分复杂, 可能是由多种不同因素参与作用, 针对 CP/CPPS 的治疗也存在大量的争议和研究。

在过去的研究中, CP/CPPS 的病因学研究主要集中于感染、尿液反流、自身免疫因素, 遗传易感因素, 以及精神心理因素。一直以来, CP/CPPS 的病因研究长时期处于困难阶段, 发生机制并不明确^[4], 许多药物包括 α -受体阻滞剂^[5]、抗生素类药物、非甾体类抗炎止痛的药物^[6,7]、大量中成药等都在临床应用治疗慢性前列腺炎^[8,9]。在应用药物治疗同时, 积极的生活习惯如规律性生活、避免劳累、禁烟酒、放松心情等措施同样是临床医生向患者建议的辅助治疗手段。但是不可否认, 仍然有一大部分患者深受其害, 药物和良好的作息并不能有效的控制症状, 会阴、骨盆区域的疼痛不适感、不断的尿频尿急 OAB 症状、愈演愈烈的性功能下降的情况无法的得到好转, 从而最终影响精神症状。我们的结果提示包皮环切术和 α 受体阻滞剂的联合治疗可以更有效的降低 NIH-CPSI 分数, 更好的缓解 CP/CPPS 患者症状, 可能是一种崭新的针对 CP/CPPS 病因的治疗方式。

非洲一项重大的临床试验发现包皮环切术可以降低 60%

HIV 的感染几率, 随后陆续有研究表明包皮环切术同样可以降低 HPV^[10]、HSV-2^[11] 以及部分厌氧菌的感染^[12], 而这些病原体感染的机制也是当前的研究重点, 目前越来越多的证据支持包皮内板上存在的朗格汉斯细胞^[13]和树突状细胞向 T 淋巴细胞递呈病原体抗原从而发挥作用, 而不是简单的认为病原体逆行从尿道口进入前列腺。不可否认, 病原微生物在 CP/CPPS 中起着十分重要作用, 但是在 CP/CPPS 疾病的化验结果中, EPS 和前列腺按摩前尿液和前列腺按摩后尿液细菌培养均为阴性, 这说明病原体可能并不是通过尿道逆行进入前列腺直接作用导致 CP/CPPS 的发生, 病原微生物不是直接存在于泌尿道中。我们的之前的研究显示^[3]在包皮长度超过阴茎头一半后, 包皮越长, CP/CPPS 的风险也随之上升, 这说明病原体通过富含抗原递呈细胞朗格汉斯细胞和树突状细胞的包皮进而发生 CP/CPPS 的可能性更大。病原体抗原通过 LCs 和 DCs 将抗原递呈给 T 细胞, 而包皮的长度越长, 递呈的病原体抗原越多, 发生 CP/CPPS 的可能性也就越大。

病原微生物通过包皮增加 CP/CPPS 风险的机制目前还没有基础研究直接支持。既往研究表明 CP/CPPS 可能是一种自身免疫性疾病^[14], CD4⁺T 淋巴细胞在慢性前列腺炎组织中表达更多^[15], 前列腺自身产生的蛋白质, 例如前列腺酸性磷酸酶^[16](PAP)和前列腺特异性酸性磷酸酶等从与 CD4⁺T 细胞发生免疫反应^[17]。同时, 一些细胞因子也出现了激活, 包括 IL-2^[18]、IL-6^[19]、IL-8^[20]、IL-10^[21]、TGF- α ^[22]、MCP-1^[23], 进而导致 CP/CPPS。我们推测这一结果可能是因为包皮内板上的 DCs 将某些细菌、病毒等病原体的抗原递呈到 CD4⁺T 细胞^[24,25], 然后通过血液循环, 活化的 T 细胞继而可能与前列腺产生的蛋白发生自身免疫反应^[26], 促进 CP/CPPS 炎症反应发生。也就是说, 病原微生物被包皮内板上存在的免疫细胞获取信号, 引起一系列免疫反应, 部分 CP/CPPS 的患者被这样的途径所致 CP/CPPS 的临床症状。故此在前列腺液中不能找到细菌等微生物直接存在的证据^[27]。然而, 这些推测的机制还需要进一步的基础实验研究。

当前, CP/CPPS 已被阐明的部分主要诱发因素包括: 内分泌激素失调^[28], 前列腺内返流^[27], 免疫过敏性反应, 心理因素^[29,30]。我们的结果提示部分 CP/CPPS 患者的发病原因就是包皮过长。包皮过长会使阴茎头更敏感, 这可能在 NIH-CPSI 的疼痛评分和性功能中起到一定作用^[31]。另外, 在排尿过程中, 包皮

过长可以引起尿液的湍流的形成,这增加了部分下尿路的压力,尿液可能在前列腺内形成回流,引起 NIH-CPSI 排尿相关症状问题的发生^[27]。因此,包皮环切术有可能多方面的改善的 CP/CPPS 症状。

当然,我们研究也有着部分的局限性。第一,我们设计了以一线药物 α 受体阻滞剂作为对照组,原因是包皮环切术无法采用假手术作为对照;而且正规的药物治疗作为对照既可以对患者有最大的帮助。第二,我们的研究时间为 3 个月,包皮环切术对 CP/CPPS 的长期影响仍然值得继续随访,长期影响的数据需要继续收集进行统计分析。

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