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前哨淋巴结活检术对老年乳腺癌患者肿瘤标志物水平和生活质量的影响 *

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摘要 目的:探讨前哨淋巴结活检术对老年乳腺癌患者肿瘤标志物水平和生活质量的影响。方法:选取 2015 年 8 月至 2017 年 12 月大连大学附属中山医院收治的 80 例拟行乳腺癌手术治疗的老年患者,依据手术方法分为观察组与对照组,对照组患者给予乳腺癌改良根治术治疗,观察组患者给予前哨淋巴结活检手术联合保乳术治疗,每组各 40 例。比较两组患者治疗前后血清癌胚抗原(CEA)、糖类抗原 -153 (CA153)、糖类抗原 -125 (CA125) 水平和生活质量评分的变化,术中情况,治疗后美学满意度及不良反应的发生情况。结果:两组患者治疗后血清 CEA、CA153 与 CA125 水平较治疗前均明显降低(均 $P < 0.05$);且观察组患者以上指标均显著低于对照组(均 $P < 0.05$)。观察组术中平均出血量、手术时间、总引流量及引流管拔除时间均明显短于对照组(均 $P < 0.05$),生理状况、社会家庭状况、情感状况、功能状况、附加关注及生活质量总分、美学满意度均明显高于对照组(均 $P < 0.05$),不良反应发生率低于对照组(均 $P < 0.05$)。结论:前哨淋巴结活检辅助乳腺癌手术可提高美学满意度及生活质量,安全性更高,更有利于患者术后恢复。

关键词: 前哨淋巴结活检术;保乳;乳腺癌;生活质量

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Effect of Sentinel Lymph Node biopsy on the Tumor Markers and Quality of Life in the Elderly Patients with Breast Cancer*

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ABSTRACT Objective: To investigate the effect of sentinel lymph node biopsy on the tumor markers and quality of life in elderly patients with breast cancer. **Methods:** Eighty patients who underwent breast cancer surgery from August 2015 to December 2017 were enrolled in the hospital. They were divided into the observation group and the control group according to the surgical method. The control group were treated by modified radical mastectomy for treatment. Patients in the group were given sentinel lymph node biopsy combined with breast conserving surgery, 40 cases in each group. The changes of serum carcinoembryonic antigen (CEA), carbohydrate antigen-153 (CA153), carbohydrate antigen-125 (CA125) tumor marker level and quality of life score before and after treatment were compared between the two groups, and the intraoperative and post-operative quality of life scores, aesthetic satisfaction, and incidence of adverse reactions were compared. **Results:** There was no significant difference in the CEA, CA153 and CA125 levels between the two groups before treatment ($P > 0.05$). The levels of serum CEA, CA153 and CA125 in the two groups were significantly lower than those before treatment ($P < 0.05$), which were significantly lower in the observation group than those in the control group ($P < 0.05$). The mean bleeding volume, operation time, total drainage volume and drainage tube removal time in the observation group were significantly shorter than those in the control group (all $P < 0.05$). The physiological status, social family status, emotional status, functional status, additional attention and total quality of life, and aesthetic satisfaction in the observation group were significantly higher than the control group (all $P < 0.05$). The aesthetic satisfaction of the observation group was significantly higher than that of the control group, and the incidence of adverse reactions was lower than that of the control group (all $P < 0.05$). **Conclusion:** Sentinel lymph node biopsy assisted breast cancer surgery can promote the recovery with higher safety, it can improve the quality of life.

Key words: Sentinel lymph node biopsy; Breast conserving; Breast cancer; Quality of life

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前言

随着人均寿命的延长,老年乳腺癌患者所占比例越来越高^[1]。目前,临幊上主要采用传统改良根治术治疗老年乳腺癌患者,

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由于此手术皮瓣剥离范围较广,造成创伤较大,导致术中出血较多,术后恢复时间较长。另外,此治疗方式会使得乳房缺失,增加术后并发症的发生率^[2]。保乳术创伤相对较小,而且能够满足患者对美学的要求。临床研究显示术前采用前哨淋巴结活检技术可避免非必要的腋窝淋巴结清扫,减小创伤,利于患者恢复,减少不良反应的发生^[3,4]。本次研究通过探讨前哨淋巴结活检术对老年乳腺癌患者肿瘤标志物水平和生活质量的影响,分析其临床价值,现报道如下。

1 资料与方法

1.1 临床资料

收集2015年8月至2017年12月大连大学附属中山医院收治的80例拟行乳腺癌手术治疗的患者,依据手术方法分为观察组与对照组,对照组患者给予常规乳腺癌改良根治术治疗,观察组患者给予前哨淋巴结活检手术联合保乳术治疗,每组各40例。纳入标准:^①符合乳腺癌的相关诊断标准^[5],且为单发;^②肿块直径<3.0 cm,位于周围象限,肿瘤边缘距离乳晕≥2.0 cm;^③术前未接受腋窝手术史或化疗治疗。排除标准:^④处于妊娠或哺乳期;^⑤凝血功能障碍或其他手术禁忌症者;^⑥腋窝淋巴结转移患者。观察组患者年龄65~80(75.46±8.13)岁,外上象限者28例、非外上象限者12例;I期14例,II期26例;浸润性导管癌27例,非浸润性导管癌13例。对照组患者年龄65~81(76.01±8.06)岁,外上象限者27例、非外上象限者13例;I期11例,II期29例;浸润性导管癌26例,非浸润性导管癌14例。所有患者均自愿同意并签署知情同意书。两组患者一般资料比较均无统计学差异($P>0.05$),具有可比性。

1.2 治疗方法

对照组患者采用乳腺癌改良根治术治疗,患者取仰卧位,选择梭形或者横行切口,保留胸大肌,切除胸小肌,并进行全腋窝淋巴结清扫术。观察组进行术前哨淋巴结活检,分4象限进行皮下注射0.5 mL 1%亚甲蓝,并按摩注射部位,时间大于5 min。等待10 min后依据肿瘤位置确定切口,肿瘤位于乳头水平线之下则采用放射状切口;肿瘤位置位于乳头水平线之上,则选择弧形切口。沿胸大肌外缘平行胸大肌方向小心切开脂肪结缔组织,发现蓝染淋巴管后,将其解剖并切除,标记为前哨淋巴结,并进行术中冰冻切片病理检查。若前哨淋巴结为阴性则保

留腋窝。前哨淋巴结为阳性需行腋窝淋巴结清扫术。在患者肿瘤表面做一梭形切口,切除肿瘤及其边缘1 cm处正常乳腺组织,切取肿瘤标本进行术中病理检查,若标本周断端为阴性,说明保乳成功。若切缘处有癌残留需进行局部扩大切除术,新切缘处出现阴性则可进行保乳。依据伤口情况放置腋窝与乳房切口引流管。

1.3 指标检测

1) 血清肿瘤标志物的检测:抽取两组患者空腹外周静脉血3 mL,采用ELASA法检测癌胚抗原(carcinoembryonic antigen, CEA)、糖类抗原153(CA153)和糖类抗原125(CA125)等血清肿瘤标志物,上述ELASA试剂盒均购自北京康佳宏原生物科技有限公司;2)观察并记录两组患者术中平均出血量、手术时间、总引流量及引流管拔除时间;3)采用癌症患者生活质量测定量表(FACT-B)评定两组患者术后生活质量,分数越高,生活质量越好^[6];4)随访6个月后,采用联合放射治疗中心(JCRT)标准^[7]评价两组患者的美容效果,主要评价指标为:优:双乳水平差异≤2 cm,患侧乳房外观正常;良:双乳水平差异为2~3 cm,患乳略小于正常乳房,手感稍微比正常乳房差;差:双乳不对称,水平差异≥3 cm,患乳显著小于正常乳房。美容满意度=(优+良)例数/总例数×100%;5)观察两组患者术后皮下水肿、皮下积液及上肢活动受限等不良反应发生情况,不良反应发生率=不良反应发生例数/总例数×100%。

1.4 统计学方法

采用SPSS 21.0统计学软件对数据进行分析,计数资料采用卡方检验,计量资料符合正态分布采用均数±标准差($\bar{x} \pm s$)表示,两组间比较采用独立t检验,以 $P<0.05$ 表示差异具有统计学意义。

2 结果

2.1 两组患者治疗前后血清肿瘤标志物水平的比较

两组患者治疗前血清CEA、CA153与CA125水平比较无统计学差异(t 分别=1.143、0.463、0.636, $P>0.05$)。两组患者治疗后血清CEA、CA153与CA125水平较治疗前均明显降低(均 $P<0.05$);且观察组患者各项血清肿瘤标志物均显著低于对照组(t 分别=14.545、10.216、10.418,均 $P<0.05$),结果见表1。

表1 两组患者治疗前后血清肿瘤标志物水平的比较($\bar{x} \pm s$, n=40)

Table 1 Comparison of the serum levels of tumor markers between the two groups before and after treatment($\bar{x} \pm s$, n=40)

Groups	Time	CEA(ng/mL)	CA153(U/mL)	CA125(U/mL)
Observation group	Before treatment	7.39±0.65	45.26±4.60	55.11±5.52
	After treatment	2.27±0.25	15.28±0.86	15.69±1.85
	t	46.191	39.965	42.271
Control group	P	0.000	0.000	0.000
	Before treatment	7.54±0.54	44.78±4.49	54.36±4.86
	After treatment	3.25±0.34	18.43±1.72	20.04±1.84
	t	42.175	34.270	41.247
	P	0.000	0.000	0.000

2.2 两组手术情况的比较

观察组术中平均出血量、手术时间、总引流量及引流管拔

除时间均明显少于对照组(均 $P<0.05$),结果见表 2。

表 2 两组手术情况比较($\bar{x}\pm s$, n=40)
Table 2 Comparison of the surgical conditions between the two groups($\bar{x}\pm s$, n=40)

Index	Observation group	Control group	t	P
Intraoperative mean bleeding volume (mL)	55.27± 5.43	135.23± 14.80	31.675	0.000
Operation time (min)	59.84± 6.40	95.73± 9.72	19.241	0.000
Total drainage (mL)	106.16± 13.93	214.20± 22.36	50.602	0.000
Drainage tube removal time (d)	5.50± 0.60	22.35± 1.99	26.612	0.000

2.3 两组患者治疗前后生活质量评分比较

功能状况、附加关注及生活质量总分均明显高于对照组(均 $P<0.05$),结果见表 3。
两组患者治疗前各项生活质量评分比较无统计学意义
($P>0.05$)。观察组治疗后生理状况、社会家庭状况、情感状况、

表 3 两组患者治疗前后生活质量评分比较($\bar{x}\pm s$, n=40, 分)
Table 3 Comparison of the quality of life scores between the two groups before and after treatment($\bar{x}\pm s$, n=40, points)

Index	Before treatment	After treatment	t	P
Physiological condition			12.081	0.000
Observation group	28.81± 2.18	36.81± 2.78*		
Control group	28.72± 2.21	29.08± 2.87		
Social family status			11.203	0.000
Observation group	20.22± 2.01	28.71± 2.59*		
Control group	20.06± 1.98	22.48± 2.32*		
Emotional situation			4.160	0.000
Observation group	23.15± 2.69	28.91± 3.16*		
Control group	22.94± 2.71	26.36± 2.16*		
Functional status			6.794	0.000
Observation group	21.65± 2.22	26.71± 2.39*		
Control group	21.91± 2.56	22.98± 2.45		
Additional attention			6.699	0.000
Observation group	20.44± 2.15	25.80± 2.42*		
Control group	21.06± 2.17	22.60± 1.74*		
Total quality of life			5.955	0.000
Observation group	115.69± 12.39	149.78± 15.10*		
Control group	116.74± 12.87	132.97± 9.11*		

注:与治疗前比较,* $P<0.05$ 。

2.4 两组患者美学满意情况的比较

观察组患者美学满意度高达 95.00%,而对照组美学满意度仅为 75.00%,观察组显著高于对照组,差异具有统计学意义($P<0.05$),结果见表 4。

2.5 两组患者不良反应发生情况的比较

对照组出现 2 例皮下积液、4 例上肢水肿和 8 例上肢活动受限,不良反应发生率为 35.00%,观察组仅出现 2 例皮下积液,2 例上肢水肿,不良反应发生率为 10.00%,较对照组显著降

低,差异具有统计学意义($\chi^2=25.813$, $P<0.05$)。

3 讨论

乳腺癌是女性中具有高死亡率的恶性肿瘤,好发于老年人群^[8,9]。研究显示高龄会影响乳腺癌的预后,主要原因是老年人易并发高血压、糖尿病等疾病^[10-12]。目前,手术仍是老年乳腺癌的主要治疗方式。乳腺癌改良根治术与保乳术是目前临床常用的两种手术方式,两者具有相同的生存率,且保乳术可有效降

表 4 两组患者美学满意情况的比较

Table 4 Comparison of the aesthetic satisfaction between the two groups

Groups	n	Excellent	Good	Poor	Satisfaction
Observation group	40	16	22	2	38(95.00%)
Control group	40	11	19	10	30(75.00%)
χ^2					6.275
P					0.025

低机体损伤,减少术中出血量和手术时间,利于患者术后康复^[10]。前哨淋巴结活检是乳腺癌手术的一种辅助检查方式,对于腋窝淋巴结清扫范围的确定具有重要作用。近些年研究显示前哨淋巴结活检手术联合保乳术治疗可避免非必要的淋巴清扫,减轻患者疼痛,降低术后并发症的发生^[13,14]。本研究采用前哨淋巴结活检手术联合保乳术治疗乳腺癌患者,探讨其对老年乳腺癌患者血清肿瘤标志物水平、生活质量的影响。

肿瘤大小、位置及是否发生远端转移均是影响保乳手术的相关因素。保乳术对于早期乳腺癌患者治疗效果较好。研究显示老年乳腺癌患者主要特征为肿瘤细胞增殖速度较慢、雌、孕激素受体为阳性,肿瘤恶性程度较低^[15,16]。另外,老年人群也希望能保留乳房。而前哨淋巴结活检联合保乳术治疗老年乳腺癌患者。肿瘤标志物 CA153、CA125 及 CEA 均与乳腺癌预后有一定的相关性,尤其是 CA153 是目前临床公认的乳腺癌的特异性标志物^[17,18]。而本研究也发现,两组患者治疗后 CEA、CA153 与 CA125 水平较治疗前均明显降低;且观察组患者各项血清肿瘤标志物均低于对照组,提示前哨淋巴结活检联合保乳术可促进患者的术后恢复,改善患者预后。此外,本研究结果显示前哨淋巴结活检联合保乳术治疗后术中平均出血量、手术时间、总引流量及引流管拔除时间均明显少于乳腺癌改良根治术,提示前哨淋巴结活检联合保乳术可减轻机体损伤,进而改善患者预后,与以往研究一致^[19]。

生活质量、不良反应的发生情况均是评价老年乳腺癌患者预后的重要指标^[20,21]。既往研究表明前哨淋巴结活检联合保乳术在提高患者的生活质量,降低并发症发生率等方面均优于常规的乳腺癌改良根治术,而且两种手术方式复发率、淋巴转移率及 5 年生存率基本一致^[22-25]。而本研究与上述研究一致,结果显示经前哨淋巴结活检联合保乳术治疗后患者的功能状况、生理状况、情感状况、社会/家庭状况及附加关注等方面评分均显著高于乳腺癌改良根治术。由此可见,前哨淋巴结活检手术联合保乳术可提高乳腺癌患者的生活质量。

王宏等^[26]对保乳联合前哨淋巴结活检术患者与传统手术治疗组进行随访研究,发现应用保乳联合前哨淋巴结活检术患者乳房美容满意度较传统手术治疗更高,并发症发生率较传统手术治疗组更低。卜宪才等^[27]发现前哨淋巴结活检联合保乳手术可降低术后并发症的发生率、术后复发率和转移率,保留腋窝形态,提高治疗效果。而本研究结果显示观察组患者美学满意度显著高于对照组,不良反应发生率低于对照组。联合应用保乳与前哨淋巴结活检术主要优势分为:1)术前采用前哨淋巴结活检术可有效评估患者是否发生淋巴结转移,临床医师可采取相应有效措施控制癌细胞进一步转移;2)应用保乳术治疗,

减小手术范围、创伤,可基本保留乳房形态与功能,满足患者乳房美学要求,提高生活质量。值得注意的是,保乳联合前哨淋巴结活检术对于肿瘤大小、位置及转移均有一定的要求,并不是所有患者均适用于此类手术方式^[28-30]。

总而言之,前哨淋巴结活检辅助乳腺癌手术可提高美学满意度及生活质量,安全性更高,更有利于患者术后恢复。

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