

doi: 10.13241/j.cnki.pmb.2022.17.024

腹腔镜下子宫血管阻断术联合子宫肌瘤剜除术 治疗子宫肌瘤的回顾性研究 *

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摘要 目的:回顾性分析子宫肌瘤剜除术联合腹腔镜下子宫血管阻断术治疗子宫肌瘤的临床疗效。**方法:**分析 2017 年 6 月~2019 年 7 月期间我院收治的子宫肌瘤患者的临床资料($n=150$)。根据手术方法的不同将患者分为 A 组(腹腔镜下子宫肌瘤剜除术治疗,73 例)和 B 组(腹腔镜下子宫血管阻断术联合子宫肌瘤剜除术治疗,77 例),对比两组术中、内分泌激素、术后恢复指标、妊娠情况、并发症发生率及复发率。**结果:**两组患者手术时间对比无统计学差异($P>0.05$),B 组的术中出血量少于 A 组,术后排气时间、住院天数、下床活动时间短于 A 组($P<0.05$)。A 组术前、术后 3 个月、术后 6 个月黄体生成素(LH)、卵泡刺激素(FSH)、雌二醇(E_2)水平组内对比无统计学差异($P>0.05$)。B 组术前、术后 3 个月、术后 6 个月 E_2 水平呈降低后升高趋势,LH、FSH 水平呈升高后降低趋势($P<0.05$)。B 组术后 3 个月 LH、FSH 水平高于 A 组, E_2 水平低于 A 组($P<0.05$)。与 A 组相比,B 组的并发症发生率明显下降,组间对比有差异($P<0.05$)。B 组的妊娠率高于 A 组,子宫肌瘤复发率低于 A 组($P<0.05$)。两组流产率组间对比无统计学差异($P>0.05$)。**结论:**与单纯子宫肌瘤剜除术相比,结合腹腔镜下子宫血管阻断术治疗子宫肌瘤患者可减少术中出血量,促进患者术后恢复,降低并发症发生率及复发率,虽然其对卵巢功能有轻微、短暂性影响,但可逐步恢复,且有利于提高妊娠率。

关键词:子宫肌瘤;腹腔镜;子宫血管阻断术;子宫肌瘤剜除术;回顾性研究

中图分类号:R711.74 文献标识码:A 文章编号:1673-6273(2022)17-3324-05

Retrospective Study of Laparoscopic Uterine Vascular Occlusion Combined with Hysteromyoma Enucleation in the Treatment of Hysteromyoma*

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ABSTRACT Objective: To retrospectively analyze the clinical efficacy of laparoscopic uterine vascular occlusion combined with hysteromyoma enucleation in the treatment of hysteromyoma. **Methods:** The clinical data of patients with hysteromyoma who treated in our hospital from June 2017 to July 2019 were analyzed ($n=150$). According to different surgical methods, the patients were divided into group A (laparoscopic hysteromyoma enucleation treatment, 73 cases) and group B (laparoscopic uterine vascular occlusion combined with hysteromyoma enucleation treatment, 77 cases). The intraoperative, endocrine hormones, postoperative recovery indexes, pregnancy situation, complication rate and recurrence rate were compared between the two groups. **Results:** There was no statistical difference in the operative time between the two groups ($P>0.05$), the intraoperative blood loss in group B was less than that in group A, and the postoperative exhaust time, hospitalization days and out of bed activity time were shorter than those in group A ($P<0.05$). There were no significant differences in the levels of luteinizing hormone (LH), follicle stimulating hormone (FSH) and estradiol (E_2) in group A at before surgery, 3 months after surgery and 6 months after surgery ($P>0.05$). In group B, the level of E_2 decreased and then increased before surgery, 3 months after surgery and 6 months after surgery, while the levels of LH and FSH increased and then decreased ($P<0.05$). The levels of LH and FSH in group B were higher than those in group A, and the level of E_2 was lower than that in group A at 3 months after surgery ($P<0.05$). Compared with group A, the complication rate in group B was significantly decreased, and the difference between groups was statistically significant ($P<0.05$). The pregnancy rate in group B was higher than that in group A, and the recurrence rate of hysteromyoma was lower than that in group A ($P<0.05$). There was no significant difference in abortion rate between the two groups ($P>0.05$). **Conclusion:** Compared with simple hysteromyoma enucleation, the treatment of hysteromyoma patients combined with laparoscopic uterine vascular occlusion can reduce the intraoperative blood loss, promote the postoperative recovery of patients, and reduce the complication rate and recurrence rate. Although it has a slight and transient impact on ovarian function, it can recover gradually and improve the pregnancy rate.

* 基金项目:福建省医学创新课题项目(2017-CXB-31)

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(收稿日期:2022-02-26 接受日期:2022-03-21)

Key words: Hysteromyoma; Laparoscope; Uterine vascular occlusion; Hysteromyoma Enucleation; Retrospective study

Chinese Library Classification(CLC): R711.74 Document code: A

Article ID: 1673-6273(2022)17-3324-05

前言

子宫肌瘤是常见的良性肿瘤，临床主要有月经频繁、继发贫血、不孕不育等症状，严重影响患者的生活质量^[1,2]。子宫肌瘤的主要治疗目标是缩小或者切除肌瘤，缓解或者消除患者的症状^[3]。随着人们对生活质量的要求逐渐提高，加上医学模式的转变，治疗子宫肌瘤的方法有非手术、手术治疗，非手术治疗多为药物治疗，费用昂贵，用药时子宫肌瘤症状缓解，但停药后易出现复发^[4,5]。故而大部分患者选择手术治疗。腹腔镜子宫肌瘤剜除术具有创伤小、恢复快、住院时间短、腹部切口小等优点，同时又可保留子宫，维持正常月经和生理功能^[6]。但是，该手术方式最明显的缺陷是手术中不能触摸子宫，可能导致子宫肌瘤切除不够彻底^[7]。为了提高手术质量，近些年来出现了以腹腔镜下子宫血管阻断术为代表的强化治疗方法。子宫的血供来源有卵巢动脉、子宫动脉及阴道动脉，而子宫肌瘤的血供来源仅有子宫动脉，因此阻断子宫动脉，不仅不会影响子宫供血，还可促使肌瘤缺血、坏死、吸收、萎缩^[8-10]。本项研究通过收集子宫肌瘤患者，随机分组，以期明确腹腔镜下子宫血管阻断术联合子宫肌瘤剜除术的临床应用价值。

1 资料与方法

1.1 一般资料

分析2017年6月~2019年7月期间我院收治的子宫肌瘤患者的临床资料(n=150)。纳入标准：(1)子宫肌瘤诊断标准参考《妇产科学》^[11]，根据患者临床症状、超声及MRI检查确诊为子宫肌瘤；(2)具备手术指征，均完成手术；(3)子宫浆膜下肌瘤或肌壁间肌瘤直径3~10 cm，肿瘤数目不超过5个；(4)临床资料齐全。排除标准：(1)合并内外生殖系统感染者；(2)子宫内膜病变者；(3)合并卵巢恶性肿瘤或多囊卵巢综合征者；(4)其他脏器或系统恶性肿瘤，心脏病、高血压以及糖尿病史；(5)妊娠或哺乳期者；(6)合并精神疾病者；(7)近期服用激素类药物治疗。根据手术方法的不同将患者分为A组(腹腔镜下子宫肌瘤剜除术治疗，73例)和B组(腹腔镜下子宫血管阻断术联合子宫肌瘤剜除术治疗，77例)。其中A组年龄24~38岁，平均(32.19±2.57)岁；肌瘤直径3~10 cm，平均(6.84±0.83)cm；肿瘤数目2~5个，平均(3.59±0.43)个；肌间壁肌瘤42例，浆膜下肌瘤31例；单发肌瘤46例，多发肌瘤27例；病程8个月~5年，平均(2.88±0.53)年。B组年龄25~36岁，平均(32.54±2.68)岁；肌瘤直径4~8 cm，平均(6.76±0.63)cm；肿瘤数目3~5个，平均(3.54±0.38)个；肌间壁肌瘤45例，浆膜下肌瘤22例；单发肌瘤50例，多发肌瘤27例；病程10个月~6年，平均(2.85±0.42)年。两组患者一般资料对比无统计学差异($P>0.05$)，具有可比性。

1.2 方法

B组患者接受腹腔镜下子宫血管阻断术联合子宫肌瘤剜除术，膀胱截石位，全麻，留置导尿管，放置举宫器，手术能源使用双极电凝，使用德国STORZ腹腔镜系统。常规于脐周穿刺气

腹针，建立人工气腹，气腹压力12~14 mmHg，穿刺成功后置入30°腹腔镜。在脐部连线与双侧髂前上棘内外侧附近穿刺0.5 cm、0.5 cm、1 cm。探查子宫肌瘤的位置、数目及大小。改头低臀高位，助手帮助举起子宫暴露操作空间。选择骨盆圆韧带、漏斗韧带、盆壁组成的三角区，将腹膜切开，腹膜桥剪开，脐部切口1 cm，将髂外动脉及髂外静脉暴露，向上分离，见髂总动脉分叉处，内下方分离可见输尿管。解剖髂内动脉的前支，游离子宫动脉，橡胶条临时结扎血管。随后行子宫肌瘤剜除术，采用超声刀切开子宫肌层及肌瘤假包膜，暴露肌瘤，分离器分离瘤体。采用1-0可吸收线连续或者间断缝合子宫浆肌层。A组患者不处理子宫动脉，直接行腹腔镜下子宫肌瘤剜除，方法同上。

1.3 观察指标

(1)观察两组术后排气时间、住院天数、下床活动时间、术中出血量、手术时间。(2)术后随访2年，随访方式为门诊复查、电话/微信/短信等电子通讯方式随访。记录两组妊娠情况、流产以及子宫肌瘤复发情况。(3)记录两组术后并发症发生率，包括切口感染、尿潴留、体位性低血压、盆腔黏连。(4)抽取两组术前、术后3个月、术后6个月静脉血，经离心处理，参数为：离心半径9 cm, 3800 r/min的速率离心13 min，取得上清液后编号保存待检测。选用购自美国Beckman公司的试剂盒，黄体生成素(LH)、卵泡刺激素(FSH)、雌二醇(E₂)采用放射免疫法测定，相关仪器购自美国Beckman公司，严格遵守试剂盒说明书进行操作。

1.4 统计学方法

采用SPSS 25.0统计学软件分析数据。妊娠情况、流产、术后并发症发生率等计数资料以%表示，实施χ²检验。内分泌激素、术中、术后恢复指标等计量资料以(±s)表示，实施t检验。 $\alpha=0.05$ 为检验标准。

2 结果

2.1 术中、术后恢复指标对比

两组手术时间对比无统计学差异($P>0.05$)，B组的术中出血量少于A组，术后排气时间、住院天数、下床活动时间短于A组($P<0.05$)，见表1。

2.2 两组内分泌激素对比

两组术前、术后6个月LH、FSH、E₂水平组间对比无统计学差异($P>0.05$)。A组术前、术后3个月、术后6个月LH、FSH、E₂水平组内对比无统计学差异($P>0.05$)。B组术前、术后3个月、术后6个月E₂水平呈降低后升高趋势，LH、FSH水平呈升高后降低趋势($P<0.05$)。B组术后3个月LH、FSH水平高于A组，E₂水平低于A组($P<0.05$)，见表2。

2.3 两组并发症发生率对比

与A组相比，B组的并发症发生率明显下降，组间对比差异有统计学意义($P<0.05$)，见表3。

2.4 两组妊娠情况、妊娠结局以及子宫肌瘤复发情况对比

随访期间，A组有64例有生育要求，B组有67例有生育

要求,其中B组的妊娠率高于A组,子宫肌瘤复发率低于A组($P<0.05$)。两组流产率组间对比无统计学差异($P>0.05$)。

表1 两组术中、术后恢复指标对比($\bar{x}\pm s$)Table 1 Comparison of intraoperative and postoperative recovery indexes between the two groups($\bar{x}\pm s$)

Groups	Intraoperative blood loss(mL)	Postoperative exhaust time(h)	Operative time(min)	Hospitalization days(d)	Out of bed activity time (d)
Group A(n=73)	80.46±4.69	24.09±2.42	88.17±5.41	6.96±0.45	2.37±0.44
Group B(n=77)	69.41±4.45	18.16±2.31	89.55±5.36	5.21±0.31	1.43±0.28
t	14.807	15.355	-1.569	27.859	15.693
P	0.000	0.000	0.119	0.000	0.000

表2 两组内分泌激素对比($\bar{x}\pm s$)Table 2 Comparison of endocrine hormones between the two groups($\bar{x}\pm s$)

Groups	LH(U/L)			FSH(U/L)			E ₂ (pg/mL)		
	Before surgery	3 months after surgery	6 months after surgery	Before surgery	3 months after surgery	6 months after surgery	Before surgery	3 months after surgery	6 months after surgery
Group A (n=73)	5.16±0.39	5.21±0.34	5.23±0.38	5.78±0.36	5.83±0.45	5.86±0.57	64.51±5.88	64.78±6.29	65.03±6.56
Group B (n=77)	5.14±0.29	5.93±0.37 ^a	5.24±0.36 ^b	5.74±0.45	6.68±0.59 ^a	5.89±0.64 ^b	64.04±5.92	56.29±6.25 ^a	65.36±5.92 ^b
t	0.358	-12.390	-0.166	0.559	-9.882	-0.303	0.488	8.290	-0.324
P	0.721	0.000	0.869	0.550	0.000	0.763	0.627	0.000	0.747

Note: compared with before surgery, ^a $P<0.05$. Compared with 3 months after surgery, ^b $P<0.05$.

表3 两组并发症发生率对比【例(%)】

Table 3 Comparison of complication rates between the two groups[n(%)]

Groups	Pelvic adhesions	Postural hypotension	Incision infection	Urinary retention	Total incidence rate
Group A(n=73)	2(2.74)	2(2.74)	3(4.11)	3(4.11)	10(13.70)
Group B(n=77)	1(1.30)	0(0.00)	1(1.30)	1(1.30)	3(3.90)
χ^2					4.549
P					0.033

表4 两组妊娠情况、流产以及子宫肌瘤复发情况对比【例(%)】

Table 4 Comparison of pregnancy situation, abortion and recurrence of hysteromyoma between the two groups[n(%)]

Groups	Fertility requirements	Pregnancy	Abortion	Recurrence
Group A(n=73)	64	21(32.81)	2(3.13)	7(10.94)
Group B(n=77)	67	34(50.75)	1(1.49)	1(1.49)
χ^2		10.592	0.390	5.164
P		0.000	0.592	0.023

2.5 典型病例

患者年龄34岁,因月经异常、月经量增多入院,经影像学检查确诊,于腹腔镜下完成手术治疗。见图1a~c。

3 讨论

子宫肌瘤多见于30~50岁的女性,在我国,临床统计子宫肌瘤发生率为4~11%^[12]。目前临幊上对于有明确症状的子宫肌瘤患者多采用手术治疗,腹腔镜下子宫肌瘤剜除术是现今常用

的术式,具有创伤小、恢复快、腹部切口小等优点,对腹腔干扰小,不易损伤邻近器官,可保留子宫^[13~15]。以往已有不少报道证实其对子宫肌瘤患者具有较好的治疗作用^[16,17]。但该手术对于肌瘤数目多、直径较大或肌瘤处于特殊位置的患者,易增加术中出血量,瘤腔止血及缝合难度均较高,导致术后并发症发生率风险增加^[18]。此外,因腹腔镜术野操作限制,该手术对于肌层内小肌瘤暴露较差,易导致肌瘤残留,有较高的复发风险^[19]。因此有学者提出在子宫肌瘤剜除术前先行腹腔镜下子宫血管阻

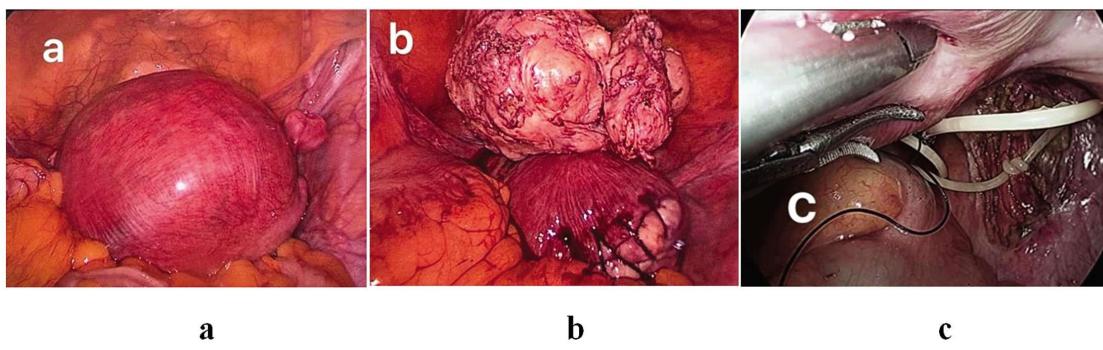


图 1 典型病例腹腔镜下图像
Fig.1 Laparoscopic images of typical cases

Note: a: the diameter of the interparietal myoma of the anterior wall of uterus was about 8 cm, and the diameter of the subserous myoma of the right wall was about 1.5 cm. b: a total of two fibroids were removed under laparoscopy, with sizes of about 8×8×9 cm and 1.5×1.5×1.5 cm respectively.
c: reversible blockage of uterine artery.

断术,控制术中出血量,提高子宫肌瘤剜除术质量^[20]。子宫肌瘤由扩张的子宫动脉为其供血,当双侧子宫动脉被阻断后,可致子宫肌瘤缺血坏死^[21,22]。相关研究证实:当双侧子宫动脉被阻断后,子宫肌瘤将发生坏死,而子宫肌层却保持正常运作^[23]。

本次研究结果显示,两组患者手术时间对比无差异,但B组的术中出血量少于A组,术后排气时间、住院天数、下床活动时间短于A组,并发症发生率低于A组,可见结合子宫血管阻断术治疗不仅不会增加手术时间,还可促进患者术后恢复,减少术中出血量,降低并发症发生率,主要可能是因为子宫血管阻断术夹闭了子宫动脉,阻断了血流,可对术中出血进行控制,从而减少术中出血量,减轻术中损伤,使得患者术后恢复更快,体现出良好的应用前景。同时观察患者预后发现,子宫肌瘤剜除术与腹腔镜下子宫血管阻断术联合治疗可降低复发率。推测主要是因为子宫血管阻断术治疗可使子宫肌瘤的平滑肌细胞缺血缺氧,从而抑制小肌瘤的生长和发育,减少残余肌瘤,从而降低复发率^[24]。

卵巢分泌的激素主要是LH、FSH、E₂。其中E₂可促进女性生殖器官和第二性征的发育,调节下丘脑和垂体的功能^[25]。FSH是目前临幊上衡量卵巢储备功能最常用的指标,其水平升高常提示卵巢功能下降、反应差、衰退^[26]。LH是垂体分泌的促性腺激素,主要功能是调节卵巢功能^[27]。阻断子宫动脉后,卵巢的血供减少,理论上,可能会影响卵巢的内分泌功能及排卵,导致LH、FSH、E₂等内分泌激素分泌异常^[28]。因此有关子宫血管阻断术对卵巢功能的影响一直存在争议。本次研究结果显示,子宫肌瘤剜除术与腹腔镜下子宫血管阻断术联合治疗对卵巢功能有轻微、短暂性影响,但可逐步恢复。主要原因可能为卵巢仍能够从圆韧带动脉等血管获得血供,维持患者卵巢血液供应,有利于卵巢功能的后续恢复^[29,30]。同时观察两组生育功能可知,先行腹腔镜下子宫血管阻断术有利于提高妊娠率,除了子宫血管阻断术阻断了患者卵巢动脉和子宫动脉的血流,保护了子宫完整性,可能还与其降低复发率,减少了疾病对妊娠的影响有关。

综上所述,子宫肌瘤患者采用子宫肌瘤剜除术与腹腔镜下子宫血管阻断术联合治疗可减少术中出血量,降低并发症发生率及复发率,促进患者术后恢复。虽然对卵巢功能有轻微、短暂性影响,但可逐步恢复。

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