

· 诊疗指南 ·

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骨肉瘤临床循证诊疗指南

中国医师协会骨科医师分会骨肿瘤专业委员会

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【摘要】 骨肉瘤是常见的原发恶性骨肿瘤, 严重危害青少年的身体健康。通过规范的化疗和手术, 很多患者可达到痊愈, 但不当的诊疗过程可能造成严重的不良后果。中国医师协会骨科医师分会骨肿瘤专业委员会依据循证医学方法制定了《骨肉瘤临床循证诊疗指南》, 就诊断流程、化疗、不同部位的手术方式和挽救性治疗等临床问题进行总结, 依据文献证据等级给出相应的推荐等级。旨在为骨肿瘤医师的临床诊疗提供最佳的、有效的意见参考, 从而使患者达到最佳的治疗效果。本指南仅为学术性指导意见, 具体实施时必须依据患者的个体医疗情况而定。

【关键词】 骨肉瘤; 骨肿瘤; 指南

Guideline for clinical evidence-based diagnosis and treatment of osteosarcoma

Musculoskeletal Tumor Society, Chinese Association of Orthopaedic Surgeons

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【Abstract】 Osteosarcoma is a common primary malignancy of the bone and severely jeopardizes the health of teenagers. Standardized multi-modality treatment including chemotherapy and surgery can achieve cure of disease for many patients, while improper treatments could lead to severe consequences. The Musculoskeletal Tumor Society from Chinese Association of Orthopaedic Surgeons proposes the "Guideline for clinical evidence-based diagnosis and treatment of osteosarcoma". This guideline addresses several clinical problems (e.g. diagnostic process, chemotherapy, surgical options for lesions of different locations, and salvage treatments) and provides recommendations with categories of evidence and consensus. The aim of this guideline is to provide the most effective references for practitioners of oncological orthopaedics in order to achieve the best outcomes for patients. However, this guideline provides only academic recommendations and should be adapted to individualized treatments during clinical practice.

【Key words】 Osteosarcoma; Bone Tumor; Guidebooks

1 方法学

证据推荐等级方法采用GRADE (Grading of Recommendations Assessment, Development and Evaluation) 方法, 内容见表1。

2 骨肉瘤概述

2.1 临床特点

骨肉瘤是儿童及年轻患者最常见的原发恶性肿瘤。中位发病年龄为20岁。65岁以上的骨肉瘤患者常继发于Paget病^[1]。

骨肉瘤主要有髓内、表面、骨外三种亚型。髓内高级别骨肉瘤是经典病理类型, 占全部骨肉瘤的

80%^[2]。骨肉瘤是一种梭形细胞肿瘤, 肿瘤细胞可产生骨样基质或不成熟骨。最常见的病变部位为生长活跃的股骨远端、胫骨近端的干骺端。低级别髓内骨肉瘤占全部骨肉瘤的2%, 发病部位与经典骨肉瘤类似。皮质旁和骨膜骨肉瘤发生于皮质旁或皮质表面。皮质旁骨肉瘤为低度恶性, 约占全部骨肉瘤的5%^[3]。最常见的部位为股骨远端后方, 肿瘤很少发生转移。24%~43%的低级别骨旁骨肉瘤可能转变为高级别肉瘤^[4,5]。骨膜骨肉瘤为中度恶性肿瘤, 好发于股骨及胫骨^[3]。高级别表面型骨肉瘤十分罕见, 占骨表面骨肉瘤的10%^[6,7]。

疼痛和肿胀是骨肉瘤早期最常见的症状。疼痛最初多为间断性, 常与生长痛混淆, 而导致确诊较晚。

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表1 GRADE推荐等级和证据分级

| 推荐等级 | 证据等级 |
|-------------------|---|
| 1. 强烈推荐:利大于弊或弊大于利 | A. 荟萃分析、高质量RCT、高质量回顾性研究 |
| 2. 利弊相当或不确定 | B. 随机或回顾性研究存在方法学瑕疵 C. 随机或回顾性研究存在方法学瑕疵、个案、专家经验、共识 |

骨肉瘤可通过血行播散,最常见的转移部位为肺。

以TP53基因突变为特征的Li-Fraumeni综合征患者继发骨肉瘤的风险较高^[8-10]。对有视网膜母细胞瘤病史的患者,骨肉瘤是常见继发恶性肿瘤,这类患者的特征是视网膜母细胞瘤基因RB1突变^[11-13]。骨肉瘤患病风险的增高还与其他一系列遗传倾向综合征相关^[13]。骨肉瘤是最常见的放射诱导的骨起源恶性肿瘤^[14,15]。

多药方案的新辅助化疗和其他辅助治疗措施使骨肉瘤患者预后得到了改善。通过目前的综合治疗,接近2/3的骨肉瘤患者能够治愈,保肢率达到90%~95%^[16]。

2.2 预后因素

肿瘤部位及大小、年龄、出现转移、转移灶部位、化疗效果、手术类型、外科边界是肢体及躯干骨肉瘤的主要预后因素^[8-10,13,17,18]。应用COSS方案治疗的1702例躯干或肢体骨肉瘤患者的随访研究表明,年龄、部位、转移是影响预后的因素^[17]。在肢体骨肉瘤中,就诊时肿瘤体积大小、有无转移对预后有明显影响^[17]。在多因素分析中,除年龄外其他因素均为影响预后的因素,其中手术切除边界以及化疗反应是关键预后因素。最近的一项有关4838例骨肉瘤患者新辅助化疗荟萃分析表明,女性患者接受化疗后的肿瘤坏死率较高,总体生存率较高,儿童患者较青少年及成年患者疗效更好^[12]。在最近的一项联合3个欧洲骨肉瘤协作组的随机对照研究中,术前化疗疗效较好,肿瘤累及部位位于肢体远端(膝关节、肘关节、踝关节周围)、女性患者的预后较好^[10]。此外,高BMI患者预后较差^[11]。

在出现转移的骨肉瘤患者中,转移灶数目以及是否可以彻底切除是影响预后的因素^[15]。对于肺部有一个或少量可切除病灶的患者,其预后与无转移的患者接近^[14,19]。

ALP、LDH水平升高为影响骨肉瘤的预后因素^[8,9,13]。在一项包括1421例肢体骨肉瘤患者的研究中,Bacci等^[8]报道了有转移的患者LDH水平较无转移患者高(36.6%:18.8%, $P<0.0001$)。五年无病生存率亦与LDH水平相关(LDH升高者为39.5%,LDH正常

者为60%)。在一项包含789例肢体骨肉瘤患者的回顾性研究中,Bacci等报道了ALP水平对于无事件生存率有显著影响。对于ALP水平升高4倍以上的患者5年无事件生存率为24%,而ALP低于此水平的患者5年无事件生存率为46%($P<0.001$)^[9]。但在多因素分析中,血清LDH及ALP水平并未表现出显著性。

2.3 辅助检查

对于原发灶应进行影像学检查(MRI和CT)、胸部检查、PET-CT扫描和(或)骨扫描。对于可疑转移灶应进行CT或MRI检查。骨肉瘤在X线片上可表现为皮质破坏以及不规则的反应性成骨。骨扫描可发现原发及骨转移灶。MRI可清晰地显示肿瘤在骨和软组织内的边界,以及周边组织受累情况,并可发现跳跃灶,有利于制定手术计划。此外,ALP及LDH在骨肉瘤患者常有升高。与无转移的患者相比,有转移的患者LDH水平明显较高^[9]。

3 诊疗规程

3.1 诊断

骨肉瘤患者除病史和体格检查外,应完善病变部位的MRI、CT及胸片、胸部CT检查,同时还应进行PET和(或)骨扫描检查;如发现转移灶,则对转移灶行MRI或CT检查;另外,LDH和ALP水平也是常规检查。切开活检和穿刺活检(粗针或针吸)是骨与软组织肿瘤诊断中的两种方法^[20,21]。切开活检是最准确的方法,因为它可以提供较多的标本来进行免疫组化或细胞遗传学检查^[22]。但是,切开活检需要在手术室进行全身麻醉或区域麻醉。穿刺活检可以在局部麻醉下进行,需要或不需镇静。当获得标本充分时,穿刺活检可作为切开活检的另一种选择,诊断准确率为88%~96%^[23-25]。随着影像学技术的发展,影像学定位下的穿刺活检越来越多地在诊断原发和继发骨肿瘤中得到应用^[26]。活检应该在患者将会接受进一步治疗的中心进行。在活检时,应妥善固定病变骨,采取适当的措施防止病理骨折的发生。活检的实施对于保肢手术非常重要,如果活检不当将会影响患者的预后^[20,21]。如果活检瘢痕在肿瘤切除时没有整块切除,切开活检和穿刺活检有导致肿瘤局部复发的可能,这与活检道的肿瘤播散有关。穿刺活检的肿瘤播散风险低^[27,28]。然而,穿刺活检和切开活检的原则是一样的。在计划活检路径时,应保证活检带在计划切除的范围内,使得手术时其切除范围可与原发肿瘤达到同样的广泛边缘。(1B级)

3.2 治疗

对于低级别骨肉瘤(包括髓内型和表面型),可直接广泛切除(1B级);对于骨膜骨肉瘤,可先考虑化疗,再行广泛切除。(2B级)

对于高级别骨肉瘤(包括髓内型和表面型),均建议先行术前化疗(1A级),化疗后通过胸片、局部X线片、PET或骨扫描等进行重新评估及再分期。对于可切除的肿瘤,应予广泛切除。当切缘阴性、化疗反应良好时,则继续化疗;而化疗反应差时,可考虑更改化疗方案。当切缘阳性、化疗反应良好时,则继续化疗,同时考虑其他局部治疗(手术、放疗等);而化疗反应差时,可考虑更改化疗方案,同时考虑其他局部治疗(手术、放疗等)。当肿瘤无法切除,则仅考虑放、化疗。治疗后对患者持续监测。(1B级)

对于就诊时已有转移的患者,若肺部或其他内脏的转移灶可以切除,则建议切除转移灶,并辅以化疗,同时按前述原则治疗原发病灶。当转移灶无法切除时,可行放、化疗,同时重新评估原发病灶,选择合适的局部控制手段。治疗后对患者持续监测。(1B级)

3.3 随访和监测

随访监测在第1、2年应每3个月1次,第3年每4个月1次,第4、5年每半年1次,此后每年1次。每次均应完善影像学及实验室检查(1B级)。每次随访应重新评估患者功能。如发现复发,则应行化疗,如可能则考虑手术切除。治疗反应良好则继续监测,当再次复发或疾病进展,如有可能则考虑手术切除,或参与相关临床试验性治疗,也可考虑¹⁵³钐-EDTMP治疗或姑息性放疗,同时给予支持治疗。(2B级)

4 治疗方法

4.1 外科治疗

手术(截肢或保肢)仍是骨肉瘤治疗的主要方式^[29]。对于无转移的高级别骨肉瘤,研究表明截肢技术与保肢手术在复发率以及生存率上无显著差异^[30-32],而保肢手术往往能带来更好的功能^[33]。在新辅助化疗反应较好的高级别骨肉瘤患者,如果能达到广泛的外科边界,应首选保肢治疗^[30,34]。当保肢治疗无法达到满意的外科边界时应进行截肢治疗^[29,34]。(1B级)

4.2 化疗

在手术基础上联合辅助化疗和新辅助化疗可明显改善非转移性骨肉瘤患者的预后(1A级)。早期临床试验使用多药联合方案,包括以下药物中至少三种:多柔比星、顺铂、博来霉素、环磷酰胺或异环磷酰

胺、放线菌素D和大剂量甲氨蝶呤^[35-39]。此后的临床试验证实,包括顺铂、多柔比星的短期、密集化疗方案(含或不含大剂量甲氨蝶呤和异环磷酰胺)可获得非常好的远期结果,与多药联合方案效果大致相同^[40-46]。

在欧洲骨肉瘤协作组实施的随机临床试验中,对于可手术切除的、非转移性骨肉瘤患者,多柔比星和顺铂的联合用药方案比多药联合方案耐受性更好,生存率无差别^[41]。前者的3年和5年总生存期(overall survival, OS)分别为65%和55%,5年无进展生存率(progression free survival, PFS)为44%。在INT-0133试验中,针对非转移性可切除的骨肉瘤患者,研究者对比三药联合方案(顺铂,多柔比星,甲氨蝶呤)和四药联合方案(顺铂,多柔比星,甲氨蝶呤,异环磷酰胺),6年无事件生存率(event-free survival, EFS)和OS二者无差别,分别为63%:64%,以及74%:70%^[47]。

为了减轻远期的心脏毒性和耳毒性,针对非转移性骨肉瘤患者,研究者设计不包括多柔比星和顺铂的方案^[48,49]。在II期临床试验中,对于非转移性肢体骨肉瘤患者,联合使用顺铂、异环磷酰胺、表柔比星疗效较好,且耐受性良好^[48]。中位随访64个月,5年DFS和OS分别为41.9%和48.2%。在另一个多中心随机试验中(SFOP-OS94),联合使用异环磷酰胺和依托泊苷与联用大剂量甲氨蝶呤和多柔比星的方案相比,可获得较高的组织学反应率(56%:39%)。但两组病例5年OS相似,5年EFS无显著差别^[49]。

无论何种方案的化疗,在新辅助化疗后好的组织病理学反应率(坏死率是否大于90%)是判断预后的重要因素^[16,50]。Rizzoli Institute进行了一项包括881例患者的非转移性肢体骨肉瘤的新辅助化疗研究,Bacci等发现5年DFS和OS与化疗的组织学坏死率相关^[51]。在反应好和反应差的患者中,5年DFS和OS分别为67.9%:51.3% ($P<0.0001$),以及78.4%:63.7% ($P<0.0001$)。儿童癌症组的报告也确认了上述发现:反应好者,8年术后EFS和OS分别为81%和87%;反应差者,8年EFS和OS分别为46%和52%。

有研究评估了化疗中加用米伐木肽(muramyl tripeptide phosphatidyl ethanolamine, MTP-PE)的效果^[47,52]。在非转移、可切除的患者中,加用MTP-PE后6年OS显著提高(由70%升至78%),EFS有改善趋势^[47],但是在转移性疾病中,对生存的改善并不显著^[52]。

4.2.1 一线治疗(初始/新辅助/辅助治疗或转移):①顺铂联合阿霉素;②MAP(大剂量甲氨蝶呤、顺铂、阿霉素);③阿霉素、顺铂、异环磷酰胺,联合大剂量甲氨

蝶呤;④异环磷酰胺、顺铂、表阿霉素。

4.2.2 二线治疗(复发/难治或转移):①多西紫杉醇和吉西他滨;②环磷酰胺、足叶乙甙;③环磷酰胺、拓扑替康;④吉西他滨;⑤异环磷酰胺、足叶乙甙;⑥异环磷酰胺、卡铂、足叶乙甙;⑦大剂量甲氨蝶呤、足叶乙甙、异环磷酰胺;⑧¹⁵³Sm-EDTMP用于难治或复发的超二线治疗;⑨索拉菲尼。

4.3 无转移骨肉瘤

指南推荐对低级别骨肉瘤(包括髓内型和表面型)及骨膜骨肉瘤首选广泛切除(1B级)。骨膜骨肉瘤患者可考虑进行术前化疗(2B级)。尽管新辅助化疗及辅助化疗已被应用于骨膜骨肉瘤,但实际上并没有证据支持其与单纯广泛切除相比能改善预后^[53,54]。欧洲骨骼肌肉肿瘤学会(European Musculoskeletal Oncology Society)发表了一篇119例骨膜骨肉瘤患者的研究,大部分患者接受新辅助化疗,但并未改善预后^[54,55]。最近,Cesari等^[53]报道了类似发现:辅助化疗+手术和仅接受手术的患者相比较,十年整体生存率分别为86%及83%($P=0.73$)。对高级别无转移骨肉瘤患者而言,长期随访显示,无瘤生存率和整体生存率显著得益于辅助化疗。

低级别(包括髓内型和表面型)和骨膜骨肉瘤接受广泛切除后,病理检测发现高级别骨肉瘤成分,本指南推荐进行术后化疗(2B级)。

对高级别骨肉瘤更倾向于进行广泛切除手术前的化疗^[14,40-42,45-49,55](1A级)。部分年龄较大的患者可能受益于即刻手术。广泛切除手术后,肿瘤对术前化疗组织学反应有效(残余存活肿瘤小于10%)的患者应当继续接受数个疗程相同方案的化疗。术后组织学反应不佳(残余存活肿瘤大于或等于10%)的患者可考虑行不同方案化疗,然而通过改变化疗方案来改善这部分患者预后的尝试并不成功^[56-59]。欧洲与美洲骨肉瘤研究组(EURAMOS)正在进行一项随机试验,根据研究可切除肿瘤对术前化疗的组织学反应来制定治疗策略。如果术前化疗后肿瘤仍不可切除,推荐进行放疗或化疗。对部分不可切除或无法完整切除的骨肉瘤患者,光子/质子联合放疗及质子束放疗对局部病灶控制显示有效^[60,61](1B级)。

4.4 就诊时即存在转移灶

10%~20%患者初次诊断时即发现有转移^[9,62]。对于这部分患者,转移灶的数量、所有临床可及病灶是否可行完整外科切除是独立预后因素^[62]。在肺转移患者中,单侧转移、肺部结节数量较少与预后良好相

关^[14,19]。只有1~2处转移灶的患者2年无瘤生存率显著高于3处及以上转移灶者(分别为78%、28%)^[14]。

对无转移的高级别骨肉瘤患者,化疗显著改善预后,但对于就诊时即存在转移者则差很多^[63-65]。对一组病例采用顺铂+柔红霉素+大剂量甲氨蝶呤+异环磷酰胺方案,57例就诊时即存在转移者2年无病生存率和整体生存率分别为21%和55%,而就诊时无转移者分别为75%和94%^[65]。

在就诊时即存在转移的接受联合治疗的骨肉瘤患者中,通过化疗和外科治疗后切除转移灶的患者的长期生存率高于无法切除转移灶者(分别为48%和5%)^[66]。积极化疗联合外科切除原发灶和转移灶可改善四肢原发骨肉瘤肺转移患者的预后^[67]。

对就诊时即存在的可切除转移灶(包括肺、腹腔脏器或骨),本指南推荐术前化疗继以广泛切除原发肿瘤;化疗和手术切除转移灶可以作为转移性病变的治疗手段。不可切除性转移灶应当行化疗和(或)放疗,继以对原发肿瘤进行再评估。(1B级)

4.5 复发和难治性病变

无转移骨肉瘤患者中约30%、诊断时即存在转移者中约80%会复发。单一转移灶、初次复发时间、初次复发时病变可完整切除是最重要的预后因素,而无法耐受手术、二次以上复发者预后不佳^[68-72]。原发无转移骨肉瘤患者中,发生肺转移的间隔时间越长,生存状况明显更佳^[71]。COSS试验通过大宗随机队列研究,报道了多次复发患者的预后与其外科切除情况相关^[73]。

一些临床试验评估了依托泊苷联合环磷酰胺或异环磷酰胺的疗效^[74,75]。法国儿童肿瘤学会(French Society of Pediatric Oncology)的一项II期临床试验表明异环磷酰胺联合依托泊苷在复发性或难治性骨肉瘤患者中取得了48%的应答率^[75]。另一项II期临床试验中,环磷酰胺联合依托泊苷在复发性高危型骨肉瘤患者中获得了19%应答率、35%疾病稳定率^[74]。四个月后无进展生存率为42%。吉西他滨单药或联合方案,如多西他赛联合吉西他滨、环磷酰胺联合托泊替康、异环磷酰胺+卡铂+依托泊苷等,在复发或难治性骨肉瘤患者中均有效^[76-79]。

二氯化镭-223(²²³RaCl₂)是一类亲骨性放射性治疗物,目前正处于转移或复发骨肉瘤治疗的初期评估阶段^[80]。该药物在美国已被批准用于去势难治性前列腺癌骨转移的治疗。钆-153乙二胺四亚甲基膦酸(¹⁵³Sm-EDTMP)是另一类亲骨性放射性治疗物,

已于局部复发或转移性骨肉瘤及骨转移癌患者中行评估^[81,82]。Andersen等^[81]报道了¹⁵³Sm-EDTMP联合外周造血干细胞治疗的副作用较小,对骨肉瘤局部复发或远处转移患者的疼痛缓解有效。另一项试验表明¹⁵³Sm-EDTMP对高危型骨肉瘤患者有效^[82]。

针对一系列分子途径的靶向治疗手段,包括mTOR、SRC激酶家族、血管内皮生长因子受体(VEGFR)等正位于临床试验验证阶段,以期改善复发性和难治性骨肉瘤患者的预后。意大利软组织肉瘤联合组进行的一项Ⅱ期临床试验中($n=30$),在复发或无法切除的高级别骨肉瘤患者经标准多方案联合治疗失败后,索拉非尼(VEGFR抑制剂)表现出有效性^[83]。四个月无进展生存率为46%,中位无进展生存时间和中位整体生存时间分别为4个月和7个月,临床受益率(定义为6个月无进展)为29%,部分缓解率和疾病稳定率分别为8%和34%,17%的患者可耐受治疗6个月以上。

大剂量化疗/干细胞移植(HDT/SCT)在局部进展、转移及复发骨肉瘤患者中的安全性和有效性已经有一些初步结论^[84,85]。在意大利肉瘤协作组的研究中,对手术后化疗敏感病例,采用卡铂联合依托泊苷化疗后进行干细胞治疗^[85]。移植相关死亡率为3.1%,3年整体生存率和无瘤生存率分别为20%和12%。该方法在高危型患者中的有效性尚待前瞻性随机试验进一步证实。

复发或难治性骨肉瘤的治疗策略尚待优化。一旦复发,患者应接受二线化疗方案和(或)手术切除。根据近期Ⅱ期临床试验结果,本指南认为索拉非尼可作为复发患者的全身性治疗方案^[83]。(1B级)

5 外科治疗详解

5.1 四肢病变的外科治疗

5.1.1 四肢骨肉瘤的外科治疗方式:截肢和保肢的选择(1B级)。

在20世纪70年代以前,由于局部复发率高且瘤段截除后缺乏有效的重建方法,临床上常采用截肢术,直到现在,截肢仍然是治疗骨肉瘤的重要手段之一,包括经骨截肢和关节离断术。其优点在于能最大限度地切除原发病灶,手术操作简单,无需特别技术及设备,而且费用低廉,术后并发症少,术后即可尽快施行化疗以及其他辅助治疗控制和杀灭原发病灶以外的转移。截肢的适应证包括:患者要求截肢、化疗无效的ⅡB期肿瘤、重要血管神经束受累、缺乏保肢后

骨或软组织重建条件、预计义肢功能优于保肢^[86-92]。

目前,大约90%的患者可接受保肢治疗,保肢适应证为:ⅡA期肿瘤、化疗有效的ⅡB期肿瘤、重要血管神经束未受累、软组织覆盖完好、预计保留肢体功能优于义肢。远隔转移不是保肢的禁忌证,因此对于Ⅲ期肿瘤,也可以进行保肢治疗,甚至可以行姑息性保肢治疗。但是需要引起重视的是,化疗反应好仍然是保肢治疗的前提^[93]。

保肢手术包括肿瘤切除和功能重建两个步骤。对应的就是骨肿瘤学所涵盖的两部分内容,即肿瘤学和骨科学。在对骨肉瘤的治疗上也要满足肿瘤学及骨科学两方面的要求,即完整、彻底切除肿瘤(细胞学意义上的去除肿瘤)及重建因切除肿瘤所造成的股骨肌肉系统功能病损(骨及软组织重建)^[94]。普通骨科医师常犯的错误是过分地重视肢体功能的保留及重建,而忽略了肿瘤的治疗,即以牺牲肿瘤治疗的外科边界为代价,保留维持良好功能所需的组织解剖结构^[95]。骨肉瘤的生物学行为是影响肢体及生命是否得以存留的主要因素,而骨骼肌肉系统功能的优劣则影响患者的生存质量。如果肿瘤复发,其后果不仅是增加再截肢的风险以及加重患者的痛苦和医疗费用负担,它还使得复发患者的肺转移率远高于无复发患者,而绝大部分骨肉瘤患者的生命终结都是因为出现了肺转移^[65,96]。只有能够生存,才谈得到质量的好坏;生命已不存在,再完美的功能也只是空谈。

保肢手术的重建方法包括骨重建与软组织重建。骨重建即重建支撑及关节功能,软组织重建则修复动力、提供良好的覆盖。按照重建的特点又可以分为生物重建和非生物重建^[88,91,97-99]。目前临床上可供选择的重建方法有:①人工假体,可以提供足够的稳定性和强度,允许早期负重行走。目前组配式假体功能良好,易于操作,但人工假体最主要的问题仍然是松动、感染和机械性损坏。②异体骨关节移植,既往的骨肉瘤治疗中曾经起过重要的作用,即使是现在,如果掌握好适应证,仍然是比较好的重建方法。其最大优点是可以提供关节表面、韧带和肌腱附丽,但缺点是并发症的发生率高,有报道包括感染,骨折等在内的并发症发生率高达40%~50%。③人工假体-异体骨复合体(APC),一般认为可以结合人工假体和异体骨两者的特点,肢体功能恢复快,但同样也结合两种重建方式的缺点。④游离的带血管蒂腓骨或髂骨移植。⑤瘤段灭活再植术,该重建方

式在历史上曾经广泛应用,在特定的历史时期发挥了很大的作用,但由于肿瘤灭活不确切、复发率高、无法进行术后化疗评估,并且死骨引起的并发症高,目前已基本弃用^[100]。⑥可延长式人工假体,适宜儿童患者,须定期实行延长手术^[101]。⑦旋转成形术,适宜于儿童患者,但年龄较大的患者容易存在心理接受方面的问题。无论是截肢还是保肢,术后都应积极进行康复训练。

5.1.2 肢体骨肉瘤的术前计划和术后评估:不管采取何种手术方法,外科手术切除的原则仍然是以最大限度上减少局部复发为首要目标,其次是最大限度地减少对功能的影响^[102]。术前计划对于手术的实施非常重要。广泛切除意味着手术切缘为组织学阴性,以达到最佳的局部控制效果。对部分病例而言,截肢可能是达到这一目标的最适当的选择。然而,能够合理保全功能时,应首选保肢手术^[103,104]。

在骨肉瘤的外科治疗中,一系列关于保肢治疗的处置方法最为人们所接受,并且在术前设计时首先被考虑。虽然在不同的专家之间,保肢治疗的方法可能存在相当大的差异,但对于外科切除,确实需要一个统一的评价标准。Enneking 第一个提出这个问题,并提出了外科边界评价的概念,主要分成4类:根治性边界、广泛性边界、边缘性边界和囊内边界。

5.1.3 局部复发的处理:肢体骨肉瘤局部复发的预后很差^[105]。外科的处理遵循的原则仍然是安全的肿瘤边界。对于复发病灶需要进行局部X线、CT和MRI的评估,以及全身骨扫描排除多发转移病灶。Anderson 骨肿瘤中心 Takeuchi 等^[106]报道对于局部复发病灶5年和10年生存率分别为30%和13%。多因素分析如果合并转移或者复发肿块直径大于5 cm者为独立危险因素,足够的外科边界是局部复发手术治疗的关键。

5.2 骨盆病变

5.2.1 保肢治疗的适应证:随着化疗药物、外科手术技术和骨科重建技术的长足发展,自上世纪70年代起保肢率与患者长期生存率都有显著升高。保肢治疗因兼顾了切除肿瘤和保留肢体功能的效果而能在全世界流行。大量长期临床研究显示保肢治疗和截肢的治疗效果相似^[107-110]。但是保肢治疗有其适应证,如盲目地给不适合的患者实施保肢治疗会带来较差的治疗效果。保肢治疗的适应证包括:①保肢手术能够达到满意的切除边界,且半骨盆截肢术并不能提供更好的切除边界;②预计保肢治疗后的结果优于截肢治

疗^[111-113]。禁忌证包括:①无法达到满意的切除边界;②肿瘤侵及坐骨神经及髂血管致使无法保留有功能的肢体;③术中无法切除的广泛转移瘤^[114]。

5.2.2 外科边界:对于任何病理类型和分级的骨肉瘤,首选初始治疗方案均为切缘阴性的广泛切除。

位于骨盆的骨肉瘤常导致高复发率和低生存率,完整彻底地切除骨肉瘤是长期生存的前提,切除边缘残留的肿瘤组织和局部复发率有关,且可能导致较差的治疗结果。多数研究表明广泛切除边界可以降低术后的局部复发率,但是鲜有文献定义截骨边界究竟距离肿瘤边缘多少属于安全边界。在一些著名的教科书上建议截骨边界距离肿瘤至少3 cm以上才能保证切除边缘无肿瘤残留^[115,116]。但是 Andreou 等^[117]统计1355例接受保肢治疗的骨肉瘤患者治疗结果后否定了截骨范围大于3 cm的必要性,认为在广泛切除肿瘤的前提下,截骨量与局部复发率并没有关系。相反截骨量越少,保肢后的关节功能会相对越好^[118,119]。

5.2.3 I区骨肉瘤切除后重建:单纯累及I区的肿瘤如不侵及骶髂关节和髋臼区,切除后骨盆连续性仍能得到保留。使用带或不带血管蒂的自体游离腓骨重建骨缺损是目前最常用的方法^[120]。骨愈合后可达到生物重建的效果。结合内固定可以降低植骨段骨折风险,使患者早期负重活动。

5.2.4 II区骨肉瘤切除后重建:髋臼周围肿瘤切除后必须进行重建,如不重建会导致骨盆不稳^[121]。较多文献显示重建后的患者MSTS功能评分更高^[122-124]。然而由于II区的解剖结构较复杂,累及II区(髋臼周围)的骨肉瘤切除重建术后功能损失较大,并发症发生率也较高^[112,125-129]。手术相关的并发症发生率文献报道可达30%~90%^[129-131]。一些文献报道了保肢术后的生活质量,虽然II区切除后的重建方法较多,包括关节融合、髋关节移位、异体骨重建、假关节重建、加强环重建和假体重建等^[128-131],但是至今仍没有一种理想的重建方法^[132-134]。

髋关节融合是以牺牲髋关节活动度来重建骨盆稳定性。术后常伴随发生步态异常和长期疼痛。治疗效果通常较差^[112]。Canpanna 等^[135]建议可以建立髌股骨假关节来取代关节融合,其研究中的患者治疗结果与融合相似,但假关节愈合更快,技术要求更低且并发症发生率也更低。

异体骨结合或不结合假体重建能够恢复假体长度,并且手术后获得较好的功能结果。但是全部由

异体骨重建时要求与宿主骨的贴合以提高骨愈合率和减少术后骨折发生,间接地延长了手术时间并提高了手术技术要求,且术后可能发生感染、排异等并发症^[122,123]。Christian等^[136]研究发现儿童和青少年接受异体骨重建后的MSTS评分明显高于成年人。

Hoffmann等^[127]尝试将在切除Ⅱ区骨肉瘤后,利用铆钉和缝线将股骨头移位至髌骨残端。虽然术后肢体会出现5~12 cm的短缩,但是患者身体、社会和情感功能恢复良好。疼痛和肢体残疾等并发症发生率较异体骨或假体重建低。

髌关节置换的假体重建是目前最常使用的重建术方法。假体远端置换髌关节,近端针对不同的肿瘤切除边缘有不同的固定设计,包括:鞍状假体、定制型半骨盆假体和组配式假体。重建时可结合异体骨移植填补过大的骨缺损。虽然也发现较高的并发症发生率,但是假体重建髌关节后的功能结果较假关节和半骨盆截肢好得多。

5.2.5 Ⅲ区骨肉瘤切除后不用重建:Ⅲ区包括位于坐骨与耻骨的骨肉瘤在切除后不要求重建,Ham等^[137]研究显示术后患者肢体功能较满意。利用自体带血管蒂腓骨或异体骨重建骨盆连续性,也是可供选择的治疗方案。

5.2.6 Ⅳ区骨肉瘤切除后使用脊柱钉棒系统重建:Ⅳ区肿瘤位于骶骨翼,在保证满意的切除边缘的前提下,常需要切除骶髌关节,所以肿瘤切除术后需要重建骨盆的连续性,避免肢体短缩畸形、疼痛和耻骨联合分离等并发症^[138]。钉棒系统是常用的方法,内固定周围的软组织瘢痕可以有助于维持钉棒内固定系统的长期稳定性。常可在内固定周围辅以骨水泥或植骨提升稳定性,降低术后内固定失败的发生率。Guo等^[139]在治疗骨盆Ⅰ+Ⅳ区骨肉瘤患者时,广泛切除肿瘤后用椎弓根钉棒系统重建后达到满意的治疗效果,所有患者在术后2周内行走并且没有发生任何重建相关的并发症。

5.2.7 半骨盆截肢术:适用于瘤体过大、侵犯范围较广、不符合保肢指征的病例。半骨盆截肢作为针对涉及大腿、腹股沟及髌臼周围区域的巨大骨盆肿瘤的标准治疗手段已有数十年之久。骨盆的切除范围可以根据肿瘤范围进行调整,为了达到满意的切除的边界,扩大的半骨盆切除范围可达到骶骨神经裂孔。半骨盆截肢后可用标准的前侧或后侧肌瓣覆盖残端,如果肿瘤从后方侵犯臀部及大腿上段,股管未受侵,建议优先使用前侧股直肌肌瓣覆盖^[140]。

5.2.8 局部复发:局部复发的骨盆骨肉瘤应视是否转移,化疗是否敏感等因素决定是否进行手术。由于骨盆的解剖结构较特殊,达到满意的切除边界难度较大,局部复发率30%~60%,较四肢骨肉瘤高^[112,141-144]。Fuchs等^[142]回顾性分析了单中心骨盆骨肉瘤患者的治疗效果,发现局部复发和远处转移都是降低生存率的风险因素,且对局部复发病例是否进行手术和进行何种手术对生存率没有明显影响。

5.3 骶骨病变的外科治疗

5.3.1 手术入路的选择:正确的骶骨肿瘤手术入路可以减少术中出血、减少术后并发症,同时帮助术者顺利的完成手术过程。目前采用的手术入路主要有单纯前方入路、单纯后方入路和前后方联合入路等。单纯前方入路较为常用途径是腹膜外途径,也可经腹腔途径。一般认为前方入路适用于S3及其以上高位的肿瘤,尤其适用于肿瘤向骶前生长的情况。单纯后方入路适用于对病变局限的骶骨肿瘤进行较为彻底的切除术。对于累及S2及以上的肿瘤或瘤体明显向前突入盆腔的肿瘤采用前后联合入路手术,能充分暴露骶骨的前后侧及其边缘,容易达到肿瘤广泛边界切除,并能减少出血、盆腔脏器损伤等并发症^[145]。因此,前后方联合入路是目前临床上最常采用的方式。当遇到骶骨固定的巨大肿瘤时可考虑采用会阴部联合入路^[146,147]。对病灶累及较高骶椎节段或全骶骨受累者,宜采用前后方联合入路^[145]。

5.3.2 手术方式的选择:骶骨肿瘤手术风险大,并发症多,因此选择合适的手术方式不仅可以减少术中术后并发症的发生,而且可以提高患者术后生活质量。北京大学人民医院骨与软组织肿瘤中心郭卫主任医师根据Enneking骨盆分区制定不同的手术方式:累及Ⅰ+Ⅳ区采用钉棒系统内固定、自体腓骨或髌骨植骨或者采用钉棒系统联合骨水泥重建骨盆环稳定性;累及Ⅰ+Ⅱ+Ⅳ区采用半盆离断、钉棒联合半骨盆假体重建或者自体股骨头植骨联合半骨盆假体重建;累及Ⅰ+Ⅱ+Ⅲ+Ⅳ区采用半盆离断、钉棒联合半骨盆假体重建或者自体股骨头联合半骨盆假体重建。高分化的骶骨骨肉瘤与良性骨肿瘤难以区分,若采取局部切除术可能会导致局部复发。因此,手术前明确患者肿瘤类型是十分重要的。若为高分化骶骨骨肉瘤也应采取较广的手术边缘^[139,148]。

5.3.3 术后稳定性重建:骶骨不仅是骨盆环的重要组成部分,而且还有支撑脊椎的功能。因此,重建缺损与切除肿瘤一样重要。Simpson等^[147]认为只要保持1/2

的S1节段的完整性即可保持骨盆环稳定。骨盆I+IV区切除重建:在肿瘤累及骨盆I+IV区的病例中,可应用钉棒系统重建髂骨肿瘤切除后的缺损。钉棒系统周围的软组织瘢痕可以有助于维持钉棒内固定系统的长期稳定性。对于年轻患者应进行植骨,可根据缺损的大小选择两段腓骨植于L5和髂骨之间,或者植于骶骨和髂骨之间。腓骨要插入骶骨和髂骨的松质骨中,并且与固定棒平行。移植的腓骨逐渐与骶骨和髂骨融合。此外,也可在对侧髂骨取骨或取切下髂骨翼上的残存骨,应用钢丝或螺钉固定于骨缺损区。单纯应用带血管蒂或不带血管蒂的游离自体腓骨移植是髂骨I区肿瘤切除后重建骨盆环连续性最常用的方法。骨愈合后可达到生物重建的效果。这种方法也存在许多缺点,包括固定不牢靠、不能早期下地、植骨端不愈合、移植的腓骨骨折等。对于骶髂骨肿瘤切除后的骨缺损,术中游离移植自体腓骨后,同时行钉棒系统内固定,术后骨盆稳定性好、不需要额外的支持就可以获得满意的步态。

5.3.4 手术并发症及预防措施

5.3.4.1 术中出血:骶骨肿瘤手术失血较多,尤其是高位骶骨的次全截除或全切术有可能发生失血性休克。因此,术前应做好充分准备:备好充足血源;电刀的使用可以加速凝血;术中开放2个或2个以上静脉通路并详细记录术中出血量、尿量以及液体输入量;游离神经出血较多时快速加压输血;术中先处理出血少部位后处理出血多部位。另外,对于低位肿瘤,一般无需结扎髂内血管;对于高位肿瘤,前路手术可行双侧髂内动脉栓塞或经前路结扎双侧髂内动脉,减少出血的同时充分分离肿瘤前方组织。对巨大或高位骶骨肿瘤切除患者采用控制性低血压麻醉或者低温低压麻醉^[145]。若术前血管造影显示瘤体血供不丰富可以考虑不行血管栓塞。国内外学者认为:使用球囊扩张导管(BDC)术中暂时阻断腹主动脉可取得很好的效果^[149-151]。

5.3.4.2 神经功能损伤:骶骨肿瘤尤其是高位肿瘤切除术后的一个问题就是大小便失禁或(和)行走困难。一般来讲,仅保留双侧S1神经可保持正常步态但将无法控制括约肌并且失去正常的肠道和膀胱功能;保留双侧S1、S2神经,患者可能保持正常肠道功能(40%)以及正常膀胱功能(25%);保留双侧S1、S2神经及单侧S3神经,患者可能保持正常肠道功能(67%)以及正常膀胱功能(60%);保留双侧S1~S3神经,患者可能保持正常肠道功能(100%)以及正常膀胱

功能(69%);保留单侧S1~S5神经,患者可能保持正常肠道功能(87%)以及正常膀胱功能(89%);单侧S1~S5神经切除后同侧会阴部感觉麻木,但不影响性功能,术中仅保留了单侧骶神经根,而将对侧L5~S5神经根连同半边骶骨全部切除,患者保持正常的膀胱和直肠功能^[152,153]。因此,术中保留神经数目越多,术后患者神经功能越好。

总之,骶骨骨肉瘤的外科治疗首先要明确手术目的。对于术者而言,手术切除方式取决于肿瘤体积、肿瘤累及范围等;对于患者而言,术后神经功能的需求也是临床治疗应当着重考虑的方面。因此,术前应当告知患者各种手术方式所带来的利弊,医患双方及时沟通。

5.3.4.3 射频消融技术:对于骨盆骶骨的骨肉瘤,手术切除无法达到的外科手术边界可以通过计算机导航技术精确定位射频消融范围对局部病灶进行治疗,从而缓解患者不适症状,减小手术创伤,改善患者生活质量。同样,对于不愿进行广泛切除手术的患者和合并肺转移的原发骨盆骶骨骨肉瘤也可以采取射频消融的方式进行局部治疗^[154]。

5.4 脊柱病变

5.4.1 切除边界的选择:发生于脊柱活动节段的原发或继发骨肉瘤,在可能的情况下均应选择边缘阴性的全脊椎肿瘤整块切除术^[154-161]。

脊柱骨肉瘤占有所有骨肉瘤3%左右^[162-164],常见于胸腰椎,也可见于颈椎^[165]。骨骼肌肉系统的原发恶性肿瘤需施行广泛的手术切除并获得阴性边界^[166]。由于脊柱解剖的特异性,早期手术只能做到肿瘤刮除、囊内切除及肿瘤分块切除等病灶内切除方法。但这些手术方法导致肿瘤切除不彻底,易出现肿瘤术后复发及远处转移,导致预后不良^[155,159,167,168]。

目前随着手术技术的进步,边缘阴性的全脊椎肿瘤整块切除已成为脊柱肿瘤的治疗金标准。最近几个相对大样本的病例研究显示^[169-173]在全脊椎切除的基础上对骨肉瘤进行广泛切除或至少边缘切除能最大限度地避免因手术操作带来的瘤细胞污染,对降低术后肿瘤局部复发率、提高患者生存率有着显著的积极作用。

脊柱骨肉瘤的切除过程中,全脊椎切除、整块切除和边缘阴性切除是并行的概念,对手术技术提出了更高的要求,而肿瘤的发病部位、侵及范围的大小及周围的解剖结构在一定程度上限制了手术方法的选择。发生于胸椎及腰椎部位的骨肉瘤,Tomita脊柱

肿瘤外科分期中的1~3型可采用全脊椎肿瘤整块切除术并获得边缘阴性,而Tomita 4~7型的患者多需采用囊内切除^[161];而对于颈椎骨肉瘤来说,由于椎动脉系统以及参与臂丛形成的颈神经根等因素存在而几乎难以实现肿瘤边缘阴性的整块切除,目前关于颈椎骨肉瘤的整块切除偶见个案报道^[174,175],常采用矢状切除、椎体切除及全脊椎切除等方式对肿瘤实行全切除,但切除方式仍然属于病灶内分块切除,肿瘤的污染、种植难以避免,术后肿瘤复发率高^[163,176]。

5.4.2 复发及转移病例的治疗:脊柱骨肉瘤具有较高的复发率及转移率,复发灶及转移灶的处理依据患者的具体情况和病灶的具体位置来决定。

目前的多个系列脊柱骨肉瘤病例报道均指出脊柱骨肉瘤外科术后的复发率与初次手术的手术方式密切相关,总体复发率为27%~60%,而边缘阴性术后的肿瘤复发率为0~6%^[169,171,172],虽然术前及术后的化

疗及放疗也会影响复发率,但初次手术外科边界仍然是骨肉瘤复发的重要风险因素。

在个体情况许可的情况下,即使是多次复发,也应尝试切除所有可切除的转移灶,部分患者可获得更多的治疗选择及更长的生存期^[177]。若复发性骨肉瘤为孤立肺转移灶,则治疗主要为手术切除。

5.4.3 脊柱骨肉瘤切除后的稳定性重建:几乎所有的脊柱骨肉瘤在切除后都应进行脊柱稳定性的重建。

脊柱作为人体的中轴骨骼,在受到肿瘤破坏及外科切除后,重建稳定性是必须完成的手术步骤。脊柱的重建包括前中柱重建及后柱的重建^[169,172,178],后柱的重建国内外主要使用椎弓根螺钉,国内前中柱的重建方法主要为钛网支撑,考虑到骨肉瘤的高复发性及转移性,钛网内很少使用瘤骨灭活再植、自体腓骨移植或异体骨等生物重建方式,而是填充骨水泥等化合物材料。

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