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胆囊切除术后意外胆囊癌的治疗进展

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[摘要] 意外胆囊癌(incidental gallbladder cancer, IGBC)指因胆囊良性疾病行手术治疗, 在术中通过冰冻病理检查(以下简称病检)或术后通过石蜡病检意外确诊的胆囊癌。相比于术前已明确诊断的胆囊癌病例, IGBC患者的病理分期通常较早, 选择合适的治疗手段能改善预后, 甚至可以长期无病生存。部分IGBC患者在术中通过冰冻病检明确了胆囊癌的诊断并完成了胆囊癌根治手术。但仍有许多IGBC患者术中未行冰冻病检, 或进行了术中病检但病检结果未报癌。对于这部分患者应重视通过常规石蜡病检明确诊断及分期后的后续治疗。

[关键词] 胆囊肿瘤; 意外发现; 胆囊切除术; 治疗

Progress in the treatment for incidental gallbladder cancer after cholecystectomy

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Abstract Incidental gallbladder cancer (IGBC) is a kind of disease which has been performed the surgery owing to benign gallbladder disease but finally is found as a cancer by intraoperative frozen pathological examination or postoperative paraffin pathology examination. Compared with the case of gallbladder cancer that has been diagnosed before surgery, the pathological stages of IGBC patients are usually earlier and it is possible to improve the prognosis as well as let patients survive without disease for a long time by choosing appropriate treatment. Part of IGBC patients clearly diagnosed as gallbladder cancer through intraoperative frozen pathological examination and complete the radical surgery for gallbladder cancer. However, there're still many patients with IGBC don't have intraoperative frozen pathological examination during operation, or though has the intraoperative examination been done, which don't report the cancer. Therefore, for those people, the follow-up treatments should be paid attention to after the diagnosis being cleared by paraffin pathology examination.

Keywords gallbladder neoplasms; incidental findings; cholecystectomy; therapy

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胆囊癌起病隐匿, 缺乏早期临床表现, 且影像学表现难以与良性病变相鉴别, 故依靠临床表现及辅助检查对其进行早期诊断十分困难。早期胆囊癌通常在胆囊切除术中或术后通过病理检查意外发现。据统计^[1-2], 50%~70%的胆囊癌患者是在胆囊切除术中或术后通过病理检查意外发现的。临床上将术前诊断的称为良性胆囊疾病, 在术中或术后通过病理检查意外发现的胆囊癌称为意外胆囊癌(incidental gallbladder cancer, IGBC)。意外胆囊癌发现时多病理分期早、组织分化程度高^[3], 但胆囊癌本身恶性程度高, 具有早期转移、生长速度快的生物学特性, 故及时、规范治疗是改善其预后的关键。国内的一项大型多中心研究^[4]收集了233例IGBC患者, 其中有140例患者在胆囊切除术中未进行快速冰冻病理切片检查, 13例术中病检诊断为胆囊良性疾病, 仅80例IGBC患者在术中明确了诊断。由此可见胆囊切除术后诊断为IGBC的患者并非少数。

1 IGBC 的发生原因及预防

由于腹腔镜器械的普及与日间手术在全国不同级别医院中的推广, 使得良性胆囊疾病的术前鉴别诊断和治疗在一定程度上变得不那么标准。部分医院与外科医生仅行简单的超声检查后便进行了胆囊切除术, 而忽略了询问详细的病史或进行高风险筛查^[5]。

在以下类型的胆囊癌高危患者进行胆囊切除术前, 应警惕IGBC的发生^[5]。1)老年胆囊结石患者, 尤其是女性患者; 2)胆囊结石或胆囊炎病程超过10年的患者; 3)胆囊结石直径>2 cm的患者; 4)充满性胆囊结石的患者; 5)胆囊壁钙化, 瓷性胆囊; 6)胆囊壁增厚的患者; 7)萎缩性胆囊; 8)胆囊腺瘤或胆囊结石合并胆囊息肉者; 9)胆囊息肉直径>1 cm的患者; 10)术前影像学资料提示胆管与胰管交界处异常者; 11)Mirizzi综合征; 12)既往行胆囊造瘘术者; 13)既往行胆囊激光碎石术者。

2 胆囊切除术后 IGBC 的手术治疗

2.1 术前准备

2.1.1 明确病理分期

当术后病理结果证实IGBC存在时, 应首先

明确其病理分期来指导下一步治疗方案。目前肝胆外科医生广泛接受的胆囊癌分期方法是美国癌症联合会(American Joint Committee on Cancer, AJCC)推出的第八版TNM分期^[6]。局限在黏膜层的IGBC(Tis, T1a)仅通过胆囊切除术就可以达到根治效果, 无需进行二次手术。而T1b及以上分级胆囊切除术后的IGBC患者仅行胆囊切除术无法达到根治效果, 需要进一步的手术治疗。对于T2期的胆囊癌, 患者的预后受到肿瘤位置的影响, 肝脏侧的肿瘤(T2b)较腹腔侧的肿瘤(T2a)更容易侵犯肝脏与发生远处转移, 同时也是预后不良的独立危险因素^[7-8]。此外区域淋巴结和胆囊管切缘的病理结果也应明确, 其阳性被认为是区域淋巴结清扫与肝外胆管切除的指征^[9]。

2.1.2 获取初次手术的相关资料

初次手术中胆囊穿孔会提高胆囊癌局部复发的风险^[10]。初次手术的手术方式(开放、腹腔镜或中转开腹)不会影响患者的预后^[11], 但腹腔镜入路时, 肿瘤组织将会有一定概率种植转移在Trocar孔上, 且提取标本的Trocar孔较其他Trocar孔具有更高的种植风险^[12], 这可能与未使用标本袋、胆囊穿孔、胆汁泄露等因素相关。胆囊穿孔和胆汁外泄也将极大提升胆囊癌腹膜转移的概率^[13-14], 是导致患者失去手术根治机会的重要原因之一。

2.1.3 术前辅助检查

胆囊切除术后的IGBC患者在二次根治手术之前, 至少应行胸部CT及腹部CT为评估肿瘤的TNM分期提供参考。PET-CT虽未常规应用于胆囊切除术后IGBC的术前评估, 但其对胆囊癌的敏感性很高^[15-17], 一项研究^[18]结果显示: 有22%的IGBC患者行PET-CT后根据检查结果改变了治疗策略。PET-CT对于残留灶与转移灶具有极高的诊断价值^[16-18], 值得在T1b及以上分期的IGBC患者中推广。此外, 已发生腹膜转移是IGBC患者行二次根治手术的禁忌, 腹腔镜诊断性探查可以明确IGBC患者是否存在腹膜转移, 能够使约半数失去根治机会的IGBC患者避免进行非治疗性剖腹手术, 但其在早期IGBC患者中阳性率较低^[19]。故推荐在高分期(T3期)、低分化胆囊切除术后的IGBC患者中推广应用。一些肿瘤标志物如CA199, CEA等可为临床提供一定的参考, 如在正常值范围内则表示预后良好, 高于正常值数倍则表明可能有残留的肿瘤, 但其准确性不高^[20]。

2.2 二次根治手术的手术时机

胆囊切除术后IGBC二次手术的治疗时机目前争议较多,尚无定论^[21-26]。目前的资料^[26-29]显示:各机构的初次手术与二次手术时间间隔为6 d~11个月,平均约2个月,国内医疗机构的间隔时间较国外短。一种观点^[25-26]认为在诊断IGBC后应尽快完善术前准备,尽早行二次手术,以减少在等待过程中的肿瘤复发与远处转移。另一种观点^[21,23]认为尽早行二次手术并不能改善IGBC患者预后,一项纳入207例IGBC患者的多中心研究^[21]结果显示:初次手术后间隔4~8周行二次根治手术的IGBC患者预后最佳,过早二次手术(4周以内)局部炎症与水肿尚未吸收,增加手术难度与肿瘤播散风险,过晚(8周以后)肿瘤则可能进展。该研究可信度高,但未对IGBC的分期进行细分,且各分组的时间间隔跨度大,因而对临床的指导意义有限,期待更多关于IGBC的研究来明确二次根治手术的手术时机。

2.3 各期胆囊切除术后 IGBC 的根治手术范围

2.3.1 Tis 期与 T1a 期的根治手术范围

对于Tis和T1a期的IGBC,单纯胆囊切除术即可达到根治效果,淋巴结转移概率极低(<2%)^[30],术后患者5年生存率可达100%^[31]。故初次手术中完整切除胆囊者,无需行二次根治手术。

2.3.2 T1b 期的根治手术范围

对于T1b期胆囊癌切除术后的IGBC患者,各指南与共识^[9,32]均认为该期患者的初次手术不能达到根治效果,应行深度为2 cm的胆囊床楔形切除+胆囊周围淋巴结清扫的二次根治手术。主要依据有:1)T1b期的胆囊癌肿瘤已侵犯肌肉层,而胆囊的肝脏侧无浆膜层,肿瘤细胞可经由胆囊静脉转移至肝脏,转移深度在16 mm以内^[14]。2)有研究^[33]表明积极行二次根治手术能够提高T1b期IGBC患者的5年生存率。3)该期患者的淋巴转移率已不容忽视^[32]。但也有学者对此提出异议, Lee等^[30]的Meta分析系统收集了26项关于胆囊癌的研究,结果表明根治手术并没有提高T1b期患者预后的确切证据。也有学者^[16]认为T1b期的IGBC患者在胆囊切除术后应根据PET-CT的结果决定是否行二次根治手术,该期患者的PET-CT若无阳性结果,二次根治手术并不能改善患者预后。笔者认为,鉴于胆囊癌恶性程度高、易早期转移的生物学特性,对于身体素质好的IGBC患者,应积极行

二次根治手术;对于年老体弱者可依据PET-CT的结果及心肺功能的评估制定个体化的治疗方案。

2.3.3 T2 期的根治手术范围

对于T2期胆囊切除术后IGBC患者,肿瘤组织已侵犯浆膜层或胆囊床的结缔组织,既往的指南^[9]推荐患者的肝切除范围至少应包含S4b+S5段,该指南认为T2期患者的肿瘤细胞可经由胆囊静脉转移至肝脏的S4b+S5段,且深度超过4 cm,仅行胆囊床楔形切除无法达到R0切除。随着对胆囊癌研究的深入,人们逐渐发现T2期患者的肿瘤生长在不同的位置具有不同的生物学特性^[7]。鉴于此,最新的AJCC指南将T2期的胆囊癌分为T2a(腹膜侧)与T2b(肝侧)。Shindoh等^[7]收集了437例T2期胆囊癌患者,发现T2b较T2a更容易发生血管侵犯(51%和19%)、神经侵犯(33%和8%)、淋巴结转移(40%和17%),术后也更容易出现肝内复发(16%和3%)。Lee等^[34]回顾性分析6个中心(包括99例T2a期、93例T2b期)的胆囊癌患者,发现肝S4b+S5切除能够显著提高T2b期的5年生存率,然而对于T2a期患者,肝S4b+S5段切除相比于胆囊床楔形切除并不能提高患者预后。新的分期方式必将挑战已有的治疗规范,笔者建议T2b期胆囊切除术后的IGBC患者应行肝S4b+S5段切除术+区域淋巴结清扫,T2a期胆囊切除术后的IGBC患者可根据患者身体素质及本人意愿选择胆囊床楔形切除或肝S4b+S5段切除术+区域淋巴结清扫。关于T2a期胆囊癌的研究相对较少,争议较多,还需更多的研究来规范治疗准则。

2.3.4 T3 期的根治手术范围

T3期胆囊切除术后的IGBC患者肿瘤组织已突破浆膜层,直接侵犯肝和/或一个肝外脏器,此期已属于进展期,对于该期患者,若能接受二次根治手术并达到R0切除,可以极大地改善患者预后^[35],但遗憾的是,该期患者仅约3成有手术根治机会^[36]。根治范围至少应为肝S4b+S5段切除术+区域淋巴结清扫,若有胆囊三角受侵、肝床受累超2 cm等情况应将根治范围扩展右半肝或右三肝+区域淋巴结清扫,合并肝外脏器转移者应联合肝外脏器切除^[9]。行扩大根治手术时应严格把握手术适应证,若R0切除可能性小,或术中探查发现已有远处转移,不应勉强手术。

T4期的胆囊癌已直接侵犯肝主要血管或两个及以上的肝外脏器,该期IGBC的报道极少,术前应已有明确的影像学诊断。在胆囊切除术后才明

确诊的概率极小, 故不赘述。

2.3.5 区域淋巴结的清扫范围

区域淋巴结的清扫范围应根据患者的T分期与术中冰冻结果确定, 现已明确胆囊癌的淋巴转移先转移至第一站淋巴结(8组肝动脉淋巴结、12组肝十二指肠韧带淋巴结), 后经由13a(胰头后上方淋巴结)转移至第二站(13组胰头周围淋巴结、9组腹股干周围淋巴结), 最后经16组(腹主动脉旁淋巴结)发生远处转移^[9]。故T1b期与T2期胆囊切除术后的IGBC患者应常规行13a组淋巴结术中活检, 若其阴性, 清扫范围为第一站淋巴结(8组+12组), 若其为阳性, 应扩大清扫范围(8组+12组+13组+9组)。T3期胆囊切除术后的IGBC患者应常规活检16组淋巴结, 若其阴性, 应清扫第一站与第二站淋巴结(8组+12组+13组+9组), 若其阳性, 可视为已发生远处转移, 表明已无手术根治机会, 应考虑放化疗在内的综合治疗。

2.3.6 肝外胆管的联合切除

肝外胆管是否应在胆囊癌根治术中联合切除存在争议。有研究^[37]认为从T2期始便应常规行肝外胆管切除, 以降低肿瘤复发风险, 提高5年生存率。但更加可靠的研究^[38-39]表明若胆囊管切缘阴性, 联合切除肝外胆管并不能使患者受益, 相反会引入更多的术后并发症。故对于胆囊切除术后的IGBC患者来说, 是否应在二次根治手术中联合切除肝外胆管, 应参考胆囊管切缘的病理结果, 若胆囊管切缘阳性, 为达到R0切除, 应行从胰腺上缘至肝门部的肝外胆管切除。若病理结果提示胆囊管切缘阴性, 即使T分期较高(T2, T3), 也不应常规切除。

2.4 腹腔镜技术在胆囊切除术后 IGBC 中的应用

Zhao等^[40]的Meta分析发现: 对于早期胆囊癌(T2期及以下分期), 腹腔镜入路并不会影响患者的预后。该观点也得到了专家共识的认可^[41]。随着T分期的增加, 根治手术的困难程度必将提升, 随之也会提升肿瘤播散的概率。因此腹腔镜技术仅推荐应用于早期胆囊切除术后的IGBC患者, 在手术过程中应严格遵守无瘤原则并由经验丰富的外科医师完成, 对于高于T2期的患者, 根治手术应开腹完成, 以减少肿瘤医源性播散的机会。

2.5 二次手术中对 Trocar 孔的处理

腹腔镜胆囊切除术后的IGBC患者有一定概率

将肿瘤组织种植在Trocar孔上, 近期的一篇Meta分析^[12]表明: 随着腹腔镜技术的发展与成熟, 胆囊癌在Trocar孔的种植率有所下降, 但仍有7.9%~12.3%的患者出现了Trocar孔种植的情况, 且提取标本的Trocar孔种植率显著高于其他Trocar孔。Trocar孔种植可能与气腹压力过大、穿刺部位漏气、胆囊穿孔、胆汁泄露以及胆囊提取过程中未使用标本袋有关。目前对于二次手术是否应常规切除Trocar孔存在争议, 有观点^[12]认为应常规行Trocar孔的切除。但更多的证据^[42-44]表明常规Trocar孔切除并不能改善患者预后, 反而会增加切口疝的概率。故笔者认为IGBC患者不应在二次根治手术中常规切除Trocar孔, 但对于有高种植风险(胆囊穿孔、胆汁泄露等)的标本提取Trocar孔, 应在二次手术中一并切除。

3 胆囊切除术后 IGBC 的综合治疗

由于胆囊癌对放化疗的敏感度低, 所以胆囊癌的术后综合治疗往往被临床医生所忽略。据统计, 目前术后采取综合治疗的患者不足三成^[45]。但当前关于胆囊切除术后IGBC患者的手术治疗除Tis期与T1a期外, 根治性手术的根治范围及淋巴结清扫范围尚存在争议, 且术后残留、复发、转移率高。一项收集22 499例患者的研究^[46]结果显示: 相比于从未接受综合治疗的胆囊癌患者, 接受任意综合治疗的患者的总生存时间提高了4.3个月。因此综合治疗的积极推广和研究对于改善胆囊切除术后IGBC患者的预后具有重要意义。以丝裂霉素、氟尿嘧啶、吉西他滨或吉西他滨联合顺铂为基础的化疗方案均能提高IGBC患者预后^[47-49]。研究^[50]表明: 辅助放疗能降低局部复发风险, 但由于放疗并非全身治疗, 其提高患者生存率及降低远处转移的作用尚缺乏确切证据。

胆囊切除术后再次评估患者为不可根治切除的IGBC患者可尝试行新辅助化疗。一项纳入74例局部晚期或淋巴结阳性胆囊癌患者的回顾性队列研究^[49]显示: 不可切除的晚期胆囊癌患者在接受吉西他滨或吉西他滨联合铂类的新辅助化疗方案后, 重新评估可切除性, 有30%(n=22)的患者有手术切除可能, 并有14%(n=10)的患者经手术治疗后达到了R0切除。新辅助化疗后行手术治疗的患者的中位生存时间显著高于持续不可切除患者(51个月 vs 11个月, $P < 0.05$)。这一研究表明胆囊切除术后

被评估为无手术根治机会的IGBC患者, 可行新辅助化疗以期达到手术治疗标准。

4 结语

对于胆囊切除术后IGBC病例, 应积极获取初次手术的相关资料, 完善辅助检查。在明确病理分期后, 参考目前分期推荐的根治范围, 判断初次手术的切除范围能否达到根治效果, 进而选择适合该患者的个体化治疗方案。IGBC具有分化程度高、分期较早的生物学特点, 选择规范、及时的治疗方法可以极大地改善患者的预后, 面对在治疗中存在争议的热点问题, 应给予重视并加快研究, 尽早制定IGBC规范化的治疗标准。

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