

·专题论坛·

腹腔内常温联合全身治疗(NIPS)应用于胃癌腹膜转移的临床价值和实施策略

严超 陆晟 朱正纲

上海交通大学医学院附属瑞金医院普通外科 上海消化外科研究所 上海市胃肿瘤重点实验室, 上海 200025

通信作者: 朱正纲, Email: zzg1954@hotmail.com

【摘要】 胃癌腹膜转移是晚期胃癌常见的转移形式, 传统全身化疗疗效不佳。本文系统探讨了腹腔内常温联合全身治疗(NIPS)在胃癌腹膜转移治疗中的临床价值及其实施策略, 包括精准选择治疗对象、优化药物方案、规范化腹腔化疗港管理、把握转化手术时机及术后治疗优化等, 旨在为NIPS的临床实践提供科学指导, 推动其标准化应用, 改善胃癌腹膜转移患者预后。

【关键词】 胃肿瘤; 腹膜转移; 腹腔内化疗; 腹腔化疗港; 转化手术

Clinical value and implementation strategies of normothermic intraperitoneal and systemic chemotherapy (NIPS) in the treatment of gastric cancer with peritoneal metastasis

Yan Chao, Lu Sheng, Zhu Zhenggang

Department of General Surgery, Shanghai Institute of Digestive Surgery, Shanghai Key Laboratory of Gastric Neoplasms, Ruijin Hospital, Shanghai Jiao Tong University School of Medicine, Shanghai 200025, China

Corresponding author: Zhu Zhenggang, Email: zzg1954@hotmail.com

【Abstract】 Peritoneal metastasis of gastric cancer is a common metastatic form in advanced gastric cancer, and conventional systemic chemotherapy has shown unsatisfactory efficacy. This article systematically examines the clinical value and implementation strategies of normothermic intraperitoneal chemotherapy and systemic therapy (NIPS) in the treatment of gastric cancer peritoneal metastasis. It covers aspects such as the precise selection of treatment candidates, optimization of drug regimens, standardized management of intraperitoneal chemotherapy ports, determination of the appropriate timing for conversion surgery, and postoperative treatment optimization. The aim is to provide scientific guidance for the clinical application of NIPS, promote its standardization, and improve the prognosis for patients with gastric cancer peritoneal metastasis.

【Key words】 Stomach neoplasms; Peritoneal metastasis; Intraperitoneal chemotherapy; Intraperitoneal chemotherapy port; Conversion surgery

胃癌是全球范围内常见的消化道恶性肿瘤, 其发病率位居第五, 死亡率位居第三^[1]。2020年, 全球超过50万人被诊断为胃癌腹膜转移(gastric cancer with peritoneal metastasis, GCPM), GCPM是晚期胃癌患者中最常见的复发和转移形式之一^[2]。

特别是浆膜受侵的硬癌型(scirrhou type)胃癌, 腹膜转移的发生率显著升高^[3-5]。研究显示, 约20%的胃癌患者在术前或术中被确诊存在腹膜转移, 且相当一部分T3和T4期患者即便接受根治性手术后, 仍会发生腹膜转移^[6]。

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GCPM 的临床挑战在于其高发性与预后极差的双重特性。腹膜作为转移靶点,不仅增加了疾病的复杂性,还显著限制了传统治疗的效果。传统治疗的局限性主要体现在全身化疗上,由于血浆-腹膜屏障(blood-peritoneal barrier)的存在,系统性给药的药物难以有效渗透至腹膜病灶,从而导致局部药物浓度不足,疗效欠佳^[7]。这一困境促使研究者寻求更具针对性的治疗策略。

近年来,腹腔内常温联合全身化疗(normothermic intraperitoneal and systemic treatment, NIPS)作为一种创新的综合治疗方法应运而生^[8]。NIPS通过腹腔内直接给药,显著提高局部药物的浓度,结合全身化疗控制潜在的远处转移,突破了传统治疗的局限性^[9]。临床研究表明,NIPS不仅能有效杀伤腹膜转移病灶,还可控制腹腔游离癌细胞(free cancer cell, FCC),为部分患者创造转化手术的机会,甚至使少数患者实现临床治愈^[10-14]。NIPS的临床价值在于其显著延长患者生存期、提高疾病控制率的可能性,同时其不良反应可控,患者耐受性较好,为GCPM治疗提供了新的希望。

为进一步推动NIPS在GCPM治疗中的规范化应用,2024年中国胃肠肿瘤圆桌会议(CWGIM-2024)于9月13~15日在上海召开。本次会议以“提高胃癌腹膜转移NIPS治疗的疗效”为主题,汇聚了来自中国、日本、韩国和新加坡等国家的胃癌领域顶尖专家,共同研讨全球首个亚洲NIPS专家共识,规范了NIPS的定义、治疗方案、适应证及转化手术标准等问题,为NIPS的标准化应用奠定了基础。

本文旨在综合既往研究与CWGIM-2024最新进展,系统探讨NIPS在GCPM治疗中的临床应用价值与关键实施要点。通过分析其疗效机制、适应证及实施细节,为临床实践提供科学指导,推动NIPS在GCPM治疗中的规范化应用,最终改善患者预后。

一、NIPS的临床价值

NIPS作为一种创新的治疗策略,在GCPM患者中展现出显著的临床价值,尤其体现在生存获益、疾病控制以及转化手术等方面。NIPS多采用腹腔内紫杉醇给药,因其大分子量和高亲脂性,腹腔内清除缓慢,局部浓度可达血浆的1 000倍(AUC比值1 000),作用时间延长。这种高浓度梯度直接杀伤腹膜病灶,并通过门静脉吸收潜在减轻了肝转移风险,同时系统毒性低,确保安全性^[15]。目前,主要有

两项关于NIPS的Ⅲ期多中心随机对照试验(randomized clinical trial, RCT)研究,验证NIPS相较于标准全身化疗在GCPM患者中的生存获益及疾病控制。

(一)日本PHOENIX-GC研究^[10]

研究于2011年10月至2013年11月在日本20个中心开展,共164例患者符合纳入标准进入完整分析集。患者按2:1比例随机分为NIPS组(114例)和SP组(50例),NIPS组接受腹腔内紫杉醇20 mg/m²和静脉紫杉醇50 mg/m²(第1、8天)联合替吉奥(S-1)80 mg/m²(第1~14天,每3周1周期),SP组接受顺铂60 mg/m²(第8天)联合S-1 80 mg/m²(第1~21天,每5周1周期)。研究数据显示,NIPS组患者的中位总生存期(overall survival, OS)为17.7个月(95%CI:14.7~21.5),优于SP组的15.2个月(95%CI:12.8~21.8),风险比(hazard ratio, HR)为0.72(95%CI:0.49~1.04,P=0.08)。尽管差异未达统计学意义,但3年OS显示,NIPS组为21.9%(95%CI:14.9%~29.9%),显著高于SP组的6.0%(95%CI:1.6%~14.9%)。疾病控制方面,NIPS组在控制腹膜微小病灶方面表现优异。治疗前,NIPS组腹膜FCC阳性率为63.9%(93/144),治疗后降至27.9%,有76%(69/91)的患者FCC转为阴性,显著高于SP组的3/9。此外,NIPS组对腹水的控制效果更好,39%的患者腹水消失,47%的患者腹水减少,而SP组无腹水消失病例(P=0.001)。

(二)中国DRAGON-01研究^[11]

研究于2017年5月至2022年3月在中国9个中心开展,共222例患者符合纳入标准进入分析集。患者按2:1随机分为NIPS组(148例)和PS组(74例)。NIPS组治疗方案与PHOENIX-GC相同,PS组接受静脉紫杉醇70 mg/m²(第1、8天)联合S-1 80 mg/m²(第1~14天),3周1周期。与PHOENIX-GC研究相比,DRAGON-01研究的试验组与对照组使用了相同的药物,仅给药途径不同。研究数据显示,截至2024年3月9日,NIPS组的中位OS为19.4个月(95%CI:17.1~22.9),显著优于PS组的13.9个月(95%CI:10.3~16.1),HR为0.66(95%CI:0.49~0.88,P=0.005)。NIPS组患者1年和2年OS分别为69.6%和37.2%,远高于PS组的54.1%和20.3%,显示NIPS在延长生存期方面的显著优势。研究同样表明,NIPS治疗后部分患者可实现转化手术,NIPS组的转化手术率为57%,显著高于PS组的

35.1% ($P=0.028$)。若 NIPS 治疗后的转化手术能达成 R_0 切除者, 其中位 OS 可达 35.5 个月, 凸显 NIPS 在改善患者预后中的潜力。

可见, NIPS 在 PHOENIX-GC 和 DRAGON-01 研究中均表现出显著的疾病控制能力, 尤其在中国研究中生存获益显著性更强。其安全性可控, 转化手术的潜力进一步提升了患者的长期预后。随着剂量优化、并发症管理及联合新型疗法(如靶向、免疫治疗)的探索, NIPS 有望成为 GCPM 治疗的重要支柱, 为患者提供更有效的治疗选择。

二、NIPS 的实施策略

NIPS 的成功实施依赖于对治疗对象、治疗方案、并发症管理、转化手术时机及术后治疗等环节的系统规划和精准执行。以下从临床实践的角度, 结合最新研究进展, 详细阐述 NIPS 的实施策略, 以期为规范化临床应用提供科学指导。

(一) 治疗对象的选择

NIPS 主要适用于通过腹腔镜确诊为腹膜转移(P1CY0/1)或腹腔游离癌细胞阳性(P0/1CY1)的患者。如前文所述, 日本 PHOENIX-GC 研究及中国 DRAGON-01 研究的数据支持 NIPS 作为此类患者的标准治疗选择^[10-11]。然而, NIPS 不适用于存在严重腹腔粘连或腹膜转移导致的肠梗阻, 或伴有其他危及生命的远处转移患者。严重粘连会阻碍腹腔内化疗液的均匀分布, 降低疗效; 肠梗阻患者肿瘤负荷过高, 预后极差, NIPS 治疗风险大于潜在获益^[16]。此外, 患者若因心肺功能不足无法耐受腹腔镜操作, 也应排除在外^[17]。精准的患者筛选是 NIPS 成功的前提, 需结合腹腔镜探查结果和患者全身状况综合评估。

(二) 治疗方案及药物选择

NIPS 的核心在于腹腔内与全身治疗的协同作用, 药物选择和剂量设计直接影响疗效和安全性。

1. 腹腔内化疗药物: 紫杉醇(PTX)是首选药物, 因其大分子量和高亲脂性特点, 腹腔内吸收缓慢, 能维持局部高浓度且毒性可控^[18-19]。推荐剂量为 20 mg/m^2 (第 1、8 天, 每 3 周为 1 周期), 这一方案在 PHOENIX-GC 和 DRAGON-01 研究中被验证具有良好的耐受性和疗效。部分小样本研究探索了 $40\sim80 \text{ mg/m}^2$ 的高剂量方案, 安全性尚可, 但是否能进一步提升疗效仍需更多证据支持^[20-23]。此外, 多西他赛^[24]和顺铂^[25]也可作为备选药物, 但紫杉醇因其药代动力学优势更为常用。

2. 全身治疗: 系统治疗应遵循转移性胃癌指南, 推荐双药方案, 如 XELOX(卡培他滨+奥沙利铂)、SOX(S-1+奥沙利铂)、SP(S-1+顺铂)或 PS(紫杉醇+S-1)^[26-28]。对于特定分子亚型患者, 可联合靶向或免疫药物: HER2 阳性患者加用曲妥珠单抗^[29]; CLDN18.2 阳性患者加用佐妥西单抗^[30-31]; CPS 评分高的患者加用免疫检查点抑制剂^[32-33]。在此背景下, 笔者团队开展了 DRAGON-09 试验(NCT05204173)评估 NIPS 联合信迪利单抗(PD-1 抑制剂)在 GCPM 患者中的疗效, 初步结果显示, 疾病控制率为 94.7%, 1 年生存率可达 76%^[34]。此外, 对于 Claudin 18.2 阳性患者, 笔者团队开展了 DRAGON-12 试验(NCT06519591), 采用 NIPS 联合 LM-302 及 AK-104 的方案, 期望为特定分子亚型患者提供个性化的治疗选择。这些研究不仅体现了分子亚型指导治疗的前景, 也为 GCPM 这一难治性病情的综合管理带来了新的希望。

3. 灌注液体: 化疗药物通常溶于 500~1 000 ml 生理盐水中给药, 以确保腹腔内均匀分布^[35-36]。对于无大量腹水的患者, 这一剂量兼顾疗效与舒适度; 对于腹水较多的患者, 可先通过化疗港引流部分腹水, 或适当减少灌注量至 500 ml, 避免腹胀不适。灌注量的选择应根据患者体表面积(body surface area, BSA)和腹腔状况个体化调整^[37]; 参考灌注量为 700 ml/m^2 。

(三) 腹腔化疗港的规范化管理

腹腔化疗港是 NIPS 治疗的关键工具, 其规范化管理直接影响治疗的安全性, 并可显著提升患者依从性和治疗连续性。

1. 并发症预防: 研究显示, 化疗港相关并发症发生率为 22.9%, 包括感染、固定不良、皮下积液、切口裂开及导管堵塞^[38]。采取有效措施以降低并发症风险显得尤为重要。首先, 在整个操作过程中需严格遵守无菌原则: 术前进行彻底消毒, 术中精心避免污染, 术后定期更换敷料以维持清洁。其次, 化疗港的固定至关重要, 笔者团队通常将其置于右下腹皮下, 并牢固地缝合于腱膜层, 以防止移位或翻转。此外, 化疗港导管需全程包埋于腱膜内, 以避免药液反流, 并且在每次使用后应用 10~20 ml 的生理盐水冲洗, 以预防堵塞。推荐由经验丰富的多学科团队执行操作, 以减少技术性失误。

2. 并发症处理: 根据 Clavien-Dindo 分级^[39]采取分层管理: 1~2 级并发症(如轻度感染或皮下积液)

可通过抗生素或局部处理保守治疗;3~4级并发症(如严重感染、导管断裂或不可逆堵塞)需手术干预,甚至移除或更换化疗港。

(四)转化手术的时机与方式

转化手术是NIPS治疗的重要目标,其时机的把握需基于客观评估。治疗效果评估通常在每2~3个周期后进行,结合临床表现(如腹水减少)、影像学检查及二次腹腔镜探查结果,判断手术指征。推荐的转化手术指征包括^[40]:(1)腹膜转移完全退缩(P_0);(2)腹腔游离癌细胞阴性(CYO);(3)无其他远处转移;(4)原发肿瘤可切除;(5)患者体能状况良好。手术建议在末次NIPS疗程后2周进行,笔者团队优先选择开腹胃切除术,目标为 R_0 切除,辅以 D_2 淋巴结清扫^[41,42]。对于伴卵巢转移的女性患者,可同期行双侧附件切除。根据CWGIM-2024的讨论意见,若病灶复杂(如T4b或Bulky N2),开腹手术更具优势;若病灶局限,也可考虑腹腔镜手术,但需确保根治性^[43-44]。

(五)术后治疗的优化

术后化疗旨在巩固疗效和减少复发,是NIPS策略的重要环节。术后腹腔内化疗应尽早启动以减少腹腔内粘连。通常建议在术后3~4周内启动术后辅助治疗,既能避免手术早期并发症,又能最大限度杀灭残存癌细胞^[40,45-46]。术后治疗方案一般延续术前NIPS方案,如腹腔内紫杉醇20 mg/m²联合口服S-1,保持治疗一致性。术后腹腔内化疗的维持时间目前没有定论,推荐一直维持至疾病进展或出现不可耐受的毒性反应^[36,47]。笔者团队经验性建议,术后腹腔内化疗至少维持3年,因多数腹膜复发集中于术后3年内。若3年后疾病稳定,复发风险显著降低,可考虑减量或停药。

(六)特殊情况下的NIPS应用

1. 卵巢转移:对于无症状、无大量腹水的卵巢转移患者,推荐优先选择NIPS治疗,控制腹膜病灶后评估是否联合胃切除和卵巢切除术。如果卵巢转移的症状明显,则推荐先手术切除卵巢转移灶缓解症状,再行NIPS治疗^[48]。对于年轻患者,若仅单侧转移且对侧卵巢正常,可在知情同意下保留对侧卵巢,否则建议预防性切除^[49]。

2. 术后腹膜复发:若复发后腹腔粘连不严重,可尝试腹腔镜探查并实施NIPS治疗^[50]。相比单纯全身化疗,NIPS局部药物浓度更高,理论上更具优势,但需更多研究验证。

3. 预防性应用:NIPS可作为预防性措施,用于降低高风险患者的腹膜复发率。研究显示,局部晚期胃癌患者术后仍有15%~46%发生异时性腹膜转移^[51];高风险因素包括T3/T4期、淋巴结转移和大型Borrmann III、IV型等^[52-54]。笔者团队建议,对此类患者术后考虑预防性NIPS治疗。小样本研究显示,伴浆膜侵犯的胃癌患者接受预防性NIPS(腹腔内紫杉醇20~60 mg/m²联合S-1)后,5年OS和无病生存率分别达88.2%和82.3%,优于传统治疗^[55]。PHOENIX-GC2试验^[56]及笔者团队的DRAGON-10研究^[57](ChiCTR2400083253)正在进一步验证其效果,为高风险患者提供新策略。

三、结语

综上,NIPS作为一种创新的综合治疗策略,通过腹腔内与全身治疗的协同作用,为GCPM患者提供了显著的生存获益和转化手术机会。其临床价值体现在延长生存期、控制疾病进展及提升生活质量上。未来,通过进一步优化实施策略和探索联合治疗模式,NIPS有望成为GCPM治疗的重要支柱,为患者带来更长远的获益。

利益冲突 所有作者均声明不存在利益冲突

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