

# 肝脏神经内分泌肿瘤的诊疗进展



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**[摘要]** 神经内分泌肿瘤(neuroendocrine neoplasms, NENs)易于发生肝脏转移,临床上常见的肝脏 NENs 多为继发,原发性肝脏神经内分泌肿瘤则极为罕见,基于这一现实,原发或者转移性肝脏 NENs 的诊断和鉴别诊断是一个连续的过程,包括术前的全面检查,术中的仔细探查,以及术后的长期随访。此文对肝脏 NENs 的组织来源、临床特征、诊断与鉴别诊断以及治疗原则进行了综述。

**[关键词]** 肝脏;神经内分泌肿瘤

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## Progress in the diagnosis and treatment of hepatic neuroendocrine neoplasms

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**[Abstract]** Neuroendocrine neoplasms (NENs) are prone to liver metastasis. Metastatic hepatic neuroendocrine neoplasms are more common in clinical, while primary hepatic neuroendocrine neoplasms are extremely rare. Based on this reality, the diagnosis and differential diagnosis of primary or secondary hepatic NENs is a continuous process, including comprehensive examination before operation, careful exploration during operation, and long-term follow-up after operation. This article reviews the tissue origin, clinical features, diagnosis, differential diagnosis and treatment of hepatic neuroendocrine neoplasms.

**[Key words]** Hepatic; Neuroendocrine neoplasms

神经内分泌肿瘤(neuroendocrine neoplasms, NENs)易于发生肝脏转移,临床上常见的肝脏 NENs 多为继发,而原发性肝脏神经内分泌肿瘤(primary hepatic neuroendocrine neoplasms, PHNENs)极其罕见。2011 年有研究者报道了 124 例 PHNENs<sup>[1]</sup>,是迄今为止总结数量最多的 PHNENs。但是由于肝脏是 NENs 最常见的转移部位,所以实际上真正的 PHNENs 可能会更少。本文对肝脏 NENs 的组织来源、临床特征、诊断与鉴别诊断以及治疗原则进行综述。

### 一、概述

NENs 是一大类来源于神经内分泌系统的异质性肿瘤,最早由德国病理学家 Siegfried Oberndorfer 于 1907 年首先描述,当初他认为这是一种良性或者惰性的肿瘤<sup>[2]</sup>。NENs

具有摄取胺前体和脱羧的能力(amine precursor uptake and decarboxylation, APUD),可以合成和释放多种激素和细胞因子<sup>[3-4]</sup>。这类肿瘤曾经被称为“类癌”“APUD 瘤”“neuroendocrine tumors (NETs)”“胰岛细胞瘤”<sup>[5-7]</sup>。NENs 几乎可以发生在身体的任何器官,其中胃肠胰腺 NENs (gastroenteropancreatic neuroendocrine neoplasms, GEP-NENs)最常见,约占 60%~75%,其次是来自肺支气管系统的 NENs<sup>[8-9]</sup>。既往认为 NENs 是一种少见疾病,但其发病率和流行率有逐年升高的趋势<sup>[10-12]</sup>。而 PHNENs 是极为罕见的<sup>[1,13]</sup>,最早由 Edmondson<sup>[14]</sup> 于 1958 年报道。2011 年 Quartey<sup>[1]</sup> 报道了 124 例经过确认的 PHNENs, 占有 NENs 的 0.3%。但是由于肝脏是 NENs 最常见的转移部位,所以实际上真正的 PHNENs 可能会更少。甚至有些指南称这类 NENs 为“neuroendocrine with unknown primary tumor”,而不称“PHNENs”<sup>[15]</sup>。

世界卫生组织(WHO)2010 版消化系统肿瘤病理分类<sup>[16]</sup>,将该类肿瘤统一称为 NENs,并基于核分裂像和 Ki-

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67 标记指数,将 NENs 分为高分化 NENs[G1 级或类癌:核分裂像 $<2/10$ HPF,Ki-67 指数低级,分化良好;G2 级:核分裂像(2~20)/10HPF,Ki-67 指数中级,分化中等],和神经内分泌癌(G3 级:核分裂像 $>20/10$ HPF,Ki-67 指数高等级,分化差,也称为 NEC,neuroendocrine carcinoma)。

## 二、组织来源

现在多数学者认为,NENs 起源于胚胎发育过程中从神经嵴迁移到全身各个部位的神经外胚层细胞。这类细胞很少迁移到肝脏,这也解释了为什么 PHNENs 如此罕见<sup>[17-18]</sup>。关于 PHNENs 的起源有争议,目前普遍接受的观点是来自肝内胆管细上皮的嗜银细胞,因为后者属于神经内分泌细胞<sup>[11-19]</sup>。胆管上皮细胞的慢性炎症可引起肠化生,进而导致 NENs 的发生<sup>[11,20]</sup>。还有一些理论认为,PHNENs 可能来源于异位肾上腺或异位胰腺组织,或者来自于恶性干细胞的神经内分泌分化<sup>[13]</sup>。

## 三、临床特征

NENs 有一类特殊的综合征,被称为神经内分泌激素综合征,或类癌综合征。该综合征包括发作性腹泻,皮肤潮红,低血糖或高血糖,以及心内膜纤维化,其原因在于神经内分泌细胞所分泌的 5-羟色胺、P 物质、激肽释放酶,和儿茶酚胺等物质<sup>[21-23]</sup>。还有一些 NENs 可不受控制的分泌胰岛素、胃泌素、血管活性肠肽、胰高血糖素,或其他少见的激素如促肾上腺皮质激素、生长激素等,诱导特异性的综合征如低血糖综合征,Zollinger-Ellison 综合征,Verner-Morrison 综合征,胰高血糖素瘤综合征,库欣综合征和肢端肥大症等。根据主要分泌的激素,这些肿瘤常被称为胰岛素瘤、胃泌素瘤、VIP 瘤、胰高血糖素瘤等<sup>[2]</sup>。

NENs 易发生转移,多数病人在初诊时即有远隔转移,且转移率随着病程的进展逐年升高<sup>[15]</sup>。GEP-NENs 几乎最后都发生转移,尤以小肠和胰腺为多,而 85%~97%的阑尾、胃、直肠 NENs 是局限性的<sup>[24-25]</sup>。最常见的是肝脏转移(metastatic hepatic neuroendocrine neoplasms, MHNENs),转移灶也能释放激素并引起相关症状,大量 NENs 病人死于肝衰竭<sup>[24,26]</sup>。有学者认为,只有 MHNENs 或者支气管肺 NENs 病人才有典型的类癌综合征。GEP-NENs 分泌的激素经门静脉入肝,多数被肝脏分解代谢而失去活性,所以这些激素的生物半衰期很短,往往不会出现典型的类癌综合征。而 MHNENs 释放的激素经肝静脉回流直接进入体循环系统,逃避了肝脏的代谢,所以能引起典型的类癌综合征<sup>[27]</sup>。

现在已经认识到,无论原发病灶在什么部位,MHNENs 都是影响预后的重要因素。已有很多文献报道,不伴有肝转移的 NENs,其 5 年、10 年生存率,均远远高于 MHNENs<sup>[24,28]</sup>。与其他恶性肿瘤的肝脏转移不同,MHNENs 手术根治切除能够得到良好的疗效,尤其是对于有激素分泌功能的 MHNENs,即使姑息性的减瘤手术也会给病人带来获益<sup>[29-30]</sup>。现今的共识是,对于 G1 或 G2 级的 MHNENs,无论肝外的病灶是否可以切除,首选的治疗方法就是通过积极的外科手术切除肝脏病灶<sup>[15,31]</sup>。

与 MHNENs 不同的是,多数 PHNENs 病人没有典型的类癌综合征,也不具有任何特定的临床特征。Quartey<sup>[1]</sup>报道的 124 例 PHNENs 病例中,只有 6.8%具有真正的类癌综合征。这似乎是一个可用于与 MHNENs 鉴别诊断的有意义的临床特征。有一种观点认为 PHNENs 释放的衍生产物直接进入门脉循环,被肝酶降解而失去活性<sup>[32-33]</sup>,因此没有典型的类癌综合征。PHNENs 常见的症状多是由于肝脏占位病变对相邻器官的压迫所引起的,包括腹部钝痛或腹胀不适,右上腹部包块<sup>[19]</sup>。

PHNENs 另一个重要的临床特征是多表现为孤立性病变,而肝脏多发病灶则更容易提示为 MHNENs<sup>[34-35]</sup>。Quartey<sup>[1]</sup>的报告显示,76.3%的 PHNENs 肿瘤是孤立的,但有时是多中心的,而且这些孤立病灶以发生在肝右叶为主(48.4%)。从这一点看来,孤立性病变更似乎已成为 PHNENs 与 MHNENs 鉴别诊断的重要临床特征。

## 四、诊断和鉴别诊断

### (一)影像学检查

1. B超、CT、MRI 这些检查是必要的,但不具有特异性,主要是需跟肝细胞癌、肝胆管细胞癌相鉴别。PHNENs 多为单发,部分病变内可见囊性变,部分病变可见假包膜,肿瘤周围门静脉及肝静脉受压移位,但少有瘤栓形成。MHNENs 常为多发、范围较大,大部分病变内可见囊性变或坏死区,部分门脉血管内可见瘤栓<sup>[36-37]</sup>。

2. 生长抑素受体显像 约 80%分化良好的 NENs 具有高浓度的生长抑素受体(胰岛素瘤除外),因此可以使用放射性同位素标记的生长抑素类似物,如铟-111 或奥曲肽进行成像。其中奥曲肽闪烁扫描术是 PHNENs 最有效的检查手段,具有理想的准确度、特异性和阳性预测值,它还可以检测到肝外病灶或者术后复发疾病<sup>[38-39]</sup>。

3. 68ga-Dotatate PET/CT 与 CT、MRI 等常规影像检查相比,新型生长抑素受体靶向放射性示踪剂 Ga-68DOTATATE 标记的 PET/CT(68ga-Dotatate PET/CT)能提供更多的诊断信息,特别是在发现肝脏小病灶及检查肝脏以外的病灶方面很有优势,同时具有短时间采集和低辐射暴露的好处<sup>[40-41]</sup>。

### (二)生物标志物

嗜铬粒蛋白 A(chromogranin A, CgA)是诊断、随访 NENs 使用最广泛的和最有价值的生物标志物,与肝脏 NENs 肿瘤负荷以及病人预后也有一定相关性<sup>[42]</sup>。肝脏 NENs 病灶被切除或实施了肝移植后,CgA 的浓度会降低<sup>[43]</sup>。有回顾性研究指出,CgA 降低 80%以上是类癌综合征症状完全缓解和疾病稳定的预测指标<sup>[44]</sup>。某些因素如质子泵抑制剂等药物,或患有其他癌症和炎性肠病的情况下,CgA 的检测会受到影响<sup>[45]</sup>。其他的肿瘤生物标志物还有:神经元特异性烯醇化酶(NSE),突触素(Syn),5-羟基吲哚乙酸(5-HIAA)等<sup>[46]</sup>。

### (三)肝脏穿刺活检

最终确诊肝脏 NENs 的是手术标本的病理学诊断,术前

能获得病理学资料的唯一方法是肝脏穿刺活检。术前肝脏穿刺病理活检同时进行 Ki-67 指数检测和分级很有意义且安全,必要时可多次活检<sup>[47-49]</sup>。笔者在美国 Mayo 访学期间调查了 247 例肝脏 NENs 病例,绝大多数病人术前进行了肝脏细针穿刺活检,这给医生提供了非常重要的诊断信息,而且从未发生肿瘤播散性转移。

PHNENs 的诊断和鉴别诊断是一个连续的过程,除了必须要有病理证实之外,还包括术前的全面检查,术中的仔细探查,以及术后的长期随访。我们提出的诊断路径是:CT/MRI 明确肝脏占位病变,提出肝脏 NENs 的疑似诊断,奥曲肽扫描和肿瘤生物标志物化验明确病灶性质,必要时行肝脏穿刺活检明确病理诊断;一旦肝脏 NENs 的诊断明确,建议消化道内窥镜检查(注意回肠末端),或是 68ga-Dotatate PET/CT 检查,以排除肝外 NENs 肿瘤。因为肝脏是 NENs 最常见的转移部位,只有认真分析和排除转移性肝 NENs 的肝外来源,PHNENs 才可以被诊断。笔者在 Mayo 就见到过这样的病例,肝脏的 NENs 病灶切除加射频消融之后 7 年,才发现胰腺的原发病灶。

## 五、治疗

### (一)手术

1. 根治性或姑息性手术 肝转移发生在 50%~75% 的 NENs 病人中,而只有 7%~15% 的病人能够通过手术完全切除肿瘤<sup>[50]</sup>。尽管复发率较高,手术仍被认为是治疗可切除的肝 NENs 的最佳方法。广义的手术治疗包括根治性切除,姑息性肿瘤细胞减灭术或射频消融术,还有肝移植。通过根治性手术完整的切除肿瘤,保证切缘阴性,加上彻底的淋巴清扫,是最有效、也是唯一可能治愈的方法;即使是无法根治切除的病人,也能从姑息的减瘤手术或射频消融中得到益处<sup>[15,26]</sup>。欧洲的 Meta 分析发现<sup>[27,30]</sup>,肝切除病人的生存期显著高于肝动脉化疗栓塞(TACE)或所有其他非手术治疗者。2015 年欧洲和美国的肝脏外科专家共识指出<sup>[48]</sup>,无论是异时的还是同时切除 NENs 的原发灶和肝脏转移灶,都是安全的。笔者在 Mayo 访学期间调查的 247 例肝脏 NENs 中,93.52% 实施了肝切除,10.53% 实施两次或两次以上肝切除。其中 13 例 PHNENs 全部行肝切除,9 例实施根治性手术(包括 1 例多发病灶),4 例多发病灶的病人实施了减瘤手术辅以射频消融。Mayo 的手术方式是通过切除或者射频消融,消灭所有术中探查或术中超声所能发现的病灶,这样才有可能获得最大的效果。

2. 肝移植 由于 NENs 生长缓慢且恶性程度相对较低,不能根治切除的转移性肝 NENs 可以考虑肝移植,这是所有肝转移瘤中唯一可被肝移植接受的适应证<sup>[24]</sup>。欧洲肝移植登记处(ELTR)给出的关于肝脏 NENs 肝移植的建议包括:肝移植仅适用于 NENs 局限于肝脏的病人,对于查不到原发病灶的肝脏 NENs 也不应被视为绝对禁忌证;分化不良的神经内分泌癌(G3 级)是肝移植的禁忌证<sup>[51]</sup>。还有专家共识提出肝移植需满足以下要求:原发的 NENs 经门静脉回流,肝脏受累范围 $\leq 50\%$ ,病人年龄 $\leq 55$  岁,移植手术前病情稳

定 6 个月以上<sup>[52]</sup>。

### (二)其他局部治疗

对于不可切除的广泛性肝 NENs 病人,可以考虑 Hepatic Directed Therapies<sup>[53]</sup>,以延长病人寿命,缓解类癌综合征,包括射频消融,冷冻消融,微波治疗,TACE,放射栓塞等。

1. 介入治疗 肝脏 NENs 是典型的富血管病变,大部分血液供应来自肝动脉。对于没有手术机会的弥漫性肝脏 NENs,最佳替代治疗是 TACE 和放射栓塞。放射栓塞也称选择性内放射治疗(selective internal radiotherapy, SIRT),是将嵌入放射性同位素钇-90 的微观玻璃或树脂珠微粒注入肝动脉,微粒优先流入肿瘤直到毛细血管水平并留置其中,通过发射出很短距离的高能电子发挥放疗作用<sup>[15,57]</sup>。

2. 放射性核素治疗 传统的放射治疗在这些肿瘤的治疗中起到的作用相当有限,而放射性核素受体介导治疗(peptide-receptor radionuclide therapy, PRRT)是一种新的治疗选择。PRRT 是用放射性同位素标记生长抑素类似物,与 NENs 的生长抑素受体靶向结合,向 NENs 细胞内释放具有杀伤性的放射性核素,是一种分子靶向的定向放疗<sup>[52,58]</sup>。

### (三)内科治疗

1. 生物治疗 分化良好的 NENs 高表达生长抑素受体,使用生长抑素类似物(somatostatin analogue, SSA)可有效控制这类 NENs 的类癌综合征,并延长无进展生存时间。目前主要的 SSA 包括:长效奥曲肽,兰瑞肽,帕瑞肽等。SSA 可单独用于低、中级别的 NENs 来抑制肿瘤增殖,也可联合靶向药物或化疗,以控制激素相关症状<sup>[28,56]</sup>。还有干扰素 $\alpha$ ,通过作用于 CgA 抑制 NENs 的高分泌状态,减轻病人症状,可用于 SSA 耐受的 NENs<sup>[15,57]</sup>。

2. 全身化疗 潜在的化疗药物有链脲霉素,氟尿嘧啶、阿霉素、替莫唑胺,丝裂霉素、依托泊苷,铂类等,替莫唑胺联合卡培他滨是目前常用的方案<sup>[52,58]</sup>。

3. 靶向治疗 靶向治疗主要针对中低级别的晚期慢性 NENs(G1 或 G2 级),包括雷帕霉素受体蛋白(mTOR)抑制剂(如依维莫司),和酪氨酸激酶抑制剂(如舒尼替尼,贝伐珠单抗,索凡替尼,安罗替尼和帕唑帕尼),可单独或联合 SSA 来治疗中低级别的 NENs(G1 或 G2 级)<sup>[59-61]</sup>。

4. 免疫治疗 部分 NENs 细胞高表达 PD-L1,且肿瘤微环境中存在较多肿瘤浸润的淋巴细胞,应用 PD-L1 抑制剂可延长这部分病人的生存时间,抗 PD-1 和抗 PD-L1 抗体可能成为分化不良的 G3 级 NENs 病人的新选择<sup>[62]</sup>。

## 六、结语

原发性肝脏 NENs 是极其罕见的,更常见的则是转移性肝脏 NENs,因此其诊断和鉴别诊断是一个连续的过程。包括肝脏移植在内的根治性手术,是目前治疗肝脏 NENs 最有效的治疗方法,姑息性减瘤手术、射频消融或介入治疗也会给 NENs 病人带来获益。针对 NENs 生长抑素受体的靶向治疗是该肿瘤独特的治疗方式,可以控制激素相关症状,并延长病人生存时间,包括 SIRT、PRRT、SSA、mTOR 抑制剂等。

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