

## 论著

### 口服氟达拉滨治疗慢性淋巴细胞白血病/小淋巴细胞淋巴瘤患者的疗效观察

祝焱<sup>1</sup>, 秦群<sup>2</sup>, 谢兆霞<sup>1</sup>

1. 中南大学湘雅医院 血液科, 长沙410008;
2. 中南大学湘雅医院 药剂科, 长沙410008

**摘要:** 目的:观察口服氟达拉滨治疗慢性淋巴细胞白血病/小淋巴细胞淋巴瘤(chronic lymphocytic leukemia/small lymphocytic lymphoma, CLL/SLL) 患者的疗效及耐受性。方法:患者口服氟达拉滨片40 mg/(m<sup>2</sup>·d), 连续5 d, 每4 周一个疗程。根据美国国立癌症综合网络(National Comprehensive Cancer Network, NCCN) 中CLL/SLL 治疗指南标准判断疗效。结果:22 例患者接受了治疗, 每例患者中位疗程为4 疗程。完全缓解(complete response, CR) 率40.9%(9/22), 部分缓解(partial response, PR) 率45.5%(10/22), 总有效(overall response, OR) 率86.4%(19/22)。17 例初治患者中CR 7 例(41.2%), PR 8 例(47.0%)。5 例复治患者中2 例CR, 2 例PR。中位随访24 个月, 患者生存率为81.8%。主要的不良反应为骨髓抑制和感染。7 例(31.8%) 患者发生I~III 级的中性粒细胞减少, 3 例(13.6%) 患者发生感染。非血液学毒性轻微。不良反应均可恢复。结论:口服氟达拉滨对于CLL/SLL 患者安全、有效, 并且耐受性较好。

**关键词:** 氟达拉滨 慢性淋巴细胞白血病 小淋巴细胞淋巴瘤

### Efficacy of oral fludarabine in patients with chronic lymphocytic leukemia/small lymphocytic lymphoma

ZHU Yan<sup>1</sup>, QIN Qun<sup>2</sup>, XIE Zhaoxia<sup>1</sup>

1. Department of Hematology, Xiangya Hospital, Changsha 410008, China;
2. Department of Pharmacy, Xiangya Hospital, Changsha 410008, China

**Abstract:** Objective: To investigate the efficacy and safety of oral fludarabine in patients with chronic lymphocytic leukemia/small lymphocytic lymphoma (CLL/SLL).

**Methods:** The patients received oral fludarabine 40 mg/(m<sup>2</sup>·d) for 5 consecutive days, each treatment lasting 4 weeks. The efficacy was assessed with National Comprehensive Cancer Network (NCCN) criteria for response.

**Results:** Twenty-two patients received the treatment, a median of 4 cycles per patient. The rate of complete response (CR), partial response (PR), and overall response (OR) was 40.9% (9/22), 45.5% (10/22), and 86.4% (19/22), respectively. Among the 17 previously untreated patients, 7 (41.2%) achieved CR and 8 (47.0%) achieved PR. Two of the 5 pre-treated patients achieved CR and the other 2 achieved PR. During a median observation of 24 months, the overall survival rate was 81.8%. The main adverse reactions were myelosuppression and infection. Grade 1 to 3 granulocytopenia was found in 7 (31.8%) patients, and infection in 3 (13.6%) patients. Nonhematologic toxicity was mild. All the adverse reactions were reversible.

**Conclusion:** The oral fludarabine is effective, safe, and well-tolerated in the patients with CLL/ SLL.

**Keywords:** fludarabine chronic lymphocytic leukemia small lymphocytic lymphoma

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通讯作者: QIN Qun, Email: qinqun@hotmail.com

作者简介: ZHU Yan, M.D., attending physician, mainly engaged in the research of leukemia.

作者Email: qinqun@hotmail.com

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