顺铂周方案化疗联合大分割适形放疗治疗复发鼻咽癌

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Title: **Cisplatin weekly regimen combined with large segmentation conformal radiotherapy for recurrent nasopharyngeal carcinoma**

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摘要: 目的:观察顺铂周方案化疗联合大分割适形放疗治疗复发鼻咽癌的相关放化疗不良反应、生活质量及疗效。方法:2008年10月至2013年2月我科收治鼻咽癌复发患者101例，倾向性得分匹配法分成鼻咽癌单纯放疗组(对照组：全部采用三维适形放疗，大分割，每次3 Gy，每周5次，共17~20次，总量51~60 Gy / 4周)和鼻咽癌同步放化疗组(研究组：在对照组的基础上，采取顺铂周方案化疗，顺铂30 mg/m2，第1天，1次/周，共4周)。观察放化疗不良反应、生活质量影响、近远期疗效等。结果:两组患者近期放射损伤反应如口干、口腔黏膜损伤、颌面部皮肤损伤、乏力等，远期反应如口干、耳聋、张口困难、颌面部肌肉纤维化、放射性脑病等比较均无统计学差异(P > 0.05)，两组患者生活质量评价（KPS评分、体重变化）治疗前与治疗结束时及治疗结束时与治疗后3个月对比，均无统计学差异(P > 0.05)，对照组3个月后、6个月后、9个月后、12个月后有效率分别为52.9%、60.8%、64.7%、66.7%，而研究组有效率分别为70.0%、78.0%、84.0%、88.0%，9个月后、12个月后有效率对比两组有统计学差异（P < 0.05），对照组1年、2年、3年、4年、5年生存率分别为94.1%、74.5%、58.8%、43.1%、33.3%，研究组1年、2年、3年、4年、5年生存率分别为96.0%、84.0%、74.0%、64.0%、54.0%，两组4年生存率、5年生存率对比有统计学差异（P < 0.05）。结论:顺铂周方案化疗联合大分割适形放疗治疗复发鼻咽癌，有较好的近期疗效与远期疗效，可明显提高肿瘤的局部控制率，且不良反应可耐受，安全性较好。

Abstract: Objective:To observe the adverse reactions of radiotherapy and chemotherapy,quality of life,and curative effect in the treatment of NPC recurrence with cisplatin weekly regimen chemotherapy and large segmentation conformal radiotherapy.Methods:From October 2008 to February 2013,101 patients with recurrent NPC were treated.The propensity score matching method was divided into NPC alone radiotherapy group (control group:All three-dimensional conformal radiotherapy,large segmentation,3 Gy each time,5 times a week,a total of 17~20 times,total 51~60 Gy/4 weeks) and concurrent radiotherapy and chemotherapy group of NPC (study group:On the basis of the control group,cisplatin weekly chemotherapy,cisplatin 30 mg/m2,day 1,once/week,for a total of 4 weeks).Observe adverse effects of radiotherapy and chemotherapy,quality of life,curative effect in the near and far.Results:The two groups of patients had recent radiation injury reactions such as dry mouth,oral mucous membrane,maxillofacial skin,and fatigue.Long-term reactions such as dry mouth,deafness,difficulty in opening mouth,maxillofacial muscle fibrosis,and radiation encephalopathy,which were not statistically significant.There was no significant difference in the quality of life (KPS score,weight change) between the two groups before and after the end of treatment and at the end of treatment and 3 months after treatment (P > 0.05).The effective rates of the control group after 3 months,6 months,9 months,and 12 months were 52.9%,60.8%,64.7%,and 66.7%,respectively,while the study group's effective rates were 70.0% and 78.0%,84.0%,88.0%.In 9 months,12 months after the effective rate the two groups were

statistically significant (P < 0.05).In the control group 1-year,2-year,3-year,4-year and 5-year survival rates were 94.1%,74.5%,58.8%,43.1%,and 33.3%,respectively.The 1-year,2-year,3-year,4-year,and 5-year survival rates of the study group were 96.0%,84.0%,74.0%,64.0%,and 54.0%,respectively.There was a statistically significant difference between the two groups in 4-year survival rate and 5-year survival rate (P < 0.05).Conclusion:The cisplatin weekly regimen combined with large segmental conformal radiotherapy for recurrent NPC has good short-term efficacy and long-term efficacy.It can significantly increase the local control rate of the tumor,and the adverse reactions can be tolerated with good safety.

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