

# 抗肿瘤药物诱导的手足综合症的诊疗进展

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**Title:** Hand-foot syndrome induced by chemotherapy drugs

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**关键词:** 手足综合征; 化疗药物; 皮肤毒性

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**摘要:** 手足综合征(hand-foot syndrome,HFS)通常是由一些特殊抗肿瘤药物诱导的一种皮肤毒性反应,虽很少带来生命危险,但在严重的情况下常导致患者无法正常从事日常活动,甚至改变剂量或者中断治疗,从而影响治疗的效果。具体病因目前仍然不清,病理表现为皮肤基底角质细胞空泡变性、皮肤血管周围淋巴细胞浸润,值得注意的是显微镜下观察到皮下血管舒张、水肿。最新的国外临床研究荟萃分析发现维生素B6对于卡培他滨诱导的HFS并没有预防和治疗效果,这值得国内临床工作者参考。此外,针对HFS采用合理的预防策略和治疗可以改善患者的HFS症状,达到继续当前抗肿瘤治疗方案并改善患者预后的目的。本文介绍了HFS可能的病因及导致HFS的常见药物、临床特点、毒性分级、预防和治疗措施等。

**Abstract:** Hand-foot syndrome (HFS) is a toxic cutaneous reaction that is often induced by antitumor medicine. Although rarely life-threatening, it often leads to loss of the ability of daily activities, or even changes the dose or interrupt treatment, so that it can affect the effectiveness of treatment in serious cases. The specific etiology is still unclear. The pathological manifestations are vacuolation of basal keratinocytes and infiltration of lymphocytes around the skin vessels. It is worth noting that subcutaneous vasodilation and edema are observed under microscope. The latest Meta-analysis of clinical studies abroad found that vitamin B6 has no effect on the prevention and treatment of capecitabine-induced HFS, which is worthy of reference by domestic clinicians. In addition, appropriate preventive strategies and treatment for HFS can improve the symptoms of HFS in patients, so as to continue the current anti-tumor therapy and improve the prognosis of patients.

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备注/Memo: -

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