

· 临床研究 ·

中性粒细胞和淋巴细胞比值对根治性前列腺切除术患者生化复发的影响

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Effect of neutrophil-to-lymphocyte ratio on the biochemical recurrence in patients treated with radical prostatectomy

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ABSTRACT: Objective To explore the association between biochemical recurrence (BCR) and neutrophil-to-lymphocyte ratio (NLR) in patients with prostate cancer (PCa) after radical prostatectomy (RP). Methods Clinical data of 620 PCa patients treated with RP during Jan. 2009 and Dec. 2017 were retrospectively analyzed. The association between NLR and BCR was analyzed with Cox proportional hazards regression models, restricted-cubic spline regressions and tests for trend. The effects of surgical approach, tumor size and prostate specific antigen (PSA) level on the association between NLR and BCR were analyzed with subgroup analyses. Results Elevated preoperative NLR did not lead to BCR ($P=0.31$). Subgroup analyses showed that among patients with intermediate PSA level, higher NLR resulted in higher BCR risk ($HR=1.12, 95\% CI: 1.04-1.20, P=0.04$). In patients who adopted transperitoneal route, higher NLR led to higher BCR risk ($HR=1.05, 95\% CI: 0.99-1.11, P=0.02$). In patients with intermediate tumor size ($HR=1.06, 95\% CI: 0.93-1.20, P=0.03$) or large tumor size ($HR=1.02, 95\% CI: 0.94-1.10, P=0.03$), higher NLR was associated with higher BCR risk. Conclusion BCR risk was positively associated with NLR in patients who adopted transperitoneal route, with intermediate or large tumor size and intermediate PSA level.

KEY WORDS: prostate cancer; neutrophil-to-lymphocyte ratio; biochemical recurrence; radical prostatectomy

摘要:目的 探究接受根治性前列腺切除术治疗的患者,其中性粒细胞和淋巴细胞比值(NLR)与生化复发(BCR)的关系。方法 回顾性收集2009年1月至2017年12月于四川大学华西医院接受根治性前列腺切除术(RP)的620例前列腺癌患者的临床资料。运用单因素与多因素Cox回归分析、限制性3次样条回归分析和趋势性检验分析NLR与BCR的关系,用分层分析进一步讨论手术入路、肿瘤大小和前列腺特异性抗原(PSA)水平对NLR与BCR关系的影响。结果 术前升高的NLR不会导致BCR($P=0.31$)。然而,亚组分析显示,在中等PSA水平组中,升高的NLR可导致BCR风险增加($HR=1.12, 95\% CI: 1.04\sim 1.20, P=0.04$)。在经腹腔入路手术的患者中,较高的NLR更容易导致BCR($HR=1.05, 95\% CI: 0.99\sim 1.11, P=0.02$)。对于那些肿瘤体积中等($HR=1.06, 95\% CI: 0.93\sim 1.20, P=0.03$)或较大($HR=1.02, 95\% CI: 0.94\sim 1.10, P=0.03$)的患者,BCR风险可随着NLR的升高而增加。结论 对于经腹腔入路手术、肿瘤大小中等或较大、中等PSA水平的患者,生化复发风险与NLR呈正相关。关键词:前列腺癌;中性粒-淋巴细胞比例;生化复发;根治性前列腺切除术

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前列腺癌是最常见的泌尿系统肿瘤之一,是导致男性肿瘤相关死亡的第5大原因,对男性群体的生命健康产生了极大的威胁^[1-2]。根治性前列腺切除术(radical prostatectomy, RP)是前列腺癌的标准治疗方案,但大量患者在术后会发生生化复发(biochemical recurrence, BCR),即RP手术后前列腺特异性抗原(prostate specific antigen, PSA)值连续2次大于

0.2 ng/mL,确定有效复发预测指标将有助于改善前列腺癌的预后^[3]。相关研究表明,炎症可以是前列腺癌进展的一个危险因素^[4-6]。中性粒细胞和淋巴细胞比值(neutrophil-to-lymphocyte ratio, NLR)作为肿瘤相关的炎性指标,在预测临床治疗方案和预后方面有着重要的作用^[7],且与生化复发之间也存在关联。本次研究的主要目的是探明根治性前列腺切除术后的前列腺癌患者中NLR和生化复发的关系。

1 资料与方法

1.1 临床资料 本次研究回顾性地纳入了从2009年1月至2017年12月于四川大学华西医院接受RP

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且随访数据完整的620例前列腺癌患者,数据来自其临床病历和病理报告,符合纳入标准的患者按照NLR水平被分为低($NLR < 1.74$)、中($1.74 \leq NLR < 2.47$)、高($NLR \geq 2.47$)3组。患者分别接受了标准的开腹、腹腔镜或者机器人手术(包括经腹腔或经腹膜外入路手术),切除了整个前列腺和周围的淋巴结。

1.2 纳入和排除标准 纳入标准:①病理诊断为前列腺癌;②接受了RP;③医嘱出院。排除标准:缺乏NLR、生化复发、随访或者病理信息中的任一项者不纳入本研究。

1.3 数据的收集 收集的数据包括年龄、身体质量指数(body mass index, BMI)、PSA、手术入路、术前淋巴细胞和中性粒细胞检测值、术中出血量、D'Amico分级、Gleason分级及肿瘤体积。根据肿瘤体积将肿瘤划分为小($< 31.2 \text{ mm}^3$)、中($\geq 31.2 \text{ mm}^3$ 和 $< 49.0 \text{ mm}^3$)、大($\geq 49.0 \text{ mm}^3$)肿瘤。所有数据都进行组间比较,所有术后病理样本均按照2017年美国癌症联合委员会(American Joint Committee on Cancer, AJCC)的标准,由2名有经验的病

理医生对肿瘤的分期和分级进行评估。按照2014年国际泌尿病理协会前列腺癌Gleason分级系统对患者进行分级^[8]。根据NLR水平将数据分为低($n = 204$)、中($n = 214$)、高($n = 202$)3组进行分析。

1.5 统计学分析 采用R软件和EmpowerStats进行统计学分析。连续型变量用 $\bar{x} \pm s$ 表示,分类变量用百分比表示。Cox比例风险模型、限制性3次样条回归、趋势性检验和亚组分析用于分析术前NLR和术后生化复发的关系。 $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 患者的一般情况 前列腺患者手术前的临床、生化和病理学特征见表1,总共纳入分析的患者有620例,3组之间的年龄、术后住院天数、BMI、术中出血量、生化复发时间、生化复发随访时间、采用的手术方式、术前PSA水平、肿瘤大小和分期的差异无统计学意义($P > 0.05$)。

表1 前列腺癌患者的临床资料

临床特点	总体($n=620$)	低($n=204$)	中($n=214$)	高($n=202$)	P值
年龄(岁)	67.48±7.23	67.09±7.33	67.55±7.27	67.81±7.08	0.60
肿瘤体积 [cm^3 , M(范围)]	38.61(27.30~52.80)	39.12(27.23~55.33)	36.67(27.30~53.23)	40.04(28.08~51.48)	0.55
PSA水平 [ng/mL, M(范围)]	15.18(9.39~24.31)	15.51(9.81~22.37)	14.73(8.80~24.45)	15.38(9.80~26.38)	0.60
淋巴细胞绝对值 [$\text{M}(\times 10^9/\text{L})$]	1.63(1.32~1.96)	1.95(1.71~2.34)	1.60(1.39~1.90)	1.31(1.03~1.48)	0.00
中性粒细胞绝对值 [$\text{M}(\times 10^9/\text{L})$]	3.44(2.76~4.35)	2.74(2.39~3.32)	3.40(2.84~4.08)	4.47(3.58~5.51)	0.00
中性粒-淋巴细胞比值 [$\text{M}(\times 10^9/\text{L})$]	2.10(1.60~2.76)	1.45(1.24~1.60)	2.10(1.92~2.25)	3.34(2.82~4.22)	0.00
D'Amico 分级[例(%)]					0.76
低危	27(4.35)	10(4.90)	7(3.27)	10(4.95)	
中危	189(30.48)	65(31.86)	68(31.78)	56(27.72)	
高危	404(65.16)	129(63.24)	139(64.95)	136(67.33)	
Gleason 分级[例(%)]					0.84
≤ 6	129(21.54)	40(20.41)	44(21.05)	45(23.20)	
7	330(55.09)	109(55.61)	120(57.42)	101(52.06)	
≥ 8	140(23.37)	47(23.98)	45(21.53)	48(24.74)	
术前 N 分期[例(%)]					0.45
N0	590(95.16)	197(96.57)	201(93.93)	192(95.05)	
N1	30(4.84)	7(3.43)	13(6.07)	10(4.95)	
术前 M 分期[例(%)]					0.26
M0	601(96.94)	197(96.57)	205(95.79)	199(98.51)	
M1b	19(3.06)	7(3.43)	9(4.21)	3(1.49)	
术前 T 分期[例(%)]					0.99
$\leq \text{T2a}$	107(19.63)	36(20.34)	34(18.28)	37(20.33)	
T2b	141(25.87)	46(25.99)	50(26.88)	45(24.73)	
T2c	244(44.77)	79(44.63)	83(44.62)	82(45.05)	
T3/4	53(9.72)	16(9.04)	19(10.22)	18(9.89)	

M:中位数。

2.2 单因素及多因素 Cox 回归分析

2.2.1 单因素 Cox 回归结果 对 NLR 和 BCR 进行单因素回归分析时,发现 NLR 和 BCR 之间无显著的线性关系($HR=1.03, 95\%CI:0.98\sim 1.09, P=0.28$)。

2.2.2 多因素 Cox 回归分析 将一些具有临床意义的暴露因素纳入多因素回归分析中,得到的结果亦无统计学意义(表 2)。

表 2 不同临床基线值与生化复发关系的多因素回归分析

变量	HR(95%CI)	P 值
NLR	1.05(0.99~1.11)	0.12
穿刺 Gleason 评分(分)		
3+3	1	
3+4	1.80(0.81~4.00)	0.15
3+5	4.97(0.59~41.82)	0.14
4+3	3.54(1.59~7.89)	0.00
4+4	3.17(1.27~7.93)	0.01
4+5	5.03(1.86~13.60)	0.00
5+3	17.32(3.41~87.87)	0.00
5+4	31.80(10.72~94.37)	0.00
5+5	22.85(2.47~210.97)	0.01
手术方式		
开放性	1	
腹腔镜	1.14(0.64~2.01)	0.66
机器人	1.23(0.64~2.36)	0.53
术中出血(mL)	1.00(1.00~1.00)	0.02
DAmico 分级		
低危	1	
中危	1.83(0.21~15.66)	0.58
高危	1.05(0.12~9.57)	0.97
术前 T 分期		
T2a	1	
T2b	1.17(0.55~2.48)	0.68
T2c	2.06(0.84~5.02)	0.11
T3a	2.43(0.75~7.85)	0.14
T3b	3.43(1.20~9.80)	0.02
T4	9.92(1.14~86.34)	0.04

NLR:中性粒细胞和淋巴细胞比值。

2.3 限制性三次样条回归分析与趋势性检验 将患者按 NLR 水平进一步分成 3 组之后,没有发现显著的上升趋势($P=0.31$,表 3)。与低 NLR 组相比,中 NLR 组的 NLR 与 BCR 之间无线性关系($HR=$

$0.90, 95\%CI:0.59\sim 1.39, P=0.64$),高 NLR 组的结果与之类似($HR=1.15, 95\%CI:0.76\sim 1.74, P=0.51$)。调整了手术方式、术中出血量、D'Amico 分级、Gleason 分级及术前 T 分期后,中($HR=0.97, 95\%CI:0.59\sim 1.59, P=0.89$)、高($HR=1.19, 95\%CI:0.74\sim 1.91, P=0.48$)NLR 组的结果与上述类似。

表 3 NLR 与生化复发的关系

NLR	协变量调整后	协变量调整后
低	1	1
中	0.90(0.59~1.39)0.64	0.97(0.59~1.59)0.89
高	1.15(0.76~1.74)0.51	1.19(0.74~1.91)0.48
P 值	0.31	0.31

NLR:中性粒细胞和淋巴细胞比值。

2.4 分层分析 分层分析表明,经腹腔镜入路手术途径($HR=1.05, 95\%CI:0.99\sim 1.11, P=0.02$),中等($HR=1.06, 95\%CI:0.93\sim 1.20, P=0.03$)或较大($HR=1.02, 95\%CI:0.94\sim 1.10, P=0.03$)肿瘤体积患者,以及中等 PSA 水平($HR=1.12, 95\%CI:1.04\sim 1.20, P=0.04$)的患者中 BCR 的风险可随着 NLR 的升高而增加(表 4)。

表 4 不同影响因素下 NLR 对生化复发的效应

临床特点	例数	HR(95%CI)	P 值
手术入路			0.02
经腹膜外	277	0.70(0.46~1.06)	
经腹腔	324	1.05(0.99~1.11)	
肿瘤体积(mm ³)			0.03
<31.2	192	0.85(0.64~1.14)	
31.2~49.0	196	1.06(0.93~1.20)	
≥49.0	208	1.02(0.94~1.10)	
PSA 水平(ng/mL)			0.04
<12.6	254	1.00(0.83~1.20)	
12.6~25.1	217	1.12(1.04~1.20)	
≥25.1	147	0.96(0.80~1.15)	

PSA:前列腺特异性抗原;NLR:中性粒细胞和淋巴细胞比值。

3 讨论

本次研究结果表明,对于所有接受了 RP 的前列腺癌患者而言,NLR 和 BCR 之间差异无统计学意义,但在经腹腔镜入路手术途径、中等或较大肿瘤体积、中等 PSA 水平的患者中 BCR 的风险可随着 NLR 的升高而增加。一个小样本研究结果同样表明,NLR 与术后 BCR 的差异无统计学意义^[10],该研究纳入的

患者均经同一外科医生手术治疗减小了结果的偏倚,而本研究却未考虑到。其他研究得出的结论则是相反的。一项回顾性队列研究表明,NLR可以作为接受RP的前列腺癌患者BCR的预测指标^[11]。多变量分析提示,高NLR组($NLR \geq 2.36$)比低NLR组($NLR < 2.36$)的无BCR生存率低。另一项以2.5为界值的研究证明了相似的结论,即高NLR水平的前列腺癌患者有较高的BCR率^[12]。在一项评估NLR对于生化复发、PSA变化或者总生存率的预测价值的Meta分析中,较高的术前NLR可导致术后BCR升高1.12倍^[13]。然而,相关研究对于NLR的升高标准描述不太一致。总而言之,就我们目前所知,近期研究得出的界值分布在2~5之间,这表明NLR和BCR的确切关系仍是未知的。

大量研究已经证实,全身性炎症与肿瘤的进展相关^[14-17]。而且,一些包括C反应蛋白水平、NLR、Glasgow评分和血浆纤维原水平在内的全身性炎症指标已经被证实可作为多种癌症(包括泌尿系肿瘤)预后的预测指标^[18-21]。一些研究证明,NLR与肿瘤的侵袭性甚至淋巴结转移有关,这表明NLR有可能作为前列腺癌预后的独立预测指标^[22-23]。另外,根据近期的研究,NLR已经被发现可作为局部进展或去势抵抗性前列腺癌预后的预测指标^[24]。

与其他研究相比较,本研究没有找到NLR与BCR关系之间的确切界值。然而,亚组分析表明,不同的手术治疗方案、肿瘤大小以及PSA水平下NLR与BCR生化复发的关系不同,这提示NLR结合上述影响因素之后可能具备作为前列腺癌BCR的预测指标的能力,这一点在其他研究中并未体现^[25-26]。

本研究仍存在一些缺陷。首先,本次研究属于回顾性研究,在病例纳入上存在一定的偏倚。其次,术后的病理结果与手术方式有关,这是无法准确测量的混杂因素。另外,一些炎性指标(如C反应蛋白和细胞因子)在本次研究中没有获取或定期监测,因此它们与NLR的交互反应以及预后的关系在本次研究中无法评估。最后,本次纳入研究的BCR是短期结局指标,NLR与长期不良预后的关系还需要进一步的研究。

综上所述,我们的研究表明,对于研究纳入的所有接受根治性前列腺切除术的前列腺癌患者,NLR与生化复发之间没有具有统计学意义的关系,但是分别对于接受了经腹腔入路手术途径、肿瘤大小中等或者较大,或者有中等PSA水平的患者,生化复发风险可随着NLR升高而升高。

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(编辑 郭楚君)

(上接第 384 页)

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