



· 综 述 ·

乳腺癌新辅助内分泌治疗的研究进展及展望

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[摘要] 新辅助内分泌治疗 (neoadjuvant endocrine therapy, NET) 代替新辅助化疗 (neoadjuvant chemotherapy therapy, NCT) 对于雌激素受体 (estrogen receptor, ER) 阳性乳腺癌患者而言是一种有效的临床治疗策略, 可以使肿瘤降期, 从而接受乳腺癌保乳手术并减少术后的辅助化疗。本文旨在就NET的患者选择、NET效果对比、NET持续时间、NET与NCT效果对比及联合使用、NET联合靶向治疗、机会之窗试验、疗效评估预后指标及NET后辅助治疗决策等最新研究进展进行综述。

[关键词] 乳腺癌; 新辅助内分泌治疗; 预后

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Research progress and prospects of neoadjuvant endocrine therapy for breast cancer QIAN Yao, LIU Feng (Department of Breast Surgery, Harbin Medical University Cancer Hospital, Harbin 150081, Heilongjiang Province, China)

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[Abstract] Neoadjuvant endocrine therapy (NET) instead of neoadjuvant chemotherapy (NCT) is an effective clinical strategy for estrogen receptor (ER)-positive breast cancer patients, which can reduce tumor stage, achieve breast-conserving surgery for breast cancer and reduce the need for adjuvant chemotherapy. This article aimed to review the latest research progress in several areas: patient selection for NET, comparison of efficacy of NET, duration of NET, comparison and combined use of NET and NCT, NET combined with targeted therapy, window of opportunity trials, efficacy evaluation indicators and adjuvant therapy decision after neoadjuvant endocrine therapy.

[Key words] Breast cancer; Neoadjuvant endocrine therapy; Prognosis

乳腺癌是女性最常见的恶性肿瘤, 约占美国女性癌症的30%^[1]。近年来, 新辅助治疗可以降低肿瘤分期, 从而使患者获得保乳手术 (breast-conserving surgery, BCS) 的机会。新辅助化疗 (neoadjuvant chemotherapy therapy, NCT) 对于人表皮生长因子受体2 (human epidermal growth factor receptor 2, HER2) 阳性或三阴性乳腺癌 (triple-negative breast cancer, TNBC) 患者具有显著的优势, 达到病理学完全缓解 (pathological complete response, pCR) 也与良好的预后相关^[2]。相对而言, 雌激素受体 (estrogen receptor, ER) 阳性肿瘤通常被认为对

化疗不太敏感^[3], 10%~20%的luminal型患者能够达到pCR^[2, 4-6]。目前指南^[7-8]认可新辅助内分泌治疗 (neoadjuvant endocrine therapy, NET) 代替NCT是一种合理的临床治疗策略, 且其不良反应较小, 患者的依从性和耐受性更高。本文就乳腺癌NET的研究进展进行综述。

1 NET的患者选择

欧洲肿瘤内科学会 (European Society for Medical Oncology, ESMO) 指南建议NET适用于绝经后ER阳性/HER2阴性的乳腺癌患者, 且因试验数据较少, 尚不常规推荐绝经前患者进行NET^[7]。2021年圣·加仑国际乳腺癌会

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议^[9]批准了对核心针活检进行基因组检测, 以作为选择新辅助治疗(NCT或NET)的一种策略。绝大多数(98%)的专家投票赞成NET用于患有低级别和(或)低基因组特征肿瘤且有新辅助治疗指征的绝经后激素受体(hormone receptor, HR)阳性/HER2阴性的乳腺癌患者。美国临床肿瘤协会(American Society of Clinical Oncology, ASCO)提出了一种基于ER、孕激素受体(progesterone receptor, PR)表达及Ki-67增殖指数在基线和芳香化酶抑制剂(aromatase inhibitor, AI)治疗2~4周后变化水平的算法作为选择NET患者的方法, 但仅适用于2019冠状病毒(COVID-19)传播期间, 在正常情况下的临床使用还需要更多的试验佐证^[10]。

2 不同NET药物临床疗效对比

目前NET药物主要包括他莫昔芬、选择性的ER下调剂和第三代AI, 一些临床试验对比了他们之间的临床疗效。

2.1 他莫昔芬 vs 阿那曲唑

阿那曲唑作为第三代AI在绝经后转移性乳腺癌患者中的疗效已经得到证实^[11], 但在早期乳腺癌患者中不确定是否可以代替他莫昔芬。IMPACT试验^[12]是一项Ⅲ期随机、双盲、多中心试验, 共纳入330例ER阳性绝经后乳腺癌患者, 随机分配接受阿那曲唑、他莫昔芬或两药联合共持续12周, 其主要研究终点临床客观缓解率(objective response rate, ORR)分别为37%、36%和39%, 但差异无统计学意义, 且在12周时对患者是否可行BCS进行评估后发现, 接受阿那曲唑的患者可行BCS率显著高于他莫昔芬组(46% vs 22%, $P=0.03$)。PROACT试验^[13]在ER和(或)PR阳性的绝经后可手术乳腺癌患者中比较了阿那曲唑($n=228$)和他莫昔芬($n=223$)的疗效, 虽然两组患者3个月后的总体ORR差异无统计学意义, 但实际临床中发现, 仅接受NET(不包括NCT)的患者, 使用阿那曲唑的142例患者中有61例(43.0%)的实际手术情况有所改善, 而使用他莫昔芬的120例患者中有37例(30.8%)的实际手术情况有所改善。为评估阿那曲唑和他莫昔芬在绝经前乳腺癌患者的有效性, 日本的一项研究^[14]共纳入197例ER阳性和(或)HER2阴性可手术的绝经前乳腺癌患者,

98例患者接受阿那曲唑联合戈舍瑞林, 99例患者接受他莫昔芬联合戈舍瑞林, 共持续24周, 无论是通过卡尺测量(70.4% vs 50.5%, $P=0.004$)还是通过超声检测(58.2% vs 42.4%, $P=0.027$), 阿那曲唑组的最佳整体肿瘤反应都显著优于他莫昔芬组。此外, 在第24周时阿那曲唑联合戈舍瑞林组(41.8%)出现组织病理学反应的患者比例明显高于他莫昔芬联合戈舍瑞林组(27.3%)。

目前研究显示, 无论是绝经前还是绝经后的乳腺癌患者, 阿那曲唑在ORR和BCS上都要优于他莫昔芬。

2.2 他莫昔芬 vs 来曲唑或依西美坦

P024试验^[15]研究了337例无法接受BCS的绝经后患者术前接受来曲唑和他莫昔芬的疗效, 结果显示, 来曲唑组的ORR(55% vs 36%, $P<0.001$)及超声评估的缓解率(35% vs 25%, $P=0.042$)均显著优于他莫昔芬组, 且来曲唑治疗4个月后患者的BCS率更高(45% vs 35%, $P=0.022$)。Semiglazov等^[16]实施的一项NET研究对比了依西美坦和他莫昔芬的临床疗效, 结果显示, 依西美坦组患者的ORR(76% vs 40%, $P<0.05$)和BCS率(37% vs 20%, $P<0.05$)高于他莫昔芬组。

上述研究提示AI与他莫昔芬相比可以获得更好的临床反应。

2.3 来曲唑 vs 阿那曲唑 vs 依西美坦

ACOSOG Z1031试验^[17]入组了377例临床Ⅱ~Ⅲ期ER阳性(Allred评分6~8)的绝经后女性乳腺癌患者, 分别给予术前16~18周的来曲唑、阿那曲唑或依西美坦, 结果显示, 临床ORR分别为74.8%、69.1%和62.9%, 且手术结果及Ki-67增殖指数的差异无统计学意义($P=0.45$), 提示来曲唑、阿那曲唑和依西美坦的疗效接近。

2.4 氟维司群 vs 阿那曲唑

氟维司群是一种选择性的ER下调剂, 目前氟维司群用于HR阳性转移性乳腺癌的治疗已被广泛认可, 但用于新辅助治疗的研究较少。Quenel-Tueux等^[18]进行的一项非比较性试验纳入了118例患者, 分别接受氟维司群或阿那曲唑治疗6个月, ORR分别为53.8%和58.9%, 差异无统计学意义($P>0.05$)。CARMINA02试验^[19]显示, 氟维司群和阿那曲唑对HR阳性和(或)

HER2阴性的绝经后女性患者均有效且耐受性良好。ALTERNATE试验^[20]选择T₂₋₄N₀₋₃M₀期ER阳性和（或）HER2阴性侵袭性乳腺癌女性患者分别接受阿那曲唑或氟维司群或两者联合，结果显示，氟维司群与阿那曲唑相比并没有提高内分泌敏感疾病的发生率（22.7% vs 18.6%， $P=0.15$ ）。

3 NET持续时间

从上述大部分临床试验中可以看出，NET的持续用药时间为3~6个月，但最佳持续时间仍有争议。多项研究^[21-24]显示，更长的NET疗程可以获得更高的临床ORR。Allevi等^[21]的研究比较了老年女性患者术前接受不同时间来曲唑治疗的临床疗效，结果显示，接受12个月来曲唑治疗组患者相比于接受8或4个月治疗可获得更高的ORR（95.0% vs 86.8% vs 45.0%）和BCS率（87.5% vs 85.0% vs 80.0%）。一项前瞻性IV期研究^[22]表明，来曲唑治疗的中位持续时间是7.5个月（95% CI: 6.3~8.5个月），以实现BCS的最大肿瘤体积减少。TEAM II A试验^[23]显示，术前服用依西美坦6个月相比于3个月可以进一步降低平均肿瘤大小（ $P=0.03$ ），且未增加严重不良反应。Dixon等^[24]对接受新辅助来曲唑治疗的182例ER阳性的局部晚期患者进行回顾性分析，发现延长来曲唑治疗时间患者的临床ORR相比治疗3个月相对增加（83.5% vs 69.8%），BCS率也相应提高（72% vs 60%）。

目前尚未有指南明确规定最佳NET持续时间，临床医师可根据患者耐受性和肿瘤缓解情况进行个体化治疗。虽然延长内分泌用药时间可以适当地增加ORR，但应严密评估疾病的临床进展，并及时进行手术干预治疗。

4 NET与NCT效果对比及联合使用

在新辅助治疗中直接比较NCT和NET的数据较少，主要数据来源于以下两项大型II期试验。Semiglazov等^[25]将239例绝经后女性患者随机分配接受NET（阿那曲唑或依西美坦）和NCT（多柔比星联合紫杉醇）3个月，ORR均为64%，但NET的BCS率略高（33% vs 24%， $P=0.06$ ）。GEICAM/2006-03试验^[26]是另一项II期试验，招募了95例患者在术前接受化疗或依西美坦，除绝经前女性和Ki-67增殖指数高的女性外，两组

临床反应率的差异无统计学意义（ $P=0.075$ ）。一项meta分析^[27]显示，NET和NCT在临床反应率（ $P=0.85$ ）和BCS率（ $P=0.07$ ）上没有显著差异。NET目前成为ER阳性乳腺癌的一种安全选择^[28]。2021年V4版美国国家综合癌症网络（National Comprehensive Cancer Network, NCCN）指南^[29]建议在采用化疗和内分泌治疗联合新辅助治疗时，应按照先化疗后内分泌治疗的顺序进行。Sato等^[30]的研究显示，对于接受依西美坦治疗12周后未缓解者，联合使用多西他赛和环磷酰胺可显著提高临床ORR（ $P=0.02$ ）。Matsunuma等^[31]对比了NCT联合NET组与NET组的临床疗效，结果显示，NET组的pCR率并不优于NCT组（3.0% vs 9.7%， $P=0.32$ ）。

5 NET联合靶向药物治疗

随着细胞及分子生物学研究的深入，靶向治疗在乳腺癌治疗中扮演着越来越重要的角色，而靶向药物联合内分泌治疗可能产生协同抗肿瘤作用。

5.1 NET联合细胞周期蛋白依赖性激酶4/6（cyclin-dependent kinase 4/6, CDK4/6）抑制剂

CDK4/6抑制剂通过抑制雌激素信号通路，减少cyclin D1-CDK4/6-RB1复合物，阻滞细胞周期于G₁期，从而抑制肿瘤增殖^[32]。目前部分CDK4/6抑制剂联合非甾体AI已经获批用于治疗ER阳性和（或）HER2阴性的转移性乳腺癌，但在早期乳腺癌中的治疗获益还有待研究。

Ma等^[33]的II期临床试验比较了阿那曲唑联合帕博西尼与阿那曲唑单药治疗的完全细胞周期阻滞（complete cell cycle arrest, CCCA），CCCA定义为Ki-67增殖指数 $<2.7\%$ ，结果显示，联合组显著改善了CCCA率（87% vs 26%， $P=0.001$ ）。neoMONARCH试验^[34]对比了阿贝西利、阿那曲唑和两药联合对肿瘤细胞增殖的抑制作用，发现联合组和单药阿贝西利相比单药阿那曲唑均显著改善了CCCA率（ $P<0.001$ ）。NeoPAL试验^[35]是一项II期随机平行非比较临床试验，纳入了106例ER阳性和（或）HER2阴性、luminal A或B型淋巴结阳性的II~III期绝经后患者，随机分配到来曲唑联合帕博西尼组或化疗组，结果显示，两组患者的无进展生存期（HR=1.01， $P=0.98$ ）和无侵袭性疾病生存期

($HR=0.83$, $P=0.71$) 差异无统计学意义, 但化疗组中不良反应的发生率几乎是来曲唑联合帕博西尼组的2倍。Johnston等^[36]的研究纳入了307例ER阳性、肿瘤 ≥ 2.0 cm的绝经后原发性乳腺癌患者, 发现帕博西尼联合来曲唑组与来曲唑单药的临床ORR无显著差异(54.3% vs 49.5%, $P=0.20$), 但帕博西尼联合来曲唑更好地抑制了肿瘤细胞增殖(90% vs 59%, $P<0.001$)。

5.2 NET联合磷脂酰肌醇3激酶(phosphoinositide 3-kinase, PI3K)抑制剂

乳腺癌中PI3K-蛋白激酶B (protein kinase, AKT) -哺乳动物雷帕霉素靶蛋白 (mammalian target of rapamycin, mTOR) 通路经常发生失调, 而其中PIK3CA突变更多地发生在ER阳性乳腺癌中^[37]。LORELEI试验^[38]显示, 在术前来曲唑中添加PI3K抑制剂taselisib可改善通过磁共振成像(magnetic resonance image, MRI)测量的ORR(50% vs 39%, $P=0.049$), 但其不良反应显著多于来曲唑联合安慰剂组(26% vs 8%)。另一项II期临床试验^[39]显示, 来曲唑联合依维莫司组的临床肿瘤触诊缓解率显著优于来曲唑组(68.1% vs 59.1%, $P=0.062$)。

6 机会之窗试验(window of opportunity trials, WoTs)

WoTs主要用于癌症确诊后、治疗开始前(术前或新辅助治疗前)的时间窗口。WoTs治疗时间一般持续2周及以上。WoTs可以对某种新型药物进行有效的药效学评估, 同时可以发现和观察生物标志物的变化。在大部分乳腺癌WoTs中, Ki-67增殖指数都是研究疗效的标准替代物^[40]。

一项II期术前试验^[41]纳入了125例绝经前ER阳性乳腺癌患者, 术前分别接受雷洛昔芬60 mg/d或他莫昔芬10 mg/周或安慰剂持续6周。雷洛昔芬可能在绝经前女性中具有生物活性, 但3组的Ki-67增殖指数的平均变化均为0。POWERPIINC试验^[42]纳入了52例I~II期、ER阳性的浸润性乳腺癌女性患者接受术前他莫昔芬治疗, 结果显示, 他莫昔芬治疗7 d后, Ki-67增殖指数的平均降幅达40%。WoTs可能涉及部分伦理问题, 但在加快新药物研制及未来乳腺癌试验设计方面潜力巨大。

7 NET效果评估预后指标

7.1 临床评估

目前临床上主要通过触诊卡尺测量、乳房超声和钼靶X射线检查来评估NET效果, 而MRI已经被证实在测量NET后残留肿瘤大小方面比上述方法更准确^[43], 且应用更广泛。超声造影成像和正电子发射计算机断层成像(positron emission tomography and computed tomography, PET/CT)在判断NET前后腋窝淋巴结性质中的应用也在探索中。

7.2 病理学评估

乳腺癌患者NET后很少可以获得pCR, pCR率为1.5%~17.5%^[15, 21, 35], 且其与治疗持续时间有关, 因此仅用pCR这个二分变量去评估NET效果的价值有限。目前对病理学反应分级评估的最新方法是残余癌症负担(residual cancer burden, RCB)评分。RCB评分是根据残余乳腺肿瘤大小、瘤床细胞结构及腋窝淋巴结负荷进行计算^[44]。NeoPAL试验^[35]中7.7%的来曲唑联合帕博西尼组和15.7%的NCT组患者实现了pCR(RCB评分为0~1分)。

7.3 生物标志物评估

目前的临床试验越来越侧重于评估确定疗效的可靠生物标志物。绝大多数NET试验的另一个终点是基线和治疗时的Ki-67增殖指数评分^[45]。P024试验^[46]中, 基线Ki-67增殖指数无法预测无复发生存时间(relapse-free survival, RFS), 但治疗后的Ki-67增殖指数与RFS显著相关。IMPACT试验^[12]和ACOSOG Z1031试验^[17]显示, Ki-67增殖指数在多变量分析中分别在第2周和2~4周与RFS密切相关。STAGE试验^[14]中, 与他莫昔芬相比, 阿那曲唑组从基线至第24周的Ki-67增殖指数下降程度明显更大($P<0.0001$), 其结果也显示, 阿那曲唑组的ORR优于他莫昔芬组($P=0.004$)。国际乳腺癌Ki-67工作组最新建议认为在内分泌治疗2周后的Ki-67增殖指数比基线值更能预测预后^[45]。Ellis等^[46]为P024试验中的患者设计了术前内分泌治疗预后指数(preoperative endocrine therapy prognosis index, PEPI)模型, 并在IMPACT试验中得到了验证, 该指数将治疗后的Ki-67水平与ER状态、病理学分期和淋巴结状态相结合, 且它能够评估

患者的复发风险，从而判断患者是否需要接受辅助治疗。

2020年ASCO提出用内分泌治疗敏感率（endocrine sensitive disease rate, ESDR）来评估NET，其主要定义为达到pCR或改进的PEPI（modified PEPI, mPEPI）评分为0分的患者所占的百分比。ALTERNATE试验^[20]中，阿那曲唑组、氟维司群组和联合组的ESDR分别为18.6%、22.7%和20.5%，结果显示，单药氟维司群或联合阿那曲唑较单药阿那曲唑，均不能显著提高ER阳性和（或）HER2阴性绝经后局部晚期乳腺癌患者的ESDR。目前尚无指南或共识明确规定评估NET效果的具体方法，从上述试验中可以看出使用ER状态、Ki-67增殖指数及PEPI等来评估NET的灵敏度已被广泛证实具有临床价值，且更多的生物标志物正在探索当中。

8 NET后辅助治疗决策

NET的临床试验基本都证明了其在提高BCS率方面的价值，但NET后腋窝手术的最佳管理方式仍未确定。Stafford等^[47]分析了来自国家癌症数据库（National Cancer Database, NCDB）的4580例ER阳性乳腺癌患者，其中663例在NET后获得了腋窝pCR。Weiss等^[48]研究发现，在cN₀期患者中，NET后尝试行前哨淋巴结活检（sentinel lymph node biopsy, SLNB）的可能性要高于NCT患者（85.8% vs 79.9%， $P < 0.001$ ），且在cN₁期患者中，接受NET的患者接受腋窝淋巴结清扫（axillary lymph nodes dissection, ALND）的可能性相比NCT稍小（50.4% vs 64.6%， $P < 0.001$ ）。在ACOSOG Z1031 B试验^[49]中，尽管NET组（44.1%）和NCT组（42.7%）的淋巴结阳性率相似，但NET组相比NCT组接受ALND的概率较低（33.3% vs 68.6%）。目前大部分外科医师通常对NET后腋窝管理采取跟NCT相似的策略^[50]。

POETIC试验^[51]显示，接受内分泌治疗后Ki-67增殖指数仍较高的患者可能需要更进一步的辅助治疗或新的试验疗法。短期术前内分泌治疗后的Ki-67增殖指数可有效地识别21基因检测复发评分（12~25）和无需化疗即可获得良好预后的女性^[52]。在2021年第17届圣·加仑国际乳腺癌会议共识中，专家组认为对于NET后残留

病变范围大于预期（肿瘤 > 5 cm或残留阳性淋巴结）、具有不良生物学特征或在NET期间肿瘤进展的患者，通常建议进行辅助化疗^[9]。

9 问题与展望

近年来，NET得到越来越多的认可。从临床角度来看，在ER阳性的绝经后乳腺癌患者中，NET代替NCT是一种安全有效的治疗选择，然而一些持续存在的关键问题仍未得到解决。目前尚未有指南规定NET最佳治疗的持续时间，常规治疗时间为3~6个月，临床实践中需要医师对患者进行个体化治疗。CDK4/6抑制剂联合AI已经批准用于治疗HR阳性和（或）HER2阴性的晚期乳腺癌患者，但在早期乳腺癌中的治疗还在进一步探索中。未来期待靶向药物（CDK4/6抑制剂或PI3K抑制剂）联合氟维司群能带来更大的临床获益。Ki-67增殖指数及PEPI评分已经成为有效的评估反应的生物标志物，但ESDR等预测因子在临床上的应用还需要更多的数据支持。NET后腋窝管理的试验数据较少，且NET后行SLNB的安全性仍有待研究。

除临床方面外，NET也为评估新药治疗效果、研究内分泌治疗耐药机制、寻找预测性生物标志物及判断ER阳性和（或）HER2阴性乳腺癌患者的预后提供了机会。

利益冲突声明：所有作者均声明不存在利益冲突。

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