



· 综述 ·

滤泡性淋巴瘤预后因素的研究

薛田, 盛东, 颜婉惠, 蒋翔男, 李欢鸽, 李小秋

复旦大学附属肿瘤医院病理科, 复旦大学上海医学院肿瘤学系, 上海 200032

[摘要] 滤泡性淋巴瘤 (follicular lymphoma, FL) 是一种起源于滤泡生发中心B细胞的淋巴瘤, 其发病率在美国和西欧最高, 而在亚洲和发展中国家的发病率相对较低。FL主要累及淋巴结, 通常表现为无痛性多发淋巴结肿大。原发于淋巴结外的FL常见于胃肠道、软组织、乳腺及眼眶附属器。FL患者多表现为惰性临床过程, 总生存率较高, 但多数患者仍会复发或进展。回顾FL的预后因素, 为指导患者的临床治疗提供理论依据。

[关键词] 滤泡性淋巴瘤; 预后因素; 病理学

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Prognostic factors of follicular lymphoma XUE Tian, SHENG Dong, YAN Wanhui, JIANG Xiangnan, LI Huan'ge, LI Xiaoli (Department of Pathology, Fudan University Shanghai Cancer Center; Department of Oncology, Shanghai Medical College, Fudan University, Shanghai 200032, China)

Correspondence to: LI Xiaoli E-mail: leexiaoqi@hotmail.com

[Abstract] Follicular lymphoma (FL) is a neoplasm derived from follicular center B cells. The incidence rates of FL are highest in America and Western Europe, but are much lower in Asia and developing countries. FL mainly involves lymph nodes, and the patients usually present with painless enlargement of multiple lymph nodes. FL originating from extranodal sites is common in gastrointestinal tract, soft tissues, breast and ocular adnexa. Most patients have an indolent clinical course with a long survival, however, a subset of patients suffer from relapse or progression over years. We reviewed the prognostic factors of FL, in order to provide some theoretical guidance to clinical treatment.

[Key words] Follicular lymphoma; Prognostic factor; Pathology

滤泡性淋巴瘤 (follicular lymphoma, FL) 起源于滤泡生发中心B细胞 (中心细胞和中心母细胞), 遗传学方面的异常主要为14和18号染色体的易位, 即t(14;18)(q32;q21)。近些年有研究报道, 表观遗传学的改变对FL的发病同样起到一定作用^[1-2]。组织形态学方面, FL主要表现为淋巴结的正常结构消失, 由紧密排列的肿瘤性滤泡构成, 根据滤泡结构所占的比例将其分为滤泡为主型、滤泡弥漫型、局灶滤泡型及弥漫型。根据每高倍镜视野 (high power field, HPF) 中心母细胞的数量将FL分为3个组织学级别, 若弥漫区域中每HPF中心母细胞的个数多于15个, 则应诊断为弥漫性大B细胞淋巴瘤 (diffuse large

B-cell lymphoma, DLBCL) 合并FL。免疫表型方面, 肿瘤细胞表达B细胞相关抗原 (CD19、CD20、CD79a) 及生发中心相关抗原 (CD10、Bcl-6)。Bcl-2通常为阳性, 但在高级别FL中可为阴性。FL通常不表达MUM1, 但CD10阴性的FL可表现为MUM1阳性。临床表现方面, 大多数患者在疾病早期无明显症状, 而在确诊时多表现为全身多发淋巴结肿大, 可伴有脾脏及骨髓受累。有些患者可有发热、盗汗及短期内体质量下降的B症状^[3]。对于肿瘤负荷较低的患者可等待观察^[4-5], 早期局限性的FL可进行放疗, 而对于有明显症状、发生器官损害的患者, 化疗联合抗CD20的利妥昔单抗 (rituximab, R) 已成为一

线治疗方案。经过有效的治疗, FL的总生存率(overall survival, OS)可得到极大的提高^[6]。由于FL具有较高的异质性, 选择治疗方案时应根据患者的综合情况进行评估^[7], 因此, 合理进行综合性的预后分析对指导临床治疗具有至关重要的作用。

1 综合性指标

1.1 FL国际预后指数(FL international prognostic index, FLIPI)

FLIPI根据5项简单并容易获得的临床和实验室指标对治疗之前的患者进行预后评估, 即年龄、Ann Arbor分期、肿瘤区域的个数、血清中血红蛋白及乳酸脱氢酶(lactate dehydrogenase, LDH)水平。当年龄>60岁、Ann Arbor分期Ⅲ~Ⅳ期、大于4个肿瘤区域, 血清血红蛋白水平<120 g/L、血清LDH水平高于正常值时, 每项指标计数为1分, 最后相加得分即为FLIPI。根据FLIPI进行危险度分级, 0~1分为低危、2分为中危、3~5分为高危^[8], 3组FL患者的OS和无进展生存率(progression-free survival, PFS)依次递减, 差异有统计学意义^[9]。

1.2 FLIPI2

FLIPI2与FLIPI的不同点在于可以对治疗后的患者进行预后评估, 从而提高其在临床工作中的实用性。根据FLIPI2, β_2 微球蛋白水平升高、受累淋巴结的最大径>6 cm、侵犯骨髓、血红蛋白水平<120 g/L及年龄>60岁均为不良结局的独立预后因素, 据此同样分为低危、中危、高危3组(0分: 低危组; 1~2分: 中危组; 3~5分: 高危组), 其3年PFS分别为91%、69%和51%, 3年OS分别为99%、96%和84%^[10]。

1.3 临床风险模型(m7-FLIPI)

FL在临床和遗传学方面均具有异质性, m7-FLIPI临床风险模型是将FLIPI评分、美国东部肿瘤协作组(Eastern Cooperative Oncology Group, ECOG)体力状态评分及7种基因的突变情况结合起来进行预后分析。此模型计算为Lasso系数加权的预测值之和, 包括高风险FLIPI评分($\beta_{\text{Lasso}}+0.79$), ECOG评分>1分($\beta_{\text{Lasso}}+0.38$), 7种基因的非沉默突变: *EZH2*

($\beta_{\text{Lasso}}-0.53$), *ARID1A* ($\beta_{\text{Lasso}}-0.4$), *EP300* ($\beta_{\text{Lasso}}+0.33$), *FOXO1* ($\beta_{\text{Lasso}}+0.26$), *MEF2B* ($\beta_{\text{Lasso}}-0.07$), *CREBBP* ($\beta_{\text{Lasso}}+0.05$)和*CARD11* ($\beta_{\text{Lasso}}+0.04$)。将风险评分划分为高风险组和低风险组的临界值是0.8。m7-FLIPI高风险组的5年无病生存率是38.29%, 低风险组的5年无病生存率是77.21%。m7-FLIPI对预后的预测优于FLIPI、FLIPI2、FLIPI结合ECOG评分以及仅根据基因突变进行的预后判断^[11]。

1.4 FCG评分

FCG评分将FLIPI、Charlson合并症指数(Charlson comorbidity index, CCI)及FL组织学分级结合起来进行综合评分。根据FLIPI分成的低危、中危、高危组分别计分为0、1、2; Charlson合并症指数小于二者计分为0, 大于或等于二者计分为1; 低级别FL计分为0, 3级FL计分为1。根据上述3类指标进行FCG评分, 得分0~1分为低危组, 2分为中危组, 3~4分为高危组, 三者的5年OS分别为86%、68%和25%。FCG评分的优点在于通过结合CCI和组织学分级使临床特征与病理学检查结果相关联, 增强了评分的合理性及可信度, 较FLIPI具有更高的区别不同预后风险患者的能力, 然而与FLIPI2相比没有显著差别^[12]。

2 遗传学因素

2.1 *Bcl-2*基因

FL最主要的遗传学异常是t(14;18)(q32;q21), 使*Bcl-2*基因受到免疫球蛋白重链(immunoglobulin heavy chain, IgH)基因的调控^[13], *Bcl-2*蛋白具有抵抗细胞凋亡的能力, 进而导致肿瘤生成, 因此t(14;18)(q32;q21)被认为是其发病机制, 可见于80%~90%的FL^[14]。多因素分析显示, *Bcl-2*基因突变是FL发生高级别转化及因疾病死亡的独立危险因素, 预示着早期疾病进展及不良预后^[15]。而Huet等^[16]的研究则表明, 在接受了包含R免疫治疗的患者中, *Bcl-2*基因突变对FL的预后无影响, 并且与*Bcl-2*基因突变阴性患者的临床病理学特征无显著差异^[17]。此外, 发生上述基因易位的不同病例甚至同一病例的不同肿瘤细胞, *Bcl-2*蛋白表达的强

弱均具有显著的异质性,产生异质性的分子病理学机制尚未阐明,但是此种异质性可以反映FL患者对治疗的反应性及OS。高表达Bcl-2蛋白的患者对治疗的敏感性较差,OS较低^[13]。然而,不同的研究显示,对于进行免疫治疗的患者,Bcl-2蛋白是否表达以及表达的强弱与PFS和OS没有显著的相关性^[18]。

2.2 IgH可变区 (IgH variable, *IGHV*) 基因的活化和突变

FL起源于生发中心B细胞,与正常的生发中心B细胞相比,肿瘤细胞中的*IGHV*和轻链的基因具有显著的突变。从FL患者中获取的104个*IGHV*基因序列显示,*IGHV3*基因亚组具有最高的活化和突变频率,其中又以*IGHV3-23*基因最为常见。多因素分析显示,预后较差的患者具有*IGHV5*基因亚组或不止1个*IGHV*基因亚组突变,其5年OS分别为62.5%和50.0%,而其他基因亚组突变患者的5年OS较高,为95.1%,因此这两种基因突变形式可作为FL的独立预后指标^[19]。

3 病理学因素

3.1 组织病理学分级

世界卫生组织 (World Health Organization, WHO) 根据每HPF (0.159 mm²) 中心母细胞的数量将FL分为3个级别,即每HPF 0~5个中心母细胞为1级,6~15个中心母细胞为2级,>15个中心母细胞为3级,其中,3级又分为3A级(中心母细胞和中心母细胞混合存在)和3B级(中心母细胞呈实性片状分布),若肿瘤细胞弥漫分布的区域>15个/HPF,则被视为合并DLBCL。既往认为3A级与1~2级FL具有相似的临床病理学特征及生物学行为,3B级FL则与DLBCL更接近,而最近的研究^[20]则报道,3A与3B级FL有着相似的基因表达谱。组织学分级对FL患者预后的影响不尽相同,早期的部分文献^[21-25]显示,级别越高预后越差,也有部分研究^[18, 26-28]显示,分级对预后的影响差异无统计学意义($P > 0.05$)。然而,近些年部分研究^[24, 29-31]发现,在进行了R免疫治疗的患者中,高级别FL预后优于低级别FL,对此结果有学者^[29]提出,可能是高级别的FL中肿瘤细胞CD20表达强度高,对免疫治疗反

应较好导致的,因此组织学级别对FL预后的影响需要进一步的探究。

3.2 细胞增殖指数

Ki-67增殖指数高低对预后的影响同样具有争议,大部分研究^[23, 26, 28, 32-33]显示,Ki-67增殖指数的升高与不良预后有关,Kedmi等^[34]则观察到Ki-67增殖指数的高低与预后无显著相关性,Wahlin等^[24]的研究中甚至表现为部分高Ki-67指数患者的预后优于低Ki-67患者。以上研究中Ki-67增殖指数的界值介于10%~40%之间^[23, 26, 28, 31-34]。关于Ki-67增殖指数与组织学分级的相关性,大部分研究结果为高Ki-67增殖指数对应着较高的组织学分级^[23-24, 26, 28, 30-31, 35-37],而部分具有高增殖指数的低级别FL中的肿瘤细胞常表现为母细胞样的形态,与具有低增殖指数的低级别FL相比,有较短的总生存期和疾病特异性生存期^[23]。

3.3 组织学转化

FL发生组织学转化主要为向高级别淋巴瘤转化,大多转化为DLBCL,少数情况下还可以转化为Burkitt淋巴瘤或其他侵袭性淋巴瘤。FL患者5年内发生组织学转化的风险为20%,但并非FL的自然发展过程和最终结局;发生组织学转化后的患者临床方面常表现为B症状的加重及LDH水平的升高,预后一般较差,平均生存时间仅为1~2年,然而并非绝对的对应关系^[38]。与组织病理学分级相对应的是,伴有弥漫性肿瘤成分的3级FL预后较差^[39]。

3.4 肿瘤微环境

FL中肿瘤细胞的微环境主要由T细胞亚群及巨噬细胞构成,相关研究表明,CD3⁺、FOXP3⁺/CD3⁺和CD69⁺/CD3⁺细胞较多的FL患者具有较高的OS,并且上述阳性细胞弥漫性分布较聚集性分布者预后好,表现为患者较长的中位生存时间^[40]。此外,微环境中CD14⁺滤泡树突状细胞及PD-1⁺T细胞的分布模式可以预测患者的预后。其中,滤泡局部细胞CD14⁺的FL患者与滤泡不表达CD14的FL患者相比,前者发生组织学转化的时间较短,预后较差,但两组患者的总生存期无显著差别;PD-1⁺T细胞弥漫分布较局限性分布

的FL患者发生组织学转化的时间较短,并且OS低,预后较差^[41]。然而,Koch等^[42]进行的一项264个病例的前瞻性研究显示,微环境中浸润的FOXP3⁺、PD-1⁺ T细胞与患者的OS无显著相关性,但不同的分期中微环境成分(调节性T细胞、辅助性T细胞及巨噬细胞)不同,表明微环境处于不断的动态变化中,有可能与肿瘤的潜在性进展有关。

在诊断时有较完整的CD21⁺滤泡树突网提示患者较短的总生存期、疾病进展时间和发生组织学转化的时间,滤泡内出现多量CD68⁺、PD-L1⁺的巨噬细胞或CD4⁺ T细胞预示患者有可能在较短的时间内发生组织学转化^[43]。另有研究^[44]表明,FL中淋巴瘤相关巨噬细胞(lymphoma-associated macrophage, LAM)的数量与患者的预后相关,滤泡内LAM \geq 10个/HPF的患者OS和PFS较低。但对于使用R维持治疗的患者,LAM对预后的预测意义与治疗方案有关。对于使用R、环磷酰胺、长春新碱和泼尼松治疗方案的患者,CD163⁺ LAM计数的升高预示着不良预后,5年PFS较低;然而,对于使用R、环磷酰胺、多柔比星、长春新碱和泼尼松治疗方案的患者,CD163⁺ LAM计数的升高反而提示较好的预后^[45]。

3.5 特殊的免疫表型

CD5⁺ FL十分少见,有学者对比了22例CD5⁺和62例CD5⁻的FL(对照组),观察到CD5⁺ FL患者更易累及外周血与MUM1蛋白的表达,但14和18号染色体易位的概率较低。生存分析显示,CD5⁺ FL患者的OS较低,而PFS与CD5⁻ FL相比无显著差别。此外,单因素及多因素分析表明,CD5的表达可作为不良预后中OS的独立预测因素^[46]。

FL中表达CD25的细胞为CD19⁺及CD20⁺的淋巴细胞,CD25的表达强度与反应性淋巴细胞相比较强,但与DLBCL中的肿瘤细胞相比较弱,CD25的表达机制尚未明确。对12例CD25⁺的FL进行分析显示,患者大多年龄较高,并常有可溶性白细胞介素2受体水平的升高并且伴随B症状。与CD25⁻的FL患者相比,其对治疗的总体反应

率、PFS及OS均较低,预后较差^[47]。

近年来,在FL中可以观察到GNA13基因组的改变。GNA13是一种G蛋白,参与调节肿瘤增殖、浸润、转移和迁移,可表达于生发中心B细胞。GNA13⁻与GNA13⁺ FL在组织学分级、BCL2-IGH基因易位、免疫表型及FLIPI指数之间的差异无统计学意义。然而,与GNA13⁻ FL相比,GNA13⁺ FL患者的2年内疾病进展率较高,且OS及PFS较低。多因素预后分析显示,GNA13蛋白的表达是FL预后的独立危险因素^[48]。

4 总结

FL作为一种最常见的惰性非霍奇金淋巴瘤,临床表现有较大的异质性。以上介绍了FL预后的综合指标、遗传学以及病理学中与预后相关的因素,运用这些因素对患者进行综合评估,可对指导临床选择普通或高强度的治疗方案提供参考。然而,在临床上实际进行分析时仍然面临着挑战,仍主要依靠临床特征及疗效进行判断;此外,新治疗方案的出现会改变原有指标的预测效能。因此,随着临床和实验研究的进步,分子诊断技术的提高,对FL预后的预测方法也需要不断完善和发展,以便更好地指导治疗、改善FL患者的预后。

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