

· 论 著 ·

分化型甲状腺癌合并桥本甲状腺炎的临床特征及不同手术方式探讨

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摘要: **目的** 分析分化型甲状腺癌(DTC)合并桥本甲状腺炎(HT)的临床特征,比较不同手术方式的疗效。**方法** 回顾性分析2018年1月至2019年5月辽宁省肿瘤医院初治的692例DTC患者的资料,按照是否合并HT分为DTC组($n=485$)和DTC合并HT(DTC-HT)组($n=207$),比较两组临床特征和术后并发症的差异。**结果** 两组在性别、微小癌、多发灶、甲状腺侵犯、颈淋巴结转移、再次手术、甲状腺过氧化物酶抗体方面差异有统计学意义($P<0.05$)。DTC-HT组无血流信号比例高于DTC组,差异有统计学意义(47.8% vs 39.0% , $\chi^2=4.684$, $P=0.030$)。DTC-HT组中甲状腺全切和非甲状腺全切患者术后第1天引流量、一过性低钙血症及暂时声音嘶哑发生率差异无统计学意义($P>0.05$)。**结论** DTC合并HT患者以女性居多,多为微小癌,具有多发灶的特点,且术后残余腺体易发现新的癌灶,常需二次手术,应有计划地进行甲状腺全切除加患侧中央区淋巴结清扫术。**关键词:** 甲状腺癌, 分化型; 桥本甲状腺炎; 甲状腺全切术; 微小癌; 淋巴结清扫术; 血流信号; 低钙血症
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Clinical characteristics and different surgical methods of differentiated thyroid cancer with Hashimoto's thyroiditis

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Abstract: Objective To explore the clinical characteristics of differentiated thyroid cancer (DTC) combined with Hashimoto's thyroiditis (HT), and to compare the efficacy of different surgical methods. **Methods** A retrospective analysis was conducted on data from 692 patients with DTC initially treated at Liaoning Cancer Hospital & Institute from January 2018 to May 2019. The patients were divided into DTC group ($n=485$) and DTC combined with HT (DTC-HT) group ($n=207$). Clinical characteristics and postoperative complications were compared between two groups. **Results** There were statistically significant differences between two groups in terms of gender, microcarcinoma, multifocality, thyroid invasion, neck lymph node metastasis, reoperation, and thyroid peroxidase antibody ($P<0.05$). The proportion of patients with no blood flow signal in the DTC-HT group was higher than that in the DTC group (47.8% vs 39.0% , $\chi^2=4.684$, $P=0.030$). There was no statistically significant difference in drainage volume at the first day after operation, transient hypocalcemia, and temporary hoarseness between total thyroidectomy and non-total thyroidectomy patients in the DTC-HT group ($P>0.05$). **Conclusion** Patients with DTC combined with HT often present with microcarcinomas and multifocality, mainly females. After surgery, residual thyroid tissue may reveal new lesions, often necessitating a second surgery. Planned total thyroidectomy with ipsilateral central lymph node dissection should be considered. **Keywords:** Thyroid cancer, differentiated; Hashimoto's thyroiditis; Total thyroidectomy; Microcarcinoma; Lymph node dissection; Blood flow signal; Hypocalcemia

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甲状腺癌现已成为最常见的内分泌系统恶性肿瘤,男女比例约为1:3,是女性第五大常见癌症^[1]。分化型甲状腺癌(differentiated thyroid cancer, DTC)是甲状腺癌中最常见的病理类型,主要包括乳头状甲状腺癌(papillary thyroid carcinoma, PTC)和滤泡性甲状腺癌(follicular thyroid carcinoma, FTC)。PTC是DTC中最常见的组织类型,约占新发病例的90%,其预后最好^[1]。过去的30年,全球甲状腺癌的发病率增加了3倍,主要是PTC发病率的增加,而PTC与桥本甲状腺炎(Hashimoto's thyroiditis, HT)的关系最为密切^[2]。HT是一种常见的甲状腺疾病,近30年HT发病率迅速增加,且女性发病率是男性的4.4倍^[3]。有报道HT和PTC的平均共存率约为23%^[4]。辽宁省肿瘤医院统计HT和DTC的共存率为30.0%。但DTC与HT的关系尚不明确,目前对于DTC合并HT的手术范围,各指南均未给出明确指导,尤其是诊断为单侧DTC合并HT,对侧结节肿瘤直径小于1cm或对侧考虑良性甚至无结节者。本文通过回顾性分析DTC患者和DTC合并HT患者的临床资料,为手术方案的制定提供参考依据。

1 资料与方法

1.1 一般资料 选择2018年1月至2019年5月辽宁省肿瘤医院甲状腺头颈外科初治的692例DTC患者进行回顾性分析,分为DTC组、DTC合并HT(DTC-HT)组,患者术前均行颈部超声、喉镜、血清甲状腺功能、甲状腺旁腺激素检查,术后病理均由两名资深病理医师阅片并证实为DTC或DTC-HT。692例患者中PTC 682例,FTC 10例。

1.2 研究指标及诊断标准 记录引流量及颜色、术后患者血钙水平、有无低钙症状、有无声音嘶哑症状。记录低钙及声音嘶哑的持续时间。血钙正常范围是2.08~2.60 mmol/L,当血钙浓度<2.08 mmol/L时诊断为低钙血症。一过性低钙血症是指术后6个月内血钙恢复正常;永久性低钙血症是指术后6个月内血钙未恢复正常。暂时性声音嘶哑是指经喉镜检查显示术后6个月内声音和双侧声带运动恢复;永久性声音嘶哑是指经喉镜检查显示术后6个月内声音和双侧声带运动未恢复正常。

1.3 随访方法 采取电子网络社交平台、电话、门诊复查相结合的方式随访,每6个月随访一次,随访内容包括患者血清甲状腺功能、彩超、血钙、电子喉

镜。随访截至2022年10月31日。

1.4 统计学方法 使用SPSS 26.0软件处理数据。计数资料以例(%)表示,采用 χ^2 检验或校正 χ^2 检验。计量资料以 $\bar{x}\pm s$ 表示,采用独立样本 t 检验。 $P<0.05$ 为差异有统计学意义。

2 结果

2.1 两组临床特征比较 两组在性别、微小癌、多发灶、甲状腺侵犯、颈淋巴结转移、再次手术、甲状腺过氧化物酶抗体(thyroid peroxidase antibody, TPOAb)方面差异有统计学意义($P<0.05$)。见表1。

2.2 两组患者术前超声诊断特点 两组患者大部分超声特点为边缘不清晰、纵横比>1、低回声或极低回声、实性结节、有强回声斑,但上述特点差异均无统计学意义($P>0.05$)。而DTC-HT组无血流信号比例高于DTC组,差异有统计学意义($P=0.030$)。见表2。

2.3 手术方式及术后并发症 将151例单侧DTC患者分为甲状腺全切亚组与非甲状腺全切亚组,两亚组患者均行患侧中央区淋巴结清扫,结果显示,两亚组

表1 两组临床特征比较

Tab. 1 Comparison of clinical features between two groups

项目	DTC组 (n=485)	DTC-HT组 (n=207)	t/χ^2 值	P值
年龄(岁, $\bar{x}\pm s$)	45.37±11.82	45.13±10.66	0.252	0.801
性别[例(%)]				
男	135(27.8)	11(5.3)	44.203	<0.001
女	350(72.2)	196(94.7)		
微小癌[例(%)]				
是	127(26.2)	89(43.0)	19.093	<0.001
否	358(73.8)	118(57.0)		
多发灶[例(%)]				
是	160(33.0)	88(42.5)	5.721	0.017
否	325(67.0)	119(57.5)		
双侧癌[例(%)]				
是	117(24.1)	56(27.1)	2.570	0.415
否	368(75.9)	151(72.9)		
甲状腺侵犯[例(%)]				
是	155(32.0)	46(22.2)	6.673	0.010
否	330(68.0)	161(77.8)		
中央淋巴结转移[例(%)]				
是	183(37.7)	82(39.6)	0.271	0.641
否	302(62.3)	125(60.4)		
颈淋巴结转移[例(%)]				
是	77(15.9)	17(8.2)	7.259	0.007
否	408(84.1)	190(91.8)		
T分期[例(%)]				
T ₁₋₂	454(93.6)	198(95.7)	1.113	0.291
T ₃₋₄	31(6.4)	9(4.3)		
再次手术[例(%)]				
是	3(0.6)	6(2.9)	4.233	0.040
否	482(99.4)	201(97.1)		
TPOAb(IU/mL, $\bar{x}\pm s$)	15.40±15.57	76.69±97.44	9.001	<0.001

术后第 1 天引流量、一过性低钙血症及暂时声音嘶哑发生率差异无统计学意义 ($P>0.05$)。见表 3。所有患者术后均未出现永久性低钙及永久性声音嘶哑。

表 2 两组超声诊断特点比较 [例(%)]

Tab. 2 Comparison of characteristics of ultrasonic diagnostic between two groups [case(%)]

项目	DTC 组 (n=485)	DTC-HT 组 (n=207)	χ^2 值	P 值
边缘清晰				
是	58 (12.0)	36 (17.4)	3.647	0.056
否	427 (88.0)	171 (82.6)		
纵横比				
>1	297 (61.2)	135 (65.2)	0.980	0.322
≤1	188 (38.8)	72 (34.8)		
低/极低回声				
是	427 (88.0)	192 (92.8)	3.414	0.065
否	58 (12.0)	15 (7.2)		
实性结节				
是	461 (95.1)	195 (94.2)	0.212	0.645
否	24 (4.9)	12 (5.8)		
强回声斑				
有	384 (79.2)	154 (74.6)	1.915	0.166
无	101 (20.8)	53 (25.4)		
血流信号				
有	296 (61.0)	108 (52.2)	4.684	0.030
无	189 (39.0)	99 (47.8)		

表 3 DTC-HT 组中甲状腺全切和非甲状腺全切患者术后并发症比较

Tab. 3 Comparison of postoperative complications between total and nontotal thyroidectomy patients in the DTC-HT group

组别	例数	术后第 1 天引流量 (mL) ^a	一过性低钙血症 ^b	暂时声音嘶哑 ^b
甲状腺全切亚组	84	40.12±28.00	28 (33.3)	8 (9.5)
非甲状腺全切亚组	67	35.35±20.32	14 (20.9)	5 (7.5)
t/χ^2 值		1.212	2.872	0.201
P 值		0.204	0.090	0.654

注:^a以 $\bar{x}\pm s$ 表示;^b以例 (%) 表示。

3 讨论

HT 是否使患者易患 DTC,两者之间的关联是因果关系还是偶然发生,仍是学术界讨论的热点。目前有以下观点:(1)炎症诱导致癌^[5]。HT 使炎症反应被激活,从而导致免疫细胞在该状态下产生介质,这可能为甲状腺结节向恶性结节转化创造了有利条件^[6]。(2)与血清 TSH 升高有关^[7]。(3)生物分子标记物可能参与其中,使 HT 向甲状腺癌转化,包括 p63 蛋白的表达、RET/PTC 重排、BRAF 突变和 PI3K/Akt 表达^[8]。目前不少研究表明,HT 易合并微小 DTC,可能是因为 HT 为自身免疫性疾病,其自身免疫应答可能使一部分 DTC 中的特异性抗原被损伤,从而影响肿瘤的生长^[9-13]。本组合并 HT 的 DTC 较单纯 DTC 易呈多发灶,与已有临床报道一致^[13]。

HT 是否影响 DTC 的淋巴结转移,目前仍存在争

议。有研究表明 DTC 合并 HT 与单纯 DTC 的颈部淋巴结转移率差异无统计学意义^[14-15],本文结果与此研究一致,但其机制尚不明确。也有研究发现合并 HT 的 DTC 与单纯 DTC 相比,发生中央区颈部淋巴结转移概率更低,而合并 HT 是颈侧区淋巴结转移的危险因素^[16]。这可能与样本量不同、手术切除或淋巴结清扫范围及规范性有关。根据国内指南,对于 DTC 患者,在保护好甲状腺旁腺及喉返神经的前提下,均建议常规行患侧中央区淋巴结清扫术。因颈侧区淋巴结清扫术对患者创伤较大,出现术后并发症的概率高,所以除影像学检查或穿刺结果提示有明确的颈侧区淋巴结转移,否则不主张行预防性颈侧区淋巴结清扫术^[17]。

虽然超声图像在诊断 HT 合并甲状腺结节上有重要作用,但目前仍存在部分漏诊、误诊^[18]。本研究结果显示在有 HT 的背景下超声诊断甲状腺恶性结节误差率为 25.6%,可能是因为 HT 在各时期表现出不同的病理改变。有研究表明,合并 HT 的 DTC 超声图像特征与单纯 DTC 大致相同^[19]。在本研究中,HT 合并 DTC 内部缺少血流信号表现多于单纯 DTC 组,这与国内外已有报道一致^[20]。分析其原因可能是 DTC 合并 HT 的患者多为微小癌,而微小癌内血管小且不成熟,血供不丰富,所以导致在超声检查下血流信号不明显。当然,对于可疑结节,临床上常采用细针穿刺细胞学联合 BRAF-V600E 基因检测来确定结节的性质,对鉴别甲状腺良恶性结节具有重要价值^[21-22]。各指南均推荐双侧 DTC 应行甲状腺全切,但单侧 DTC 合并 HT 患者的手术范围相关指南尚未给出明确意见。本文结果显示,甲状腺全切与非全切相比,术后并发症差异无统计学意义,这可能与术中纳米炭、神经监测的应用以及主刀医生的精细操作可减少甲状旁腺及喉返神经损伤有关。本研究 DTC-HT 组患者行非甲状腺全切除术,术后因残余腺体发现新癌灶需二次手术的比例较单纯 DTC 组高,可能与 DTC-HT 组易合并微小癌、隐匿癌,术前检查难以发现,使初次手术难以完全切除病灶有关。有报道显示,在半年内二次手术的 DTC 患者,一侧腺叶单个病变与对侧腺叶微小癌的发生率比为 0.269 : 0.691^[23]。术后复发与初次手术方式相关^[24-25]。单侧甲状腺腺叶术后复发率略高,双侧甲状腺全切除术不但使癌症的复发率降低,还可避免二次手术带来的危害。当然,手术方式的选择也受到患者个人意愿及自身经济条件的影响。本研究中大部分患者存在焦虑、恐惧等心理情况,所以会强烈要求行全甲状腺切除术以避免残余或复发。二次手术高额费用也会给患者及家庭带来较大心理压力。另外,二次手术

极易伤及第一次手术被原位保留的甲状旁腺,术后低钙血症的发生率高达20%^[26]。

综上所述,DTC合并HT患者与单纯DTC患者相比,具有年龄小、女性患者居多、多为微小癌、多发灶、随访期间易发现残余腺体形成新的癌灶需进行二次手术的特点。对于DTC合并HT的患者,作者建议应有计划地进行全甲状腺切除加患侧中央区淋巴结清扫术,以降低再次手术的概率和风险。但本研究是回顾性分析,受所用临床记录的内容、准确性和可用性的限制;其次,随访时间短、患者样本量不足、为单中心研究也是本研究的不足之处。需要更长的随访时间、更大样本量以及多中心的前瞻性研究,以期获得更有意义结果。

利益冲突 无

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