

异基因造血干细胞移植治疗骨髓增生异常综合征研究进展

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Advances in allogeneic hematopoietic stem cell transplantation for myelodysplastic syndromes Zhang Sudong, Feng Sizhou

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骨髓增生异常综合征(MDS)是一组临床表现、病理生理学及遗传学高度异质性的克隆性疾病。其临床特征为骨髓造血细胞发育异常,外周血中三系血细胞减少,以及高风险向急性髓系白血病转化。异基因造血干细胞移植(allo-HSCT)是目前唯一可能治愈MDS的方法。本文我们对MDS患者allo-HSCT时机的选择、影响移植疗效的因素、移植后复发预测与治疗等方面研究进展进行综述。

一、allo-HSCT治疗MDS的适应证与时机

NCCN指南推荐IPSS中危-2组及高危组MDS患者尽早行allo-HSCT^[1]。然而,近期有学者提出IPSS中危-1组患者也应尽早移植。Della等^[2]研究发现IPSS中危-1组患者移植疗效较好,该研究分析了519例接受allo-HSCT的MDS及急性髓系白血病(AML)(骨髓原始细胞<30%)患者的临床数据,结果发现,IPSS中危-1组患者移植后5年总生存(OS)率与低危组相似(61%对66%, $P=0.61$),且优于IPSS中危-2组患者(61%对33%, $P<0.01$);因此,IPSS中危-1组MDS患者早期接受allo-HSCT可取得较好疗效。Alessandrino等^[3]研究发现IPSS中危-1组患者移植后OS率明显优于同危险度接受最好支持治疗的患者,而其他患者无类似的生存优势。并且,该研究也发现IPSS中危-1组患者移植后OS率明显优于IPSS中危-2组患者。因此,IPSS中危-1组患者可获益于早期移植。综上所述,allo-HSCT治疗MDS患者的适应证及最佳时机应为IPSS中危-1组。

二、影响MDS患者allo-HSCT疗效的因素

近年来,去甲基化药物(HMA)治疗MDS取得一定疗效,但allo-HSCT仍是目前唯一可能治愈MDS的手段^[4-5]。Robin等^[4]研究证实IPSS中危-2/高危组患者减低剂量预处理(RIC)移植疗效明显优于非移植治疗(化疗、HMA、化疗联合HMA等),移植后4年OS率可达37%,而非移植者仅为15%($P=0.02$),移植相关死亡(TRM)率为37%,非TRM高达

73%($P=0.001$)。Platzbecker等^[5]比较了HMA与allo-HSCT治疗老年高危MDS患者的疗效差异,结果发现allo-HSCT组患者移植后2年OS率可达39%,非复发死亡率(NRM)为33%;阿扎胞苷组2年OS率仅为23%,NRM为34%。因此allo-HSCT仍然是治疗MDS,尤其是晚期MDS患者最重要的手段,患者自身因素、allo-HSCT及治疗相关因素等可影响allo-HSCT疗效。

(一)MDS患者自身因素

1. 年龄:近年来由于预处理方案及支持治疗的改善,年龄不再是allo-HSCT的绝对禁忌证^[6]。Lim等^[7]回顾性分析了1333例老年MDS患者移植疗效,其中34%患者年龄>60岁,66%患者年龄为50~60岁,38%患者接受清髓性预处理(MAC),62%患者接受RIC,结果显示50~60岁与>60岁MDS患者移植后4年OS率(34%对27%, $P=0.23$)、NRM(36%对39%, $P=0.39$)相似。此外,McClune等^[8]分析了1080例接受RIC-allo-HSCT老年MDS及AML患者的移植数据,并划分了4个年龄组:40~54、55~59、60~65岁及>65岁,结果显示不同年龄组患者移植后OS率、无病生存(DFS)率、NRM差异无统计学意义。因此,多数学者认为年龄不是限制MDS患者行allo-HSCT的因素。Sorrer等^[9]研究提出HSCT合并症指数评分(HCT-CI)是影响移植疗效的重要因素,评分越高的患者移植后NRM越高,OS率越低。评分 ≥ 3 的高危MDS患者RIC移植后2年OS率仅为29%。因此,年龄不是allo-HSCT的绝对禁忌证,50~60岁,甚至>60岁的老年MDS患者也可考虑行allo-HSCT治疗。

2. 铁过载:铁过载可通过活化氧自由基,影响铁调素作用,诱导细胞凋亡等机制引起组织和器官功能障碍,从而增加移植后感染及器官损伤的风险,增加TRM,降低OS率^[10-11]。Della等^[2]发现血清铁蛋白水平>1000 $\mu\text{g/L}$ 的患者移植后5年OS率较低($HR=1.89$, $P=0.001$),TRM较高($HR=2.01$, $P<0.001$)。Oran等^[12]研究了256例MDS患者的移植数据,发现血清铁蛋白水平>1130 $\mu\text{g/L}$ 的患者移植后3年OS、DFS率较低,TRM较高。另外,多个研究均证实铁过载可降低MDS患者allo-HSCT疗效,祛铁治疗可降低铁过载的负面效应^[13-15]。因此,铁过载是影响MDS患者allo-HSCT疗效的重要因素,祛铁治疗可能改善allo-HSCT疗效。

3. 染色体核型及基因突变:IPSS/IPSS-R评分系统中预后差/预后差、极差核型可显著影响MDS患者allo-HSCT疗效。Onida等^[16]研究发现具有IPSS预后差核型的患者移植后OS率较低。该研究结果显示具有IPSS预后良好、预后中等、预后差核型的MDS患者移植后5年OS率分别为48%、45%、30%($P<0.01$),5年无复发生存(RFS)率分别为44%、

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41%、23% ($P < 0.01$)。但值得注意的是,早期MDS(RA/RARS)患者移植疗效并不受染色体核型影响。此外,众多研究均证实IPSS-R预后差、极差核型的患者移植后OS率较低,复发率(RR)较高^[2,17-18]。因此,染色体核型是影响MDS患者allo-HSCT疗效的重要因素。最近,众多学者发现单体核型可显著降低MDS患者移植后OS率。Della等^[2]研究发现具有单体核型的MDS患者移植后5年OS率仅为10%,明显低于非单体核型患者(40%, $P < 0.001$),5年RR高达49%,明显高于非单体核型患者(20%, $P < 0.001$)。众多研究结果均证实了这一点^[12,18-19]。因此,单体核型是影响MDS患者allo-HSCT疗效的独立预后因素。

约92%的MDS患者具有癌基因与抑癌基因的突变,常见有ASXL1(29%)、Tp53(21%)、DNMT3A(18%)、RUNX1(16%)等,其中具有TP53、TET2及DNMT3A的患者移植后3年OS率仅为19%,其他患者可达59%^[20]。因此TP53、TET2及DNMT3A基因突变可能降低MDS患者allo-HSCT疗效。

(二)allo-HSCT及治疗相关因素

1. 移植前治疗:

(1)移植前诱导化疗:近年来,MDS患者行allo-HSCT前是否需要化疗存在争议。Onida等^[16]分析了欧洲血液与骨髓移植工作组(EBMT)500多例MDS患者移植数据,结果发现晚期MDS患者不能获益于移植前化疗。移植前化疗未达首次完全缓解(CR1)的患者移植后5年OS率(30%对42%, $P < 0.01$)及RFS率(27%对36%, $P < 0.01$)明显低于未化疗的患者,且化疗可使部分晚期MDS患者由于严重感染等因素丧失移植机会。此外,Oran等^[12]发现无论MDS患者移植前是否接受治疗及接受何种治疗(化疗、去甲基化药物HMA、化疗联合HMA)均不影响患者allo-HSCT疗效。因此,多数学者认为晚期MDS患者不能获益于allo-HSCT前化疗。

(2)HMA应用:HMA能否改善MDS患者移植疗效尚无定论。Ahn等^[21]发现AZA作为桥接治疗可改善高危MDS患者预后,移植后3年无进展生存(PFS)率、OS率分别为30%及42.9%,且患者对AZA的治疗反应并不影响PFS及OS率。Yahng等^[22]发现MDS患者对HMA的治疗反应与移植疗效密切相关,获得持续有效或疾病稳定的患者移植后2年OS率(78.5%对58.3%, $P = 0.004$)、DFS率(71.0%对33.3%, $P = 0.004$)明显高于治疗无效或疾病进展的患者。此外,也有研究显示HMA不能明显改善移植预后^[23-24]。因此,HMA对移植疗效的影响仍需要大样本前瞻性研究证实。

2. 供者选择:

MDS患者行allo-HSCT首选同胞相合供者(MSD)。Della等^[2]比较了232例MSD移植与142例无关相合供者(MUD)移植的疗效差异,结果发现MSD移植后5年OS率较高($HR = 1.68$, $P = 0.001$),NRM较低($HR = 2.21$, $P < 0.001$)。近年来,由于移植技术的不断提高,MUD及半倍体移植可作为替代的移植方法。Di等^[25]比较了227例MDS/AML患者全相合及半相合移植疗效,其中半相合移植患者接受移植后环

磷酰胺(PTCY)预防GVHD,结果发现MSD、MUD及半倍体移植后3年PFS率分别为57%、45%及41%,半相合与全相合移植(MRD+MUD)疗效相似。Shin等^[26]研究了60例(73.3%为晚期MDS及sAML)MDS患者去除T淋巴细胞半倍体移植疗效,结果显示移植后4年OS率、DFS率、RR分别为46.8%、41.9%及34.8%。以上结果表明,对于缺乏MSD的MDS患者,MUD及半倍体移植是有效替代手段。

3. 造血干细胞来源:

造血干细胞来源也是影响移植疗效的重要因素。早期一项大系列研究比较了1111例MSD外周血干细胞移植(PBSCT)与骨髓移植(BMT)疗效差异,结果发现PBSCT移植后5年OS率可达55%,BMT仅为46%,PBSCT移植后5年RR较低^[27]。因此,MDS患者首选allo-MSD-PBSCT。近年研究显示,MUD移植PBSCT与BMT疗效差异无统计学意义。Eapen等^[28]发现MUD-PBSCT与MUD-BMT移植后OS率相似。Onida等^[16]的研究也得出类似结论。因此,MDS患者首选allo-MSD-PBSCT,对于缺乏MSD的患者,MUD-PBSCT与MUD-BMT疗效相似。

最近,脐血移植(CBT)研究取得一定进展。Konuma等^[29]发现联合G-CSF可提高CBT细胞植入率。该研究比较了四种不同预处理方案的移植数据,发现全身照射(TBI)联合阿糖胞苷(Ara-C)、G-CSF及磷酰胺(CY)的预处理方案具有较高的中性粒细胞植入率($HR = 1.52$, $P = 0.009$)和较低的TRM($HR = 0.46$, $P = 0.008$),故联合G-CSF的预处理方案可能改善MDS患者CBT预后。

4. 预处理方案:

一项大样本荟萃分析发现MAC组MDS/AML患者(4893例)与RIC组患者(1571例)移植后OS率、无事件生存(EFS)率、NRM差异无统计学意义,MAC组患者RR较低 [$OR = 1.41$ (95% CI 1.24~1.59), $P < 0.001$]^[30]。Gauthier等^[17]及Aoki等^[31]研究均得出相似结论。因此,年轻及一般状况较好的MDS患者首选MAC预处理方案进行移植,可最大限度杀灭肿瘤细胞,降低移植后RR,而对于不能耐受MAC方案移植的老年及合并其他疾病的MDS患者,则选择RIC移植。

MDS患者行allo-HSCT最佳预处理方案为白消安(Bu)联合CY。Deeg等^[32]比较了1007例接受BU+CY、BU+TBI、BU+FLU、FLU+低剂量TBI、BU+CY+TBI等不同预处理方案的MDS患者移植预后,结果发现BU联合CY方案NRM较低($P = 0.003$),5年RR较低($P = 0.02$)。因此,BU联合CY为最佳预处理方案。曲奥舒凡(Treo)是一种BU类似物,联合Treo的预处理方案可明显改善MDS患者移植预后^[33]。Ruutu等^[33]研究发现Treo联合FLU预处理疗效可靠,45例MDS患者(其中RAEB-2患者占44%)移植后2年OS率达71%,DFS率达67%,NRM仅17%,RR仅16%。Gyurkocza等^[34]研究也证实了这一点。因此,BU联合CY为MDS患者allo-HSCT经典预处理方案,Treo可能具有良好应用前景。

三、移植后复发的预测和治疗

复发是影响移植疗效的重要因素。近年有学者提出移植后外周血淋巴细胞嵌合率、WT1 基因转录水平可广泛用于移植后复发的预测,从而克服了染色体核型异常、基因突变的局限性。Lee 等^[35]分析了378例AML/MDS患者MAC移植后外周血淋巴细胞嵌合率与复发的关系,结果发现若CR1/CR2移植的患者+90 d至+120 d供者淋巴细胞嵌合率 $\leq 85\%$,则移植后3年RR高达29%,故移植后外周血淋巴细胞嵌合率可预测移植后复发。据统计, $\geq 86\%$ 的AML/MDS/ALL患者有WT1基因表达,且其表达水平比正常高出5~10倍^[36-37]。Yoon 等^[38]分析了82例MDS患者移植后WT1基因转录水平与复发的关系,其中高危患者接受MAC移植,低危患者接受RIC移植,结果发现移植后1个月WT1转录水平升高(> 154 拷贝/ 10^4 ABL)的患者RR高达69%($P < 0.001$)。Israyelyan 等^[39]的研究也得出相似结论。综上,外周血淋巴细胞嵌合率、WT1 基因转录水平可预测MDS患者移植后早期复发。

MDS患者复发后2年OS率低于20%,目前,复发挽救治疗主要有化疗、供者淋巴细胞输注(DLI)及二次移植^[40-41]。Guièze 等^[42]分析了147例allo-HSCT后复发MDS患者的临床数据,其中62例患者接受DLI或者二次移植,39例接受化疗或HMA,46例接受保守治疗,结果显示3组患者2年OS率分别为32%、6%、2%($P < 0.001$),提示DLI或二次移植可能具有较好疗效,而化疗、HMA及保守治疗疗效较差。最近,有学者提出DLI联合HMA可能取得一定疗效^[43]。然而,早期预测复发、抢先治疗可明显改善预后。Krishnamurthy 等^[44]发现DLI治疗具有复发倾向的患者5年OS率可达80%,EFS率达65%,而DLI治疗复发的患者5年OS率仅40%,复发进展率高达69%。因此,MDS患者allo-HSCT后复发尚缺少安全可靠的治疗手段,如何降低移植后RR、早期预测及抢先治疗才是重中之重。

综上,allo-HSCT是目前唯一可能治愈MDS的手段,对于IPSS中危-1组、中危-2组及高危组患者,如有同胞相合供者,应于确诊后尽早行MSD-PBSCT。预处理方案以BU+CY最佳,年轻及一般状况较好的患者首选MAC方案移植,而老年及合并其他疾病的患者则选择RIC方案移植。若无合适供者,MUD、半倍体移植是有效替代手段。移植前是否需要联合化疗、HMA桥接治疗存在争议。IPSS/IPSS-R预后差/预后差、极差核型,单体核型及TP53、TET2及DNMT3A基因突变可显著降低移植后OS率。allo-HSCT后复发的预防重于治疗,多种检测方法可用于预测移植后复发,早期干预性DLI可能改善患者疗效。

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