

### NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®)

# 小细胞肺癌

Version 1.2018 — September 18, 2017

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## NCCN Guidelines Version 1.2018 Panel Members Small Cell Lung Cancer

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**NCCN Guidelines Panel Disclosures** 

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NCCN小细胞肺癌专家组成员 指南更新汇总

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- 监测 (SCL-5)
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- •全身治疗原则(SCL-E)
- 放射治疗原则 (SCL-F)

#### 分期(ST-1)

肺神经内分泌肿瘤—见神经内分泌肿瘤NCCN指南

临床试验: NCCN认为任何癌症患者的最佳治疗是在一项临床试验中。

特别鼓励参与临床试验。

在线寻找NCCN成员机构的临床试验,点击此处: nccn.org/clinical\_trials/physician.html.

NCCN证据与共识等级: 所有的推 荐均是2A级除非另作说明。 见NCCN证据与共识等级。

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## **NCCN Guidelines Version 1.2018 Updates Small Cell Lung Cancer**

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从2017第3版NCCN指南以后小细胞肺癌2018第1版的更新包括:

为了在影像学方面一致, 陈述: "胸部/肝/肾上腺强化CT"修订为"胸/腹部强化CT"作为贯穿整个指南的恰当描述。

#### SCL-1

- •初步评估
  - ▶第4项:"电解质、肝功能检查(LFTs)、Ca、LDH"修订为"电解质、肝功能检查(LFTs)、BUN、Cr"
  - ▶项目7: "PET/CT扫描(如果怀疑是局限期)"修订为"PET/CT扫描(颅底至股中部), (如果怀疑是局限期)"
  - ▶H&P增加了脚注"b": "见小细胞肺癌的症状与体征(SCL-A)"(同样适用于SCL-5)
  - ▶病理学检查增加了脚注"c": "见病理学检查原则(SCL-B)。"

#### SCL-2

- •其他检查
- ▶第2项:"肺功能检查(PFTs)(如果临床需要)"修订为"手术评估期间肺功能检查(PFTs)"
- ▶第3项:"如果PET/CT模棱两可,骨影像学(射线照相或MRI)是合适的"修订为"如果PET/CT可疑,骨影像学(放射照相或MRI)是合适的(如果骨影像学可疑,考虑活检)"

#### SCL-3

- •辅助治疗
- ▶临床分期N+分别进入N1和N2。
- ◇N1辅助治疗选择增加了: "全身治疗±纵隔放疗(序贯或同步)"
- ◇N2辅助治疗选择增加了: "全身治疗+纵隔放疗(序贯或同步)"
- •脚注"o":"对于接受辅助治疗的患者,应该只有在完成初始治疗后才评估疗效(SCL-5);在辅助治疗期间不要为了评估疗效重复扫描。"修订为"对于接受辅助治疗的患 者,应该只有在完成辅助治疗后才评估疗效(SCL-5):在辅助治疗期间不要为了评估疗效重复扫描。"

#### SCL-4

- •无症状脑转移的初始治疗
- ▶声明: "可先进行全身治疗,全身治疗后全脑放疗"修订为"可先进行全身治疗,全身治疗结束后全脑放疗"

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## Comprehensive NCCN Guidelines Version 1.2018 Updates **Small Cell Lung Cancer**

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从2017第3版NCCN指南以后小细胞肺癌2018第1版的更新包括:

#### SCL-5

- •初始治疗后的疗效评估
- ▶第5项:"电解质、肝功能、Ca、BUN、Cr"修订为"电解质、肝功能、BUN、Cr"
- •辅助治疗:广泛期疾病:"预防性全脑照射±胸部放疗。"修订为"考虑预防性全脑照射±胸部放疗。"
- •监测
- ▶标题: "见NCCN生存者指南"增加了脚注"s"
- •完全缓解或部分缓解
- ▶局限期
- ◇说明:"从主要治疗恢复后:"修订为"初始治疗完成后:"
- ◇第1项:"肿瘤学随访第1-2年每3-4个月1次,第3-5年每6个月1次,然后每年1次"修订为"肿瘤学随访第1-2年每3个月1次,第3年每6个月1次,然后每年1次"
- ◇第1项:"每次就诊时:病史与体格检查、胸部/肝/肾上腺强化CT,当有临床指征时血液学检查"修订为"每次就诊时:病史与体格检查、胸/腹部CT:只有有临床指征 时血液学检查"
  - ◇增加了第2项:"如果未曾给予预防性全脑照射,则在第1-2年期间每3-4个月脑MRI(首选)或强化CT。"
- ▶广泛期
- ◇增加了说明: "在完成初始或后续治疗后"
- ◇增加了第1项:"肿瘤随访第1年每2个月1次,第2-3年每3-4个月1次,第4-5年每6个月1次,然后每年1次。"
- ◇第1项:"每次就诊时:病史与体格检查、胸部/肝/肾上腺强化CT,当有临床指征时血液学检查"修订为"每次就诊时:病史与体格检查、胸/腹部CT;只有有临床 指征时血液学检查"
  - ◇增加了第2项:"如果未曾给予预防性全脑照射,则在第1-2年期间每3-4个月脑MRI(首选)或强化CT。"
- ◇胸部放疗的脚注"u":"在选择性的全身治疗后转移性病变完全缓解的病例中序贯胸部放疗。"修订为"在选择性病例中序贯胸部放疗,尤其是残留胸部病变和小体积 胸外转移病变全身治疗有效者。"
- •疾病稳定
- ▶局限期与广泛期
- ◇说明:"从主要治疗恢复后:"修订为"初始治疗完成后:"
- ◇第1项:"肿瘤学随访第1-2年每3-4个月1次,第3-5年每6个月1次,然后每年1次"修订为"肿瘤学随访第1-2年每3个月1次,第3年每6个月1次,然后每年1次"
- ◇增加了说明: "在完成初始或后续治疗后"
- ◇增加了第1项:"肿瘤随访第1年每2个月1次,第2-3年每3-4个月1次,第4-5年每6个月1次,然后每年1次。"

#### SCL-6

- •在所有"减症治疗"后均增加了说明脚注"k", "见支持治疗原则(SCL-D)。"
- •在所有"减症治疗"后均增加了说明脚注"v" "见姑息治疗原则(PAL-1)"。
- •对于"PS 0-2", 在"考虑序贯全身治疗"和"减症治疗, 包括症状部位局部放疗。"之间去除了"或"。

#### (SCL-A)小细胞肺癌的症状与体征

•增加了一个新章节:"小细胞肺癌的症状与体征"

#### (SCL-B)病理检查原则

•增加了一个新章节:"病理检查原则"



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从2017第3版NCCN指南以后小细胞肺癌2018第1版的更新包括:

#### (SCL-C)手术切除原则

•删除了脚注: "Slotman B, Faivre Finn, Kramer G, 等。广泛期小细胞肺癌的预防性脑照射。N Engl J Med 2007;357:664-672。"

#### (SCL-D)支持治疗原则

- •抗利尿激素分泌异常综合征
- ▶第5子项: "加压素受体抑制剂(考尼伐坦、托伐普坦)"修订为"对于难治性低钠血症,加压素受体抑制剂(考尼伐坦、托伐普坦)"

#### (SCL-E)全身治疗原则(1/3)

- •广泛期(最多4-6周期)
- ▶第7项: "顺铂30mg/m<sup>2</sup>、伊立替康65mg/m<sup>2</sup> d1、8"修订为"顺铂30mg/m<sup>2</sup> d1、8, 伊立替康65mg/m<sup>2</sup> d1、8"
- ▶增加了脚注"†":"如果未用作原始方案,则可用作治疗原发病变进展。"
- •后续全身治疗
- ▶增加了脚注"†":"后续全身治疗是指二线及二线以上治疗。"
- •复发<6个月, PS 0-2: 尼鲁单抗±伊匹单抗
- ▶增加了参考文献"22": "Hellmann MD, Ott PA, Zugazagoitia J, 等。CheckMate 032研究的一项随机扩展队列首次报告[摘要]。J Clin Oncol 2017;35:摘要8503。"

#### (SCL-E)全身治疗原则(2/3)

#### •局限期

▶第1子项:"对于接受初始治疗的患者,只有在完成初始治疗后才应该评估疗效;在辅助治疗期间不要为了评估疗效重复扫描。"修订为"对于接受辅助治疗的患者,应该只有在完成辅助治疗后才评估疗效:在辅助治疗期间不要为了评估疗效重复扫描。"

#### (SCL-F)放疗原则(1/3)

#### •一般原则

- ▶第4项: "在考虑正常组织剂量限制的同时需要提供足够的肿瘤剂量时,可合理使用更先进的技术。这些技术包括(但不限于)4D-CT和/或PET/CT模拟、IMRT(调强放疗)/VMAT(旋转容积调强放疗)、IGRT(影像引导放射治疗技术)以及运动管理策略。质量保证措施是最重要的,在非小细胞肺癌指南中涉及(见NSCL-C)。"修订为"在考虑正常组织剂量限制的同时需要提供足够的肿瘤剂量时,可合理使用更先进的技术。这些技术包括(但不限于)4D-CT和/或PET/CT模拟、IMRT(调强放疗)/VMAT(旋转容积调强放疗)、IGRT(影像引导放射治疗技术)以及运动管理策略。调强放疗(IMRT)是首选的优于三维适形外照射放疗(CRT)是基于在同步化疗/放疗情况下降低了毒性;质量保证措施是最重要的,在非小细胞肺癌指南中涉及(见NSCL-C)。"
- ▶增加了参考文献"1": "Chun SG, Hu C, Choy H,等。调强适形放疗技术对局部晚期非小细胞肺癌的效果: NRG肿瘤学RTOG 0617随机临床试验的二次分析。J Clin Oncol 2017;35:56-62。"
- •局限期
- ▶第5项:"剂量与方案:对于局限期SCLC,尚无公认的放疗最佳剂量和方案:45Gy/3周(1.5Gy每日两次[BID])(1类)优于45Gy/5w(1.8Gy每日一次)。当使用每日两次分割时,两次分割之间的间隔至少应该有6个小时以让正常组织修复。如果使用每日一次放疗,应使用60-70Gy的更高剂量。当前的随机试验CALGB 30610/RT0G 0538比较标准的45Gy/3周(BID)组与70Gy/7周;实验同期使用的追加组已关闭招募。"修订为"剂量与方案:对于局限期SCLC,尚无公认的放疗最佳剂量和方案:45Gy/3周(1.5Gy每日两次[BID])(1类)优于45Gy/5w(1.8Gy每日一次)。当使用每日两次分割时,两次分割之间的间隔至少应该有6个小时以让正常组织修复。如果使用每日一次放疗,应使用60-70Gy的更高剂量。当前的随机试验CALGB 30610/RT0G 0538比较标准的45 Gy/3周(BID)组与70Gy/7周;实验同期使用的追加组已关闭招募。欧洲的CONVERT试验显示,45 Gy(BID)和66 Gy(qd)的总生存期和毒性相当。"
- ▶增加了参考文献20: "Faivre-Finn C, Snee M, Ashcroft L, 等。每日一次对比每日两次同步放化疗治疗局限期小细胞肺癌(CONVERT): 一项开放标签、3期、随机、优效性试验。Lancet Oncol 2017:18:1116-1125。"



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从2017第3版NCCN指南以后小细胞肺癌2018第1版的更新包括:

(SCL-F)放疗原则(2/3)

- •广泛期
- ▶第1项:"对于选择性全身治疗完全缓解或很好的部分缓解的广泛期SCLC患者,胸部巩固放疗是获益的。研究表明,胸部巩固放疗耐受性很好,可减少症状性胸部复发,部分患者改善长期生存。剂量适度的胸部放疗治疗全身治疗有效的广泛期小细胞肺癌患者的荷兰CREST随机试验显示显着改善2年总生存率和6个月无进展生存率,尽管协议定义的1年总生存率的主要终点未显著改善。"修订为"对于选择性全身治疗完全缓解或很好的部分缓解的广泛期SCLC患者,胸部巩固放疗是获益的。研究表明,高达根治量的胸部巩固放疗耐受性很好,可减少症状性胸部复发,部分患者改善长期生存。剂量适度的胸部放疗(30Gy/10f)治疗全身治疗有效的广泛期小细胞肺癌患者的荷兰CREST随机试验显示显着改善2年总生存率和6个月无进展生存率,尽管协议定义的1年总生存率的主要终点未显著改善。随后的探索性分析发现,胸部巩固放疗获益仅限于大多数全身治疗后残留胸部病变的患者。"
- ▶增加了第2项: "胸部巩固放疗的剂量与分割应个体化,范围30Gy/10f qd至60Gy/30f qd,或这个范围内的等效方案。"
- ▶增加了参考文献24: "Slotman BJ, van Tinteren H, Praag JO,等。关于广泛期小细胞肺癌的放疗——作者回复。Lancet 2015;385:1292-1293。"
- •预防性脑照射(PCI)
- ▶第1项: "在初始治疗缓解良好的局限期SCLC患者中,PCI降低脑转移并改善总生存(1类)。在全身治疗有效的广泛期SCLC患者中,PCI降低脑转移。EORTC 的一项随机试验发现PCI改善总生存。然而,尽管EORTC开展的一项随机试验PCI改善总体生存,但是,日本的一项随机试验结果发现未改善基线MRI证实无脑转移患者的总生存。在未接受PCI的患者中,应考虑脑影像监测转移。"修订为"在初始治疗缓解良好的局限期SCLC患者中,PCI降低脑转移并改善总生存(1类)。在全身治疗有效的广泛期SCLC患者中,PCI降低脑转移。EORTC的一项随机试验发现PCI改善总生存。然而,日本的一项随机试验发现,在基线MRI没有脑转移的患者中,与常规MRI监测然后根据检测治疗无症状脑转移相比,PCI未改善总生存。在未接受PCI的患者中,应进行脑影像监测转移。"
- ▶增加了第5项: "当给予PCI时,考虑在放疗的同时及放疗后增加,已证明可减少全脑照射(WBRT)治疗脑转移后的神经认知功能损害。"
- ▶更新了参考文献28: "Takahashi T, Yamanaka T, Takashi S等。广泛期小细胞肺癌患者预防性脑照射与观察的比较:一项多中心、随机、开放标签、3期试验。Lancet Oncol 2017;18:663-671。"
- ▶增加了参考文献31: "Brown PD, Pugh S, Laack NN,等。在接受全脑放疗的患者中同时预防认知功能障碍:一项随机、双盲、安慰剂对照试验。Neuro Oncol 2013:10:1429-1437。"

#### •脑转移

▶第1项:"脑转移瘤应该给予WBRT而不是单纯立体定向放疗/放射外科(SRT/SRS),因为这些患者易出现多发CNS转移。PCI后发生脑转移的患者,在慎重选择的患者中可以考虑再次WBRT。也可以考虑放射外科(SRS),特别是如果从初诊到发生脑转移的时间间隔长且无未控制的颅外病变。"修订为"脑转移瘤应该给予WBRT而不是单纯立体定向放疗/放射外科(SRT/SRS),因为这些患者易出现多发CNS转移。PCI后发生脑转移的患者,在慎重选择的患者中可以考虑再次WBRT。如果有可能首选放射外科(SRS),特别是如果从初诊到发生脑转移的时间间隔长且无未控的颅外病变。"



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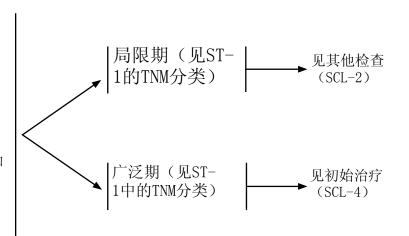
诊断

初步评估。

分期

对原发或转移 灶活检或细胞 学检查为小细 胞或小细胞/非 小细胞肺癌混 合型

- I•病史与体检b
- ●病理学检查c
- •全血细胞计数
- •电解质、肝功能检 查(LFTs)、BUN、Cr
- •胸/腹部强化CT
- •脑MRI a,d (首选) 或强化CT
- PET/CT扫描(颅底至股中部),(如果怀疑是局限期)<sup>a,e</sup>
- •戒烟咨询与干预。 见戒烟NCCN指南



a如果证实是广泛期,进一步分期评价不是必需的。然而,应在所有患者中获得脑影像学,MRI(首选),或强化CT。

b见小细胞肺癌的症状与体征(SCL-A)。

c见病理检查原则(NSCL-B)。

d对于发现脑转移,脑MRI比CT更敏感,优于CT,是首选的。

e如果不能获得PET/CT,骨扫描可用于识别转移。对于PET/CT检出的改变分期的病变推荐病理证实。

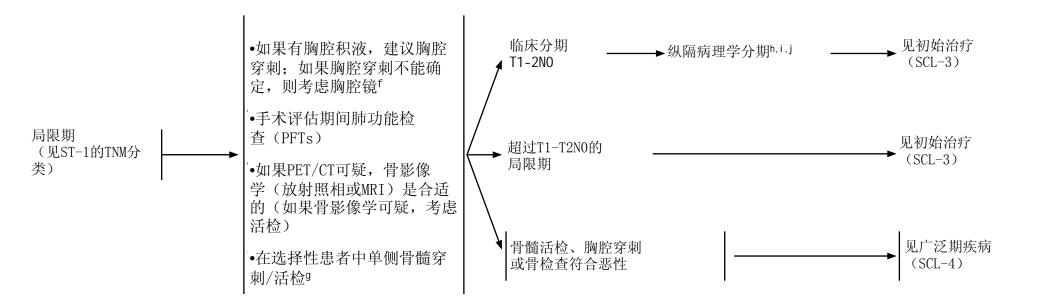
Note: All recommendations are category 2A unless otherwise indicated.



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分期

其他检查



f尽管肺癌患者的胸腔积液大多数是肿瘤引起的,仍有少数患者多次胸腔积液细胞病理学检查未发现肿瘤,且积液是非血性、非渗出性。当这些因素及临床判断确定积液与肿瘤无关时,积液应不作为分期因素。心包积液使用同样的标准分类。 g选择标准包括:外周血涂片有核红细胞(RBCs)、中性粒细胞减少,或血小板减少,提示骨髓浸润。

8处于你住色话: 介内皿标片有核红细胞(MDCS)、中且独细胞域少

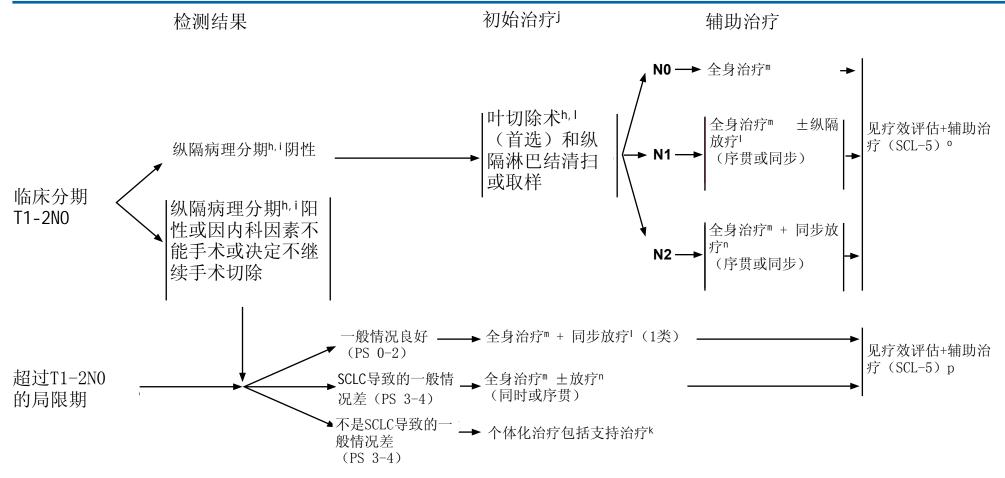
h见手术切除原则(SCL-C)。 i纵隔分期措施包括纵隔镜检查术、纵隔切开术、支气管或食管超声引导下穿刺活检以及电视辅助胸腔镜。如果内镜淋巴结活检阳性,则不需要其他的 纵隔分期。

i如果不是手术切除候选者或继续非手术治疗的患者,纵隔病理学分期不是必需的。

Note: All recommendations are category 2A unless otherwise indicated.



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h见手术切除原则(SCL-C)。

i纵隔分期措施包括纵隔镜检查术、纵隔切开术、支气管或食管超声引导下穿刺活检以及电视辅助胸腔镜。如果内镜淋巴结活检阳性,则不需要其他的纵隔分期。

k见支持治疗原则(SCL-D)。

1选择性患者全身治疗/RT可作为一种手术切除的替代。

m见全身治疗原则(SCL-E)。

n见放射治疗原则(SCL-F)。

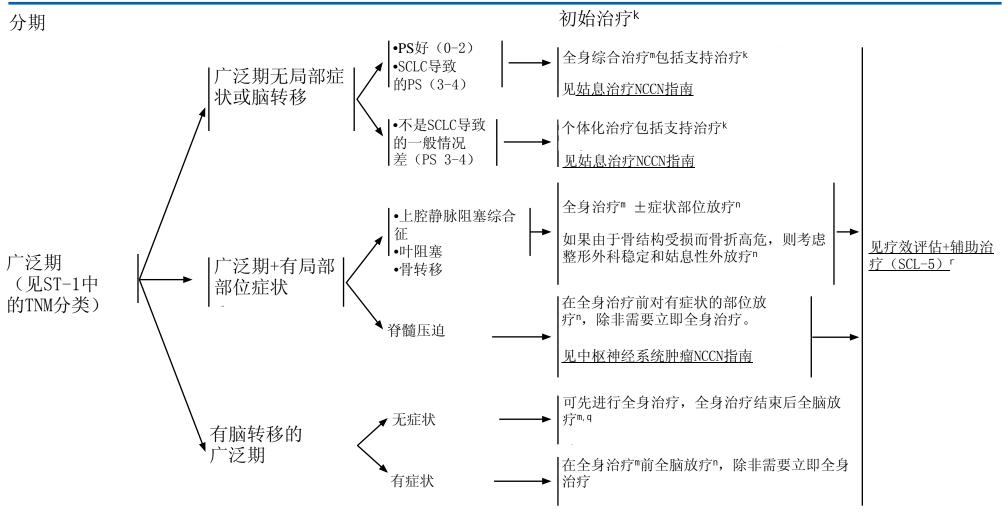
o对于接受辅助治疗的患者,应该只有在完成辅助治疗后才评估疗效(SCL-5);在辅助治疗期间不要为了评估疗效重复扫描。

p对于接受全身治疗+同步放疗的患者,只有在完成初始治疗后才应该评估疗效(SCL-5),在初始治疗期间不要为了评估疗效而重复扫描。对于仅接受全身性治疗或放疗后序贯全身治疗的患者,应在每2周期全身治疗后以及治疗结束时行胸/腹部强化CT评估疗效(SCL-5)。

Note: All recommendations are category 2A unless otherwise indicated.



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k<u>见支持治疗原则(SCL-D)</u>。

m见全身治疗原则(SCL-E)。

n见放射治疗原则(SCL-F)。

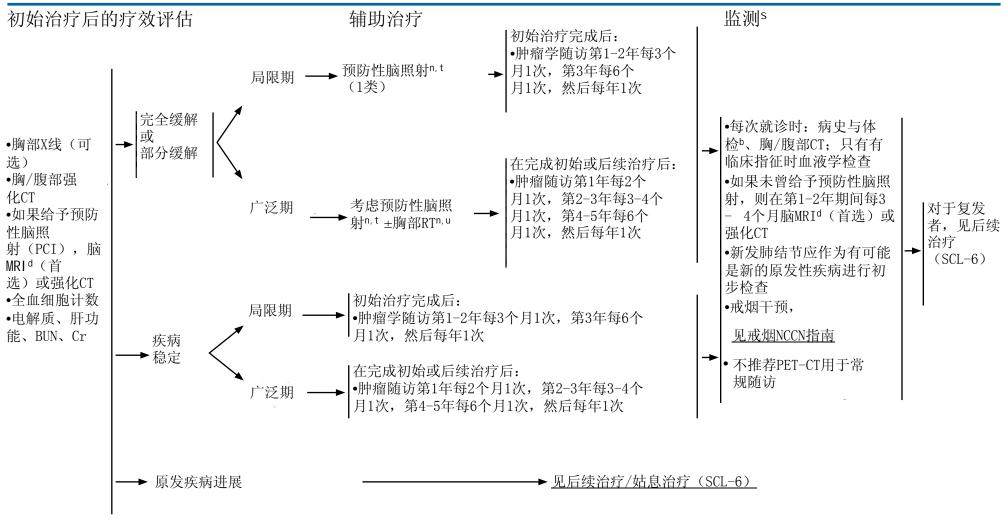
q对于在全脑放疗前接受全身治疗的无症状脑转移患者,应该在每2周全身治疗后以及治疗结束后复查脑MRI(首选)或强化CT(SCL-5)。 r全身治疗期间,应该在每2-3周期全身治疗后以及治疗结束时进行胸/腹部强化CT评估疗效(SCL-5)。

Note: All recommendations are category 2A unless otherwise indicated.

Clinical Trials: NCCN believes that the best management of any patient with cancer is in a clinical trial. Participation in clinical trials is especially encouraged.



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b见小细胞肺癌的症状与体征(SCL-A)。

d对于发现脑转移,脑MRI比CT更敏感,优于CT,是首选的。

n见放射治疗原则(SCL-F)。

#### s见生存者NCCN指南。

t在一般情况差或神经认知功能受损的患者中不推荐。

u在选择性病例中序贯胸部放疗,尤其是残留胸部病变和小体积胸外转移病变全身治疗有效者。

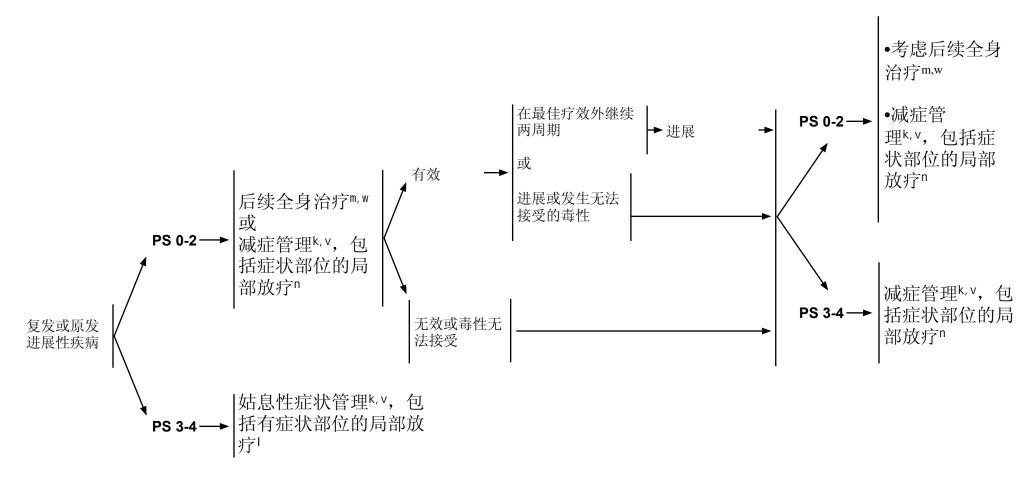
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疾病进展

后续治疗/姑息治疗



k见支持治疗原则(SCL-D)。

m见全身治疗原则(SCL-E)。

n见放射治疗原则(SCL-F)。

v见姑息治疗原则(PAL-1)。

w在每2-3周期全身治疗后应该进行胸/腹部强化CT评估疗效。

Note: All recommendations are category 2A unless otherwise indicated.



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#### 小细胞肺癌的体征和症状(1/2)

#### 原发肿瘤生长引起的局部症状与体征

- •咳嗽 支气管刺激、支气管受压
- •咯血 通常是中心型或空洞性病变
- •喘鸣-支气管内病变部分阻塞
- •发热-阻塞性肺炎
- •呼吸困难-支气管阻塞、肺炎、胸腔积液

#### 原发肿瘤浸润或区域淋巴结转移所致的症状与体征

- •声音嘶哑 由于主肺动脉窗肿瘤浸润或淋巴结病变所致的左侧声带麻痹
- •半膈抬高 由于膈神经压迫
- •吞咽困难-由于食管受压
- •胸痛-胸膜或胸壁受累,常为钝痛且不固定。
- •上腔静脉综合征 由于局部侵入纵隔右侧气管旁区或淋巴结肿大
- •心包积液与心包填塞
- •颈部或锁骨上淋巴结肿大

#### 胸腔外(血行)转移所致的症状与体征

- •脑转移:
- ▶头痛、局灶性无力或麻木、精神错乱、言语不清、步态不稳、运动失调
- •软脑膜癌病:
- ▶头痛、精神错乱、颅神经麻痹、复视、言语不清、腰背部疼痛、脊髓压迫
- •肾上腺转移瘤:
- ▶背中部疼痛或持续性钝痛、肋脊角压痛
- ▶肿瘤浸润所致肾上腺皮质功能不全罕见
- •肝转移:
- ▶右上腹疼痛或压痛、黄疸、疲劳、发热、肝肿大
- •骨转移:
- ▶骨痛
- ▶脊髓压迫-背痛、肌肉无力、麻木、感觉异常、肠与膀胱失控
- •体质:
- ▶厌食/恶病质 体重减轻
- ▶疲劳

Note: All recommendations are category 2A unless otherwise indicated.



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#### 小细胞肺癌的体征和症状(2/2)

#### 副瘤综合征的症状与体征:

- •存在(副瘤综合征)并不意味着转移或不能治愈
- •内分泌:
- ▶由于产生异位肽类激素
- ▶通常成功的抗肿瘤治疗可逆转
- ▶抗利尿激素分泌异常综合征(SIADH):
- ◇异位加压素(抗利尿激素)分泌
- ◇5% 10%的小细胞肺癌中有临床上值得注意的低钠血症
- ◇萎靡、虚弱、意识错乱、反应迟钝、容量不足、恶心
- ◇等容性低钠血症、低血浆渗透压、尿渗透压不相称的浓缩、甲状腺和肾上腺功能正常
- ▶库欣综合征:
- ◇异位促肾上腺皮质激素(ACTH)分泌
- ◇体重增加、满月脸、高血压、高血糖、全身乏力
- ◇血清皮质醇和促肾上腺皮质激素高、高钠血症、低钾血症、碱中毒
- •神经病学:特异性的综合征均罕见。
- ▶亚急性小脑变性[抗Yo抗体] 共济失调、构音障碍
- ▶脑脊髓炎[ANNA-1(抗Hu)抗体]-困窘、迟钝、痴呆
- ▶感觉神经病变[抗背根神经节抗体] 疼痛、感觉缺失
- ▶伊顿-兰伯特综合征[抗电压门控钙通道抗体] 虚弱、植物神经功能失调
- ▶癌症相关性视网膜病变「抗视觉恢复蛋白抗体」 视力损害、对光过敏
- •血液学:
- ▶慢性病性贫血
- ▶类白血病反应 白细胞增多
- ▶Trousseau综合征 游走性血栓性静脉炎

Note: All recommendations are category 2A unless otherwise indicated.

Clinical Trials: NCCN believes that the best management of any patient with cancer is in a clinical trial. Participation in clinical trials is especially encouraged.

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#### 病理学检查原则(1/2)

#### 病理学评估

- •病理评估的目的是确定肺肿瘤的组织学分类及相应的分期参数。
- •世界卫生组织(WHO)肿瘤分类系统为肺肿瘤的分类提供了基础,包括组织学亚型、分期因素、临床特征、分子特征、遗传学和流行病学。1-3
- •小细胞肺癌(SCLC)是一种低分化的神经内分泌肿瘤。由于在流行病学、遗传学、治疗和预后方面差异显著,小细胞肺癌与其他神经内分泌肿瘤,特别是典型和非典型类癌相鉴别是重要的。<sup>4-6</sup>
- •小细胞肺癌可以通过对高质量的组织学标本进行高质量的苏木精-伊红(H&E)染色切片或保存完好的细胞学标本确诊。
- ▶小细胞肺癌的特征是小蓝染细胞, 胞质少、核质比高、染色质颗粒状、核仁缺乏或不明显。
- ▶SCLC细胞呈圆形、椭圆形或形成纺锤形且核分裂计数高。7-9
- ▶与大细胞神经内分泌癌(LCNEC)相鉴别最有用的特征是SCLC核质比高和核仁缺乏。
- •仔细计数核分裂是必不可少的,因为它是SCLC与典型和非典型类癌相鉴别最重要的组织学标准。
- ▶SCLC(有丝分裂>10/2mm²); 非典型类癌(有丝分裂2-10/2mm²); 典型类癌(有丝分裂0-1/2mm²)
- ▶应该在有丝分裂活性最高的区域每2平方毫米计数,而不是每10个高倍视野。
- ▶在接近定义的分界值有丝分裂2或10/2mm²的肿瘤中,应该至少计数3个2mm²的范围并且应使用计算出平均数(而不是单个最高的核分裂计数)来确定总的有丝分裂率。<sup>1,2</sup>

#### 免疫组化染色

- •免疫组化在标本有限的SCLC诊断方面有很大帮助。5,7
- ▶几乎所有的SCLCs细胞角蛋白抗体以及多种蛋白如AE1/AE3、CAM5.2反应阳性。1,10
- ▶大多数SCLCs对神经内分泌分化的标记物,包括CD56/NCAM、突触素和嗜铬粒素A有反应。不到10%的SCLCs所有神经内分泌标记均是阴性的。
- ▶85%-90%的SCLCs甲状腺转录因子-1(TTF1)阳性。11-14
- •Ki-67免疫染色对区分小细胞肺癌与类癌有很大帮助,尤其是在肿瘤细胞有压碎或坏死、计数有丝分裂象困难的小活检标本中。4,5
- ▶在小细胞肺癌中Ki-67增殖指数通常是50%-100%。1

Note: All recommendations are category 2A unless otherwise indicated.



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#### PRINCIPLES OF PATHOLOGIC REVIEW (2 of 2) - References

- <sup>1</sup>Travis WD, Burke AP, Marx A, Nicholson AG. WHO Classification of Tumours of the Lung, Pleura, Thymus and Heart. Lyon: IARC Press. 2015.
- <sup>2</sup>Travis WD, Brambilla E, Burke AP, et al. Introduction to The 2015 World Health Organization Classification of Tumors of the Lung, Pleura, Thymus, and Heart. J Thorac Oncol 2015;10:1240-1242.
- <sup>3</sup>Travis WD, Brambilla E, Nicholson AG, et al and WHO Panel. The 2015 World Health Organization Classification of Lung Tumors: Impact of Genetic, Clinical and Radiologic Advances Since the 2004 Classification. J Thorac Oncol 2015;10:1243-1260.
- <sup>4</sup>Pelosi G, Rindi G, Travis WD, Papotti M. Ki-67 antigen in lung neuroendocrine tumors: unraveling a role in clinical practice. J Thorac Oncol 2014;9:273-284.
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- <sup>6</sup>Rindi G, Klersy C, Inzani F, et al. Grading the neuroendocrine tumors of the lung: an evidence-based proposal. Endocr Relat Cancer 2014;21:1-16.
- <sup>7</sup>Travis WD. Advances in neuroendocrine lung tumors. Ann Oncol 2010;21:vii65-71.
- <sup>8</sup>Zakowski MF. Pathology of small cell carcinoma of the lung. Semin Oncol 2003;30:3-8.
- <sup>9</sup>Nicholson SA, Beasley MB, Brambilla E, et al. Small cell lung carcinoma (SCLC): a clinicopathologic study of 100 cases with surgical specimens. Am J Surg Pathol 2002;26:1184-1197.
- <sup>10</sup>Masai K, Tsuta K, Kawago M, et al. Expression of squamous cell carcinoma markers and adenocarcinoma markers in primary pulmonary neuroendocrine carcinomas. Appl Immunohistochem Mol Morphol 2013;21:292-2977.
- <sup>11</sup>Ordonez NG. Value of thyroid transcription factor-1 immunostaining in distinguishing small cell lung carcinomas from other small cell carcinomas. Am J Surg Pathol 2000;24:1217-1223.
- <sup>12</sup>Kaufmann O, Dietel M. Expression of thyroid transcription factor-1 in pulmonary and extrapulmonary small cell carcinomas and other neuroendocrine carcinomas of various primary sites. Histopathology 2000;36:415-420.
- <sup>13</sup>Lantuejoul S, Moro D, Michalides RJ, et al. Neural cell adhesion molecules (NCAM) and NCAM-PSA expression in neuroendocrine lung tumors. Am J Surg Pathol 1998;22:1267-1276.
- <sup>14</sup>Wick MR. Immunohistology of neuroendocrine and neuroectodermal tumors. Semin Diagn Pathol 2000;17:194-203.

Note: All recommendations are category 2A unless otherwise indicated.



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外科切除原则

- •诊断为I期的SCLC不到SCLC患者的5%。
- •超出T1-2N0的患者不能从手术中获益。1
- •在标准的分期评估(包括胸和上腹、脑CT成像以及PET/CT成像)后临床I期(T1N0)的SCLC患者可考虑手术切除。
- ▶ 在切除术前,所有患者均应行纵隔镜检查或其他外科纵隔分期以排除隐匿性淋巴结病变。这还可包括内镜分期措施。
- ▶接受完全切除(最好是纵隔淋巴结清扫或取样的肺叶切除)的患者应接受术后全身治疗。²无淋巴结转移的患者应单纯接受全身治疗。有淋巴结转移的患者应接受术后全身治疗和纵隔放疗(RT)。
- •在已完全或部分缓解的SCLC患者中,由于PCI既可改善无病生存期又可改善总生存期,因此在已接受根治术的患者中,建议在辅助全身治疗后PCI。3一般情况差或神经认知功能受损的的患者不建议PCI。4

1 Lad T, Piantadosi S, Thomas P, 等。确定小细胞肺癌联合化疗缓解后残留病变手术切除获益的一项前瞻性随机试验。Chest 1994;106:320S-3S。 2 Yang CE, Chan DY, Speicher PI, 等。辅助治疗在早期小细胞肺癌患者中的地位。I Clin Oncol 2016: 34:1057-1064。

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Note: All recommendations are category 2A unless otherwise indicated.

<sup>3</sup> Auperin A, Arriagada R, Pignon JP,等。对完全缓解的小细胞癌患者预防性全脑照射。预防性脑照射概述协作组。《新英格兰医学杂志》1999: 341:476-84。

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#### 支持治疗原则

- •戒烟咨询、辅导和必要时药物治疗。
- ▶使用5A准则: 询问Ask、劝告Advise、评估Assess、帮助Assist和安排Arrange (http://www.ahrq.gov/clinic/tobacco/5steps.htm)
- ▶ 见NCCN戒烟指南。
- •在同步全身治疗+放疗期间不推荐使用粒细胞集落刺激因子(G-CSF)或粒细胞-巨噬细胞集落刺激因子(GM-CSF)(对于不使用GM-CSF是1类)。<sup>1</sup>
- •抗利尿激素分泌异常综合征
- ▶限制液体
- ▶对于有症状的患者输注盐水
- ▶抗肿瘤治疗
- ▶地美环素
- ▶对于难治性低钠血症,加压素受体抑制剂(考尼伐坦、托伐普坦)
- •库欣综合征
- ▶考虑酮康唑。如果无效,考虑美替拉酮。
- ▶在开始抗肿瘤治疗前尝试控制
- •软脑膜病: 见癌性/淋巴瘤脑膜炎NCCN指南
- •疼痛管理: 见成人癌痛NCCN指南
- •恶心/呕吐: 见止吐NCCN指南
- •心理困扰: 见窘迫管理NCCN指南
- •有指征时见姑息治疗NCCN指南

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Note: All recommendations are category 2A unless otherwise indicated.
Clinical Trials: NCCN believes that the best management of any patient with cancer is in a clinical trial. Participation in clinical trials is especially encouraged.

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#### 全身治疗原则\*(1/3)

全身治疗作为初始或辅助治疗:

- •局限期(最多4-6周期):
- ▶顺铂60mg/m² d1, 依托泊苷120mg/m² d1、2、31
- ▶顺铂80mg/m² d1, 依托泊苷100mg/m² d1、2、32
- ▶卡铂AUC 5-6 d1, 依托泊苷100mg/m² d1、2、33
- ▶在全身治疗+放疗期间,推荐顺铂/依托泊苷(1类)。
- ▶在同步全身治疗+放疗期间不推荐使用骨髓生长因子 (对于不使用GM-CSF 是1类)。⁴
- •广泛期(最多4-6周期): †
- ▶卡铂AUC 5-6 d1, 依托泊苷100mg/m² d1、2、35
- ▶顺铂75mg/m² d1, 依托泊苷100mg/m² d1、2、36
- ▶顺铂80mg/m² d1, 依托泊苷80mg/m² d1、2、37
- ▶顺铂25mg/m² d1、2、3,依托泊苷100mg/m² d1、2、38
- ▶卡铂AUC 5 d1, 伊立替康50mg/m² d1、8、159
- ▶顺铂60mg/m² d1, 伊立替康60mg/m² d1、8、15<sup>10</sup>
- ▶顺铂30mg/m² d1、8, 伊立替康65mg/m² d1、8<sup>11</sup>

后续全身治疗: †

- •首选临床试验。
- •复发<Ü6个月, PS 0-2:
- ▶拓扑替康 PO或IV12-14
- ▶伊立替康15
- ▶紫杉醇16,17
- ▶多西他赛18
- ▶替莫唑胺19,20
- ▶尼鲁单抗±À伊匹单抗<sup>21,22</sup>
- ▶长春瑞滨23,24
- ▶口服依托泊苷 25,26
- ▶吉西他滨 27,28
- ▶环磷酰胺/阿霉素、长春新碱 (CAV) 12
- ▶苯达莫司汀 (2B类) 29
- •复发>6个月: 原方案30,31

对于PS 2的患者考虑减量或生长因子支持

疗效评估SCL-E 2/3

参考SCL-E 3/3

- \*治疗方案包括有代表性的更常用的小细胞肺癌治疗方案。其他方案也是可接受的。
- †如果未用作原始方案,则可用作治疗原发病变进展。
- † 后续全身治疗是指二线及二线以上治疗。

Note: All recommendations are category 2A unless otherwise indicated.



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全身治疗原则(2/3)

#### 疗效评估

- •局限期
- ▶对于接受辅助治疗的患者,应该只有在完成辅助治疗后才评估疗效;在辅助治疗期间不要为了评估疗效重复扫描。
- ▶对于接受全身治疗+同步放疗的患者,应该只有在完成初始治疗后才评估疗效(SCL-5);在初始治疗期间不要为了评估疗效而重复扫描。
- ▶对于仅接受全身性治疗或放疗后序贯全身治疗的患者,应在每2周期全身治疗后以及治疗结束时行胸/腹部强化CT评估疗效。

#### •广泛期

- ▶全身治疗期间,应该在每2-3周期全身治疗后以及治疗结束时进行胸/腹部强化CT评估疗效。
- ▶对于在全脑放疗前接受全身治疗的无症状脑转移患者,在每2周全身治疗后以及治疗结束后应该复查脑MRI(首选)或强化CT。
- •后续全身治疗
- ▶在每2-3周期全身治疗后应该进行胸/腹部强化CT评估疗效。

Note: All recommendations are category 2A unless otherwise indicated.

Clinical Trials: NCCN believes that the best management of any patient with cancer is in a clinical trial. Participation in clinical trials is especially encouraged.



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#### PRINCIPLES OF SYSTEMIC THERAPY (3 of 3)

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Note: All recommendations are category 2A unless otherwise indicated.



**NCCN** Guidelines Index **Table of Contents** Discussion

#### 放射治疗原则

#### 一般原则:

- •肺癌放疗的一般原则——包括常用缩写、临床与技术专业技能标准及质量保证以及放疗模拟、计划与实施的原则——在非小细胞肺癌NCCN指南中提 供(见NSCL-C: http://www.nccn.org/professionals/physician\_gls/pdf/nscl.pdf)并适用于SCLC的放疗。
- •作为根治性或姑息性治疗的一部分,放射治疗在所有分期的SCLC中均有潜在的作用。作为一个多学科评估或讨论的一部分,放射肿瘤学的输入,应该可以 为所有患者提供早期治疗策略的确定。
- •为使肿瘤控制最大化并尽量减少治疗毒性,现代放疗的关键组成部分包括适当的模拟、精确的靶区定义、适形放疗计划,并确保准确实施计划的治疗。最 低标准是根据CT设计的三维适形放疗。应使用多野照射,每天治疗所有野。
- •在考虑正常组织剂量限制的同时需要提供足够的肿瘤剂量时,可合理使用更先进的技术。这些技术包括(但不限于)4D-CT和/或PET/CT模拟、IMRT(调强 放疗)/VMAT(旋转容积调强放疗)、IGRT(影像引导放射治疗技术)以及运动管理策略。调强放疗(IMRT)是首选的优于三维适形外照射放疗(CRT)是基于 在同步化疗/放疗情况下降低了毒性; 1质量保证措施是最重要的,在非小细胞肺癌指南中涉及(见NSCL-C: http://www.nccn.org/professionals/ physician\_gls/pdf/nscl.pdf) .
- •有用的参考资料包括ACR适宜性标准见: https://www.acr.org/quality-safety/appropriateness-criteria

#### 局限期:

- •时机:放疗与全身治疗同步是标准并优先于序贯化/放疗。2放疗应随着第1或第2周期全身治疗早期启动(1类)。3从任何治疗启动到放疗结束的时 间(SER)更短显著改善生存。4
- •靶区定义:应基于治疗前获得的PET扫描和CT扫描的基础上定义靶体积。在放疗计划的时间获得。应该在治疗前获取PET/CT,在4周内较好,最多不超 过8周。理想情况下,应获得治疗位置的PET/CT。
- •过去,临床未累及的纵隔淋巴结包括在放疗靶体积内,而一般不包括未累及的锁骨上淋巴结。选择性淋巴结照射(ENI)共识正在展开。5若干更现代的包 括回顾性与前瞻性系列试验表明,不做选择性淋巴结照射(ENI)的结果是孤立淋巴结复发率低(0%-11%,大多<5%),特别是当结合PET分期/靶区定义 时(1.7%-3%)。6-11 在目前的前瞻性临床试验中已经不做选择性淋巴结照射(ENI)(包括CALGB 30610/RTOG 0538和EORTC 08072 [转换]试验)。
- •在开始全身治疗前放疗的患者中,大体肿瘤体积(GTV)可限于诱导全身治疗后的体积以避免过度毒性。应覆盖最初累及的淋巴结区域(但不是其全身治 疗前的全部体积)。8,12
- •剂量与方案:对于局限期SCLC,尚无公认的放疗最佳剂量和方案;45Gy/3周(1.5Gy每日两次[BID])(1类)优于45Gy/5w(1.8Gy每日一次)。13,14 当使 用每日两次分割时,两次分割之间的间隔至少应该有6个小时以允许正常组织的修复。如果使用每日一次放疗,应使用60-70Gv的更高剂量。15-18 当前的随 机试验CALGB 30610/RTOG 0538比较标准的45 Gv/3周 (BID) 组与70Gv/7周;实验同期使用的追加组<sup>19</sup>已关闭招募。欧洲的CONVERT试验显示,45 Gv (BID) 和66 Gy (qd)的总生存期和毒性相当。20

见SCL-F 2/3关于广泛期、正常组织的剂量限制、预防性脑照射、脑转移

Note: All recommendations are category 2A unless otherwise indicated.



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#### 放射治疗原则

#### 广泛期:

- •对于选择性全身治疗完全缓解或很大部分缓解的广泛期SCLC患者,胸部巩固放疗是获益的。研究表明,高达根治量的胸部巩固放疗耐受性很好,可减少症状性胸部复发,部分患者改善长期生存。<sup>21,22</sup>剂量适度的胸部放疗(30Gy/10f)治疗全身治疗有效的广泛期小细胞肺癌患者的荷兰CREST随机试验显示显着改善2年总生存率和6个月无进展生存率,尽管协议定义的1年总生存率的主要终点未显著改善。<sup>23</sup>随后的探索性分析发现,胸部巩固放疗获益仅限于大多数全身治疗后残留胸部病变的患者。<sup>24</sup>
- •胸部巩固放疗的剂量与分割应个体化,范围30Gy/10f qd至60Gy/30f qd,或这个范围内的等效方案。

#### 正常组织的剂量限制:

- •正常组织的剂量限制取决于肿瘤的大小和部位。对于相似的放疗处方剂量,用于NSCLC的正常组织的限制是合适的(见NSCLC-C)。
- •当给予加速放疗计划(如,BID)或较低的总放疗剂量(如,45Gy)时,应使用更加谨慎的限制。当使用加速计划(如3-5周)时,CALGB 30610/RT0G 0538协议的脊髓限制应作为指导:即,对于处方量45Gy/3周 BID,脊髓的最大剂量应限于≤41Gy(包括散射辐射),而对于更长时间的计划则限于≤50 Gy。

#### 预防性脑照射 (PCI):

- •在初始治疗缓解良好的局限期SCLC患者中,PCI降低脑转移并改善总生存(1类)。<sup>25,26</sup>在全身治疗有效的广泛期SCLC患者中,PCI降低脑转移。EORTC的一项随机试验发现PCI改善总生存。然而,日本的一项随机试验发现,在基线MRI没有脑转移的患者中,与常规MRI监测然后根据检测治疗无症状脑转移相比,PCI<sup>27</sup>未改善总生存。<sup>28</sup>在未接受PCI的患者中,应进行脑影像监测转移。
- •全脑PCI的首选剂量为25Gy/10f,每天1次。在选择性的广泛期疾病患者中,较短疗程(如,20Gy/5f)可能是恰当的。在一项大型随机试验(PCI 99-01)中,接受36Gy剂量的患者比接受25Gy治疗的患者有更高的死亡率和更重的慢性神经毒性。<sup>29,30</sup>
- •神经认知功能:年龄增加和更高的剂量是发生慢性神经毒性最重要的预测因素。在RTOG 0212试验中,在PCI后12个月,年龄超过60岁的患者中83%出现了慢性神经毒性,而年龄小于60岁的患者中为56%(P= 0.009)。30 正在接受PCI治疗的患者中应避免全身治疗同步高的总放疗剂量(>30Gy)。
- •在消除初始治疗的急性毒性后给予PCI。一般情况差或神经认知功能受损的的患者不建议PCI。
- •当给予PCI时,考虑在放疗的同时及放疗后增加,已证明可减少全脑照射(WBRT)治疗脑转移后的神经认知功能损害。31

#### 脑转移:

- •脑转移瘤应该给予WBRT而不是单纯立体定向放疗/放射外科(SRT/SRS),因为这些患者易出现多发CNS转移。PCI后发生脑转移的患者,在慎重选择的患者中可以考虑再次WBRT。<sup>32,33</sup> 如果有可能首选放射外科(SRS),特别是如果从初诊到发生脑转移的时间间隔长且无未控的颅外病变。<sup>34,35</sup>
- •全脑放疗的推荐剂量是30Gv/10f,每天一次。

见一般原则、局限期SCL-F 1/3

参考SCL-F 3/3

Note: All recommendations are category 2A unless otherwise indicated.

Clinical Trials: NCCN believes that the best management of any patient with cancer is in a clinical trial. Participation in clinical trials is especially encouraged.



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Note: All recommendations are category 2A unless otherwise indicated.

Clinical Trials: NCCN believes that the best management of any patient with cancer is in a clinical trial. Participation in clinical trials is especially encouraged.



National Comprehensive Cancer

## **NCCN Guidelines Version 1.2018 Staging Small Cell Lung Cancer**

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美国癌症联合委员会(AJCC)-TNM的定义

原发肿瘤

TX 原发肿瘤不能评估,或痰、支气管冲洗液中找到恶性细胞但未经影 像或支气管镜检查证实

T0 无原发肿瘤的证据

Tis 原位癌:

Tis (AIS): 腺癌 Tis (SCIS): 鳞癌

T1 肿瘤最大径≤3cm,被肺或脏层胸膜包绕,无累及叶支气管近端的 支气管镜证据(即,不在主支气管);任何大小的非常见的表浅播 散的肿瘤,只要其浸润成分局限于支气管壁,即使临近主支气管, 也定义为T1a

T1mi 微浸润腺癌

T1a 肿瘤最大尺寸<1cm

T1b 肿瘤最大尺寸大于1cm但不超过2cm

T1c 肿瘤最大尺寸大于2cm但不超过3cm

- T2 肿瘤最大尺寸大于3cm但不超过5cm;或肿瘤具有下列任一特征 (具有这些特征的T2肿瘤、如果≤4cm或者无法确定大小分为T2a, 如果大于4cm但不超过5cm分为T2b):
  - •累及主支气管,但不累及隆突,不管距降突的距离。
  - •累及脏层胸膜
  - •累及肺门区域或累及部分或整个肺,与肺不张或阻塞性肺炎有关

T2a 肿瘤最大尺寸>3cm但≤4cm

T2b 肿瘤最大尺寸>4cm但≤5cm

- T3 肿瘤最大尺寸>5cm但≤7cm或直接侵犯下列任一结构:壁层胸膜 (PL3)、胸壁(包括肺上沟瘤)、膈神经、心包壁层或在原发肿瘤 的同一叶内相关的单个或多个分散的瘤结节
- T4 肿瘤>7cm或直接侵犯下列任一结构:膈肌、纵隔、心脏、大血 管、气管、喉返神经、食管、椎体、隆突; 原发肿瘤的同侧不同 叶单发或散在多发的瘤结节

区域淋巴结

Nx 区域淋巴结不能评估

N0 无区域淋巴结转移

N1 转移至同侧支气管周围和/或同侧肺门淋巴结, 和肺内淋巴结包括 直接侵犯

N2 转移至同侧纵隔和/或降突下淋巴结

N3 转移至对侧纵隔、对侧肺门、同侧或对侧斜角肌或锁骨上淋巴结

M 远外转移

MO 无远处转移

M1 远处转移

M1a 对侧叶散在或多发的瘤结节: 肿瘤合并胸膜结节或恶性胸腔 或心包积液; 肺癌大多数胸腔(心包)积液是由肿瘤引起; 然 而, 在少数患者中, 胸腔(心包)积液多次显微镜检查肿瘤阴 性, 目积液为非血性、非渗出液; 当这些因素及临床判断确定积液 与肿瘤无关时, 积液应不作为分期描述符

M1b单个器官的单一胸腔外转移灶和单一远处(非区域)淋巴结 受累

M1c 一个或多个器官的多发胸腔外转移灶

AJCC第8版分期系统将于2018年1月1日实施。关于AJCC第7版分期手册,访问www.springer.com。

经芝加哥伊利诺斯州美国癌症联合委员会(AJCC)许可使用。该信息的原始及主要信源是施普林格科学+商业媒体出版的AJCC癌症分期手 册,第8版(2016)。(关于分期表完整的资料与信息支持,访问www.springer.com.)此材料的任何引用或引文均必须以AJCC作为其主要信源。此资料 内容未经施普林格科学+商业媒体代表ATCC书面明示许可不准任何再使用或发行。



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#### 解剖学分期/预后组

隐匿性癌	TX	N0	МО
0期	Tis	N0	МО
IA1期	T1mi	N0	МО
	T1a	N0	МО
I A2期	T1b	N0	МО
I A3期	T1c	N0	МО
IB期	T2a	N0	МО
IIA期	T2b	N0	МО
ⅡB期	T1a,b,c	N1	МО
	T2a,b	N1	МО
	T3	N0	MO
IIIA期	T1a,b,c	N2	МО
	T2a,b	N2	МО
	T3	N1	M0
	T4	N0	М0
	T4	N1	МО
ⅢB期	T1a,b,c	N3	MO
	T2a,b	N3	MO
	Т3	N2	МО
	T4	N2	MO
IIIC期	Т3	N3	МО
	T4	N3	МО
IVA期	Any T	Any N	M1a
	Any T	Any N	M1b
IVB期	Any T	Any N	M1c

AJCC第8版分期系统将于2018年1月1日实施。关于AJCC第7版分期手册,访问www.springer.com。

经芝加哥伊利诺斯州美国癌症联合委员会(AJCC)许可使用。该信息的原始及主要信源是施普林格科学+商业媒体出版的AJCC癌症分期手册,第8版(2016)。(关于分期表完整的资料与信息支持,访问www.springer.com.)此材料的任何引用或引文均必须以AJCC作为其主要信源。此资料内容未经施普林格科学+商业媒体代表AJCC书面明示许可不准任何再使用或发行。



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### 讨论

此讨论更新到与最新的工作步骤相一致。最后更 新2017年2月24日

#### NCCN证据与共识等级

1类:基于高级别证据,NCCN共识一致认为干预是合理的。

2A类:基于较低级别证据,NCCN共识一致认为干预是合理的。

2B类:基于较低级别证据,NCCN共识认为干预是合理的。

3类:基于任何级别的证据,较多NCCN成员同意干预是合理的。

所有的推荐均是2A级除非另作说明。

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放射治疗	
胸部放疗	MS-11
预防性脑照射	MS-13
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#### 概述

神经内分泌肿瘤约占肺癌的20%;大多数(约14%)是小细胞肺癌(SCLC)。<sup>1,2</sup> 估计2017年美国将有31000例新发SCLC病例。<sup>3</sup>几乎所有的SCLC病例都是由吸烟引起的。<sup>4</sup>虽然小细胞肺癌的发病率一直呈下降趋势,但是在女性中的发病率升高,男女发病率之比现在是1:1。<sup>2</sup>小细胞肺癌与其他肺神经内分泌肿瘤(LNTs)的管理在小细胞肺癌和LNTs的NCCN肿瘤学临床实践指南(NCCN指南®)中描述,包括工作步骤和此支持讨论内容(见神经内分泌肿瘤NCCN指南中的SCLC和肺神经内分泌肿瘤NCCN指南®,可在NCCN. org获得)。在工作步骤中总结的指南更新部分介绍了最近的修订,已纳入到本修订的讨论中(见小细胞肺癌NCCN指南)。小细胞肺癌2017版更新,增加了尼鲁单抗和尼鲁单抗联合伊匹单抗作为一个新的二线及二线以上(即后续)全身治疗选择;<sup>5</sup>在更新摘要中,除了概述其他的变化外,还增加了全身治疗后疗效评估新的影像指南。小细胞肺癌的NCCN指南最初发表于20年前,随后至少每年更新一次(见NCCN. org)。<sup>6</sup>

小细胞肺癌的特点是倍增时间短、增殖比率高以及广泛转移发生早。大多数小细胞肺癌患者有血行转移;约三分之一的局限期疾病局限于胸部。小细胞肺癌对初始化疗和放疗高度敏感;然而,大多数患者最终死于复发性疾病。<sup>7</sup>局限期小细胞肺癌患者,治疗的目标是采用化疗+胸部放疗治愈。<sup>8,9</sup>广泛期疾病患者,单纯化疗可减轻大多数患者的症状、延长生存;然而,长期生存罕见。<sup>10</sup>要注意的是,局限期和广泛期小细胞肺癌的定义结合TNM分期(见小细胞肺癌NCCN指南和本讨论中的分期)。手术只适合少数手术可切除的I期小细胞肺癌患者(2% - 5%)。<sup>11</sup>临床试验通常为小细胞肺癌患者提供最先进的治疗。虽然最近有进步,但是这些NCCN指南所概括的小细胞肺癌的标准治疗仍有待改进。因此,应强烈鼓励参与临床试验。

应强烈提倡小细胞肺癌和其他高级别神经内分泌癌患者戒烟(见戒烟NCCN指南,可在NCCN. org获得)。<sup>12</sup>应该强烈鼓励既往吸烟者保持戒烟。在治疗期间继续吸烟的小细胞肺癌患者毒性增加且生存期更短。<sup>13</sup>使用行为咨询计划并结合FDA批准的促进戒烟的药物可能是非常有用的。

#### 文献检索标准与指南更新方法

在更新本版本的小细胞肺癌NCCN指南之前,使用下列搜索词电子搜索PubMed数据库中2015年4月1日 与2016年5月1日之间发表的文献以获取SCLC的关键文献:小细胞肺癌。选择PubMed数据库是因为它是使用最广泛的医学文献资源并且只有同行评议过的生物医学文献。挑选的用英语发表的研究搜索结果是有限的。结果限于以下文章类型:1期临床试验、2期临床试验、3期临床试验、4期临床试验、指南、随机对照试验、Meta分析、系统综述和验证研究。



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PubMed检索共检出253篇参考文献及其关联文献。PubMed关键文献以及其他来源的、认为与这些NCCN指南相关的文献(如印刷前的电子出版物、会议摘要)数据由小组进行讨论,并收录到本版的讨论部分。根据小组对较低水平证据的评审与专家意见,缺乏用于推荐的高级别证据。NCCN指南发展与更新的全部细节可在NCCN网页上获得。

#### 诊断

#### 筛查

理想情况下,筛查应检出早期仍可治愈的疾病。目前,没有有效的筛选检查可以检出早期小细胞肺癌;通常是当患者出现晚期疾病症状时才确诊。<sup>14</sup>国家肺癌筛查试验(NLST)报道,每年1次低剂量螺旋CT扫描筛查,在无症状高危个体中肺癌特异性死亡率下降(见NCCN肺癌筛查指南,可在NCCN. org获得)。<sup>15</sup>虽然低剂量CT筛检可以发现早期非小细胞肺癌(NSCLC),但似乎对检出早期小细胞肺癌没有用。<sup>14-16</sup>低剂量CT筛查可能没有用是因为小细胞肺癌的侵袭性,导致在每年1次的检查之间发展为有症状的疾病,因此限制了对死亡率的潜在影响。<sup>14</sup>

#### 表现

小细胞肺癌的典型表现为肺门大肿块和纵隔巨大淋巴结,引起咳嗽和呼吸困难。<sup>17</sup>患者常常出现广泛的转移性疾病症状,如体重减轻、乏力、骨痛和神经损害。无中央淋巴结的孤立性周围型结节患者罕见。在这种情况下,细针穿刺抽吸(FNA)或许不能充分区分小细胞癌(这是一种高级别的神经内分泌癌)、低级别(典型类癌)、中等级别(不典型类癌)或大细胞神经内分泌癌(LCNEC)(这也是一种高级别神经内分泌癌)(见神经内分泌肿瘤NCC指南中的肺神经内分泌肿瘤,可在NCCN. org获得)。<sup>18,19</sup>

许多神经系统和内分泌副肿瘤综合征与小细胞肺癌有关。<sup>20-22</sup>神经系统症状包括兰伯特-伊顿肌无力综合征、脑脊髓炎以及感觉神经病变。有兰伯特-伊顿综合征(类重症肌无力综合征)的患者表现为近端下肢无力,是由抗电压门控钙通道抗体引起的。<sup>23,24</sup>副肿瘤性脑脊髓炎和感觉神经病变是由一种抗体(抗-Hu)引起的,该抗体既能与小细胞癌抗原结合,又能与人神经元RNA结合蛋白相互作用导致多神经损伤。<sup>25</sup>

小细胞肺癌细胞有时会产生多肽激素,包括加压素(抗利尿激素[ADH])和促肾上腺皮质激素(ACTH),分别引起恶性低钠血症(即抗利尿激素分泌异常综合征[SIADH])和库欣综合征。<sup>26,27</sup>在小细胞肺癌患者中,抗利尿激素分泌异常综合征(SIADH)比库欣综合征更常见。癌症治疗和/或支持治疗也可能导致低钠血症(如顺铂、阿片类)。<sup>28</sup>抗利尿激素分泌异常综合征(SIADH)的治疗包括限制液体(因为口渴,这对患者是困难的)、地美环素或加压素受体抑制剂(即考尼伐坦、托伐普坦)(见小细胞肺癌NCCN指南中支持治疗的原则)。<sup>28-30</sup>在小细胞肺癌治疗成功后,ADH(抗利尿激素)水平与低钠血症通常改善。



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### 病理学

小细胞肺癌是一种恶性上皮性肿瘤,由缺乏细胞质的小细胞组成,细胞边界不清、核染色质细颗粒状、核仁缺乏或不明显。<sup>18,31</sup>细胞圆形、椭圆形或梭形;核型显著。有丝分裂计数高。典型且独特的苏木精和伊红(H&E)组织学能够足以识别小细胞肺癌;它是一种低分化肿瘤,归类为一种高级别的神经内分泌癌。<sup>18</sup>小细胞肺癌患者中尸检高达30%显示非小细胞肺癌分化区域;在既往治疗过的患者标本中更常检出这一发现,因此认为,肺癌发生在一个能沿不同路径分化的多能干细胞。

虽然95%的小细胞癌起源于肺,但也可以起源于肺外部位,包括鼻咽、胃肠道和泌尿生殖道。<sup>32,33</sup>肺和肺外小细胞癌两者均有相似的临床和生物学行为,广泛转移的潜能高。

几乎所有的小细胞肺癌对角蛋白、上皮膜抗原和甲状腺转录因子-1(TTF-1)免疫反应阳性。<sup>18</sup>对于神经内分泌分化的标记,包括嗜铬粒蛋白A、神经元特异性烯醇化酶、神经细胞黏附分子(NCAM; CD56)和突触素,大部分小细胞肺癌染色也是阳性的。<sup>18</sup>然而,这些标记不能用来区分小细胞肺癌和非小细胞肺癌,因为大约10%的NSCLC这些神经内分泌标记至少有一个阳性。<sup>34</sup>

#### 分期

对于小细胞肺癌分期,NCCN小组采用AJCC TNM分期系统和退伍军人管理局(VA)小细胞肺癌方案两者相结合的方法(见下列两段)。<sup>7,35</sup>过去,对侧纵隔和同侧锁骨上淋巴结肿大一般分为局限期,而对侧肺门和锁骨上淋巴结肿大的分类更具争议,应个体化治疗。<sup>7,35,36</sup>约66%的患者有明显的血行转移,通常累及对侧肺、肝、肾上腺、脑、骨和/或骨髓。目前AJCC正在修订小细胞肺癌的TNM分期系统;新的分期指南将于2016年底公布。<sup>37</sup>在AJCC癌症分期手册第8版出版后,小细胞肺癌小组将继续联合使用VA/AJCC系统分期小细胞肺癌。

在2010年,肺癌TNM分期系统由国际肺癌研究协会(IASLC)修订并被AJCC采用(第7版,2010年)(见小细胞肺癌NCCN指南中的表2和表3)。<sup>38-41</sup>研究表明,该TNM分期系统既适用于NSCLC又适用于小细胞肺癌,两个疾病的不同分期均显示预后意义。<sup>38,40</sup>在小细胞肺癌的联合分期中,局限期小细胞肺癌定义为I-III期(任何T,任何N,MO)可以安全地给予根治性放疗,除外多个肺结节、太广泛的T3-4或肿瘤/淋巴结体积太大无法在一个可以耐受的放疗计划中完成(见小细胞肺癌NCCN指南中的表1)。广泛期小细胞肺癌定义为IV期(任何T,任何N,M1a/b)或由于多个肺结节、太广泛的T3-4或肿瘤/淋巴结体积太大无法在一个可以耐受的放疗计划中完成。



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退伍军人肺研究组的两期分类方案也用于确定小细胞肺癌患者的病变范围: 1)局限期疾病是病变局限于同侧半胸,可安全地包含在一个放射野内;和2)广泛期疾病是病变超出同侧半胸以外,包括恶性胸腔或心包积液或血行转移。42因为大多数小细胞肺癌的文献是基于退伍军人管理局定义的局限期或广泛期将患者分类,这些定义常用于临床决策。无论如何,TNM系统对选择适合手术和放射治疗计划的T1-2、NO患者是有用的。35临床科研合作研究应该开始使用TNM系统,因为这将允许更准确地评估预后和将来的特殊治疗。

所有的小细胞肺癌患者,即使是那些放射影像局限期患者(退伍军人管理局的定义),均需要全身治疗作为初始或辅助治疗。因此,分期为胸部放疗提供了治疗指南,主要适用于限期疾病的患者。充分的分期包括病史和体格检查;胸部、肝脏和肾上腺CT扫描(静脉造影);以及脑MRI(首选)或CT扫描(静脉造影)。36然而,一旦发现患者有广泛期病变,则除脑显像外,还可选择进一步分期。7在外周血涂片中发现有核红细胞、中性粒细胞减少或血小板减少提示骨髓浸润而没有其他转移性疾病证据的选择性患者中,可能需要单侧骨髓抽吸和活检。骨髓受累为唯一部位的广泛期疾病的发生率不到患者的5%。如果怀疑是局限期疾病,可以用PET/CT扫描评估远处转移。7,35如果PET/CT可疑或不可用,可进行骨扫描。

PET扫描可以提高小细胞肺癌患者分期的准确性,因为小细胞肺癌是一种高代谢疾病。<sup>43-45</sup> PET/CT优于单纯的PET。<sup>45</sup>接受PET的患者中大约19%从局限期升级到广泛期</mark>,而只有8%从广泛期降期到局限期。36对于大多数的转移部位,PET/CT优于标准影像;但是,对脑转移瘤的检测PET/CT不如CT或MRI(见NCCN中枢神经系统肿瘤指南,可在NCCN. org获得)。<sup>46</sup>基于PET分期,大约27%的患者管理发生改变,主要因为增加了胸内部位病变的检出,结果导致计划的放射野改变。<sup>36,44,47</sup>虽然PET/CT似乎提高小细胞肺癌分期的准确性,但是PET/CT检出的导致升期的病变仍然要求病理确认。

在临床分期似乎是T1-2N0的患者中,在手术切除、病理纵隔分期前需确认PET/CT扫描结果。<sup>7</sup>但是,如果不是手术切除候选者或如果是计划非手术治疗的患者,纵隔分期不是必需的。侵袭性纵隔分期可以通过常规的手术也可以通过微创技术,如经食管超声内镜引导下细针穿刺活检(EUS-FNA)、经支气管超声引导针吸活检(EBUS-TBNA)或电视辅助胸腔镜(VATS)。<sup>48,49</sup>



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如果胸腔积液量足够大,可安全地通过超声引导到达,推荐胸腔穿刺细胞学检查。如果胸腔穿刺未发现恶性细胞,则可以考虑胸腔镜检查以证明胸膜受累,这将表明是广泛期疾病。作为一个分期要素,积液应该被排除,如果: 1)多次胸膜液细胞病理学检查癌症均为阴性; 2)液体是非血性、非渗出液; 以及3)临床判断认为,积液与癌症并不直接相关。心包积液使用同样的标准分类。

分期不应只关注疾病症状的部位或实验室检查提示的部位。在无骨痛或碱性磷酸酶水平异常的患者中高达30%骨扫描阳性。如果PET/CT意义不明确,骨X线片或MRI可能是合理的。10%-15%的患者在确诊时脑成像(首选磁共振或CT扫描)可以发现中枢神经系统(CNS)转移,其中约30%是无症状的。脑转移早期治疗的结果是慢性神经病发病率较低,支持对无症状患者的早期诊断是有用的。由于小细胞肺癌本身的侵袭性,分期不应使启动治疗延迟超过1周;否则,在这期间,许多患者的疾病可能会变得更严重,其功能状态(PS)显著下降。

#### 预后因素

一般情况差(PS 3-4)、广泛期疾病、体重减轻以及与病变过大相关的标志物(如乳酸脱氢酶[LDH])是最重要的不良 预后因素。在局限期患者中,女性、年龄小于70岁、LDH正常、I期疾病与预后更好有关。较年轻、一般情况良好、肌 酐水平正常、LDH正常以及单一转移部位是广泛期疾病患者良好的预后因素。<sup>50,51</sup>

#### 治疗

#### 全身治疗

对于所有小细胞肺癌患者,化疗是合理治疗的重要组成部分。对那些已接受手术切除者推荐辅助化疗。对于超出T1-2N0、一般情况良好(0-2)的局限期小细胞肺癌患者,推荐的治疗包括化疗同步胸部放疗(1类)。<sup>9,52,53</sup>对于广泛期患者,推荐的治疗是单纯化疗,虽然放疗可用于选择的患者缓解症状(见小细胞肺癌NCCN指南中的初始治疗与全身治疗原则)。在广泛期以及脑转移患者中,化疗可以在全脑放疗前、后给予,这取决于患者是否有神经系统症状(见小细胞肺癌NCCN指南中的初始治疗)。<sup>10,54</sup>

2017更新,NCCN小组增加了局限期或广泛期小细胞肺癌患者治疗期间与治疗后疗效评价的新推荐。对于单纯辅助化疗或化疗同步放疗后的局限期患者,应该仅在完成初始治疗后才使用胸部、肝脏和肾上腺强化CT评价疗效。在治疗过程中不推荐重复扫描。对于单纯全身治疗或全身治疗序贯放疗的局限期患者,应该仅在每两周期的身治疗后以及完成治疗时才使用胸部、肝脏和肾上腺强化CT评价疗效。对于广泛期患者全身治疗期间,应该仅在每2-3周期化疗后及完成治疗时才使用胸部、肝脏和肾上腺强化CT评价疗效。在无症状脑转移以及全脑放疗前接受全身治疗的广泛期患者中还推荐脑转移扫描;应在每两周期化疗后及完成治疗时复查脑MRI(首选)或脑强化CT。



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已证明单药和联合化疗方案治疗小细胞肺癌有效。依托泊苷和顺铂(EP)是最常使用的初始联合化疗方案(见小细胞肺癌NCCN指南中的全身治疗原则)。<sup>55</sup>由于在疗效和毒性两方面均具有优势,在局限期情况下该联合取代了烷化剂/蒽环类药物为基础的方案。<sup>56</sup>对于超出T1-2N0的局限期患者,EP+同步胸部放疗是推荐的治疗(1类)。<sup>52,53,57,58</sup>

与胸部放疗联合,EP引起的食管炎、肺毒性和血液学毒性风险增加。59正在进行同步放化疗的患者不推荐使用骨髓生长因子(不使用GM-CSF是1类)。60在临床实践中,经常用卡铂代替顺铂以减少呕吐、神经病变和肾病风险。61然而,卡铂的使用带来的骨髓抑制风险更大。62与在广泛期小细胞肺癌患者中的回顾性分析一样,小型随机试验提示顺铂和卡铂在小细胞肺癌中的疗效相似。61,63,64对4项随机研究中具体患者数据的一项meta分析比较了以顺铂与卡铂为基础的联合化疗方案治疗小细胞肺癌患者。65在这项meta分析包括的663例患者中,32%为局限期疾病,68%为广泛期疾病。在接受含顺铂与含卡铂方案的患者中,有效率(67%对66%)、无进展生存期(5.5个月对5.3个月)或总生存期(9.6个月对9.4个月)均未观察到显著差异,提示在小细胞肺癌患者中疗效相当。

已经在广泛期患者中评估了许多其他联合,与EP相比,几乎没有一致的获益证据。伊立替康和一种铂类药物联合最初似乎优于EP。日本进行的一项小型3期临床试验报道,伊立替康+顺铂治疗的广泛期小细胞肺癌患者中位生存期为12.8个月,EP治疗的患者为9.4个月(P=0.002)。66此外,两年生存率伊立替康+顺铂组为19.5%,而EP组为5.2%。66然而,随后在美国进行的两项大型3期试验比较了伊立替康+顺铂与EP方案,方案之间的有效率或总生存期未能显示显著差异。67,68

一项3期随机试验(n=220)发现,与卡铂联合口服的依托泊苷相比,伊立替康联合卡铂的中位总生存期略有延长(8.5个月对7.1个月,P=0.04)。<sup>69</sup>基于这些发现,在NCCN指南中卡铂联合伊立替康方案是广泛期患者的一个选择。一项meta分析表明,与依托泊苷+铂方案相比,伊立替康+铂方案改善PFS和总生存期。<sup>70</sup>然而,这项meta分析没有使用具体患者的数据。此外,绝对生存获益相对小,因此,需要权衡对抗伊立替康为基础方案的毒性问题。因此,NCCN小组仍旧认为依托泊苷+铂是局限期或广泛期小细胞肺癌患者的标准治疗方案。



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在局限期患者中,EP加胸部放疗后预计有效率70%-90%,而在广泛期患者中,单纯联合化疗可获得60%-70%的有效率。令人遗憾的是,局限期和广泛期患者的中位生存期分别只有14-20个月和9-11个月。在合理治疗后,局限期患者的两年生存率约为40%,但广泛期患者不到5%。<sup>71</sup>在局限期患者中,胸部放疗局部控制率提高25%,并改善生存。<sup>52,53</sup>数据表明,放化疗可能适于胸腔积液细胞学阴性或不确定的局限期患者,但不适于那些有心包积液的患者。<sup>72,73</sup>

已经评估了许多改进广泛期小细胞肺癌标准治疗的努力,包括标准的两药方案中增加第3个药物。在两项试验中,增加异环磷酰胺(或环磷酰胺+一个蒽环类)至EP方案治疗广泛期患者显示出适度的生存优势。<sup>74,75</sup>然而,这些发现观察到的均不一致,而且,与单纯EP相比,添加烷化剂±一个蒽环类,显著增加血液学毒性。<sup>76</sup>同样,在一项2期试验中,增加紫杉醇至顺铂或卡铂+依托泊苷取得了可喜的成果,但并未改善生存,并且在随后的3期研究中具有不可接受的毒性。<sup>77</sup>在4-6个周期的标准治疗之外应用维持或巩固化疗,略微延长应答持续时间,但未改善生存,并且累积毒性风险更大。<sup>78</sup>一项meta分析报道,维持化疗未延长总生存期。<sup>79</sup>

尽管小细胞肺癌对初始化疗敏感,但是无法消灭残余的细胞,提示存在对细胞毒治疗相对抵抗的癌症干细胞。为克服耐药性,在初始治疗期间,已设计交替或序贯联合治疗以使肿瘤暴露于尽可能多的有效的细胞毒药物。80然而,随机试验未能显示这种方法改善PFS或总生存。81,82

设计多药循环每周疗法以增加剂量强度。这种方法的2期初步结果显示是有前途的,尽管有人担心选择的患者良好。<sup>83,84</sup>然而,随机试验证明没有生存获益,却注意到与多药循环每周方案过度治疗相关的死亡。<sup>85-88</sup>对于小细胞肺癌患者,更高剂量治疗的地位仍有争议。与那些给予相同药物常规剂量的患者相比,接受高剂量的患者观察到完全和部分缓解率更高,中位生存时间略长。<sup>89</sup>然而,总的来说,随机试验中,与常规剂量相比,剂量递增方案增加的剂量强度高达常规剂量的两倍,但并未一致证明改善有效率或生存。<sup>90-93</sup>此外,多个试验的一项meta分析比较了标准与各种剂量强度的环磷酰胺、阿霉素、长春新碱(CAV)和EP方案发现,在广泛期患者中,相对剂量强度的增加仅带来少许、临床上微不足道的中位生存期改善。<sup>94</sup>



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目前可用的细胞因子(如粒细胞-巨噬细胞集落刺激因子[GM-CSF]、粒细胞集落刺激因子)可以减轻化疗引起的骨髓抑制并降低发热性中性粒细胞减少症的发生率,但累积性血小板减少仍是剂量限制性的。尽管包括小细胞肺癌患者的试验临床使用细胞因子获得了FDA批准<sup>95</sup>,但是用生长因子维持下的剂量强度并不能延长无病或总生存期。<sup>96,97</sup>因此,不推荐在全身治疗开始时常规使用生长因子。

正在评估抗血管生成疗法在小细胞肺癌中的收益。在局限期小细胞肺癌患者中,伊立替康、卡铂与贝伐单抗联合同步放疗序贯贝伐单抗维持的一项2期研究被提前终止,因为气管食管瘘的发生率不可接受。在广泛期小细胞肺癌中,铂基化疗+贝伐单抗的几项2期临床试验均取得了可喜的疗效及生存数据。<sup>98-101</sup>然而,至少一项随机试验证明贝伐单抗加入到标准化疗中无生存获益。<sup>102</sup>在广泛期小细胞肺癌患者中的其他随机3期试验正在进行中。<sup>103</sup>目前,NCCN小组不推荐在小细胞肺癌患者中使用贝伐单抗。

虽然已经证明免疫检查点抑制剂在各种癌症包括小细胞肺癌中的活性,但是,最近一项3期随机试验报道,伊匹单抗加入到依托泊苷联合顺铂或卡铂中未改善广泛期小细胞肺癌患者的总生存或PFS。<sup>104</sup>总的来说,与标准方法相比,通过增加更多的药物或使用剂量密集化疗方案、维持治疗或交替使用非交叉耐药的化疗方案试图改善小细胞肺癌患者的长期生存率均未获得显著优势。

#### 老年患者

肺癌的发病率随着年龄的增长而升高。虽然在诊断时平均年龄为70岁,但是,在临床试验中并未充分代表老年患者。<sup>105</sup>虽然更老的生理年龄对治疗耐受性差,但是在指导临床决策方面一个具体患者的功能状态远比年龄更有用(见老年肿瘤NCCN指南,可在NCCN. org获得)。日常生活活动能力功能正常的老年患者治疗应采用标准的联合化疗(和放疗,如果有指征的话)。<sup>106,107</sup>然而,骨髓抑制、疲劳和较低的器官储备在老年患者中更常见;因此,在治疗期间务必仔细观察,以免风险过度。推荐更多关注老年患者的需求和支持体系,以提供最佳的照护。总体而言,老年患者与相应分期的年轻患者预后相似。

多项随机试验表明,在一般情况良好(PSO - 2)的老年患者中,较不强烈的治疗(如单药依托泊苷)不如联合化疗(如铂+依托泊苷)。<sup>108,109</sup>最近一项8637例局限期老年患者的回顾性分析报道,与单纯化疗相比,放化疗改善生存。<sup>106</sup>其他一些策略已在老年小细胞肺癌患者中进行了评估。<sup>64,110-112</sup>使用4周期的卡铂+依托泊苷似乎可获得良好的效果,因为卡铂根据曲线下面积(AUC)给药考虑了老年患者肾功能下降。<sup>112</sup>然而,在该人群中更合理的卡铂目标AUC是5而不是6。<sup>113</sup>也在年老体弱患者中探索了短程、足量化疗的有效性,仅用两周期化疗的结果似乎是可以接受的,尽管这种方法未直接与标准治疗对比。<sup>114</sup>



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### 二线及以上(后续)全身治疗

虽然小细胞肺癌对初始治疗非常敏感,但是大多数复发患者相对抵抗。<sup>115,116</sup>当这些患者接受进一步的全身治疗时,中位生存期只有4-5个月。许多患者后续全身治疗可明显缓解,尽管疗效可能高度依赖于初始治疗至复发的时间。<sup>117</sup>如果该时间间隔少于3个月(抵抗或难治性疾病),则大部分药物或方案的疗效差(≤10%)。如果超过3个月复发(敏感性疾病),则预期有效率约为25%。如果患者在一线治疗后超过6个月复发,则建议采用原方案治疗。<sup>7,117,118</sup>在每2-3周期的后续全身治疗后应使用胸部/肝/肾上腺强化CT评估疗效。对于PS2的患者接受后续全身治疗,应考虑减量或生长因子支持。根据若干2期试验,初次治疗后≤6个月复发的患者,推荐的后续全身治疗药物包括拓扑替康、伊立替康、紫杉醇、多西他赛、替莫唑胺、尼鲁单抗±伊匹单抗、长春瑞滨、口服依托泊苷、吉西他滨、CAV和苯达莫司汀(除了苯达莫司汀是2B类推荐外,其他所有药物都是2A类)(见小细胞肺癌NCCN指南中的全身治疗原则)。<sup>119-122</sup>这些药物在NCCN指南中按优先次序列出。2017更新删除了异环磷酰胺,因为小组成员不再使用这个药物。

对于初始治疗后≤6个月复发的患者,2017更新,NCCN小组添加了尼鲁单抗和尼鲁单抗+伊匹单抗的推荐(均为2A类)作为后续治疗选择。尼鲁单抗和伊匹单抗是刺激免疫系统的新型免疫治疗药物,因此,与标准细胞毒化疗相比,具有不同的作用机制。<sup>123</sup>这些推荐是基于最近一项1/2期试验,在该实验中,复发性小细胞肺癌患者接受单纯尼鲁单抗或不同剂量的尼鲁单抗联合伊匹单抗。⁵尼鲁单抗3mg/kg有效率为10%(10/98),尼鲁单抗1mg/kg+伊匹单抗3mg/kg为23%(14/61),而尼鲁单抗3mg/kg+伊匹单抗1mg/kg为19%(10/54)。疗效与PD-L1表达无关;研究表明,PD-L1的表达率小细胞肺癌比非小细胞肺癌低。⁵腹泻是最常见的3或4级治疗相关不良事件。3或4级不良事件总发生率约为20%,因治疗相关不良事件终止治疗的患者不到10%。

初步数据表明,对于小细胞肺癌患者替莫唑胺可能是有效的,尤其是那些脑转移瘤以及06-甲基鸟嘌呤-DNA甲基转移酶(MGMT)甲基化的患者。<sup>120,124</sup>日本最近一项3期试验(JC0G0605)报道,在敏感复发的小细胞肺癌患者中,与拓扑替康相比(12.5个月,10.8-14.9;风险比[HR],0.67;90%CI,0.51-0.88),顺铂、足叶乙甙和伊立替康联合延长生存期(中位数,18.2个月;95%CI,15.7-20.6;P=0.0079)。然而,这种方法毒性严重,因此,不推荐作为标准的二线治疗。<sup>125</sup>

一项随机3期试验比较了单药静脉注射拓扑替康与CAV联合方案。<sup>126</sup>两组有效率和生存期均相似,但静脉注射拓扑替康的毒性较小。在另外一项3期试验中,与最佳支持治疗相比,口服拓扑替康延长了总生存期(26周对14周)。<sup>127</sup>FDA批准拓扑替康单药作为初始化疗有效后复发小细胞肺癌患者的后续治疗。可以使用口服或静脉注射拓扑替康,因为两种途径的任何一个疗效和毒性似乎均相似。<sup>127,128</sup>



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许多临床肿瘤学家已注意到静脉拓扑替康1.5mg/m²连续5天的标准方案毒性严重,多项研究表明,减量可能同样有效而毒性较低。<sup>129</sup>已发表的有关每周拓扑替康治疗复发性小细胞肺癌患者有效性的多项研究数据相互矛盾,因此这种方法仍在研究。<sup>130,131</sup>在复发或难治性小细胞肺癌患者中,氨柔比星是一个有效的药物。<sup>132-135</sup>然而,3-4级毒性,主要是中性粒细胞减少症常见。<sup>136,137</sup>一项3期试验报道,与拓扑替康相比,氨柔比星作为小细胞肺癌的二线治疗并不能提高总生存期,除了难治性患者亚组。<sup>138</sup>后续全身治疗的最佳持续时间尚未充分研究,虽然持续时间通常短,蓄积毒性是常见的限制性毒性,即便是有效的患者。因此,后续全身治疗应持续到直至最佳应答后两周期、疾病进展或发生无法接受的毒性为止。如果患者PS仍然是0-2,可以考虑追加后续全身治疗(如三线)。

### 放射治疗

工作步骤中的放疗原则描述了放射剂量、靶区以及正常组织剂量体积限制,主要针对局限期小细胞肺癌患者,包括推荐的支持参考;预防性脑照射(PCI)和脑转移瘤的治疗也进行了讨论(见小细胞肺癌NCCN指南)。美国放射学会(ACR)适宜性标准©是一个有用的资源。<sup>139</sup>NSCLC工作步骤中的放疗原则也可能是有用的(如,放疗的一般原则、姑息性放疗)(见NSCLC NCCN指南,可在NCCN. org获得)。本节介绍支持NCCN推荐的小细胞肺癌研究。少量报告表明,对于选择的局限期小细胞肺癌患者,立体定向消融放疗(SBRT)可能是有益的;然而,做推荐的数据不充分。<sup>140,141</sup>

### 胸部放疗

对于局限期患者增加胸部放疗可改善生存。汇集2000多例患者的meta分析显示,与单纯化疗相比,局限期疾病胸部放疗局部失败率降低25%-30%,相应提高两年生存率5%-7%。<sup>52,53</sup>然而,对于局限期小细胞肺癌患者,使用常规放化疗达到长期局部控制仍是一个挑战。

### 放射联合化疗的时机

胸部放疗的管理需要评估一些因素,包括化疗和放疗的时机(同步与序贯)、放疗的时机(早与晚)、放射入口体积(原始肿瘤体积与因肿瘤应答缩野)、放射剂量以及放疗分割。根据多项随机试验,对于局限期小细胞肺癌患者,推荐早期同步放化疗。日本肿瘤学协作组的一项随机3期试验评估了序贯与同步胸部放疗联合EP治疗局限期患者。他们报道,接受同步放疗的患者比序贯放疗者寿命更长。59



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另一项随机3期试验(加拿大国家癌症研究所)—比较在化疗的第2或第6周期开始放疗——显示早期放疗改善局部和全身控制因而生存期更长。<sup>142</sup>局限期小细胞肺癌胸部放疗时机的若干系统回顾和meta分析报告,与晚期同步或序贯放疗相比,早期同步放疗带来少许、却显著改善总生存。<sup>143,144</sup>另一项局限期小细胞肺癌患者的meta分析表明,更快速完成化/放疗方案(任何化疗开始直至放疗结束为止[SER])改善生存。<sup>145</sup>最近一项对12个试验(2668例)具体患者数据的meta分析报告,早期同时化/放疗改善5年总生存率(HR,0.79; 95% CI,0.69 - 0.91),虽然与晚同步治疗相比,严重的急性食管炎也增加。<sup>146</sup>

### 放疗分割

ECOG/肿瘤放疗协作组比较了qd与bid放疗联合EP。<sup>147</sup>在该试验中,412例局限期小细胞肺癌患者接受DT45Gy bid 3周以上或qd 5周以上同步放化疗治疗。BID方案获得了生存优势,但与qd方案相比,3-4级食管炎的发病率较高。BID和qd放疗组中位生存期分别为23个月对19个月(P=0.04),5年生存率分别为26%对16%。<sup>147</sup>该试验一个值得注意的缺陷是,两组放射剂量的生物等效剂量不同。鉴于此,正在进行的试验评估45Gy的生物等效剂量bid对60-70Gy qd。<sup>148</sup>超分割的另一个担心是,对于双侧纵隔淋巴结肿大的患者,胸部放疗bid在技术上面临挑战。

另一项随机3期试验表明,qd胸部放疗50.4Gy联合EP与bid胸部分割放疗48Gy联合EP相比,无生存差异。<sup>149</sup>然而,分割放疗可能不太有效,因为在放射间隔之间肿瘤再生长。总之,选择bid放疗的综合治疗患者,必须具有很好的PS和良好的基线肺功能。

### 局限期小细胞肺癌的放疗

对于超出T1-2N0的局限期患者,NCCN指南推荐放疗应该同时化疗,并且<mark>放疗应该在第一或第二周期开始</mark>(1类)。放疗的最佳剂量和方案尚未确定。然而,45Gy/3周(bid方案)优于45Gy/5周 qd。<sup>147</sup>对于bid放疗,推荐的计划是1.5Gy bid,DT 45Gy/3周(1类)。对于qd放疗,推荐的计划是2.0Gy qd,DT 60-70Gy(见小细胞肺癌NCCN指南中的放射治疗原则)。<sup>150-152</sup>胸部照射的最低标准是根据CT设计的三维适形放疗。当需要时也可以使用更先进的技术(如4D-CT)(见小细胞肺癌NCCN指南中的放射治疗原则)。在制定放疗计划时,放射靶体积可以使用国际辐射单位与测量委员会(ICRU)在50和62报告中的定义在获得的PET/CT扫描上确定。<sup>153,154</sup>不过,为了将最初累及的淋巴结区包括在治疗野内,应复阅化疗前PET/CT扫描。<sup>152,155</sup>



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当使用相似的放疗剂量时,用于非小细胞肺癌的正常组织限制对于小细胞肺癌也是合适的(见NSCLC NCCN指南,可在NCCN. org获得)。当使用加速计划时(如3-5周),可以使用CALCB 30610/RTOG 0538协议的脊髓限制作为指南(见小细胞肺癌NCCN指南中的放射治疗原则)。<sup>156-158</sup>在选择的患者中可以考虑调强放疗(IMRT)(见小细胞肺癌NCCN指南以及NSCLC NCCN指南中的放射治疗原则)。<sup>159-163</sup>

### 广泛期小细胞肺癌的胸部放疗

根据Jeremic等<sup>164</sup>的一项随机试验结果,在选择性的转移负荷低的广泛期、初始化疗后完全或接近完全缓解的患者中可以考虑加入序贯胸部放疗。在该试验中,3周期EP后远处转移灶完全缓解的患者随机接受1)继续EP;或2)加速超分割放疗(即54Gy/36f,18天以上)联合卡铂+依托泊苷。<sup>164</sup>研究者发现,放疗的加入延长了中位总生存期(17个月对11个月)。在化疗有效的广泛期小细胞肺癌患者中,Slotman等人的一项3期试验(荷兰CREST研究)报道,与未接受序贯胸部放疗的患者相比,序贯胸部放疗的加入并不能改善主要终点1年总生存率(33%对28%,P=0.066),但二次分析确实发现改善两年总生存率(13%对3%,P=0.004)。<sup>165</sup>

### 预防性脑照射

超过50%的小细胞肺癌患者发生颅内转移。随机研究表明,预防性脑照射(PCI)可有效降低脑转移的发生率,但大多数独立研究并无充分效力证明有意义的生存优势。<sup>166</sup>对所有随机PCI试验(使用具体患者的数据)的一项meta分析报告,3年脑转移发生率从对照组的58.6%降低至PCI治疗组的33.3%,下降了25%。<sup>167</sup>因此,PCI似乎预防(而非仅仅延迟)脑转移的发生。该meta分析还报告,PCI治疗的患者3年生存率从对照组的15.3%增加到PCI组的20.7%,增加了5.4%。<sup>167</sup>虽然在这项meta分析中广泛期患者数量少,但是在局限期和广泛期患者中观察到的获益均相似。

对局限期患者的一项回顾性研究也发现,与那些未接受PCI的患者相比,PCI增加2年、5年和10年生存率。<sup>168</sup>EORTC的一项随机试验评估了286例初次化疗有效的广泛期小细胞肺癌患者PCI与没有PCI;与对照组相比,PCI减少了症状性脑转移(14.6%对40.4%),并提高了1年生存率(27.1%对13.3%)。<sup>169</sup>日本一项3期试验的初步数据表明,MRI确认无脑转移的广泛期患者PCI未改善生存。<sup>170</sup>



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迟发性神经系统后遗症被认为是PCI造成的,特别是在使用大于3Gy/f和/或PCI同步化疗的研究中。<sup>171,172</sup>因此,对于一般情况差(PS3-4)或神经认知功能受损的患者不建议PCI。<sup>173,174</sup>老年(>60岁)也与慢性神经毒性相关。<sup>175</sup>在化疗结束后给予以及每次分割剂量低时,PCI导致的神经毒性可能会较轻。

在决定实施PCI之前,医患间的权衡讨论是必要的。<sup>176</sup>对于获得完全或部分缓解的局限期患者,PCI是一个1类推荐;对于广泛期患者,PCI是一个2A类推荐。<sup>169,173</sup>对于所有完全切除的患者也推荐PCI(见小细胞肺癌NCCN指南中的手术切除原则)。PCI的首选剂量为25Gy/10f,2.5Gy/f,qd(见小细胞肺癌NCCN指南中的放射治疗原则)。<sup>167,169,177</sup>NCCN小组认为,对于选择性的广泛期患者,更短程的PCI可能是合理的(如20Gy/5f)。<sup>169</sup>与标准剂量(25Gy)相比,更高剂量(如36Gy)增加死亡率和毒性。<sup>175,177</sup>PCI不应与全身治疗同时给予,并且应避免放疗总量高(>30Gy),因为增加神经毒性风险。<sup>175</sup>疲劳、头痛和恶心/呕吐是PCI后最常见的急性毒性。<sup>174,177</sup>在初始治疗的急性毒性消除后,可以给予PCI。对于未接受PCI的患者,应考虑脑影像学监测转移。姑息性放疗对于有局部症状的病变部位(即痛性骨损害、脊髓压迫、阻塞性肺不张)或脑转移患者,放疗可完美缓解(见小细胞肺癌NCCN指南和非小细胞肺癌NCCN指南中的初始治疗,可在NCCN. org获得)。<sup>178-180</sup>在因骨结构损伤的骨折高危患者中,矫形稳定可能是有益的。因为小细胞肺癌患者往往寿命短,所以,脊髓压迫通常不推荐手术。

对于小细胞肺癌患者中的脑转移,由于经常出现多发转移,因此推荐全脑放疗(见小细胞肺癌NCCN指南和中枢神经系统肿瘤NCCN指南中的放射治疗原则,可在NCCN. org获得)。<sup>181</sup>虽然全脑放疗可能发生晚期并发症,如神经认知障碍,但是在小细胞肺癌患者中这不是一个大问题,因为长期生存罕见。<sup>171</sup>推荐的全脑放疗剂量为30Gy/10f,qd。<sup>181</sup>在PCI后发生脑转移的患者中,可以考虑立体定向放射外科。<sup>182</sup>

### I期小细胞肺癌的手术切除

在NCCN工作步骤中描述了小细胞肺癌手术切除的原则;在这一章节中描述了支持这些推荐的研究。简而言之,NCCN指南指出,手术应该仅仅考虑用于纵隔分期证实纵隔淋巴结未累及的I期(T1-2N0)小细胞肺癌患者。<sup>183</sup>数据显示,疾病临床分期超出T1-2N0的患者,手术不能获益。<sup>184</sup>值得注意的是,只有5%的小细胞肺癌患者为真正的I期。<sup>39</sup>



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肺癌研究小组实施了唯一一项前瞻性随机试验评估手术在小细胞肺癌中地位。<sup>184</sup>排除孤立性周围性肺结节的局限期患者,接受了5周期的CAV化疗;化疗有效的患者随机分配至接受切除术+胸部放疗或单纯胸部放疗。两组患者的总生存率相同,这表明在这种情况下手术未受益。然而,只有19%的入组患者为临床I期(T1-2N0M0)。

有关手术获益的数据大多数来自回顾分析。<sup>183, 185-189</sup>这些研究报告的I期患者良好的5年生存率为40%-60%。在大多数群组中,更晚期疾病患者的生存率下降显著,因此一般推荐,只有在I期患者中才考虑手术。这些结果的解释是在回顾性分析中受固有的选择偏差限制,并且使用的化疗和放疗也是多种多样。SEER数据库分析也表明,对于某些局限期患者手术可能是恰当的。<sup>11, 190</sup>然而,由于数据库中缺乏化疗使用信息,这些研究是局限的。此外,手术患者与所有未手术患者生存比较选择偏倚是固有的缺陷。总之,手术在小细胞肺癌中的地位尚未十分明确,除非是可得到在严格分期的患者中比较手术+辅助化疗与同步放化疗试验的结果。

在所有考虑手术切除的临床 I 期(T1 - 2N0)小细胞肺癌患者中,均应在切除前通过纵隔分期排除隐匿性淋巴结病变。<sup>191</sup>对于小细胞肺癌患者,如果进行切除,NCCN小组支持肺叶切除术而不是段或楔形切除。建议在完全切除术后辅助化疗或放化疗。<sup>173,187,192,193</sup>对于无淋巴结转移的患者,推荐单纯辅助化疗,而对于淋巴结转移的患者推荐同步化疗+术后纵隔放疗(见小细胞肺癌NCCN指南中的辅助治疗)。在这种情况下虽然小组成员同意推荐术后纵隔放疗,但是应该基于淋巴结采样/解剖程度以及淋巴结阳性程度;不过,没有数据支持该推荐。

在选择的患者中辅助治疗后应考虑预防性脑照射(PCI),因为可改善生存(见本讨论中的预防性脑照射和小细胞肺癌NCCN指南中的辅助治疗)。<sup>167</sup>2017更新,NCCN小组增加了辅助治疗后疗效评价新推荐。对于局限期患者,应该只有在初始治疗完成后才使用胸部、肝脏和肾上腺强化CT进行疗效评估;在治疗过程中不推荐重复扫描。

### 监测

随访方案列于工作步骤中(见小细胞肺癌NCCN指南中的监测);在随后的几年中,降低监测频率,因为复发风险下降。<sup>194</sup>常规随访不推荐使用PET/CT或脑MRI(或CT)。如果出现一个新的肺结节,应作为新的原发性肺癌及时评估,因为在治愈的小细胞肺癌患者中经常发生第二原发肿瘤。<sup>195,196</sup>应鼓励所有小细胞肺癌患者戒烟,因为第二原发肿瘤在戒烟的患者中较少见(见NCCN戒烟指南,可在NCCN. org获得)。<sup>197-199</sup>应该鼓励既往吸烟者保持戒烟。



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