

癌症相关缺血性卒中研究进展

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【摘要】 癌症和脑血管病是我国发病率和病死率极高的两大疾病,同时罹患这两种疾病对患者而言可谓致命打击。近年来,癌症与动脉栓塞及血栓形成的联系逐渐引起关注,相继可见癌症患者缺血性卒中的危险因素、临床表现、生物学标志物及影像学特点等报道。然而,国内关于癌症相关缺血性卒中的认识尚不足,此类患者病因与潜在机制亦不明确,使得目前仍无统一的诊断标准、治疗及预防策略。因此,本文综述国内外关于癌症相关缺血性卒中的流行病学、临床与影像学特征、发病机制、治疗方案及预后的研究证据,旨在梳理癌症相关缺血性卒中的研究进展与差距,以及解决上述问题的潜在策略。

【关键词】 卒中; 脑缺血; 肿瘤; 综述

Research progress of cancer-associated ischemic stroke

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【Abstract】 Nowadays, cancer and cardiovascular disease are great contributors to burden of disease with high morbidity and mortality in China. Being affected by both stroke and cancer can be devastating. The association between cancer and venous thrombosis has been previously well described. Recently, cancer has been considered to be increasingly related to arterial thromboembolism or thrombosis. Several studies have shown the characteristics of vascular risk factors, clinical manifestations, biomarkers and neuroimaging in patients with ischemic stroke and cancer. However, there is still insufficient recognition of cancer-associated ischemic stroke (CAIS) in our country. Moreover, the underlying mechanisms of CAIS are uncertain, which makes the optimal strategies to diagnose, treat and prevent ischemic stroke in cancer patients still unestablished. This review summarized the current research evidence on epidemiology, clinical and imaging characteristics, mechanism, treatments and prognosis in patients with CAIS, aiming to reveal the research progress and knowledge gaps, as well as the potential strategies to solve these problems.

【Key words】 Stroke; Brain ischemia; Neoplasms; Review

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癌症和脑血管病是我国发病率和病死率极高的两种疾病,对于同时罹患癌症与缺血性卒中的患者而言可谓毁灭性打击,严重影响其生活质量、加重社会经济负担^[1-2]。癌症的高病死率在很大程度上归因于高复发和易转移的生物学特点。然而,近年发现,部分癌症患者表现出神经系统症状且短期内反复发作的原因为缺血性卒中而非肿瘤细胞颅

内转移^[3-4]。缺血性卒中可作为癌症的首发症状,约20%的隐源性脑卒中患者在诊断脑卒中时发现恶性肿瘤^[5];高达15%的癌症患者在确诊癌症后可发生缺血性卒中^[6]。可见癌症与缺血性卒中存在某种紧密联系,彼此作用、共同影响神经功能和临床预后。目前针对癌症患者伴发缺血性卒中的危险因素、生物学标志物、影像学表现和临床预后可见部分临床研究,结果显示,部分发生缺血性卒中的癌症患者缺乏血管危险因素,并存在血液高凝状态和多发性血管病变等特点^[7-9];另一些患者与传统缺血性卒中患者的症状与体征、血清学和影像学特点并无明显差异^[10-11]。由于不同研究结论不完全一致,

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故目前对于癌症相关缺血性卒中(CAIS)的临床特点、病因与潜在机制、诊断标准、治疗策略等尚无统一标准^[12]。本文拟对已发表的关于CAIS的流行病学、临床与影像学特征、发病机制、治疗方案及预后等的研究证据进行概述,旨在梳理相关研究进展与差距,并探寻解决上述问题的潜在策略。

一、癌症相关缺血性卒中的流行病学特点

2019年,Zhou等^[13]在*Lancet*发表1990–2017年中国34个省级行政单位全年龄组人口健康状况报告,其中居全因死亡率前3位的疾病依次为脑卒中、缺血性心脏病和肺癌。2013年公布的全美1997–2006年缺血性卒中病例(平均每年近2亿缺血性卒中住院患者)的研究结果表明,约有10%的缺血性卒中住院患者合并癌症,且二者的共病联系随着癌症患者生存率的提高而逐年增加^[14]。约5%的患者在确诊缺血性卒中时发现伴有活动性癌症,特别是隐源性脑卒中病例在诊断时或诊断前6个月内即存在确诊或治疗或复发或转移的癌症病史^[7-8]。挪威脑卒中中心报告的前瞻性研究结果提示,约有41.82%(23/55)的缺血性卒中患者在其确诊1年内可检出癌症、有23.64%(13/55)在确诊6个月内检出癌症^[9];另一项西班牙普林塞萨大学开展的纳入381例缺血性卒中患者的回顾性单队列研究显示,完成18个月随访的29例(7.61%)患者确诊新发癌症的中位诊断时间为6个月^[15]。上述研究表明,在缺血性卒中尤其是隐源性脑卒中患者中不乏隐匿性或活动性癌症病例,甚至有些缺血性卒中可能是癌症诱发或介导所致;同样,癌症患者发生缺血性卒中的风险也明显升高,缺血性卒中可能既是癌症并发症或癌症长期治疗的结果,同时亦是癌症的首发临床表现^[4,16]。尸检研究显示,约有14.59%(500/3426)的癌症患者存在脑血管病的病理学证据,其中7.44%(255/3426)生前曾表现有明显的脑血管病症状与体征^[6]。在一项针对新确诊癌症患者的流行病学调查研究中,共纳入279 719例新确诊癌症病例并以同期流行病学资料相匹配的非癌症患者作为对照,随访过程中约有3%的癌症患者于确诊6个月内发生缺血性卒中,而对照组6个月内缺血性卒中累计发病率仅为1.6%,提示癌症组发生缺血性卒中的风险增加1倍^[17]。癌症患者发生缺血性卒中的风险与肿瘤类型、分期及组织学分型密切相关:实体肿瘤较易发生缺血性卒中,如肺、胃肠、胰腺或乳腺肿瘤^[18-19];以IV期癌症患者发病风险最高,与未发生

转移的患者相比,发生远隔部位转移的患者于确诊首月罹患缺血性卒中的风险可增加10余倍^[17];腺癌为缺血性卒中病例中最常见的组织学分型,无论是诱发缺血性卒中还是导致脑卒中复发^[20]。

二、癌症相关缺血性卒中的临床表现与影像学特征

大多数癌症患者发生缺血性卒中临床表现与传统意义上的脑卒中相似,如偏瘫、言语障碍和(或)视野改变,且缺血性卒中伴活动性癌症与不伴癌症者入院时神经功能缺损程度无明显差异^[7,9,21];但伴活动性癌症的缺血性卒中患者病情进展十分迅速,更易出现早期神经功能恶化、意识障碍,甚至发生院内死亡^[4,17,22]。血栓栓塞事件在CAIS患者中较为常见,尤其是双下肢深静脉血栓和肺栓塞,研究表明,癌症患者发生静脉血栓的风险是非癌症缺血性卒中患者的6倍^[23],有12%因缺血性卒中住院的癌症患者存在静脉血栓栓塞史,而不伴癌症的住院患者静脉血栓栓塞史仅为1%^[24]。

近年来,越来越多的研究发现CAIS患者脑卒中病因分型与传统脑卒中明显不同,主要表现为TOAST分型中不明病因(SUE)型^[8-9,21]。普通人群中约1/3的缺血性卒中患者为不明病因型或隐源性,而癌症患者隐源性脑卒中发生率高达50%^[25-26]。此外,CAIS患者的DWI影像具有多发性梗死之特点:Finelli和Nouh^[27]对709例缺血性卒中患者的影像学特点进行回顾分析,其中DWI资料完整的41例患者中,梗死灶位于3个血管末端的患者最常见于CAIS(9例);另有文献报道称,约70%的隐源性脑卒中患者存在多血管末端病变,这一特点甚至可以作为隐源性脑卒中患者是否存在癌症的预测因素^[28]。而相应影像学表现为多发性梗死的CAIS患者,临床状况可表现为弥漫性脑病^[29]。

三、癌症相关缺血性卒中的发病机制

1. 癌症介导的高凝状态 癌症患者发生缺血性卒中风险明显升高的原因与机制迄今尚不十分明确,可能是多因素相互交叉、共同作用的结果,如癌症直接效应、癌症相关并发症(高凝或感染)及其治疗不良反应等^[30]。其中,癌症介导的高凝状态是目前颇受关注的病因机制,且涉及多个方面。肿瘤细胞表面富含组织因子(TF),当TF微泡释放或者暴露于外周血中即可以激活凝血因子VII,触发下游的凝血酶产生,诱导纤维蛋白形成和血小板聚集^[31]。上皮细胞来源的肿瘤细胞分泌的黏蛋白可以通过

与P-和L-凝集素结合多途径诱导富含血小板的微血栓形成^[32],而腺癌特别是胰腺、结肠、乳腺、肺、生殖系统腺癌等肿瘤细胞分泌的黏蛋白可以直接进入血液,有利于其与内皮细胞粘附从而介导高凝状态^[33]。有证据表明,由肿瘤细胞分泌的半胱氨酸蛋白酶在无凝血因子VII存在的条件下可直接激活凝血因子X,产生凝血酶,但半胱氨酸蛋白酶诱发缺血性卒中的作用机制尚待进一步研究^[34]。近期研究发现,肿瘤细胞来源的微粒在CAIS患者外周血中的表达水平明显高于非癌症缺血性卒中患者和健康人群,而且外周血中微粒表达水平与D-二聚体水平呈正相关($r=0.195, P<0.001$),提示这种微粒可能是诱发癌症患者缺血性卒中的潜在机制^[35]。此外,恶性肿瘤还可提高其他促凝血因子的表达水平,使内皮细胞转化为血栓前状态并降低蛋白C活性;这些促凝血因子与血小板相互作用诱导纤溶酶原激活物抑制物的聚集与产生,以减少纤维蛋白溶解^[36]。基于高凝状态与隐源性脑卒中在CAIS中的普遍性,由肿瘤细胞介导的高凝状态所引起的心源性栓塞(CE),特别是非细菌性血栓性心内膜炎(NBTE)的形成,可能是诱发缺血性卒中的病因之一。对256例脑血管病伴癌症患者的尸检结果发现,附着在心内膜上的无菌性血小板-纤维蛋白赘生物(即NBTE),是癌症患者发生症状性脑卒中的主要原因^[6]。NBTE性赘生物大多附着于左心瓣膜、二尖瓣及主动脉弓生长,与全身广泛性血管栓塞相关,其中最常见的大脑神经系统并发症即为缺血性卒中^[37]。约半数发生缺血性卒中的癌症患者TCD超声可检出微栓子,且微栓子的存在与血清D-二聚体水平升高有关,提示此类患者体内可能存在一个活跃的中心栓塞源和高凝状态^[38]。然而,即使完善经食道超声心动图,仍很难发现NBTE,这也是目前许多癌症患者缺血性卒中的病因仍不明确的原因。

2. 抗肿瘤治疗相关机制 抗肿瘤治疗亦可增加癌症患者发生缺血性卒中的风险。一般而言,化疗药物诱导缺血性卒中的风险较低,但某些特定化疗药物,如顺铂、甲氨蝶呤、5-氟尿嘧啶(5-FU)和L-天冬酰胺酶均具有较高的脑卒中风险,主要发生于癌症急性治疗期^[39]。目前文献报道的与缺血性卒中关联性较高的化疗药物主要为铂类化疗药物,但其诱导缺血性卒中的确切机制尚不清楚,可能与内皮毒性和血小板产生并释放微粒,促进凝血酶生成有关;也可能与免疫抑制和机会性感染使脑卒中

易感性增加有关^[40-41]。用于治疗乳腺癌的化疗药物,如他莫昔芬、L-天冬酰胺酶可明显增加缺血性卒中及血栓形成的风险^[42-43],但也有学者认为,他莫昔芬并不明显增加脑血管事件甚至可以降低其发生率^[44];同样,有关前列腺癌的雄激素剥夺治疗是否会增加缺血性卒中发生的风险,亦存争议^[45-46]。不过现有证据业已证实,放射治疗是癌症患者发生心脑血管疾病的重要危险因素,通过增厚血管壁、加速动脉粥样硬化斑块形成和损伤血管外膜,使缺血性卒中发生风险增加^[47]。放射治疗所形成的炎症斑块相较于动脉粥样硬化斑块更易破裂,继而诱发缺血性卒中^[48]。与药物化疗引起的缺血性卒中不同,放射治疗后血管病变大多发生于长期肿瘤治疗之后^[49];以中、大血管狭窄或闭塞多见,继发于放射治疗的颈内动脉狭窄率可高达12%~60%^[50]。此外,放射治疗诱发的缺血性卒中存在剂量-效应关系,照射剂量越高,发生缺血性卒中风险越大^[51]。

3. 肿瘤直接效应 由肿瘤直接引起的缺血性卒中,临床较为罕见且很难识别,包括肿瘤或软脑膜浸润侵袭动-静脉窦、肿瘤栓塞、肿瘤压迫等^[52]。癌症尤其是血液系统恶性肿瘤,在诊断第1年内极易侵袭静脉窦^[53],颅内肿瘤生长或水肿直接引起缺血性卒中,可能是肿瘤在血管周围间隙(PVS)生长浸润血管壁导致血管痉挛或血栓形成所致^[54]。虽然肿瘤栓塞十分罕见,但很大程度上可诱发动脉栓塞,如短暂性脑缺血发作(TIA)或脑梗死^[33],栓子大多来源于黏液瘤或其他心肺肿瘤,其中以左心房黏液瘤最为常见,约占肿瘤栓塞的10%~30%^[55-56]。

四、癌症相关缺血性卒中的治疗与预防

1. 急性再通术 临床管理和治疗与传统缺血性卒中不同,目前临床常规治疗急性缺血性卒中的静脉溶栓疗法对CAIS患者的安全性和获益程度尚不十分明确。2018年公布的美国心脏协会(AHA)/美国卒中协会(ASA)指南^[57]中,伴系统性恶性肿瘤的缺血性卒中患者若预期寿命>6个月可于阿替普酶静脉溶栓治疗中获益,但哪类患者生存期>6个月目前并不十分清楚。Cappellari等^[58]经对11例缺血性卒中伴非转移性癌症患者的静脉溶栓疗效进行观察,认为静脉溶栓治疗与癌症患者较高的出血风险无关,反而可以明显改善患者神经功能;Murthy等^[59]对32576例缺血性卒中患者的回顾分析结果表明,静脉溶栓治疗后807例CAIS和31769例非CAIS患者静脉溶栓相关颅内出血率并无明显差异

(6.3%对6.4%); Sobolewski等^[60]也认为,对未经放射治疗或药物化疗的CAIS患者施以静脉溶栓治疗安全有效。虽然目前尚无大样本临床试验对静脉溶栓治疗CAIS的确切疗效进行评价,但临床实践表明,对符合适应证的CAIS患者施行选择性个体化静脉溶栓治疗可能是安全的。然而,有许多癌症患者常因凝血功能异常或近期经历手术而无法接受静脉溶栓治疗,此时,血管内治疗则成为良好的替代治疗方法。Merkler等^[61]报告2例活动性肺癌伴急性左大脑中动脉闭塞性卒中病例,均于发病后5小时内接受机械取栓术,术后患者神经功能得到显著改善。韩国国立全南大学医院开展的一项单中心回顾性临床研究显示,在378例接受血管内治疗的缺血性卒中患者中,27例(7.14%)伴活动性癌症的患者症状性颅内出血发生率与非癌症患者相比,未见明显增加,且神经功能预后良好^[62]。然而,Jung等^[63]对329例行血管内治疗的缺血性卒中患者的随访结果表明,尽管其中的19例CAIS患者与CE型、大动脉粥样硬化(LAA)型卒中患者出院时临床转归无异,但与传统脑卒中类型相比,CAIS患者仍难以实现闭塞动脉的完全再通。综上,对于非溶栓禁忌的癌症相关并发症(如既往心肌梗死等)和全身条件允许的CAIS患者,静脉溶栓或血管内治疗可作为合理的血管再通策略,但仍需大样本多中心的随机临床试验进一步证实。

2. 脑卒中的二级预防 关于癌症与非癌症患者发生缺血性卒中的血管危险因素是否有明显差异,目前尚无一致结论,部分血管因素(如吸烟、房颤)被认为是CAIS的危险因素^[7,15]。因此,合理控制血管危险因素仍是CAIS患者二级预防的重要环节。迄今,在无明显抗栓治疗策略可降低癌症患者脑卒中复发率的情况下,大多数神经科医师通过个体化评估以明确癌症患者的脑卒中病因分型并选择抗栓药物,但由前述临床特点可知,癌症患者的缺血性卒中类型大多为隐源性,此外,即使对缺血性卒中机制明确(如LAA型)的癌症患者施以抗血小板治疗,仍然无法排除此次脑卒中发作是由肿瘤细胞介导的高凝状态所诱发,抗凝治疗可能更有益;相反,虽然高凝状态与栓塞在CAIS中的作用不容忽视(如NBTE),但其临床检出率较低,常无法获得充分的血栓栓塞证据。由于对CAIS的病因与机制存在评估困难,使精准治疗面临巨大挑战。有研究显示,抗凝治疗可有效降低血栓事件复发率、D-二聚

体水平,以及TCD微栓子数目^[37,64]。目前,普遍推荐低分子量肝素作为预防癌症患者血栓栓塞事件的一线治疗方案^[65],近年直接口服抗凝药(DOACs)逐渐引起临床关注,但是已公布的绝大多数研究结论支持此类抗凝药对癌症相关静脉血栓栓塞有效,而治疗CAIS的证据则十分有限^[66]。2017年,Nam等^[67]报告其对隐源性脑卒中合并活动性癌症患者的回顾性研究结果,48例患者分别予DOACs(7例)或低分子量肝素(41例)治疗,比较不同抗凝治疗方案对患者预后的影响,结果显示,两组患者早期神经功能恶化、复发率,以及治疗3个月时死亡率、出血风险等项预后指标差异并无统计学意义。与之相反,Gon等^[68]观察的2例IV期胃腺癌伴静脉血栓栓塞患者在接受DOACs治疗过程中均发生急性缺血性卒中,但随访1个月未见静脉血栓事件复发,提示DOACs可能会降低癌症患者的静脉血栓复发率,但并不能防止缺血性卒中的发生。另一项对26例CAIS患者的临床研究结果认为,目前并无足够的证据支持DOACs适用于预防缺血性卒中,以及在癌症患者治疗中的长期疗效和安全性^[69];此外,与低分子量肝素相比,DOACs可明显增加恶性肿瘤相关缺血性卒中的上消化道出血事件^[70]。就现有证据而言,低分子量肝素无论是降低脑卒中复发率还是其药物安全性,均是目前预防CAIS的最佳抗凝策略。然而,癌症患者抗凝治疗的高出血风险仍是临床应用低分子量肝素最为担心的问题,据文献报道,抗凝治疗存在的致死性大出血风险可能明显高于其降低复发性血栓栓塞所带来的获益^[71]。除外出血风险,抗凝治疗还存在费用昂贵、过程繁琐且不易于院外管理等问题。鉴于此,抗血小板治疗作为另一种预防CAIS抗血栓策略可供临床选择。由前文可知,血小板在肿瘤生长与转移过程中起重要作用,因而血小板抑制剂可能具有直接抗肿瘤作用,特别是阿司匹林,已被证实具有降低胃肠道恶性肿瘤形成风险的作用^[72]。然而,抗血小板治疗无法完全抵消高凝状态在CAIS中的重要作用。Navi等^[20]对172例接受抗血栓治疗的CAIS患者进行回顾分析,结果表明,抗凝治疗组(90例,主要是低分子量肝素治疗)与抗血小板治疗组(102例,主要是阿司匹林)相比,无论是复发性血栓栓塞或死亡事件均未见明显差异。一项随机对照临床试验对抗凝药(10例)和抗血小板药(10例)治疗CAIS的疗效进行对比观察,随访1年后两组患者大出血事件、血栓栓

塞事件,以及累计生存率均无明显差异^[73]。上述研究结果提示,低分子量肝素预防血栓形成的效果并不优于抗血小板药。目前,不同抗血栓策略应用于CAIS的研究证据十分有限,期待大样本多中心前瞻性随机对照临床试验对新型口服抗凝药和抗血小板药在改善CAIS患者神经功能和预防脑卒中复发的效果,以及出血风险等不良反应进行评估,以确定CAIS的最佳抗血栓治疗方案。

五、癌症相关缺血性卒中的预后

CAIS患者发病短期内所呈现的病情迅速恶化和高病死率,以及长期严重神经功能缺损等特点,均提示预后不良。CAIS患者入院时神经功能缺损程度可能较非癌症患者严重或无明显差异;但其病情进展十分迅速,更易发生早期神经功能恶化和院内死亡^[22,74],有资料显示,CAIS患者院内死亡率可达32%,而非癌症缺血性卒中患者仅为13%^[75]。Kassubek等^[76]发现,伴活动性癌症的缺血性卒中患者出院时神经功能缺损程度和院内死亡率明显高于非癌症卒中患者。在Cutting等^[75]的研究中,49例CAIS患者中23例于发病3个月内死亡,22例幸存者发病3个月时改良Rankin量表(mRS) > 3分,神经功能预后不良。但也有学者认为,缺血性卒中后无早期神经功能恶化的癌症患者,有51%可于3个月内神经功能恢复良好(mRS评分 < 3分)^[77]。此外,CAIS预后不良还见于较高的脑卒中复发率。研究表明,31%的活动性癌症患者缺血性卒中发病3个月内可复发血栓栓塞事件,其中13%为复发缺血性卒中,约为非癌症患者脑卒中复发率的3倍^[20,78]。非传统脑卒中病因亚型(SUE型,隐性)、腺癌组织学分型、升高的D-二聚体(> 5.50 μg/ml)可能是CAIS缺血性卒中复发的预测因素^[4,20,77]。综上,CAIS患者早期病情迅速恶化和高脑卒中复发率是其预后不良的主要体现。

综上所述,癌症患者发生缺血性卒中并不罕见,随着癌症患者生存率的不断提高,二者共病率亦随之升高。目前,较多研究证据提示外周血D-二聚体水平升高、多发血管末端病变、腺癌、脑卒中病因分型SUE型等高度提示CAIS。然而,CAIS的病因与发病机制尚不十分明确,癌症介导的高凝状态、放射治疗和药物化疗不良反应,以及癌症自身效应诱发的缺血性卒中,是目前较受关注的课题。与此同时,CAIS病因与发病机制的难确定性使得迄今尚无统一的、明确的诊断标准以及最佳抗血栓治

疗策略。未来需要进一步的临床研究来填补这些知识空白,如前瞻性研究以确定预测癌症患者首次和复发缺血性卒中的生物学标志物;基础研究以阐明CAIS的确切机制;临床试验以确定急性期治疗和二级预防的最佳策略。

利益冲突 无

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