

·综述·

胃黏膜活检与内镜黏膜下剥离术后病理诊断差异的研究进展

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【摘要】 胃黏膜上皮的内镜下钳夹活检术病理与内镜黏膜下剥离术后病理差异广泛存在, 该差异包含病理升级和病理降级, 尤其是病理升级对临床诊治、患者预后均有重要影响。本文对胃黏膜活检与内镜黏膜下剥离术后病理差异的影响因素及对临床治疗、预后的影响等进行了分析。

【关键词】 胃镜检查; 内镜下钳夹活检术; 内镜黏膜下剥离术; 病理差异

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Research advances on histopathological discrepancies between endoscopic forceps biopsy and endoscopic submucosal dissection in gastric specimens

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临床中普通白光内镜检查仍是发现、诊断发生于胃黏膜上皮的癌前病变及早期胃癌等病变的主要方法, 主要通过内镜下钳夹活检术(endoscopic forceps biopsy, EFB)取得病灶组织进行病理学检查, 从而评估病变类型、浸润深度等, 对指导治疗方式的选择起着至关重要的作用。目前, 以内镜黏膜下剥离术(endoscopic submucosal dissection, ESD)为主的内镜切除治疗, 因较高的治愈性切除率而被广泛应用于临床。然而实际发现胃黏膜上皮的活检病理与ESD术后病理差异广泛存在, 该差异包含病理升级和病理降级, 尤其是病理升级对临床诊治、患者预后均有重要影响。因此, 本文对胃黏膜活检与ESD术后病理差异的影响因素及对临床治疗、预后的影响等进行了分析, 旨在探讨提高诊疗精准度的方法, 为临床医师作出正确决策提供建议。

一、胃上皮内瘤变、早期胃癌与诊断差异

根据WHO病理诊断标准, 胃上皮内瘤变属于癌前病变, 可分为低级别上皮内瘤变(low grade intraepithelial neoplasia, LGIN)和高级别上皮内瘤变(high grade

intraepithelial neoplasia, HGIN)。早期胃癌是指局限于胃黏膜层或黏膜下层, 无论有无淋巴结转移的胃癌。目前ESD是治疗上皮内瘤变及早期胃癌的首选方法。在临床中发现用于评估胃黏膜上皮病灶的内镜下钳夹活检术病理与ESD术后标本的组织学病理差异广泛存在, 据国内外相关研究统计整体诊断差异率介于25.1%~67.9%^[1-8]。

二、影响诊断差异的因素

1. 临床特征: 众所周知, 男性、吸烟、幽门螺杆菌感染等是胃癌发生、发展的危险因素。多项研究显示, 病理升级中男性比例较高^[3,9-10], 但幽门螺杆菌感染、吸烟情况与诊断差异相关性不是很一致。首先, 目前缺少研究将幽门螺杆菌感染作为分组因素与诊断差异率进行分析; 其次, 在含有统计了幽门螺杆菌感染情况的文献中, 幽门螺杆菌感染的相关性结果并不一致, 这种表现也体现在吸烟史的分析上^[11-12]。

2. 内镜特征: 既往国内外研究普遍认为病灶表现为扁平型或凹陷型、直径更大、位于胃上1/3或贲门部位是诊断差异中出现病理升级的独立预测因素^[3,13-18]。姚佳等^[19]研

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究发现黏膜有溃疡是病理升级的独立危险因素,而日本一项评估内镜溃疡与病理溃疡诊断差异性的研究显示,38.7%的内镜溃疡实际在病理溃疡诊断中是阴性的^[20],因此对于内镜下溃疡表现的评估及其在病理诊断差异中的作用还有待更多研究验证。同时,有部分研究提出病灶呈糜烂性改变和结节样表面在病理升级中更常见,亦是预测黏膜下浸润的因素之一,但不足是对于特殊形态的病变,主要是基于内镜医师的主观判断,缺乏一致的诊断标准。

3. 活检质量:Graham等^[21]的研究显示活检标本>3个相较于1个可将诊断准确率从70%提高到95%。该研究结果提示活检块数少是造成活检病理和手术切除后病理差异的危险因素,针对病变部位进行多块活检能有效降低病理差异的发生。其次,不同部位的胃壁各层厚度可能不同,以及受胃蠕动的影 响,应考虑到取材深度不够或取材质量不佳导致病理医师判断病变类型及浸润深度困难的情况,一般来说活检深度要求最好包括黏膜肌层。

除此以外,一项研究曾指出相较于有肠化的黏膜,无肠化的黏膜活检更有可能是随机的^[22]。提示病灶周围背景黏膜萎缩、肠化的状态也将影响内镜医师选择活检是随机还是引导下定位进行,从而影响活检质量^[23]。此外,经过多项研究发现,单纯普通白光内镜下活检的准确性不及配合超声内镜、窄带光成像放大内镜、色素内镜等新型检查技术,而先进的内镜辅助装置并非所有医院都可配备,从而导致基层医院与上级医院之间在医师资历、诊疗水平之间存在差异^[24-26]。

4. 生物学特点:余艳秋等^[17]的研究显示术前病理 HGIN 较 LGIN 的最终升级率要高,与国外研究结果一致^[27-28],可能与 HGIN 或微小浸润性癌隐藏在 LGIN 的背景黏膜中,成灶状分布,不能有效进行靶向活检有关^[29]。据报道,根除幽门螺杆菌后发现的胃癌常表现为“胃炎样外观”,镜下显示由非肿瘤性上皮或低度异型上皮覆盖,导致除菌后胃癌缺乏特异性内镜下表现^[30-31]。Watanabe 等^[32]研究结果发现在活检标本中,存在腺腔内坏死碎片的非浸润性胃上皮内瘤变患者,经手术切除后病理更可能升级为分化型原位癌或浸润性癌。另有研究表明,分化到未分化组织学的过渡区经常出现在病变的周围部位,通常不超过2个,且活检病理为中低分化腺癌可能是最终切除病灶发生病理改变的预测因素^[10,33]。印戒细胞癌在上皮下进行生长扩散的生物学特点也被广泛认可,如果活检深度不够,则导致活检有效组织不够而低估病变严重程度及病灶范围^[34]。以上均提示生物学行为与诊断差异存在客观联系。

肿瘤的组织学异质性是指同一种肿瘤中常常可以观察到2种或2种以上的组织学类型,也可能是导致病理升级的重要因素。因为既往研究显示与纯型胃癌相比,无论其混合成分的分化与否,混合型胃癌发生黏膜下层浸润风险更大^[35-39],当活检未能取到最能反映浸润深度的组织时,可能导致最终病理升级。

5. 病理制片与诊断标准:既往研究指出,标本在体外暴露时间过长会造成黏膜组织过度干燥,黏膜上皮会发生形

态学改变,亦会引起病理诊断的偏差;而由于 LGIN、HGIN 的诊断依赖于结构和细胞异常的定量程度,往往存在病理医师主观的诊断差异,提示病理医师对病理切片的制作、判读经验都可能影响诊断结果的一致性^[6,40]。

病理的诊断标准不同也是影响最终诊断升级率的另一个因素^[41-43]。我国的病理诊断标准多采用 WHO 诊断标准,强调明确的组织浸润是诊断癌的标准,即浸润至黏膜固有层才是诊断恶性的前提,若异型细胞仅局限于上皮基底膜内则不足以诊断为癌。而在日本,胃肠道肿瘤的诊断基于细胞学标准,癌的诊断强调细胞和结构异常相结合,并不依据肿瘤的位置及浸润深度。因而受取材深度的限制,西方或我国病理医师往往比较保守,诊断为 HGIN 的病例,常被日本病理医师诊断为非浸润性黏膜内癌。而韩国的标准则更像是西方与日本诊断标准的结合,组织浸润与细胞、结构异型性均有所考虑^[6]。因而在诊断差异率上,日本诊断一致性最高,我国差异率最高,韩国介于两者之间^[44]。

三、诊断差异对治疗及预后的影响

尽管目前认为活检对内镜手术或外科手术无影响,但是仍要考虑到如果出于提高诊断准确性而导致活检次数过多、活检部位过多而引起黏膜下纤维化或出血风险,这可能会对实行内镜治疗产生障碍或增加术后出血、穿孔等并发症的风险。一般认为1~2次内镜活检尚且是安全的,这一方面还有赖于更多临床研究来验证。

ESD 手术前后存在病理差异往往导致最终评估病变超出适应证范围,从而降低治愈性切除率,非治愈切除率15%~45%^[45-47],导致患者错过治愈性切除最佳时机并增加了患者的经济负担。另一方面,有研究显示在存在病理差异的而接受外科手术的早期胃癌患者中,有高达50%的患者满足内镜治疗适应证^[10],这意味着,对于那些可以接受内镜治疗的患者来说,他们错过了保留胃的机会,生存质量可能受到一定影响。

从远期预后出发,对于早期胃癌患者,根治性切除意味着良好的长期结局(局部复发、淋巴结或远处转移、生存时间),非根治性切除意味着存在局部复发或淋巴结转移的风险,往往需要接受额外的手术或内镜切除。Kim 等^[10]的研究以活检与切除标本的病理组织学分化程度是否一致对接受内镜切除或外科手术的早期胃癌患者进行比较,发现淋巴脉管侵犯、黏膜下浸润在整体、内镜切除亚组、手术亚组分析中,病理差异组都要显著高于无差异组。Lee 等^[33]和 Kim^[48]的研究也显示出一致的结果,提示病理差异尤其是病理升级与患者预后密切相关。

四、提高诊断准确性的方法

1. 充分评估病灶:充分评估病灶,准确活检是准确诊断的前提。目前有多种方法及途径可以协助提高活检精确性:(1)随着带针活检钳、鳄口活检钳等活检钳种类的日益丰富,可以根据病灶情况灵活选择器械以提高内镜下钳夹活检术质量,但其有效性尚需临床研究进一步验证。(2)当患者存在病理升级的危险因素时,应考虑到病理升级的风

险,结合病灶的实际表现,灵活采取多点活检、环周活检、大块活检等方法。我国 2014 年早期胃癌筛查及内镜诊治共识意见推荐:病变>1 cm,取标本数≥2 块;病变>2 cm,取标本数≥3 块;病变>3 cm,取标本数≥4 块^[49]。同时要充分考虑到多次活检的必要性。(3)结合色素内镜、图像增强内镜,如窄带光成像放大内镜或共聚焦内镜等辅助检查方法有助于提高定位准确性,进行靶向活检,亦可提供病变深度、范围、组织病理学等信息。

2. 制定随访与治疗策略:考虑到胃黏膜 LGIN 的转归与内镜下病灶形态有关,我国胃黏膜癌前状态和癌前病变的处理策略专家共识(2020 年)中基于上皮内瘤变的潜在恶性风险提出:高清染色内镜显示有清晰边界的胃黏膜 LGIN 可考虑内镜治疗,未接受治疗的每 6 个月复查;边界不清的 LGIN 每年复查高清染色内镜;HGIN 和早期胃癌建议首选 ESD 治疗^[50]。血清学检查如 PG I 和 PG I/II 组合使用是公认有用的胃癌和癌前病变的生物标志物,其敏感度和特异度分别可达 65% 和 85%。因此临床医师与病理医师充分沟通,结合患者临床特征、内镜表现,及包括血清学检验、新型内镜技术在内的辅助检查,制定一套诊断差异危险性评分,将病理升级风险评估量化、可视化来提高诊断质量,可能也有助于提高诊断准确性,辅助制定临床决策。

五、总结

综上所述,胃黏膜活检与 ESD 术后病理诊断差异性将直接或间接影响临床治疗效果及患者生活质量,临床医师应充分考虑到胃镜下活检取材有限的局限性,对可疑病变综合判断决定随访或治疗策略,并充分向患者解释相关风险。在提高临床决策正确性的同时,如何既能避免过度医疗,又能减少延迟诊治,是临床医师不断学习的一个过程。

利益冲突 所有作者声明不存在利益冲突

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