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◇药物与临床◇

## 内补黄芪汤联合胸腺五肽对改良根治术后乳腺癌病人免疫功能的影响

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**摘要;目的** 探讨内补黄芪汤联合胸腺五肽对改良根治术后乳腺癌病人免疫功能的影响。**方法** 前瞻性收集2015年1月至2016年1月内蒙古医科大学附属医院收治的改良根治术后乳腺癌病人100例,将病人按照完全随机数字表原则分为研究组和对照组,每组50例。研究组术后辅以内补黄芪汤联合胸腺五肽治疗,对照组给予胸腺五肽治疗和安慰剂。主要观察指标包括外周血T细胞亚群(CD4<sup>+</sup>、CD8<sup>+</sup> T细胞、CD4<sup>+</sup>/CD8<sup>+</sup> T细胞比例)、外周血T细胞因子[白细胞介素-2(IL-2)、白介素-6(IL-6)、白介素-10(IL-10)和肿瘤坏死因子-α(TNF-α)]、住院时间、术后并发症和健康相关的生存质量评分(SF-36)。**结果** 两组病人术后1 d时CD4<sup>+</sup> T细胞、CD4<sup>+</sup>/CD8<sup>+</sup> T细胞比例、IL-2、IL-6、TNF-α和IL-10水平均差异无统计学意义(均P>0.05)。病人术后14 d研究组和对照组CD4<sup>+</sup> T细胞水平分别为(27.53±5.32)%、(24.32±4.52)% ,差异有统计学意义(t=3.251,P=0.002)。病人术后14 d研究组和对照组CD4<sup>+</sup>/CD8<sup>+</sup> T细胞比例分别为(0.82±0.15)、(0.76±0.15),差异有统计学意义(t=2.000,P=0.048)。病人术后14 d研究组和对照组IL-2水平分别为(4.86±0.51)、(4.37±0.57) μg/L,差异有统计学意义(t=4.530,P=0.000)。病人术后14 d研究组和对照组IL-6水平分别为(25.83±4.82)、(21.73±5.39) ng/L,差异有统计学意义(t=4.009,P=0.000)。术后14 d研究组和对照组TNF-α分别为(11.59±3.59)、(9.21±3.81) ng/L,差异有统计学意义(t=3.215,P=0.002)。术后14 d研究组和对照组IL-10分别为(36.49±8.59)、(40.59±9.23) ng/L,差异有统计学意义(t=2.299,P=0.024)。研究组和对照组住院时间分别为(12.12±2.08)、(13.44±2.50) d,差异有统计学意义(t=2.870,P=0.005)。研究组和对照组的术后肿胀率分别为10.00%、34.00%,差异有统计学意义( $\chi^2=9.306$ ,P=0.002)。研究组和对照组SF-36评分分别为(74.32±6.45)、(68.74±6.34)分,差异有统计学意义(t=4.363,P=0.000)。**结论** 内补黄芪汤联合胸腺五肽有助于改善改良根治术后乳腺癌病人免疫功能和生存质量。

**关键词:**内补黄芪汤; 胸腺五肽; 乳腺癌改良根治术; 免疫功能

## Effect of Neibu Huangqi decoction combined with thymopentin on immune function in patients with breast cancer after modified radical mastectomy

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**Abstract;Objective** To investigate the effect of Neibu Huangqi decoction combined with thymopentin on immune function in patients with breast cancer after modified radical mastectomy. **Methods** One hundred patients with breast cancer after modified radical mastec-

tomy admitted to The Affiliated Hospital of Inner Mongolia Medical University from January 2015 to January 2016 were randomly assigned into the study group and the control group, 50 cases in each group, according to the principle of complete random number table. The study group was treated with the combination of Neibu Huangqi decoction and thymopentin, while the control group was treated with thymopentin and placebo. The main observation indexes were observed, including peripheral blood T cell subsets ( $CD4^+$ ,  $CD8^+$  T cells,  $CD4^+/CD8^+$  T cell ratio), peripheral blood T cells cytokines [Interleukin-2 (IL-2), Interleukin-6 (IL-6), Interleukin-10 (IL-10) and tumor necrosis factor- $\alpha$  (TNF- $\alpha$ )], hospitalization time, postoperative complications and health-related quality of life (SF-36). **Results** There were no significant differences in the proportion of  $CD4^+$  T cells,  $CD4^+/CD8^+$  T cells, IL-2, IL-6, TNF- $\alpha$  and IL-10 between the two groups on 1 day after the operation (all  $P > 0.05$ ). The  $CD4^+$  T cell level on 14 days after operation in the study group and the control group were ( $27.53 \pm 5.32$ )% and ( $24.32 \pm 4.52$ )% respectively, and the study group was significantly higher than that of the control group ( $t = 3.251, P = 0.002$ ). The percentage of  $CD4^+/CD8^+$  T cells in the study group and the control group was ( $0.82 \pm 0.15$ ) and ( $0.76 \pm 0.15$ ), respectively, and the study group was significantly higher than that of the control group ( $t = 2.000, P = 0.048$ ). At 14 days after the operation, the IL-2 level of the study group and the control group were ( $4.86 \pm 0.51$ )  $\mu\text{g}/\text{L}$  and ( $4.37 \pm 0.57$ )  $\mu\text{g}/\text{L}$ , and the study group was significantly higher than that of the control group ( $t = 4.530, P = 0.000$ ). At 14 days after operation, the IL-6 level of the study group and the control group were ( $25.83 \pm 4.82$ ) ng/L and ( $21.73 \pm 5.39$ ) ng/L, and the study group was higher than the control group ( $t = 4.009, P = 0.000$ ). At 14 days after operation, the TNF- $\alpha$  level of the study group and the control group were ( $11.59 \pm 3.59$ ) ng/L and ( $9.21 \pm 3.81$ ) ng/L, and the study group was higher than the control group ( $t = 3.215, P = 0.002$ ). At 14 days after operation, the IL-10 level of the study group and the control group were ( $36.49 \pm 8.59$ ) ng/L and ( $40.59 \pm 9.23$ ) ng/L, and the study group was lower than the control group ( $t = 2.299, P = 0.024$ ). The hospitalization time of the patients in the study group and the control group were ( $12.12 \pm 2.08$ ) d and ( $13.44 \pm 2.50$ ) d, and the study group was significantly shorter than the control group ( $t = 2.870, P = 0.005$ ). The postoperative swelling rate of the study group and the control group were 10.00% and 34.00%, and the study group was significantly lower than that of the control group ( $\chi^2 = 9.306, P = 0.002$ ). The health-related quality of life of the study group and the control group were ( $74.32 \pm 6.45$ ) and ( $68.74 \pm 6.34$ ), and the study group was higher than the control group ( $t = 4.363, P = 0.000$ ). **Conclusions** The combination of Neibu Huangqi decoction and thymopentin is helpful to improve the immune function and quality of life in patients with breast cancer after modified radical mastectomy.

**Key words:** Neibu Huangqi decoction; Thymopentin; Modified radical mastectomy of breast cancer; Immune function

乳腺癌是女性最常见的恶性肿瘤之一,严重危害了女性的身心健康,近些年来其发病率呈逐年增高趋势<sup>[1-2]</sup>。免疫功能下降在乳腺癌病人的发生和发展中具有重要的临床意义。2016年Rong等<sup>[3]</sup>研究显示乳腺癌病人存在免疫抑制,这种免疫抑制可能是通过上调肿瘤坏死因子- $\alpha$ (TNF- $\alpha$ )导致的。在结直肠癌病人中的研究显示结直肠癌病人免疫抑制和病人临床预后显著正相关,2011年Khoury等<sup>[4]</sup>研究纳入了55例结直肠癌病人,结果显示合并慢性免疫抑制的病人5年无进展生存率显著降低。改良根治术目前是治疗乳腺癌的主要方法,在改善女性病人生存质量中具有非常重要的临床意义。但是改良根治术后乳腺癌病人存在一定程度的免疫抑制<sup>[5]</sup>,免疫抑制是病人预后不良的危险因素<sup>[6]</sup>。内补黄芪汤主要由黄芪、当归和人参等组成,具有补血益气等功能,可以提高病人免疫力。研究显示,内补黄芪汤在控制病人术后发热中具有较好的应用价值<sup>[7]</sup>。目前,西医上乳腺癌病人改良根治术后主要应用胸腺五肽提高病人免疫力,笔者在临床使用中应用内补黄芪汤补血益气的同时联用胸腺五肽提高病人免疫力,具有较好的应用价值,现分析总结如下。

## 1 资料与方法

**1.1 一般资料** 前瞻性收集2015年1月至2016年1月内蒙古医科大学附属医院收治的改良根治术后乳腺癌病人,纳入标准:(1)乳腺癌(术前或术中病理确诊);(2)院内行乳腺癌改良根治术;(3)中医证型为气郁质或血瘀质型;(4)18岁≤年龄≤65岁;(5)本研究经内蒙古医科大学附属医院医学伦理委员会批准,病人或近亲属均签署知情同意书。排除标准:(1)复发性乳腺癌;(2)合并其他恶性肿瘤;(3)术前行新辅助化疗;(4)外院行放化疗、分子生物治疗等特殊治疗;(5)心、脑、肝、肺、肾等脏器功能不全;(6)原发性免疫功能缺陷;(7)血液系统疾病;(8)急性或慢性感染期;(8)不配合治疗、放弃治疗、转院或随访期间失访。研究期间,根据纳入标准和排除标准,共收入乳腺癌改良根治术后病人100例,根据完全随机数字表原则,将病人随机分为研究组和对照组,每组50例。研究组年龄为( $52.38 \pm 12.85$ )岁,年龄范围为32~64岁;TNM分期为I期的14例,为II期的36例;原发肿瘤大小为( $4.21 \pm 1.49$ )cm,左侧乳腺癌21例,右侧乳腺癌29例;研究组年龄为( $52.72 \pm 12.58$ )岁,年龄范围为33~65岁;TNM分期为I期的12例,为II期的38例;原发肿瘤大小为( $4.43 \pm 1.73$ )cm,左侧

乳腺癌 25 例,右侧乳腺癌 25 例。两组病人年龄、TNM 分期、原发肿瘤大小和部位等一般资料比较差异无统计学意义( $P > 0.05$ ),具有可比性。

**1.2 治疗方法** 术后第 1 天将病人分为研究组和对照组,(1)研究组:术后给予伤口换药、镇痛等常规治疗,在此基础上,给予胸腺五肽治疗(沙赛制药有限公司,批号:140728-200602,1 mg 皮下注射,1 次/天,14 d 为一疗程),术后第 3 天给予内补黄芪汤治疗 6 d(方药组成:黄芪 15 g,人参、赤芍、远志、川芎、当归、茯苓、麦冬各 10 g,薏苡仁、天花粉各 12 g,甘草 6 g,每天 1 剂,共 6 剂)。(2)对照组:给予伤口换药、镇痛等常规治疗,在此基础上,给予胸腺五肽治疗(用法用量同研究组)和安慰剂(等剂量生理盐水)。

**1.3 观察指标** 主要观察指标包括外周血 T 细胞亚群(CD4<sup>+</sup>、CD8<sup>+</sup> T 细胞、CD4<sup>+</sup>/CD8<sup>+</sup> T 细胞比例)、外周血 T 细胞因子[白介素-2(IL-2)、白介素-6(IL-6)、白介素-10(IL-10)和 TNF- $\alpha$ ]、住院时间、术后并发症和健康相关的生存质量评分(SF-36)。

**1.4 检测方法** (1)病人空腹时,抽取肘静脉血 10 mL,留置于乙二胺四乙酸二钠试管中,吸取 100  $\mu$ L 静脉血与鼠抗人单克隆抗体 CD4/CD8 20  $\mu$ L 混匀,常温下避光反应约 30 min 后即刻进行流式细胞仪检测(Epics XL 型流式细胞仪),测定 CD4<sup>+</sup>、CD8<sup>+</sup> T 细胞水平。(2)抽取静脉血 5 mL,3 000 r/min 离心,10 min 后取上层血清,使用酶联免疫吸附测定

法(ELISA)检测 IL-2、IL-6、IL-10 和 TNF- $\alpha$ (ELISA 试剂盒均购自武汉博士德生物工程有限公司)。

**1.5 统计学方法** 所有数据分析均采用 SPSS22.0 统计软件完成。所有涉及的年龄、IL-2 等计量资料均采用  $t$  检验进行统计分析;涉及的 TNM 分期等分类资料均采用  $\chi^2$  检验进行统计分析。所有检验均为双侧检验。 $P < 0.05$  为差异有统计学意义。

## 2 结果

**2.1 两组病人 T 细胞亚群水平比较** 两组病人术后 1 d 时 CD4<sup>+</sup> T 细胞、CD8<sup>+</sup> T 细胞和 CD4<sup>+</sup>/CD8<sup>+</sup> T 细胞比例水平均差异无统计学意义( $P > 0.05$ )。术后 14 d 两组在 CD4<sup>+</sup> T 细胞水平、CD4<sup>+</sup>/CD8<sup>+</sup> T 细胞比例方面比较均差异有统计学意义( $P < 0.05$ ),但 CD8<sup>+</sup> T 细胞比较差异无统计学意义( $P = 0.631$ ),见表 1。

**2.2 两组病人 T 细胞因子水平比较** 两组病人术后 1 天 IL-2、IL-6、TNF- $\alpha$  和 IL-10 比较均差异无统计学意义( $P > 0.05$ )。病人术后 14 天 IL-2 水平研究组显著高于对照组( $P = 0.000$ )。病人术后 14 天 IL-6 研究组高于对照组( $P = 0.000$ )。病人术后 14 天 TNF- $\alpha$  研究组高于对照组( $P = 0.002$ )。病人术后 14 天 IL-10 研究组低于对照组( $P = 0.024$ ),见表 2。

**2.3 两组病人术后恢复情况比较** 病人住院时间研究组显著短于对照组( $P = 0.005$ )。病人术后肿胀率研究组显著低于对照组( $P = 0.002$ )。病人健康相关的生存质量研究组高于对照组( $P = 0.000$ ),见表 3。

表 1 两组病人 T 细胞亚群水平比较

组别	例数	CD4 <sup>+</sup> T 细胞/(%, $\bar{x} \pm s$ )		CD8 <sup>+</sup> T 细胞/(%, $\bar{x} \pm s$ )		(CD4 <sup>+</sup> /CD8 <sup>+</sup> T 细胞比例)/ $\bar{x} \pm s$	
		术后 1 d	术后 14 d	术后 1 d	术后 14 d	术后 1 d	术后 14 d
对照组	50	22.12 $\pm$ 3.89	24.32 $\pm$ 4.52	31.58 $\pm$ 5.29	32.21 $\pm$ 13.82	0.70 $\pm$ 0.14	0.76 $\pm$ 0.15
研究组	50	22.47 $\pm$ 4.39	27.53 $\pm$ 5.32	32.48 $\pm$ 6.49	33.48 $\pm$ 12.49	0.69 $\pm$ 0.13	0.82 $\pm$ 0.15
<i>t</i> 值		0.422	3.251	0.760	0.482	0.370	2.000
<i>P</i> 值		0.674	0.002	0.449	0.631	0.712	0.048

表 2 两组病人 T 细胞因子水平比较/ $\bar{x} \pm s$

组别	例数	IL-2/( $\mu$ g/L)		TNF- $\alpha$ /(ng/L)		IL-6/(ng/L)		IL-10/(ng/L)	
		术后 1 天	术后 14 天	术后 1 天	术后 14 天	术后 1 天	术后 14 天	术后 1 天	术后 14 天
对照组	50	4.10 $\pm$ 0.60	4.37 $\pm$ 0.57	8.24 $\pm$ 3.12	9.21 $\pm$ 3.81	19.94 $\pm$ 4.12	21.73 $\pm$ 5.39	42.59 $\pm$ 9.83	40.59 $\pm$ 9.23
研究组	50	4.08 $\pm$ 0.55	4.86 $\pm$ 0.51	8.39 $\pm$ 2.87	11.59 $\pm$ 3.59	20.58 $\pm$ 3.59	25.83 $\pm$ 4.82	41.39 $\pm$ 11.62	36.49 $\pm$ 8.59
<i>t</i> 值		0.174	4.530	0.250	3.215	0.828	4.009	0.557	2.299
<i>P</i> 值		0.862	0.000	0.803	0.002	0.410	0.000	0.578	0.024

表 3 两组病人术后恢复情况比较

组别	例数	住院时间/(d, $\bar{x} \pm s$ )	切口感染/例(%)	切口部位出血/例(%)	术后肿胀/例(%)	皮下积液/例(%)	SF-36 评分/(分, $\bar{x} \pm s$ )
对照组	50	13.44 $\pm$ 2.50	1(2.00)	5(10.00)	17(34.00)	5(10.00)	68.74 $\pm$ 6.34
研究组	50	12.12 $\pm$ 2.08	2(4.00)	2(4.00)	5(10.00)	3(6.00)	74.32 $\pm$ 6.45
$\chi^2(t)$ 值		(2.870)	0.000	0.717	9.306	0.136	(4.363)
<i>P</i> 值		0.005	1.000	0.397	0.002	0.712	0.000

### 3 讨论

癌症自发病开始,即是一个全身性疾病,可伴随着全身免疫系统的改变<sup>[8]</sup>,免疫系统中的细胞免疫是杀伤肿瘤细胞的重要机制之一,然而癌症细胞同样可以通过几种方式逃避免疫系统对肿瘤细胞的杀伤作用:(1)通过诱导肿瘤细胞对免疫系统的免疫耐受,2011年Elliott等<sup>[9]</sup>研究显示乳腺癌细胞可以通过过度表达白细胞抗原G蛋白,进而导致免疫耐受;(2)癌症病人常常伴随着免疫抑制,表现为Th1/Th2细胞免疫失衡,主要表现为细胞免疫向Th2漂移<sup>[7,10]</sup>。2014年Lu等<sup>[11]</sup>研究显示乳腺癌病人ST2水平升高,导致Th1/Th2平衡失调,改良根治术后病人ST2水平虽有降低,但仍存在一定程度的免疫抑制,免疫抑制程度越重,病人临床预后越差。本研究中乳腺癌根治术后CD4<sup>+</sup>T细胞比例为22%左右,较正常人低,显示乳腺癌病人改良根治术后存在免疫抑制,本研究未设立健康对照组,为不足之处。2013年皇甫艳利等<sup>[12]</sup>研究显示乳腺癌术后气郁质占41.3%,血瘀质占12.4%。内补黄芪汤可用于治疗溃疡口干,具有补血益气,养阴生肌等作用。内补黄芪汤可以用于虚弱无力、精神短少等,亦可用于治诸疮肿发背已破后虚弱无力等。因此内补黄芪汤可能有助于改善乳腺癌改良根治术后免疫功能。本研究将内补黄芪汤应用于乳腺癌病人术后治疗中,结果发现内补黄芪汤联合使用胸腺五肽显著升高了乳腺癌病人术后CD4<sup>+</sup>T细胞水平、CD4<sup>+</sup>/CD8<sup>+</sup>比例、IL-2、IL-6、TNF- $\alpha$ 水平,并显著降低了病人IL-10水平。CD4<sup>+</sup>T细胞在IL-2等刺激下,可以增殖为Th0,进一步增殖为Th1和Th2细胞,分别介导细胞免疫和体液免疫<sup>[13-15]</sup>。而IL-10等可以刺激细胞免疫向Th2漂移,诱导免疫耐受<sup>[16-17]</sup>,表明内补黄芪汤可以促进病人的细胞免疫水平,并促进Th1/Th2免疫向Th1漂移,改善乳腺癌病人术后免疫力。另外,内补黄芪汤还有活血化瘀等功能,研究组中肿胀发生率显著降低,住院时间显著缩短,SF-36评分改善,说明内补黄芪汤在乳腺癌术后中具有较好的应用价值。

综上所述,内补黄芪汤联合胸腺五肽有助于改善改良根治术后乳腺癌病人免疫功能和生存质量。但是目前相关研究缺乏,尚需要进一步的临床研究证实。

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