

扩大刮除骨水泥填充联合内固定治疗临膝关节 Campanacci Ⅲ级骨巨细胞瘤

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【摘要】 目的:探讨扩大刮除骨水泥填充联合内固定治疗临膝关节 Campanacci Ⅲ级骨巨细胞瘤的疗效。方法:自 2006 年 1 月至 2016 年 12 月,采用扩大刮除骨水泥填充联合内固定治疗 21 例膝关节 Campanacci Ⅲ级骨巨细胞瘤患者,其中男 11 例,女 10 例;年龄 21~61(35.24±10.56)岁;病程 1.5~24.0(8.1±4.4)个月。其中股骨远端 8 例,胫骨近端 13 例;均为原发性肿瘤。比较手术前后 MSTs 评分以评价患者下肢功能,拍摄 X 线片观察病灶愈合情况及不良反应。**结果:**术后患者伤口均甲级愈合,无伤口感染及内固定失效等并发症发生。全部病例获得随访,时间 8~56(29.62±9.48)个月。末次随访时 MSTs 评分 26.71±2.35,高于术前 15.24±1.14($t=20.160, P=0.000$)。复查 X 线片示所有患者内固定位置良好,无松动及软骨下骨骨折。术后复发 3 例,均采用肿瘤假体置换。**结论:**扩大刮除骨水泥填充联合钢板内固定术是治疗临膝关节 Campanacci Ⅲ级骨巨细胞瘤的有效方法,可有效地保留膝关节功能,降低肿瘤复发率。

【关键词】 骨巨细胞瘤; 刮除术; 膝关节; 骨折固定术,内
中图分类号:R681.8

DOI:10.3969/j.issn.1003-0034.2019.04.016

开放科学(资源服务)标识码(OSID):



Expanded curettage and bone cement filling combined with internal fixation for the treatment of Campanacci III giant cell tumour of knee joint SONG Ya, LI Chao-feng, SHI Xiao-tong, CHENG Yuan-qiang, SUO Hai-qiang, and LIU Jian-guo. Department of Bone and Joint, the First Hospital of Jilin University, Changchun 130021, Jilin, China

ABSTRACT Objective: To evaluate clinical effects of expanded curettage and bone cement filling combined with internal fixation in treating Campanacci III giant cell tumor of knee joint. **Methods:** From January 2006 to December 2016, 21 patients with Campanacci III giant cell tumor of knee joint were treated by expanded curettage and bone cement filling combined with internal fixation, including 11 males and 10 females with an average age of (35.24±10.56) years old (ranged from 21 to 61 years old). The courses of disease ranged from 1.5 to 24.0 months with an average of (8.1±4.4) months. Among them, 8 patients were distal femur and 13 patients were proximal tibia. All patients were primary tumors. Musculoskeletal Tumor Society (MSTS) scores were used to evaluate lower limb function before and after operation. X-ray was used to observe healing of lesions and the occurrence of adverse reactions. **Results:** All incisions were healed at grade A without complications such as infection and internal fixation failure. All patients were followed up from 8 to 56 months with an average of (29.62±9.48) months. MSTS score at the latest follow-up 26.71±2.35 was higher than that of before operation 15.24±1.14, and had statistical significance ($t=20.160, P=0.000$). The results of X-ray at final following-up showed internal fixation was well, and no loosening and fracture of subchondral bone. Three patients recurred giant cell tumor and replaced with tumor prosthesis. **Conclusion:** Expanded curettage and bone cement filling with internal fixation for the treatment of Campanacci III giant cell tumor of knee joint could effectively retain limb function and reduce tumor recurrence rate.

KEYWORDS Giant cell tumor of bone; Curettage; Knee joint; Fracture fixation, internal

骨巨细胞瘤(giant cell tumors, GCT)是临床常见的骨肿瘤之一,常侵犯四肢长骨的骨端,多数位于股骨下端和胫骨近端,占全身各部位 GCT 的 50%以上^[1]。GCT 是具有局部侵袭性的中间型骨肿瘤,但仍有 20%~30% 的患者有持续进展的潜在恶性^[2]。Campanacci Ⅲ级 GCT 穿破骨皮质并侵犯周围软组

织,常有病理性骨折。由于其发病高峰为 20~40 岁,关节的保留对这些年轻患者非常重要。只有少数软骨下骨受侵袭甚至发生关节内病理性骨折,或骨缺损范围过大造成骨强度下降,无法保留关节的患者需行瘤段切除关节重建术,对大部分 GCT 患者可通过扩大刮除骨缺损填充,必要时加用内固定的病损内手术处理方法,效果良好^[4]。自 2006 年 1 月至 2016 年 12 月采用扩大刮除骨水泥填充联合内固定术式治疗 21 例 Campanacci Ⅲ级^[5]GCT 患者,疗效满

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图 1 患者,男,38 岁,左股骨远端骨巨细胞瘤 **1a,1b**. 术前正侧位 X 线片示右股骨远端内髁膨胀性改变,溶骨性骨质破坏 **1c,1d**. 术后 18 个月正侧位 X 线片示骨水泥填充满意,内固定牢固

Fig.1 A 38-year-old male patient with GCT of left distal femur **1a,1b**. Preoperative AP and lateral X-rays showed swelling changes and osteolytic destruction of distal inner condyle on the right femur **1c,1d**. Postoperative AP and lateral X-rays at 18 months showed satisfactory bone cement filling and firm internal fixation



图 2 患者,男,47 岁,左胫骨近端骨巨细胞瘤 **2a,2b**. 术前正侧位 X 线片示左胫骨近端外侧溶骨性破坏 **2c,2d**. 术后 23 个月正侧位 X 线片示骨水泥和内固定位置良好,无明显松动

Fig.2 A 47-year-old male patient with GCT of left proximal tibia **2a,2b**. Preoperative AP and lateral X-rays showed osteolytic destruction on the lateral proximal of left tibia **2c,2d**. Postoperative AP and lateral X-rays at 23 months showed good position of bone cement and internal fixation without obvious loosening

临床上多根据肿瘤的部位、大小、累及范围及其性质来选择手术方案。Campanacci III 级 GCT 常常累及范围较大,破坏骨皮质,并侵犯局部软组织,具有更高的复发风险,多数学者选择采用瘤段切除关节重建^[8]。但临膝关节 GCT 具有其特殊性,因为膝关节为人体最大的负重关节,且患者多为青壮年,如何能最大限度地保留其膝关节功能而不增加其复发率成为许多学者研究的热点。

4.2 高速磨钻处理瘤腔的优势及意义

随着瘤腔灭活佐剂的出现,比如液氮、丙烯酸水

泥、过氧化氢、局部放射治疗等,术后复发率相对降低,有文献报道佐剂的使用局部复发率控制在 6%~25%^[9]。高速磨钻的使用及扩大刮除术理念的提出使得复发率进一步降低^[10]。高速磨钻的钻速可达 60 000 r/min,可磨平突出的骨嵴,清除隐藏在骨嵴间的肿瘤组织。Algawahmed 等^[11]对 13 篇有关 GCT 病灶内采用高速磨钻治疗的文章进行了 Meta 分析,结果发现采用高速磨钻联合其他佐剂治疗的 323 例患者中,有 66 例复发(20%);在单纯使用高速磨钻治疗的 64 例患者中,15 例复发(23%);可见高速磨

钻的使用大大减少了 GCT 的复发率。本组 21 例患者在处理病灶过程中使用高速磨钻从病灶内磨除受侵骨质,术后局部复发 3 例,复发率为 14%,可见高速磨钻处理髓腔最大限度地保留了肢体功能,降低了肿瘤复发率。

4.3 瘤腔内填充骨水泥较植骨更具优势

病灶刮除后瘤腔的填充物是影响肿瘤复发率及膝关节功能的因素之一,临床常用骨水泥、自体骨或同种异体骨填充。有学者认为植骨较有优势,可恢复关节面的生物力学,防止远期发生关节磨损并保留骨质,有利于必要时后期的再次手术;缺点是为了保证移植骨和宿主骨的融合必须长时间制动,不利于关节的功能练习。采用骨水泥作为瘤腔填充物,可提供即刻稳定,有利于早期功能锻炼及负重,骨水泥聚合时产生高温的同时还可以杀灭残留的肿瘤细胞^[12-13]。Kivioja 等^[14]随访了 200 例刮除植骨的患者术后复发率达 52%,而 194 例病灶内刮除骨水泥填充的患者,术后复发率为 22%。康肖等^[15]报道了 113 例四肢长骨 GCT 中,病灶扩大刮除植骨后复发率为 19.5%,而采用骨水泥填充后复发率则降至 11.36%。本组 21 例患者均选用骨水泥作为瘤腔填充物,术后随访局部复发 3 例,可见在降低局部复发率方面,骨水泥填充更具优势,且骨水泥提供的即时稳定性和强度对于关节功能的影响也优于植骨。

4.4 软骨下骨保留一定厚度的意义

为了实现完整的肿瘤刮除术,在手术过程中刮除更多的组织,软骨下骨层受到更多的损伤,这时导致关节表面的不规则性或下肢不稳定,可能导致膝关节磨损的进一步加重。另外,骨水泥不能整合到宿主骨中,两者弹性模量不同,因此,在水泥与周围骨和软骨下骨层之间就会产生一种硬化边缘,这种硬化边缘会降低软骨下骨层的减震能力。走路时,由于骨水泥轻微滚动,导致软骨下骨和关节软骨被破坏,进而产生机械磨损。既往文献中关于软骨下骨报道主要围绕以下问题:(1)软骨下骨的厚度与关节功能是否相关。Caubère 等^[16]和 Teng 等^[17]认为,如果软骨下骨的厚度 $<3\text{ mm}$ 时其强度就会受影响,并且病变的面积越大,关节功能越差。Abdelrahman 等^[18]认为,软骨下骨厚度 $<10\text{ mm}$ 时,继发骨性关节炎的概率是厚度 $>10\text{ mm}$ 时的 2.5 倍。(2)骨水泥是否会对软骨下骨造成损伤。Fraquet 等^[19]对 30 例靠近关节软骨 GCT 患者行病灶刮除骨水泥填充,平均随访 6.4 年,只有 2 例患者出现轻微的关节退变。von Steyern 等^[20]对 9 例膝关节周围 GCT 患者行肿瘤刮除骨水泥填充,骨水泥与关节软骨的距离平均为 1 mm ,其中 3 例为 0 mm ;随访时间 6~16 年,仅 1 例术后 MR 扫

描显示关节软骨损伤。(3)植骨对软骨下骨的影响是否比骨水泥更具优势。Szalay 等^[21]回顾性研究了 80 例软骨下 GCT 患者,其中 44 例接受了刮除植骨术,36 例进行了刮除骨水泥填充术,在术后 24 个月的随访中,骨水泥患者的退行性改变显著小于植骨患者;然而,在术后随访 50~148 个月时,两组比较未见明显差异。因此,对于软骨下骨的保留量的研究仍存在争议,但软骨损伤是不可逆的,因此软骨下骨的作用不可忽视。理论上对于软骨下骨厚度过小的患者植骨后进行骨水泥填充既避免了骨水泥发热对软骨的灼伤,又发挥了骨水泥即刻稳定的优势,笔者认为软骨下骨厚度 $>10\text{ mm}$ 较为安全。本组 21 例患者中 3 例胫骨 GCT 患者瘤腔处理后软骨下骨剩余厚度为 3 mm ,笔者进行软骨下植骨使其厚度 $>10\text{ mm}$,再骨水泥填充瘤腔,末次随访时 X 线片显示植骨融合,无明显吸收,骨水泥填充良好,骨水泥与植骨之间无明显透亮带,关节面轮廓正常,间隙无狭窄。但因例数较少,其有效性有待于进一步临床验证。

4.5 内固定物使用的必要性

膝关节为人体最大的负重关节,需要更可靠的生物强度。目前临床上多根据肿瘤破坏面积来选择是否应用内固定。当肿瘤面积较大时,骨皮质开窗也较大,为预防应力性骨折,同时减少骨水泥微动对关节软骨的破坏,理论上应用骨水泥填充联合交叉螺钉内固定的生物力学强度明显优于单纯骨水泥填充,并能使骨水泥与骨性结构锁定为一体^[22]。有试验证实对于 $1/4$ 骨缺损,单纯骨水泥填充组与联合钢板内固定组生物力学强度基本无差别;而对于 $1/2\sim 3/4$ 骨缺损,钢板内固定组的最大负荷、强度都明显高于单纯骨水泥填充组^[23]。本组病例均为临膝关节 Campanacci III 级 GCT,累及范围较大,破坏骨皮质,且靠近关节软骨,单纯骨水泥填充难以保证骨强度,遂辅以钢板内固定加强生物力学支撑。

4.6 局限性

此外本研究也有一定的局限性:(1)纳入病例有限,难以提供有力的统计学支持。(2)缺乏单纯植骨者及使用乙醇、苯酚等瘤腔灭活佐剂者作为对照。(3)随访时间相对较短,不能明确骨水泥对关节间隙远期的影响。(4)软骨下植骨的患者较少,且较单一,缺乏说服力。在今后应开展多中心大样本的病例对照回顾性研究,以期临床诊疗提供更加可靠的循证医学支持。

本组患者中 3 例局部复发,由于早期对骨巨细胞瘤的认识不足,临床无确切的放化疗方案,术后放化疗是其复发原因,另外病变范围广、刮除不彻底、未进行有效灭活也是复发原因之一。因此,对于

临膝关节 Campanacci Ⅲ级 GCT 应避免不恰当的放化疗,对于病理组织学分级较高、病变范围广者应做到直视下彻底刮除,加用高速磨钻扩大刮除范围,局部灭活,辅以坚强的内固定,可大大降低复发率,保留膝关节的功能。

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(收稿日期: 2018-09-11 本文编辑: 李宜)