

子宫内膜异位症相关性卵巢癌发病风险模型构建及验证

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[摘要] **目的** 探讨基于列线图模型预测子宫内膜异位症(endometriosis, EMT)恶变的价值。**方法** 回顾性选取 2015 年 1 月至 2020 年 6 月在湖南中医药高等专科学校附属第一医院就诊并进行手术治疗,且术后病理诊断为 EMT 相关性卵巢癌的患者 45 例和卵巢 EMT 囊肿无恶变的患者 312 例,根据 EMT 是否癌变将研究对象分为癌变组与非癌变组。观察并记录研究对象一般资料、实验室检查和影像学检查结果,并比较两组患者数据的差异。采用 Logistic 回归判定恶变的独立危险因素,构建列线图预测模型,绘制受试者工作曲线(receiver operating characteristic, ROC)评估列线图模型的预测能力。**结果** 人附睾蛋白 4(human epididymal protein 4, HE4),卵巢癌风险评估指数(Risk of Ovarian Malignancy Algorithm, ROMA),超声影像学检查的囊肿实性成分、囊壁乳头、血流信号、囊壁增厚、囊肿最大径,绝经情况,年龄,月经异常和病程是 EMT 患者恶变的独立危险因素。基于这些危险因素构建的列线图模型拟合效果良好,ROC 曲线下面积高达 0.982,预测能力优良。**结论** 卵巢癌的肿瘤标志物 HE4 对 EMT 恶变的预测能力很强,超声影像学检查也有很好的辅助作用。基于本研究发现的独立危险因素构建的列线图模型可作为量化工具用于 EMT 患者恶变的预测,有助于术前治疗方案的制定,提高患者预后水平。

[关键词] 子宫内膜异位症; 卵巢癌; 危险因素; 列线图模型

[中图分类号] R737.3 **[文献标识码]** A **DOI:** 10.12019/j.issn.1671-5144.2022.04.008

Construction and Validation of Endometriosis Associated Ovarian Cancer Risk Model

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Abstract: Objective To explore the value of predicting endometriosis (EMT) associated malignant cancer based on the nomogram model. **Methods** 45 cases of patients with EMT-associated ovarian cancer and 312 cases of ovarian EMT cysts without malignant cancer were retrospectively selected from January 2015 to June 2020 in the First Affiliated Hospital of Hunan College of Traditional Chinese Medicine and underwent surgical treatment, according to whether was EMT carcinogenesis divided the research subjects into the cancerous group and non-cancerous group. Observed and recorded the general information, physical symptoms, laboratory examinations, and imaging examinations of the research subjects, and compared the difference between the two groups of patients. Logistic regression was used to determine the independent risk factors of malignant cancer, a nomogram prediction model was constructed, and receiver operating characteristic (ROC) was drawn to evaluate the predictive ability of the nomogram model. **Results** Human epididymal protein 4 (HE4), ovarian cancer risk assessment index (Risk of Ovarian Malignancy Algorithm, ROMA), solid components

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of the cyst, papilla of cyst wall, blood flow signal, cyst wall thickening, menopause, the maximum diameter of the cyst, age, menstrual abnormalities and course of EMT were the independent risk factors for malignant cancer. The nomogram model was constructed based on these risk factors and had a good fitting effect. The area under the ROC of the nomogram model was as high as 0.982, which meant the predictive ability was excellent. **Conclusions** HE4, a tumor marker of ovarian cancer, had a strong ability to predict malignant carcinogenesis of EMT. Ultrasound imaging examination also had a good auxiliary ability. The nomogram model constructed based on the independent risk factors found in this study can be used as a quantitative tool for the prediction of malignant cancer in EMT patients, which could be helpful for the formulation of preoperative treatment plans and improves the prognosis of patients.

Key words: endometriosis; ovarian cancer; risk factors; nomogram model

子宫内膜异位症(endometriosis, EMT)是一种慢性雌激素依赖性疾病^[1],大部分发生于卵巢,在育龄期女性中的患病率高达10%~15%^[2]。EMT尽管是一种良性疾病,但却具有与恶性肿瘤极为相似的生物学表现,如侵袭、浸润、转移与易复发等^[3]。研究表明,EMT在卵巢子宫内膜样腺癌(ovarian endometrioid carcinoma, OEC)和卵巢透明细胞癌(ovarian clear cell carcinoma, CCC)等卵巢癌的发生与发展过程中发挥着关键作用,因此OEC和CCC等因EMT恶变而发生的这类卵巢癌被合称为子宫内膜异位症相关性卵巢癌(endometriosis associated ovarian cancer, EAOC)^[4]。与无EMT的女性相比,EMT患者卵巢癌的患病风险增加30%~40%^[5]。早发现、早诊断、早治疗是提高肿瘤临床治疗效果及改善预后的重要手段,且潜在的EMT恶化风险严重影响患者的心理状态^[6],因此筛选EMT患者恶变的独立危险因素对于EAOC患者的预防与诊疗意义重大。糖类抗原125(carbohydrate antigen 125, CA125)、人附睾蛋白4(human epididymis protein 4, HE4)、甲胎蛋白(alpha-fetoprotein, AFP)等血清肿瘤标志物及超声等影像学检查在EMT、卵巢癌的诊断和预后评估中有较高的应用价值^[7-10],但尚未明确其与EMT相关卵巢癌发病风险的相关性。本研究旨在探索EMT恶变的相关独立危险因素,建立列线图预测模型,以期为临床筛选EAOC高危人群以及对EAOC进行有效防治提供可靠的参考依据。

1 资料与方法

1.1 研究对象

回顾性选取2015年1月至2020年6月在湖南中医药高等专科学校附属第一医院就诊并进行手术治疗,且术后病理诊断为EAOC的患者45例和卵巢EMT囊肿无恶变的患者312例,根据EMT是

否癌变将研究对象分为癌变组与非癌变组。纳入标准:(1)年满18周岁及以上;(2)初次行卵巢EMT囊肿手术;(3)EAOC患者的EMT与恶性肿瘤位于同一病变,且在形态学上可见到异位内膜过渡到恶性肿瘤的组织形态。排除标准:(1)术前曾行恶性肿瘤治疗;(2)其他部位患有恶性肿瘤;(3)与本研究相关的临床资料不全。本研究获得我院伦理委员会审核与批准(伦理号:医202007820014),所有参与研究的患者均对本研究有详细的了解并签署知情同意书。

1.2 资料搜集

本研究收集的相关资料包括:(1)一般资料:诊断EMT时的年龄、初潮年龄、身高、体重、是否绝经、孕次、产次、首次妊娠年龄、首次分娩年龄、月经异常、合并不孕等;(2)术前实验室指标的检查:CA125、HE4、AFP、糖类抗原199(carbohydrate antigen 199, CA199)、糖类抗原72-4(carbohydrate antigen 72-4, CA72-4)、D二聚体水平等;(3)术前影像学检查:肿块大小、是否单侧、有无实性成分、有无血流信号、囊壁厚薄、囊壁是否存在乳头、有无腹水等。

卵巢癌风险预测模型指数(Risk of Ovarian Malignancy Algorithm, ROMA)的计算:未绝经女性: $PI = -12.0 + 2.38 \times \ln(HE4) + 0.0626 \times \ln(CA125)$;绝经女性 $PI = -8.09 + 1.04 \times \ln(HE4) + 0.732 \times \ln(CA125)$, $ROMA(\%) = \text{Exp}(PI) / [1 + \text{Exp}(PI)] \times 100\%$ 。其中PI:预测指数,ln:自然对数。

1.3 统计学处理

采用SPSS 24.0和R 4.0.2统计软件对数据进行统计分析。计数资料采用例数(百分比)表示,分类计数资料两组间比较采用 χ^2 检验;等级计数资料组间比较采用Mann-Whitney U检验。计量资料经正态性检验,服从正态分布的数据采用均数±标准差($\bar{x} \pm s$)表示,组间比较采用两独立样本t检验;不符合正态分布的数据采用中位数(四分位数)表

示,组间比较采用秩和检验。采用二分类 Logistic 回归分析筛选是否癌变的预测因素,将上述患者作为训练组,使用 R 4.0.2 软件中 rms 程序包建立列线图预测模型。另选同期于我院就诊并进行手术治疗的纳排标准与本研究相同的 206 例 EMT 患者作为测试组。采用受试者工作特征(receiver operating characteristic, ROC)曲线评价模型在训练组和测试组中对 EMT 恶变预测的区分度。通过校正曲线和偏差校正 C-index 评价模型在训练组和测试组中对 EMT 恶变预测的准确性。 $P<0.05$ 为差异具有统计学意义。

2 结果

2.1 癌变组与非癌变组一般资料与临床资料对比

本研究共纳入研究对象 357 例,其中癌变组 45 例,占比 12.61%;非癌变组 312 例,占比 87.39%。两组间体质量指数(body mass index, BMI)、初潮年龄、初次妊娠年龄、初次分娩年龄、孕次、产次、不孕症的差异没有统计学意义($P<0.05$),年龄、病程、绝经情况、月经异常的差别具有统计学意义,具体数据如表 1 所示。

表 1 癌变组与非癌变组一般资料对比

Tab.1 Comparison of general data between cancerous group and non-cancerous group

Items	Cancerous group (n=45)	Non-cancerous group (n=312)	t/χ^2	P
Age (years)	46.23±9.96	37.33±8.61	6.351	<0.001
Disease duration (months)	11.57±2.61	7.23±2.11	12.495	<0.001
BMI (kg/m ²)	23.06±3.10	22.56±2.53	1.203	0.230
Age at menarche (years)	13.63±1.50	13.98±1.71	1.302	0.194
Age at first pregnancy (years)	25.39±2.88	24.93±2.25	1.234	0.218
Age at first childbirth (years)	26.54±3.74	26.12±3.18	0.809	0.419
Menopause (n)	12(26.67)	10(3.21)	37.435	<0.001
Pregnancy (times)	2.16±2.15	1.87±2.05	0.882	0.379
Parity (times)	1.15±1.02	0.97±0.82	1.332	0.184
Menstrual abnormalities (n)	18(40.00)	37(11.86)	23.897	<0.001
Infertility (n)	6(13.33)	22(7.05)	2.147	0.143

2.2 癌变组与非癌变组超声影像结果和实验室检查结果对比

经年龄校准后,癌变组与非癌变组单侧囊肿、CA125、CA199、CA72-4 的差异没有统计学意

义($P<0.05$),囊肿最大径、囊壁增厚、囊壁乳头、实性成分、血流信号、腹水、HE4、ROMA、AFP、D 二聚体的差别具有统计学意义,具体数据如表 2 所示。

表 2 癌变组与非癌变组超声影像结果和实验室检查结果对比

Tab.2 Comparison of ultrasound imaging results and laboratory test results between cancerous and non-cancerous groups

Items	Cancerous group (n=45)	Non-cancerous group (n=312)	t/χ^2	P
Maximum diameter of cyst (cm)	12.32±2.96	6.40±2.28	15.633	<0.001
Thickening of cyst wall (n)	25(55.56)	19(6.09)	89.053	<0.001
Cyst wall papilla (n)	27(60.00)	53(16.99)	41.847	<0.001
Solid component (n)	30(66.67)	2(0.64)	210.101	<0.001
Unilateral cyst (n)	28(62.22)	204(65.38)	0.173	0.678
Blood flow signal (n)	27(60.00)	11(3.53)	131.875	<0.001
Ascites (n)	22(48.89)	4(1.28)	132.000	<0.001
CA125 (U/L)	92.28±73.56	84.79±70.27	0.665	0.507
HE4 (pmol/L)	181.32±108.25	51.44±17.96	19.555	<0.001
ROMA (%)	48.22±28.21	8.50±6.99	20.945	<0.001
AFP (ng/mL)	1.75±0.77	2.94±1.85	4.258	<0.001
CA199 (ng/mL)	36.26±26.58	28.93±25.76	1.777	0.076
CA72-4 (U/mL)	5.09±3.57	5.33±3.09	0.477	0.633
D-dimer (mg/L)	5.87±3.91	0.41±0.37	24.123	<0.001

2.3 EMT 患者恶变的 Logistic 回归分析

单因素 Logistic 回归分析结果显示年龄、病程、绝经情况、月经异常、囊肿最大径、囊壁增厚、囊壁乳头、实性成分、血流信号、腹水、HE4、ROMA、AFP、D 二聚体是 EMT 患者恶变的相关因素；多

因素 Logistic 回归分析结果显示，年龄、病程、绝经情况、月经异常、囊肿最大径、囊壁增厚、囊壁乳头、实性成分、血流信号、腹水、HE4、ROMA 是 EMT 患者恶变的独立预测因素。具体情况如表 3 所示。

表 3 EMT 患者恶变的 Logistic 回归分析

Tab.3 Logistic regression analysis of malignant transformation in EMT patients

Variable	Univariate analysis		Multi-factor analysis	
	OR (95%CI)	P	OR (95%CI)	P
Age (years)				
<45	-	-	-	-
≥45	1.83(1.61~2.10)	<0.01	1.53(1.24~1.80)	0.01
Disease duration (months)				
<10	-	-	-	-
≥10	1.42(1.11~1.68)	0.02	1.24(1.07~1.43)	0.04
Menopause				
No	-	-	-	-
Yes	2.73(2.12~3.40)	<0.01	2.30(1.74~2.52)	<0.01
Abnormal menstruation				
No	-	-	-	-
Yes	1.65(1.41~1.83)	<0.01	1.43(1.19~1.65)	0.03
Maximum diameter of cyst (cm)				
<10	-	-	-	-
≥10	2.46(1.92~3.04)	<0.01	1.96(1.41~2.54)	<0.01
Cyst wall thickening				
No	-	-	-	-
Yes	2.78(1.66~3.84)	<0.01	2.44(1.47~3.36)	<0.01
Papilla				
No	-	-	-	-
Yes	3.21(2.17~4.20)	<0.01	3.03(2.14~3.88)	<0.01
Solid ingredient				
No	-	-	-	-
Yes	3.49(2.31~4.70)	<0.01	3.35(2.56~4.11)	<0.01
Blood flow signal				
No	-	-	-	-
Yes	3.05(2.22~3.94)	<0.01	2.59(2.15~3.03)	<0.01
Ascites				
No	-	-	-	-
Yes	1.83(1.30~2.32)	<0.01	1.53(1.23~1.70)	0.01
HE4 (pmol/L)				
<150	-	-	-	-
≥150	4.33(3.05~5.61)	<0.01	4.04(3.16~4.92)	<0.01
ROMA (%)				
<11.4	-	-	-	-
≥11.4	3.95(3.14~4.77)	<0.01	3.79(3.02~4.55)	<0.01
AFP (ng/mL)				
<20	-	-	-	-
≥20	1.56(1.20~1.92)	0.01	1.09(0.83~1.39)	0.20
D-dimer (mg/L)				
<0.55	-	-	-	-
≥0.55	1.47(1.23~1.74)	0.01	1.06(0.79~1.34)	0.26

缩写:OR, 比值比;CI,可信区间

Abbreviations:OR, odds ratio; CI, confidence interval

2.4 构建预测 EMT 患者恶变的列线图模型

将多因素 Logistic 回归分析中的独立预测因素作为预测因子构建列线图模型,预测 EMT 患者恶变的风险,如图 1 所示。列线图中各预测因素所对应的线段长短代表该因素对恶变预测能力的大小,线段越长,预测能力越大。根据患者的具体情况,定位其各预测因素对应的线段在评

分标尺上的位置,每个预测因素均会获得一个分值,加和各预测变量的分值,将所得总分定位于总分轴上,所对应的风险系数可反映该 EMT 患者发生恶变的风险。结果显示 HE4 对 EMT 患者恶变的预测能力最大;其次是 ROMA 和有无实性成分;病程、是否月经异常和年龄的预测能力较小。

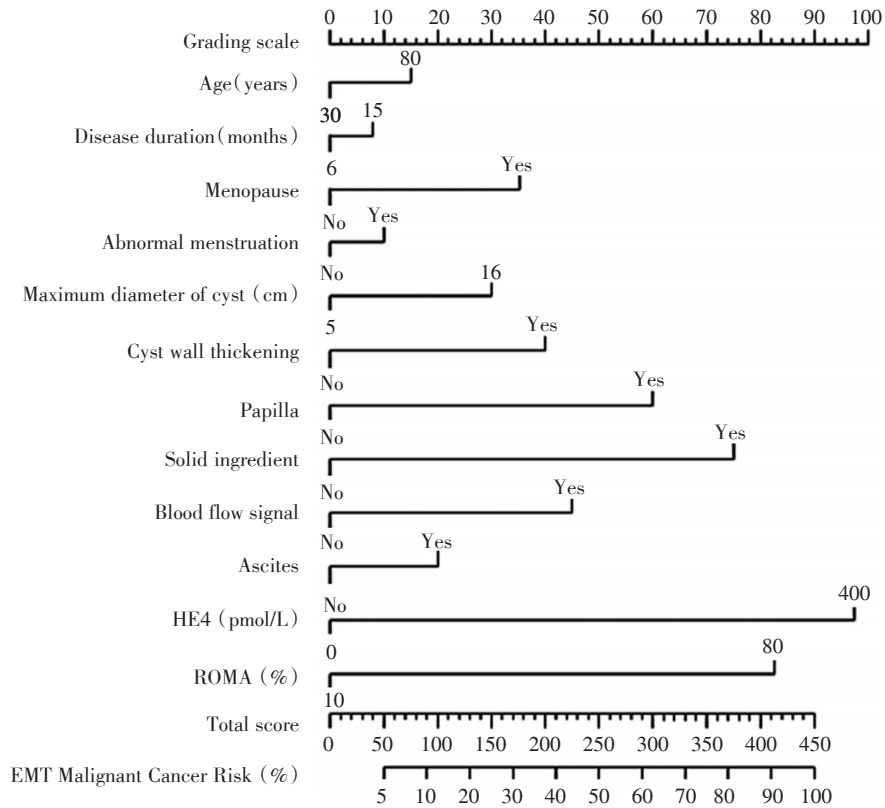


图 1 预测 EMT 患者发生恶变的列线图模型

Fig.1 A nomogram model for predicting malignant transformation in EMT patients

2.5 列线图模型的准确度及有效性评价

对本研究建立的列线图模型的校准度和有效性进行评价,其校准图见图 2。测试组患者的年龄 (38.14 ± 7.62) 岁,病程 (7.96 ± 2.27) 月, BMI 为 (22.79 ± 2.32) kg/m^2 ,初潮年龄 (13.85 ± 1.64) 岁,初次妊娠年龄 (25.12 ± 3.06) 岁,初次分娩年龄 (26.28 ± 3.65) 岁,绝经 13 例 (6.31%),孕次 (1.86 ± 1.62) 次,产次 (1.02 ± 0.87) 次,月经异常 31 例 (15.05%),不孕症 15 例 (7.28%), EMT 恶性癌变率为 12.14% (25/206),与训练组患者比较差异均无统计学意义 ($P > 0.05$)。训练组中校正结果显示, C-index 为 0.904 (95% CI 0.867~0.941),校准图中实际曲线与理想曲线较为贴合,测试组中校正结果显示, C-index 为 0.912 (95% CI 0.871~0.950),实际曲线与理想曲线

的拟合度较高,表明列线图模型对 EMT 患者恶变的预测情况与实际情况相符。

2.6 ROC 曲线结果

绘制本研究列线图模型预测 EMT 患者发生恶变的 ROC 曲线,如图 3 所示,计算曲线下面积 (area under curve, AUC) 为 0.982, 95% CI 为 0.977~0.988,表明该模型预测能力很强。

3 讨论

研究表明, EMT 具有与恶性肿瘤相似的生物学特性,可将子宫内膜基质或腺体种植于子宫腔体以外的其他任何地方,并逐渐生长发育,引发性交痛、慢性盆腔痛、痛经和不孕不育等疾病,严重影响患者的生活质量^[11]。另外 EMT 治愈率低、

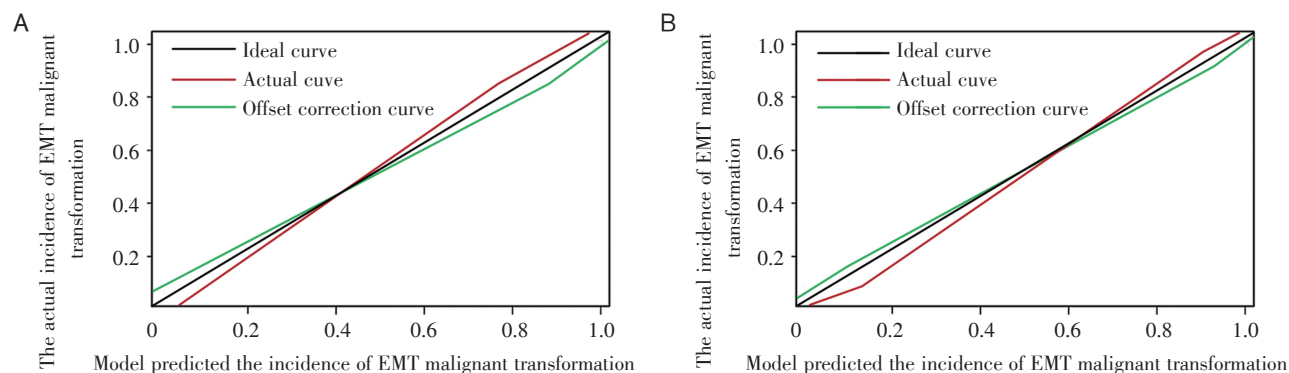


图2 预测EMT患者恶变的列线图模型校准图

Fig.2 Calibration plot of a nomogram model for predicting malignant transformation in EMT patients

注:A,训练组列线图模型的校准曲线;B,测试组列线图模型的校准曲线

Note: A, The calibration curve of the nomogram model of the training group; B, The calibration curve of the nomogram model of the test group

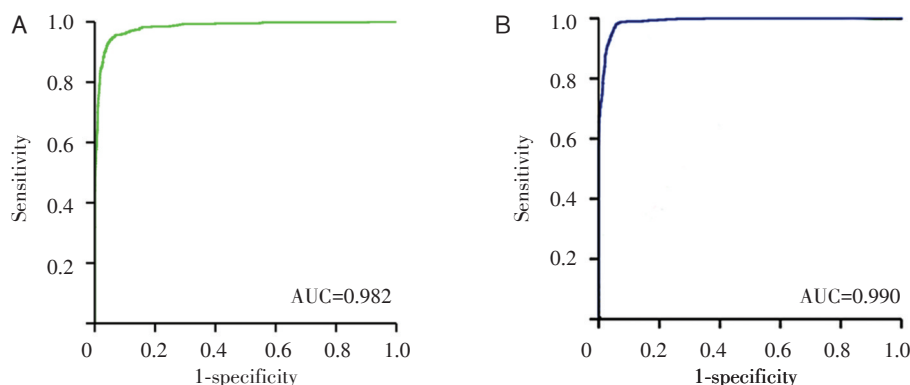


图3 列线图模型预测EMT患者恶变的ROC曲线

Fig.3 ROC curve of nomogram model for predicting malignant transformation in EMT patients

注:A,训练组列线图模型的ROC曲线;B,测试组列线图的ROC曲线

Note: A, The ROC curve of the training group nomogram model; B, The ROC curve of the test group nomogram

复发率高,一旦发生恶变将直接威胁患者生命,因此筛选EMT恶变的早期危险因素,可有效协助临床医师为患者制定更为完善的治疗方案,预防卵巢癌的发生。本研究采用列线图模型对EMT患者恶变的独立危险因素进行筛选与排序,结果显示预测能力由大到小分别为HE4,ROMA,囊肿实质性成分,囊壁乳头,血流信号,囊壁增厚,绝经情况,囊肿最大径,年龄,月经异常和病程。

HE4与CA125是常见的卵巢癌肿瘤标志物,有研究发现两者联合诊断上皮性卵巢癌的灵敏度与特异度均高于单一标志物^[12]。ROMA则是根据绝经状态,调整HE4与CA125权重计算所得,与患癌风险正相关,且被证实对卵巢癌的诊断效果比单一标志物更加优异^[13]。HE4和CA125尽管在卵巢癌患者中高表达,然而在EMT人群中的表达水平

却各不相同。研究显示EMT人群中HE4水平与健康人群没有显著差别,CA125水平却显著高于健康人群,与EAO患者相当^[14]。因此HE4对于EMT恶变依然具有很强的预测能力,而CA125不但丧失预测能力还拉低了ROMA的预测能力,与本研究的研究结果相符。

超声影像学检查在EMT的诊疗过程中具有举足轻重的地位:无恶变的EMT囊肿影像学表现为多囊肿组成的子宫附件包块,内有密集的点状回声,且一般无实质性成分或囊壁乳头结构,腹腔内无腹水,血流信号较少;而EAO患者EMT囊肿多表现为囊壁增厚有乳头样结构,囊壁或囊内有实质性成分,血流信号丰富、腹腔内出现积水^[15]。本研究中EAO患者囊肿实质性成分、囊壁乳头结构、血流信号、囊壁增厚占比均高于无恶变的EMT

患者,且均有一定的预测能力,结果与以往研究相符。另外,本研究还发现EAOC患者囊肿最大直径显著大于无癌变的EMT患者组,当直径 ≥ 10 cm的EMT患者恶变的风险是其他患者的1.96倍,该结果与Thomsen LH等^[16]认为直径 >9 cm是囊肿恶变的独立危险因素一致。因此,采取保守治疗的EMT患者,其影像学检查结果若出现囊壁增厚、出现乳头,囊内有实质性成分、血流信号丰富,腹腔内积水或囊肿直径 >10 cm时,应引起重视并考虑恶变的可能,以期早发现、早诊断、早治疗,以免耽误最佳治疗时机。

除了肿瘤标志物和超声影像检查结果以外,本研究还发现绝经情况,年龄,月经异常和病程也是EMT恶变的独立危险因素,提示体内雌激素水平以及雌激素分泌是否异常与EMT恶变发生情况有关。Kadan等^[17]研究结果显示,EAOC患者平均年龄大于无恶变的EMT患者(53.6岁 vs. 39.2岁)具有统计学意义;何政星等^[18]对45岁以上的EMT患者按照年龄分层研究,结果显示恶变率有随年龄增长显著升高的趋势,EAOC组患者月经异常占比显著高于EMT组;一项包含64 000例妇女的数据分析结果显示随着EMT患病时间的延长,患者恶变的风险会持续增加^[19-20]。本研究多因素logistic回归结果显示,45岁以上的EMT患者恶化癌变的风险是不满45岁患者的1.53倍;绝经患者癌变风险是未绝经患者2.30倍;月经异常患者癌变风险是月经正常患者的1.43倍;病程10个月以上的患者癌变风险是病程不足10个月患者的1.24倍,结果与以往研究大致相符。

本研究也存在一些不足,希望能够引起以后研究的注意并加以改进:(1)本研究为单中心研究,且数据量相对较少,因此希望后期能展开多中心、大数据研究以证实研究结果的可靠性;(2)本研究为横断面研究,因此难以说明危险因素与恶变之间的时序性与因果关系,因此研究结果需要队列研究来进行验证。

综上所述,HE4,ROMA,囊肿实性成分,囊壁乳头,血流信号,囊壁增厚,绝经情况,囊肿最大径,年龄,月经异常和病程是EMT患者恶变的独立危险因素。基于这些危险因素构建的列线图具有很强的预测能力,ROC曲线下面积高达0.982,因此可有效协助临床医师为EMT患者制定个体化的治疗方案,以期提高其治疗预后水平。EMT患者需提高对该病的认识,定期复查,密切监测自身病情变化,积极配合治疗,必要时须行手术,以降低EOAC患病风险,提高生活质量。

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[收稿日期] 2022-01-11

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[收稿日期] 2021-09-13