

放射性核素显像在甲状旁腺功能亢进症诊断中的研究进展

Advances of radionuclide imaging in the diagnosis of hyperparathyroidism

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·综述·

放射性核素显像在甲状旁腺功能亢进症诊断中的研究进展

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【摘要】 甲状旁腺功能亢进症(HPT)是一种因甲状旁腺激素分泌过多而引起钙磷代谢紊乱的多系统疾病, 手术是其常规且最有效的治疗方法, 术中对病灶的精准定位和定性对于提高手术成功率十分关键。大多数研究表明, 放射性核素显像在术前甲状旁腺定位诊断中起着重要作用, 尤其是新型显像剂(如¹⁸F-甲基胆碱)有着良好的发展前景。笔者总结了 SPECT、PET 显像及不同放射性显像剂在 HPT 术前影像诊断中的研究进展。

【关键词】 甲状旁腺功能亢进症; 放射性核素显像; 99m 锝甲氧基异丁基异腈; 正电子发射断层显像术; 体层摄影术, 发射型计算机, 单光子; 体层摄影术, X 线计算机

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Advances of radionuclide imaging in the diagnosis of hyperparathyroidism

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【Abstract】 Hyperparathyroidism is a metabolism disorder of calcium and phosphorus caused by excessive parathyroid hormone. Surgery is a conventional and most effective treatment method. Accurate preoperative localization and characterization are very critical for successful parathyroidectomy. Most studies have shown that radionuclide imaging plays an important role in preoperative parathyroid localization diagnosis. In particular, new imaging agents (such as ¹⁸F-fluoromethyl choline) have good development prospects. This article summarizes the research progress of parathyroid SPECT and PET imaging and different radioactive imaging tracers in the diagnosis of hyperparathyroidism.

【Key words】 Hyperparathyroidism; Radionuclide imaging; Technetium Tc 99m Sestamibi; Positron-emission tomography; Tomography, emission-computed, single-photon; Tomography, X-ray computed

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甲状旁腺功能亢进症(hyperparathyroidism, HPT)是因甲状旁腺激素(parathyroid hormone, PTH)分泌过多而引起的一系列临床综合征。HPT在临床上被分为原发性HPT(primary HPT, PHPT)、继发性HPT(secondary HPT, SHPT)和三发性HPT, 前2种较常见^[1]。引起PHPT的常见疾病的病理类型是甲状旁腺腺瘤(85%), 其次是多发性腺瘤(15%~

20%)和甲状旁腺增生(<15%), 而甲状旁腺癌(原发和转移)较罕见^[2]。使用多种无创显像技术(如超声、MRI、放射性核素显像等)对功能亢进的甲状旁腺腺体进行准确的术前定位和定性是手术治疗HPT的先决条件^[3]。近年来, 新型放射性核素[如¹⁸F-甲基胆碱(¹⁸F-fluoromethyl choline, ¹⁸F-FCH)]及核素显像设备(如PET、MRI)的发展进一步提高

了功能显像对甲状旁腺术前定位的诊断效能^[4]。基于此,笔者将对不同类型核医学显像方法及显像剂在 HPT 患者中的应用进展进行综述,以期为该疾病的术前诊断提供参考。

1 SPECT 显像

1.1 显像剂

1.1.1 早期显像剂

从 1970 年代开始被使用的⁷⁵Se-蛋氨酸、⁵⁷Co-维生素 B₁₂、¹³¹I-甲苯胺蓝和¹²³I-亚甲蓝等多种显像剂,现已被淘汰^[5]。最初有学者尝试在 PHPT 患者中采用⁷⁵Se-蛋氨酸显像,结果显示,⁷⁵Se-蛋氨酸在 PHPT 的诊断中具有一定的价值^[6]。随着¹²⁵I、¹³¹I、²⁰¹TlCl 和^{99m}TcO₄减影技术的发展,早期显像剂显像最终被²⁰¹TlCl 和^{99m}TcO₄减影技术替代^[7]。

1.1.2 ²⁰¹TlCl

在二十世纪八十年代,²⁰¹TlCl 和^{99m}TcO₄双核素减影技术成为术前甲状旁腺定位诊断的标准方法^[8]。利用²⁰¹TlCl 能够同时被甲状腺和甲状旁腺摄取,而^{99m}TcO₄只能被甲状腺摄取的特性,双核素减影法可显示功能亢进的甲状旁腺组织,患者的手术成功率达 92%^[8]。然而,由于²⁰¹TlCl 的物理半衰期较长(73 h)、辐射剂量较大、费用相对昂贵等不足,其逐渐被^{99m}Tc 标记的具有更好物理特性的显像剂所取代^[4]。

1.1.3 ^{99m}Tc-MIBI

^{99m}Tc-MIBI 作为甲状旁腺核素显像的一线显像剂,对甲状旁腺病灶的定位有重要意义。MIBI 是一种亲脂性阳离子复合物,通过被动扩散进入细胞内的线粒体而显像,其摄取量主要取决于嗜氧细胞含量、细胞周期、血清钙水平、P-糖蛋白表达水平等^[8-9]。常用的显像方法包括双核素减影法(^{99m}Tc-MIBI/^{99m}TcO₄双核素减影法、^{99m}Tc-MIBI/¹²³I 双核素减影法)和^{99m}Tc-MIBI 双时相显像法。

^{99m}Tc-MIBI/^{99m}TcO₄双核素减影法是利用 MIBI 可同时被甲状旁腺和甲状腺组织摄取,而^{99m}TcO₄只能被甲状腺组织摄取的原理来定位病灶的。有研究结果显示,双核素减影法显示甲状旁腺增生组织的价值更大,故研究者提出联合使用^{99m}Tc-MIBI 与¹²³I 进行双核素减影,其诊断病灶的灵敏度为 66%~91%^[10]。但进行双核素减影的患者需要接受相对较高剂量的辐射,图像质量欠佳,且二次显像容易导致移动伪影;另外,由于¹²³I 的费用较高且供应有限,其在国内的应用较少。

众多临床研究结果表明,^{99m}Tc-MIBI 双时相法是 HPT 术前定位诊断的重要显像方法,利用显像剂在甲状腺和甲状旁腺组织之间的不同冲洗率,通过早期 10~20 min 与延迟 2 h 平面显像减影法可以显示出功能亢进的甲状旁腺组织^[1,4,11-13]。^{99m}Tc-MIBI 显像在 PHPT 患者中识别单、双和多腺增生的灵敏度分别为 88.0%、29.9% 和 44.0%,这种差异

可能与病变组织的大小、病理类型有关^[14]。^{99m}Tc-MIBI 显像在 SHPT 患者中显示出了不同的结果,Takebayashi 等^[15]首次比较了 PHPT 和 SHPT 患者的^{99m}Tc-MIBI 显像结果,其灵敏度分别为 91%、83%。Lomonte 等^[16]发现^{99m}Tc-MIBI 显像对尿毒症 SHPT 患者的术前评估价值有限,但其意义在于能够定位术后仍具有亢进功能的甲状旁腺腺体。

1.1.4 ^{99m}Tc-替曲膦

^{99m}Tc-替曲膦是一种位于甲状腺和甲状旁腺组织中的亲脂性显像剂,其摄取机制与^{99m}Tc-MIBI 类似,通过细胞膜被动扩散并在病变细胞的线粒体内积累^[17]。Hiromatsu 等^[18]认为^{99m}Tc-替曲膦显像定位 PHPT 的诊断方法可用于临床。Botushanova 等^[19]也指出了^{99m}Tc-替曲膦具有定位甲状旁腺腺瘤的特性,并有希望替代^{99m}Tc-MIBI。

1.2 显像设备

1.2.1 SPECT、SPECT/CT

SPECT 平面显像作为常用的甲状旁腺核素定位方法,存在一定概率的假阴性和假阳性。假阳性最常见的原因是实性甲状腺结节,还包括 MIBI 在甲状腺癌、淋巴瘤等病变中的积聚^[20]。而假阴性通常由囊性和多发性病变引起^[21]。刘斌等^[22]研究发现,当术前 PTH 水平≤147.75 ng/L 时,^{99m}Tc-MIBI SPECT 显像更容易出现假阴性。

SPECT/CT 显像作为平面显像的有利补充,可以对异位的甲状旁腺进行精确定位,近年来被广泛应用于 HPT 的术前定位诊断。一项纳入了 154 例 PHPT 患者的术前^{99m}Tc-MIBI SPECT/CT 显像的研究结果显示,与 SPECT 平面显像相比,^{99m}Tc-MIBI SPECT/CT 显像能检测到更多的病变,且对纵隔区域的病变有更好的定位效能^[23]。曹景佳和李亚明^[24]的研究结果也显示,SPECT/CT 双时相显像优于 SPECT 平面显像,并有助于发现更小的甲状旁腺病灶。

1.2.2 碲锌镉(cadmium zinc telluride, CZT) SPECT

Gambhir 等^[25]发现,CZT 探测器比 NaI 探测器具有更好的灵敏度和空间分辨率,且采集时间更短,使用的放射性显像剂剂量更少。Miyazaki 等^[26]最先尝试使用 CZT-SPECT 对有甲状旁腺腺瘤的甲状腺模体进行显像并获得了清晰的甲状旁腺腺瘤图像。但目前使用的 CZT SPECT 只能进行平面显像,且受到自身扫描视野限制,其对异位甲状旁腺腺瘤的诊断存在局限性。但随着 CZT SPECT 全身显像设备的临床应用,我们期待有更好的研究结果。

2 PET 显像

2.1 显像剂

2.1.1 ¹¹C-胆碱或¹⁸F-FCH

研究者在使用放射性核素标记胆碱 PET/CT 显像鉴别肿瘤病变时偶然发现其在甲状旁腺腺瘤中也有摄取,并证实

磷脂依赖性胆碱激酶水平的上调与 PHPT 的 PTH 水平升高有关^[27]。胆碱可以用¹¹C 或¹⁸F 进行标记。¹¹C-胆碱 PET/CT 诊断 HPT 患者的灵敏度高达 97%^[28]。目前,¹¹C-胆碱在临床实践中的使用受限,主要原因在于¹¹C 的半衰期较短(20 min)且费用较高;与¹⁸F-FCH 相比,¹¹C-胆碱的平均正电子能量更高,导致图像的空间分辨率较差。因此,近年来对甲状腺 PET 显像的研究主要集中在¹⁸F-FCH 上。

据报道,¹⁸F-FCH PET/CT 在术前准确定位甲状腺腺瘤方面优于⁹⁹Tc^m-MIBI 显像,其灵敏度为 92%,特异度为 100%^[29]。在一项针对 54 例 PHPT 患者的前瞻性研究中,研究者比较了超声、⁹⁹Tc^m-MIBI 显像和¹⁸F-FCH PET/CT 3 种显像技术诊断 PHPT 的效能,结果显示,其灵敏度分别为 69.3%、80.7% 和 100%,特异度分别为 87.1%、97.7% 和 96.3%^[30]。Boudousq 等^[31] 的最新研究结果也证实¹⁸F-FCH PET/CT 对 PHPT 患者术前定位诊断的价值优于超声和⁹⁹Tc^m-MIBI 显像,并证明了其作为疑似 PHPT 患者的一线显像方法的合理性。

2.1.2 ¹⁸F-FDG

¹⁸F-FDG 是一种放射性核素标记的葡萄糖类似物,其在细胞过度增殖的病变中的摄取增加,Kluijthout 等^[32] 认为,¹⁸F-FDG PET/CT 对 HPT 的诊断灵敏度较低。但 Kim 等^[33] 报道了 1 例罕见的远处皮下甲状腺癌复发病例,¹⁸F-FDG PET/CT 显像显示,其上纵隔区域皮下肿块处有¹⁸F-FDG 的异常摄取,随后的组织病理学检查结果证实了其甲状腺癌转移灶。

2.1.3 ¹⁸F-氟代多巴

¹⁸F-氟代多巴是一种相对分子质量较大的中性氨基酸,在生化特征上类似于天然左旋多巴。Lange-Nolde 等^[34] 通过对 8 例经组织病理学检查结果证实的 PHPT 患者的研究发现,术前超声和 SPECT 显像都能检测到 PHPT 患者的部分病灶,而¹⁸F-氟代多巴 PET 在所有患者中均未发现阳性病灶,其诊断效能尚需进一步研究验证。

2.1.4 ¹¹C-甲硫氨酸

¹¹C-甲硫氨酸是一种放射性核素标记的氨基酸,在功能亢进的甲状腺组织中具有很高的摄取率,因为它参与了 PTH 的合成过程。Caldarella 等^[35] 在一项荟萃分析中评估了¹¹C-甲硫氨酸在 PHPT 中的诊断效能,结果显示,其诊断灵敏度为 69%,特异度为 98%。当常规显像结果为阴性或不确定情况时,¹¹C-甲硫氨酸 PET 被视为一种较为可靠的二线显像方法。有研究结果显示,在⁹⁹Tc^m-MIBI 扫描结果为阴性时,¹¹C-甲硫氨酸 PET/CT 可以提供有价值的额外信息,尤其是对体积较小的腺瘤的术前定位较为灵敏^[36]。但是,有些因素(如病灶大小、甲状腺结节)会影响诊断的准确性,且¹¹C 需要回旋加速器生产,费用昂贵,半衰期短,

在临床中的应用有限。

2.1.5 ¹⁸F-酪氨酸

Krakauer 等^[37] 对¹⁸F-氟乙基酪氨酸(fluoroethyltyrosine, FET)PET 显像的可行性进行了评估,结果显示,在 2 例受检的 PHPT 患者中没有发现明显的¹⁸F-FET 摄取,这可能是由于甲状腺组织缺乏特定跨膜转运蛋白分子的表达。因此,¹⁸F-FET 似乎不能作为 PHPT 术前定位的显像剂。

2.1.6 ¹⁸F-氟吡唑

¹⁸F-氟吡唑作为一种吡嗪酮类杀虫剂吡嗪的衍生物,其对线粒体复合体 I 具有高亲和力,显像特性良好。在一项针对 132 例患者的研究中,研究者比较了¹⁸F-氟吡唑 PET 与⁹⁹Tc^m-MIBI SPECT 在心肌灌注显像中的诊断价值,结果表明,与⁹⁹Tc^m-MIBI SPECT 相比,¹⁸F-氟吡唑 PET 具有更好的图像质量和更高的诊断准确率(90.8%对 70.9%)^[38]。目前,¹⁸F-氟吡唑正在进行心肌灌注显像的 III 期临床研究,在其他器官(如肝脏)的线粒体中显示出显像潜能,并有可能成为重要的甲状腺显像剂^[20]。

2.1.7 ¹⁸F-西那卡塞

¹⁸F-西那卡塞是通过放射性核素标记西那卡塞(一种与甲状腺钙感受体结合的药物的新型正电子显像剂。西那卡塞是钙感受体激动剂,与其他器官相比,钙感受体在甲状腺中高表达。Pees 等^[39] 在健康大鼠体内进行的¹⁸F-西那卡塞 PET/CT 显像实验结果表明,¹⁸F-西那卡塞在靶器官中被摄取并且迅速代谢,是良好的甲状腺显像剂。

2.2 显像设备

2.2.1 PET/CT

与 SPECT/CT 相比,PET/CT 的图像采集时间更短,空间分辨率更高,辐射剂量更低(2.8 mSv 对 6.8 mSv)^[40]。

Beheshti 等^[41] 在一项纳入了 100 例 PHPT 患者的前瞻性研究中发现,¹⁸F-FCH PET/CT 显像明显优于⁹⁹Tc^m-MIBI SPECT/CT 显像,在一线功能显像方法中显示出非常大的潜力,可用于早期检测和定位较小及异位的甲状腺腺瘤,并且其半定量分析功能可为区分甲状腺腺瘤与增生提供更多信息。最新的几项研究评估了 SUV 与化验指标、细胞凋亡基因(细胞增殖核抗原 Ki-67、p53)表达之间的关系,得出了不一致的结论。Grimaldi 等^[42] 认为 SUV 与患者的生化状态没有相关性;而 Piccardo 等^[43] 发现 SUV 与高钙血症显著相关,与 PTH 水平无关,且 SUV 与细胞增殖核抗原 Ki-67 表达水平呈正相关,与 p53 表达水平呈负相关。但以上研究样本量均过少,需要进一步行大规模前瞻性研究来验证这些结果。

¹⁸F-FCH PET/CT 是鉴别异位甲状腺腺瘤的最佳显像方法。在一项对 6 例甲状腺腺体异位(纵隔 2 例、气管食管沟 2 例、椎旁 1 例、乳腺 1 例)患者的研究中,¹⁸F-FCH PET/CT

显像识别出了所有异位的甲状旁腺腺瘤^[44]。Seifert等^[45]报道了1例由¹⁸F-FCH PET/CT检测出的异位喉后甲状旁腺腺瘤,而超声和^{99m}Tc-MIBI显像均不能清晰识别该病灶。

原发性和继发性甲状旁腺肿瘤的临床表现为持续性PTH水平升高,继发性恶性肿瘤最常见的是乳腺癌(66.9%)、黑色素瘤(11.8%)和肺癌(5.5%),而甲状腺肿瘤直接转移累及甲状旁腺的也有报道^[46-47]。因此,¹⁸F-FCH PET/CT在甲状旁腺肿瘤的定位及寻找转移灶方面具有重要价值^[48]。

2.2.2 PET/MRI

近几年来,随着显像技术的不断发展,PET/MRI已被应用于临床。Argirò等^[49]发现,MRI在检测多腺体疾病和异位甲状旁腺腺瘤方面比超声更灵敏。四维MRI可通过病变的增强特征在多个时间点采集图像来提高检测异位病变的准确率。

PET/MRI显像的辐射剂量低、软组织对比度高,图像质量优于PET/CT,提高了对病灶定位诊断的精准性。Araz等^[50]发现,在¹⁸F-FCH PET/CT显像为阴性的12例(71%)甲状旁腺腺瘤患者中,¹⁸F-FCH PET/MRI对甲状旁腺腺瘤的显像呈阳性,这说明¹⁸F-FCH PET/MRI对甲状旁腺腺瘤的定位具有更高的特异度。Kluijfhout等^[51]对10例HPT患者行¹⁸F-FCH PET/MRI显像,结果显示,其诊断灵敏度为90%,阳性预测值为100%。

然而,因其采集时间较长且费用昂贵,¹⁸F-FCH PET/MRI在HPT中的应用有限,仅当¹⁸F-FCH PET/CT诊断不明确时,才建议联合使用PET/MRI显像,这样有助于对功能亢进的甲状旁腺组织进一步精确定位。

3 小结与展望

综上所述,精准的核医学显像方法及显像剂对于HPT的术前定位至关重要。^{99m}Tc-MIBI SPECT显像方便、安全、有效,是HPT的主要诊断方法,当该检查诊断结果不明确或结果阴性时,应考虑行¹⁸F-FCH PET/CT作为有效补充。同时新型显像设备PET/MRI为核医学的精准诊断开辟了更广阔的前景。未来仍需要研发类似于¹⁸F-西那卡塞的特异性显像剂,以提高放射性核素显像在HPT术前影像诊断中的应用价值。

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