

SPECT/CT 及¹⁸F-NaF PET/CT 骨显像在骨关节炎中的应用进展

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【摘要】 骨关节炎(OA)是最常见的骨关节病,是成人慢性疼痛甚至致残的主要原因之一。OA 给患者带来极大痛苦,且加重了社会负担。早期预防及早期诊断和治疗 OA 非常重要。SPECT/CT 及¹⁸F-NaF PET/CT 骨显像实现了骨代谢图像和解剖图像的融合,是早期诊断 OA、指导临床治疗及疗效评价的重要方法。该文就其在 OA 中的应用进行综述。

【关键词】 骨关节炎;体层摄影术,发射型计算机,单光子;正电子发射断层显像术;体层摄影术,X 线计算机;^{99m}Tc 美罗酸盐;氟化钠;发展趋势

DOI:10.3760/cma.j.issn.2095-2848.2019.01.013

Application of SPECT/CT and ¹⁸F-NaF PET/CT in patients with osteoarthritis

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【Abstract】 Osteoarthritis (OA) is the most common bone and joint disease, which is one of the leading causes of adult chronic pain and disability. It brings great pain to patients, as well as increases the burden on society. Early prevention, diagnosis and treatment of OA are very important. SPECT/CT and ¹⁸F-NaF PET/CT bone imaging, which can integrate bone metabolism images and anatomical images, are important methods for early diagnosis, treatment guiding, and efficacy evaluating on OA. This review summarizes the application of SPECT/CT and ¹⁸F-NaF PET/CT bone imaging on OA patients.

【Key words】 Osteoarthritis; Tomography, emission-computed, single-photon; Positron-emission tomography; Tomography, X-ray computed; Technetium Tc ^{99m} medronate; Sodium fluoride; Trends

DOI:10.3760/cma.j.issn.2095-2848.2019.01.013

骨关节炎(osteoarthritis, OA)又称退行性骨关节病,是由于增龄、肥胖、创伤等诸多因素引起的关节软骨退化损伤、关节边缘和软骨下骨反应性增生。OA 是成人关节慢性疼痛甚至致残的主要原因之一^[1]。有研究表明到 2030 年 OA 将可能是导致残疾的最大单一因素,其甚至与全因死亡率相关^[2-3]。早期诊断及准确预测疾病进展,从而采取有效的干预措施尤为重要。早期 OA 仅靠 X 线片诊断困难,CT、MRI 及超声学检查可清晰显示 OA 所致的关节结构改变,超声及 MRI 技术的发展极大地提高了 OA 的早期诊断准确性,但无法反映 OA 所致的骨代谢变化情况。研究表明,软骨下骨异常与关节疼痛和关节软骨退变密切相关,OA 早期在形态学改变前可能出现软骨下骨重塑加速,表现为骨代谢异常^[4]。SPECT/CT 及¹⁸F-NaF PET/CT 骨显像是早期诊断 OA、指导临床治疗及疗效评价的重要方法^[5]。笔者就两者在 OA 中的应用进行综述。

一、SPECT/CT 及¹⁸F-NaF PET/CT 骨显像原理

^{99m}Tc^m-亚甲基二膦酸盐(methylene diphosphonate, MDP)是最常用的骨显像剂。其通过与骨无机成分羟基磷灰石晶体进行化学吸附、离子交换及与骨骼中有机成分相结合吸附

于骨骼上,使骨骼显影。局部骨骼显像剂的摄取与局部血流量和骨盐代谢水平相关,血流量增多和成骨细胞活性高的部位显像剂摄取增多。SPECT/CT 将 SPECT 显像反映的骨代谢特点与 CT 显示的清晰解剖结构有机结合,提高了诊断效能^[5]。¹⁸F-NaF 显像机制与^{99m}Tc^m-MDP 相似^[6],但较^{99m}Tc^m-MDP 具有更高的血浆清除率和骨摄取^[7]。¹⁸F-NaF PET/CT 较^{99m}Tc^m-MDP SPECT/CT 具有更高的灵敏度、特异性及准确性^[8]。

OA 是一种以关节软骨变性和丢失及关节边缘和软骨下骨骨质再生为病理特征的慢性关节疾病。其病因及病理过程复杂,发展的具体过程尚不明确。不同病因导致的病理变化不尽相同,关节内各组织结构的不同病理变化相互作用、相互交织,最终导致 OA^[9]。通常认为关节软骨退变是 OA 发病的主要因素,但软骨下骨及其病理代谢变化在关节退变过程中也发挥了重要作用。软骨下骨起着吸收应力、缓冲震荡及为关节软骨提供营养和新陈代谢的作用,高负荷引起的微骨折会触发软骨下骨重塑^[10],OA 早期在形态学改变前就可能出现软骨下骨重塑加速,其与关节疼痛和关节软骨退变密切相关。有研究表明滑膜炎性病变在 OA 致病过程中起着重要作用^[11]。融合骨显像可通过反映局部骨代谢及血流

量等情况来反映 OA。

二、在脊柱退行性病变中的应用

脊柱退变以腰椎最常见, MRI 具有很好的软组织对比度和分辨率, 在椎间盘退变、终板退变及 OA 等脊柱退变诊断中价值颇大。SPECT/CT 及¹⁸F-NaF PET/CT 在脊柱退行性病变中具有独特优势, 可反映骨代谢情况, 有助于识别疼痛靶关节、区分退行性变化和其他骨骼异常, 从而有助于明确疼痛原因、增加诊断准确性及指导治疗, 并避免不适当的干预措施^[12]。

退变是否为疼痛的原因及找到导致疼痛的退变靶点是个难题。Mabray 等^[13]研究了 30 例行¹⁸F-NaF PET/CT 检查进行癌症分期的患者, 分析发现显像剂浓聚与关节突关节的形态学变化呈弱相关, 说明形态学变化与生理学变化存在差异, 结合骨代谢情况分析患者病情很有必要。Gamie 和 El-Maghraby^[14]研究了 67 例疑为小关节源或盘源性腰背痛患者(经过 X 线、CT/MR 检查后仍未找出明显的疼痛原因), ¹⁸F-NaF PET/CT 检查示 84% 患者存在显像剂异常摄取, 关节突关节为摄取异常常见部位, 1/3 的患者同时有关节突关节和椎间盘病变, 表明¹⁸F-NaF PET/CT 有助于评价退行性腰背痛。¹⁸F-NaF PET/CT 是具有定性及定量作用的显像方法, Lapa 等^[15]对 49 例骨转移患者行¹⁸F-NaF PET/CT 检查, 发现骨转移灶最大标准摄取值(maximum standardized uptake value, SUV_{max})明显高于退行性病变, 表明 SUV_{max}有助于区分转移灶和退行性病变。Lehman 等^[16]研究了 212 例行 SPECT/CT 检查脊柱的患者, 结果显示椎小关节代谢异常最常见(占 50%), SPECT/CT 检查使 168 例(79%)患者的临床处置发生变化。Jain 等^[17]对 80 例腰背痛患者行随机双盲对照研究, 试验组根据 SPECT/CT 检查结果更新临床诊断后采取相应的治疗措施, 结果显示 SPECT/CT 阳性组疼痛缓解率大于 50% 的患者数明显高于对照组。Lee 等^[18]对 175 例慢性腰背痛的患者行 SPECT/CT 检查, 并根据临床症状及 SPECT/CT 结果对患者行相应的目标性治疗, 结果显示在骨显像上表现为显像剂摄取明显增加的患者, 79% 对治疗表现出良好反应。Tender 等^[19]报道了 1 例顽固性腰背痛患者, X 线、CT、MRI 等显示腰椎严重退行性改变, 脊髓及神经根未见明显受压征象, 但保守治疗后症状仍无明显缓解, SPECT/CT 发现仅 L₁~L₂ 水平显像剂摄取明显增加, 行 L₁~L₂ 椎体融合术后, 患者腰痛症状基本完全缓解。

三、在四肢关节退变中的应用

MRI 能提供良好的高清晰度关节组织形态学信息, 并可反映组织的生化信息, 但部分患者(如体内有金属物者、幽闭恐惧症者)不适合行 MRI, 且曾有研究显示 MRI 上显示骨髓水肿及软骨损伤部位与融合骨显像结果存在不一致的情况^[20], 表明融合骨显像在 OA 中具有不可替代的优势。

软骨下骨的重塑在 OA 进展中起着重要作用, OA 早期在形态学改变前可能因关节机械应力增加出现软骨下骨重塑加速^[10,21]。SPECT/CT 及¹⁸F-NaF PET/CT 可从细胞和分子代谢水平反映 OA。Kobayashi 等^[22]研究了 48 例髋关节炎患者, 发现¹⁸F-NaF PET SUV_{max}与 OA 发展阶段及疼痛程度相关, 部分患者有明显的临床症状且¹⁸F-NaF PET 骨显像为阳性却无明显的退变形态学变化。Hirata 等^[23]对 17 例有临床

症状的髋关节 OA 或早期 OA 患者行¹⁸F-NaF PET/CT 检查, 分析结果显示 SUV_{max}与等效应力呈正相关(r_s 为 0.752), 因此认为早期髋关节 OA 软骨下骨机械应力的增加可能与软骨下骨生成的增加有关。Kobayashi 等^[24]研究了 85 例髋关节 OA 患者, 比较分析¹⁸F-NaF PET 和 MR 在髋关节 OA 中的诊断效能, 结果显示 47 个关节 PET 阳性(SUV_{max} > 6.5), 25 个关节 MR 阳性, 23 个髋关节表现为 MR 阴性而 PET 阳性, 并基于此认为骨性关节炎¹⁸F-NaF PET 显示的骨代谢异常可能早于 MRI 所显示的骨髓水肿, 表明¹⁸F-NaF PET 能反映早期 OA 的变化特点。

足踝部解剖结构及生物力学复杂, 足踝部 OA 的诊断和治疗是一大挑战。大量研究证明骨显像剂摄取与疼痛相关, 对核素浓聚部位行局部封闭治疗可明显缓解疼痛。对于不明原因足部及踝关节疼痛的患者, SPECT/CT 及¹⁸F-NaF PET 在足部 OA 中具有较好的应用价值。Singh 等^[25]研究了 50 例经临床检查和 X 线片后不能明确临床诊断的足踝关节疼痛患者, SPECT/CT 检查改变了 39 例(78%)患者的临床诊断, 从而改变了治疗计划。Claassen 等^[26]研究了 86 例行足踝部 SPECT/CT 检查的患者, 93% 患者基于 SPECT/CT 结果行目标性治疗后疼痛得到明显缓解。Parthipun 等^[27]研究了 203 例因足踝部退行性病变行 SPECT/CT 检查的患者, 其中 52 例因 OA 行局部关节注射治疗, 19 例(37%)患者行 SPECT/CT 后显示的退变部位与初始诊断不同, 从而改变了治疗方案; 46 例(88%)患者行目标关节注射治疗后症状明显改善。Ha 等^[28]对 50 例足踝部疼痛患者行 SPECT/CT 及 MRI 检查, 结果显示 SPECT/CT 在骨病变和韧带/肌腱病变特异性高于 MRI。Fischer 等^[29]的研究中, ¹⁸F-NaF PET/CT 改变了 46% 患者的治疗方案。Rauscher 等^[30]对一次性注射氟化物显像剂后行 PET/CT 和 PET/MR 双显像的 22 例不明原因足痛患者的研究显示, PET/CT 能更准确地显示 OA。

SPECT/CT 及¹⁸F-NaF PET/CT 在颞下颌关节、骶髂关节、膝关节、腕关节等部位的 OA 中也有独特的应用价值^[31-35]。OA 的大部分治疗以缓解疼痛为主, 但疼痛缓解率并不是很高^[36], 晚期 OA 治疗上除行侵入性关节置换外, 尚无有效的治疗措施能够在骨关节结构上改善病情。另外, SPECT/CT 及¹⁸F-NaF PET/CT 骨显像在鉴别假体松动、感染、OA 及评价疗效等方面也有重要价值^[37-39]。

四、总结及展望

对于有临床症状而病因不明且无明显影像学形态学异常的早期 OA 患者及复杂关节退行性病变发生位置及数量不明且临床表现非特异性的患者来说, SPECT/CT 及¹⁸F-NaF PET/CT 骨显像有助于识别活动性病变, 同机 CT 提供的形态学信息有助于区分退行性变化和其他骨骼异常, 帮助识别疼痛原因及指导治疗。对于晚期 OA 术后患者, SPECT/CT 及¹⁸F-NaF PET/CT 在疗效评价及术后疼痛原因鉴别方面有独特优势。尽管骨显像剂摄取增加与临床症状的相关性可能存在不一致^[40], 但不可否认 SPECT/CT 及¹⁸F-NaF PET/CT 骨显像在其他形态学检查未见明显异常的情况下及复杂关节的退行性病变中, 具有不可替代的价值, 联合其他检查及结合临床表现可为临床提供更多信息。相对于 SPECT/CT 骨显像, ¹⁸F-NaF PET/CT 能在较短时间内得到更高质量的图

像,但其显像成本较高,临床应用相对较少,相信在不久的将来其在 OA 中的应用将越来越广。PET/MR 能更好地显示骨与软组织病变,全面反映退行性骨关节病。不同的显像剂可提供不同的代谢信息,而 MRI 反映结构及生化信息,联合使用可产生增益价值^[41]。随着三维、四维融合骨显像在 OA 中的广泛应用,以及放射性核素标记 OA 相关的靶向物质研究的不断发展,OA 的诊疗将会取得更大的进步。

利益冲突 所有作者均声明不存在利益冲突

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(收稿日期:2018-07-11)

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2019 年本刊可直接用缩写的常用词汇

ATP(adenosine-triphosphate),三磷酸腺苷

CI(confidence interval),可信区间

CT(computed tomography),计算机体层摄影术

CV(coefficient of variation),变异系数

DNA(deoxyribonucleic acid),脱氧核糖核酸

HAV(hepatitis A virus),甲型肝炎病毒

Hb(hemoglobin),血红蛋白

HBsAg(hepatitis B surface antigen),乙型肝炎表面抗原

HBV(hepatitis B virus),乙型肝炎病毒

HCV(hepatitis C virus),丙型肝炎病毒

MRI(magnetic resonance imaging),磁共振成像

PCR(polymerase chain reaction),聚合酶链反应

PET(positron emission tomography),正电子发射体层摄影术

PLT(platelet count),血小板计数

RBC(red blood cells),红细胞

RNA(ribonucleic acid),核糖核酸

SPECT(single photon emission computed tomography),单光子发射计算机体层摄影术

WBC(white blood cells),白细胞

WHO(World Health Organization),世界卫生组织

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