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# Кавернозные мальформации головного мозга и современные взгляды на их лечение

Е.Н. Гиря<sup>1</sup>, В.Е. Синицын<sup>2</sup>, А.С. Токарев<sup>1, 3</sup><sup>1</sup> Научно-исследовательский институт скорой помощи имени Н.В. Склифосовского, Москва, Российская Федерация<sup>2</sup> Московский государственный университет имени М.В. Ломоносова, Москва, Российская Федерация<sup>3</sup> Департамент здравоохранения города Москвы, Москва, Российская Федерация

## АННОТАЦИЯ

Кавернозные мальформации головного мозга благодаря развитию современных методов нейровизуализации являются в последние годы всё чаще обнаруживаемой патологией. Несмотря на доброкачественный характер течения в большинстве случаев, данные образования могут приводить к развитию судорожного синдрома и серьёзным неврологическим нарушениям. Как правило, причинами клинических симптомов являются кровоизлияния в структуру каверном и окружающую паренхиму головного мозга. Выбор тактики ведения пациентов с кавернозными мальформациями головного мозга зависит от типа мальформации, её размеров, локализации, наличия повторных кровоизлияний и клинической картины.

Данный обзор литературы посвящён современным методам лечения кавернозных мальформаций головного мозга, в частности хирургическим подходам. В случаях глубинного расположения очагов в функционально значимых зонах головного мозга, для которых характерен максимальный риск осложнений при хирургическом вмешательстве, альтернативными выступают методы лучевой терапии, такие как стереотаксическая радиохирургия, протонная терапия. Рассматриваются возможности, эффективность и безопасность стереотаксического радиохирургического лечения, использование протонной терапии в лечении кавернозных мальформаций. Выявлены преимущества лучевых методов лечения кавернозных мальформаций.

**Ключевые слова:** кавернозные мальформации; лучевая диагностика; МРТ; обзор; аппарат Гамма-нож; протонная терапия; радиохирургическое лечение; стереотаксическая лазерная абляция.

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# Cavernous malformations of the brain and modern views on their treatment

Elena N. Girya<sup>1</sup>, Valentin E. Sinitsyn<sup>2</sup>, Aleksei S. Tokarev<sup>1, 3</sup>

<sup>1</sup> Sklifosovsky Research Institute for Emergency Medicine, Moscow, Russian Federation

<sup>2</sup> Lomonosov Moscow State University, Moscow, Russian Federation

<sup>3</sup> Moscow Health Department, Moscow, Russian Federation

## ABSTRACT

Cavernous malformations of the brain have become an increasingly common pathology in recent years, thanks to the advancement of modern methods of neuroimaging. Despite the benign nature of the course in most cases, these formations can cause convulsions and serious neurological disorders. Typically, clinical manifestations are caused by hemorrhages in the structure of the cavernous and surrounding parenchyma of the brain. The management strategy chosen for patients with cerebral cavernous malformations is determined by the type of malformation, its size, localization, the presence of repeated hemorrhages, and the clinical picture.

This literature review focuses on modern methods of treating cerebral cavernous malformations. The main methods of treatment for cavernous malformations of the brain, particularly surgical treatment, have been analyzed. If surgical intervention is not possible, alternative methods of treatment include radiation therapy, such as stereotaxic radiosurgery, and proton therapy, in cases of deep location of foci in functionally significant areas of the brain, which are characterized by the highest risk of complications. The possibilities, efficacy, and safety of stereotactic radiosurgical treatment are discussed, as well as the use of proton therapy in the treatment of cavernous malformations. Furthermore, radiation therapy has been shown to be beneficial for cavernous malformations.

**Keywords:** cavernous malformations; radiation diagnostics; MRI; review; Gamma knife; proton therapy; radiosurgical treatment; stereotaxic laser ablation.

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# 大脑海绵状畸形及其治疗的现代观点

Elena N. Giry<sup>1</sup>, Valentin E. Sinitsyn<sup>2</sup>, Aleksei S. Tokarev<sup>1, 3</sup>

<sup>1</sup> Sklifosovsky Research Institute for Emergency Medicine, Moscow, Russian Federation

<sup>2</sup> Lomonosov Moscow State University, Moscow, Russian Federation

<sup>3</sup> Moscow Health Department, Moscow, Russian Federation

## 简评

由于现代神经影像学方法的发展，近年来大脑海绵状畸形已成为越来越可检测的病理。尽管在大多数情况下病程的性质是良性的，但这些形成可导致惊厥综合征和严重神经系统疾病的发展。基本上临床症状的原因是洞穴结构和大脑周围实质的出血。大脑海绵状畸形患者的管理策略的选择取决于畸形的类型，其大小，定位，反复出血的存在和临床情况。

这篇文献综述致力于海绵体畸形的现代治疗方法。我们分析治疗脑海绵状畸形的�主要方法，特别是手术治疗。无法手术干预的时候，在大脑功能显着区域的病灶深度定位的情况下，其特征在于并发症的最大风险，放射治疗的替代方法是如立体定向放射外。同时审查立体定向放射外科治疗的可能性，有效性和安全性，使用质子治疗治疗海绵体畸形。揭示了治疗海绵体畸形的辐射方法的优点。

**关键词：**海绵体畸形；放射诊断；MRI；综述；伽玛刀装置；质子治疗；放射外科治疗；立体定向激光消融。

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## 绪论

海绵状畸形 (CM) 是指大脑和脊髓的血管形成, 血液流动水平低, 由带有内皮层的海绵组成 [1-4]。CMs 在大脑的上和下肌腱区域都发现, 较少见于脊髓 [5-8]。

这些病变是继静脉发育异常之后第二常见的中枢神经系统血管畸形 [9-11]。

男性和女性的 CM 患病率相同。尽管 CM 也可以在儿童中发现, 但诊断通常发生在 20 岁和 40 岁之间。在大多数情况下 CM 可能不会在临床上表现出来, 但是随着时间的推移, 它会导致严重的局灶性和脑神经系统症状, 通常是由 CM 破裂并出血到地层结构和大脑周围物质中引起的 [12]。

管根据多项研究迄今为止已经确定了此类患者发生出血和癫痫发作的风险水平, 但明确识别可改变的风险因素仍是一项重大挑战。

CM 患者的管理包括对其进行监测或进行手术 [13, 14]。

## 脑海绵状血管畸形的外科治疗

显微外科切除术仍然是 CM 治疗的“黄金”标准, 它可以永久性地减轻患者伴随的这种病理表现和与出血相关的神经功能缺损的风险。进行手术干预的风险评估取决于形成的大小和位置与大脑表面的接近程度以及外科医生的经验 [15]。手术治疗的目标是彻底清除骨基质和周围潜在的致痫区 [16]。然而, 如果这些病变靠近重要结构 (相距小于 1 cm) 则完全切除会导致术后神经损伤。CM 定位于大脑区域 (如丘脑、基底神经节或脑干) 的情况下手术通常仅在频繁复发性出血或患者病情显着恶化的情况下进行。

许多作者指出, 手术治疗并发症的发生率相对较低, 但超过了先前未确诊患者的出血风险。因此手术切除无症状病灶, 尤其是当它们位于脑干深处或位于脑干时是不合理的。

病灶的深层位置 (在基底神经节或丘脑中) 需要技术上复杂的手术, 其中大脑的关键结构包括白质的细胞核和束可能会受到影响; 存在损伤穿支动脉的风险。即使在经验丰富的专家中进行此类干预时, 术后并发症的发生率为 5-18%, 死亡频率接近 2% [17]。

总的来说, 尽管手术技术不断进步和进步, 但仍有大量患者没有手术方法或治疗不彻底 CM 继续发挥作用。治疗这部分患者时, 立体定向照射 (放射外科和立体定向放射治疗) 的地位越来越高。

## 脑海绵状血管畸形放射外科治疗的可行性、有效性和安全性

近年来, 越来越多的报道表明, 使用放射治疗动脉血管畸形和硬膜动脉瘘 [18-20]。个别工作中, 证明了该方法在 CM 治疗中的应用可能性。使用这种治疗的主要适应症是直径达 3 厘米的 CM 位于大脑的深部 - 并发症风险最大的区域。立体定向放射手术是目前治疗 CM 患者的主要放疗方法之一。一些不受控制的研究表明, 放射手术后出血复发的风险在两年后降低。

C.C. Lee 和合著者的研究致力于研究使用伽玛刀装置治疗脑部 CM 患者的放射外科治疗的有效性和安全性 [21]。作者分析了 261 例 331 例有症状 CM 的治疗结果; 患者平均年龄 39.9 岁, 平均骨髓体积 3.1 毫升。整个治疗期间的平均辐射剂量为 11.9 Gy。对患者进行了 69 个月的随访。一些患者在初次出血后被诊断为 CM; 治疗前共诊断出血 136 例。

一般来说, 研究人员得出结论, 放射外科治疗降低了骨髓患者出血的风险, 因此, 对于难以进行骨髓手术或患者有严重伴发疾病的患者, 所使用的方法是一种有效的替代治疗选择。

A.U. Kefeli 和合著者尝试评估使用伽玛刀治疗脑干 CM 的结果 [22]。该研究包括 82 名患者他们在治疗前有 1 至 3 次经 X 射线证实的出血事件。治疗后平均靶体积为 0.3 ml, 最大辐射剂量为 12 Gy。患者在手术前平均随访 25.5 个月, 手术后平均随访 50.3 个月。年治疗前出血率为 8.6%。治疗后整个随访期内, 仅有 3 例患者出现反复出血, 因此年内反复出血频率为 0.87%, 即 这种治疗方法显着降低了此类并发症的风险。

迄今为止 CM 出血风险的大小尚未明确定义。对 CM 自然病程的观察表明, 出血的年风险在 2.3% 到 4.1% 之间, 而在外科治疗中, 其值在每年 2.7%

到6.8%之间[23, 24]。然而初次出血后CM再出血的风险增加,达到40%[25]。

R. Wen和合著者进行荟萃分析以评估伽玛刀治疗骨髓的临床疗效,结果显示术后前两年和后两年的出血频率无显著差异(RR 2.81; 95%可信区间0.20-13.42) [26]。

近年来的研究表明,在使用伽玛刀装置进行BM治疗后的前2年,出血频率每年从39.5%下降到7.2%,在随后的几年里,从3.6%下降到1% [22, 27, 28]。

研究CM整个观察期内的出血频率时,D. Kondziolka和合著者发现放射外科手术前出血的年发生率为5.9%,2年后为1.1% [29]。R. Aboukais和合著者表明该指标从3.16%下降到2.46% [30]。根据R. Lopez-Serrano和合著者放射外科治疗前的年出血率为3.06%,放射外科治疗后约为1.4% [31]。

一些作者认为,伽玛刀的有效性在放射外科治疗后2-3年充分体现,这是由于CM体积随着时间的推移而减少,这是由于照射后发生硬化和血管血栓形成的过程 [31, 32]。

讨论的问题是出血频率的降低是否与放射外科干预的表现有关,还是CM的自然病程的结果 [21]。

认为放射外科治疗血管畸形的机制是以血管内皮细胞增殖和透明化为基础的,透明化导致血管腔关闭。R. Gewirtz和合著者和I. Nyáry和合著者对接受放射外科治疗的患者的CM组织进行组织学检查。结果发现纤维蛋白样坏死、内皮细胞破坏和结缔组织间质明显纤维化的迹象 [33, 34]。

K. Park和合著者分析了45例患者(14名男性、31名女性)用伽马刀对脑干症状CM进行放射手术治疗的远期结果[27]。患者观察5年以上;平均持续时间为9.31年(从5.1年到19.4年)。进行放射手术治疗之前,所有患者都有一次或多次症状性出血。这些出血伴随着神经缺损的表现,包括颅脑神经功能紊乱、偏瘫、偏瘫、痉挛、霍雷亚。CM的平均靶体积为1.82 立方厘米,最大照射剂量的中位数为13 Gy。根据获得的结果,作者得出结论使用伽玛刀进行放射外科治疗是一种安全且临床有效的治疗CM的方法,可以减少复发性出血的频率。

2019年进行了三项关于使用伽玛刀(> 100例,至少随访4年)治疗复发性出血性或症状的

CMs 的大型研究 [35-37]。这些研究共包括530名患者。Y. Kida研究提出使用伽玛刀放射外科治疗BM后的年出血发生率从9.5%(1年内)下降到4.7%(2年内) [37]。其他研究中使用这种方法后的年出血发生率从15%(2年后)下降到2.4%(2年后) [35]。

有研究者认为患者的性别、介入治疗前神经系统表现的严重程度CM的大小、周围组织的水肿程度、放射剂量是影响放射外科治疗患者出血频率的因素[36]。同时B. Kim和合著者在使用伽玛刀治疗时,根据患者的骨髓体积、辐射剂量、性别和年龄,在出血频率上没有发现统计学上的显著差异 [38]。

大多数CM患者的常见并发症是癫痫发作,出血的发展与癫痫发作之间存在相关性。通常伴有出血的CM患者伴随头痛或头晕 [37]。实验研究表明血凝块代谢物的沉积,尤其是铁可以作为类似的致癫痫因素。使用磁共振成像(MRI)的研究已经证实了这类患者的癫痫发作和出血之间的关系。这种病理学中发生癫痫发作的另一个危险因素是CM的定位,主要是幕上、古皮质和颞叶。K. Menzler和合著者比MRI数据表明在81名大脑皮层受累的CM患者中,49名癫痫发作,而17名完全位于皮质下的BM患者中没有一个出现癫痫发作 [39]。

考虑到CM放射外科治疗的并发症,首先应该注意的是脑部出现放射损伤并出现神经系统疾病的风险包括头痛、头晕、面神经麻痹、面部感觉异常、复视、构音障碍、和四肢无力 [30]。另一个严重的副作用是辐射坏死,它可以促进肿瘤的发展[40]

一些研究人员对辐射暴露诱导新CM形成的能力表示担忧,尤其是在儿童中,以及在家族性疾病的情况下 [41]。

脑干CM放射外科治疗期间的最佳限制辐射剂量尚未明确定义。然而C. Lee和合著者认为11 Gy的限值足以降低此类治疗的放射并发症风险 [21, 38]。使用该水平的剂量是有效的,而使用伽玛刀2年后出血风险降低至2.4%,并且神经系统状态有所改善;辐射引起的并发症发生率为2.32%。

一般而言脑干CM放射外科治疗期间相对于放射毒性而言安全的放射治疗剂量为11-13 Gy [42]。

根据目前进行放射外科手术的建議,这种方法应被视为一种治疗有出血史的脑部区域组织损伤手术风险高得无法接受的单一 CM 的方法[43]。专家意見建議在以下情况下不建議使用这些方法,当 CM 可用于手术治疗时,以及在沒有症状和家族性病理的情况下。

这些结构的立体定向激光消融也被认为是治疗具有癲癇样表现的 CM 的潜在有希望的方法[44]。

因此,脑部放射外科治疗CM是一种相对安全的方法,使用时不会观察到许多并发症,特别是血管破裂和脑组织损伤。使用这种方法意味着单次应用整个剂量的辐射,一方面,这是获得所需结果所必需的,另一方面,它对周围的大脑物质来说是足够安全的。这种方法的特点是治疗CM的效率最高。同时在某些情况下,CM的大小(体积)不允许安全使用所需的辐射剂量,而剂量的减少会导致作用效果的降低[45]。

按照C.C. Lee和合著者CM放射外科治疗的有效性受到神经影像学方法能力不足、高辐射剂量( $> 15\text{ Gy}$ )以及目标区域覆盖不完整或过度的限制[21]。神经影像学(MRI的使用)、辐射剂量的优化和使用适当软件的干预计划的进步已显著降低了此类治疗并发症的风险。

## 质子治疗海绵状血管畸形

当无法进行手术切除或患者拒绝接受手术时,质子治疗是一种更先进的放射治疗方法。CM质子治疗与立体定向放射外科治疗一样,解决了在地层结构中实现闭塞的问题,从而降低了后续出血的风险。质子治疗的优点是可以对肿瘤进行足够准确的照射(精度约为  $0.5\text{ 毫米}$ ),同时对健康组织的损伤最小,并降低副作用的风险[46]。

5至90个月期间观察治疗效果。70%的病例中肿瘤完全消失。茎周海绵状血管瘤的质子放射外科治疗方案如图1所示[47]。

## 结论

海绵状血管瘤是脑血管肿瘤,其发展机制基于血管增殖、畸形和出血性血管病的过程。临床症状的主要原因是海绵状血管瘤结构中的反复出血,随后铁在大脑周围组织中沉积,这可导致癲癇发生灶,尤其是当海绵状血管瘤位于大脑的颞叶和古皮质区域时。改进诊断和治疗方法是一个多学科的问题。

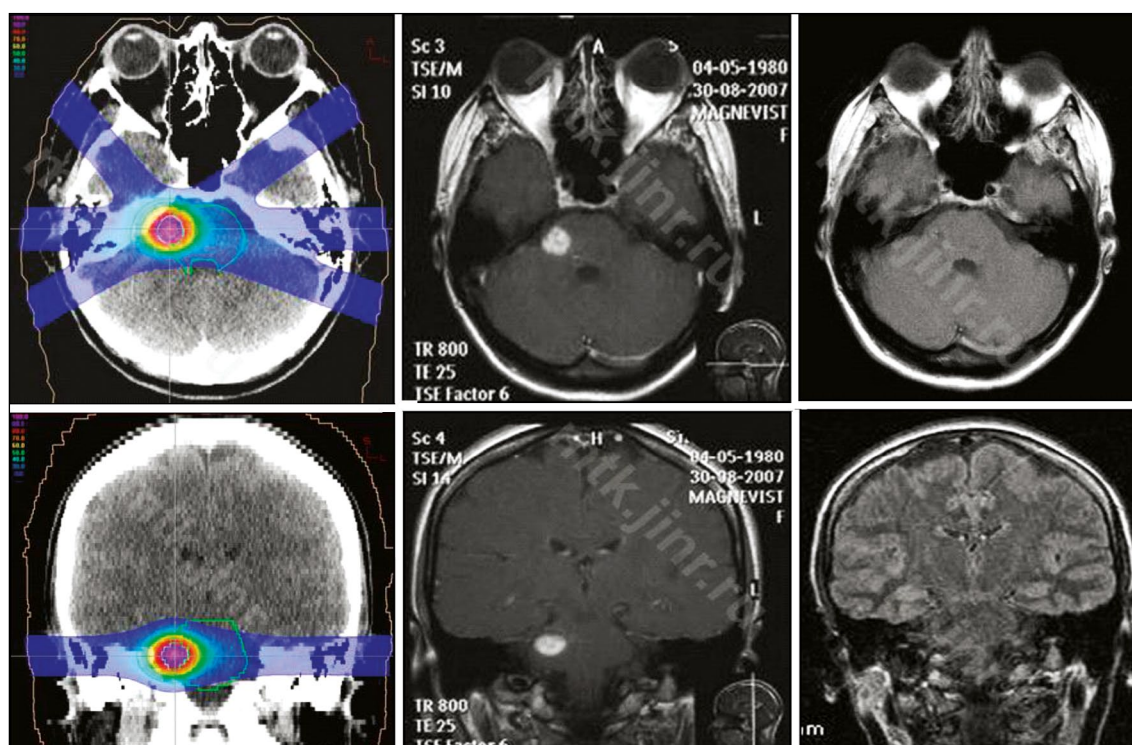


图 1骨膜海绵状血管瘤质子放射外科手术计划: 治疗前和治疗后 3 个月(海绵状血管瘤完全吸收)的 MRI 对比。

治疗方法的选择取决于畸形的类型、大小、位置以及是否有出血史。由于在很大一部分患有CM的患者中, 外科手术并发症的风险很高, 对于这类患者以及家族性CM患者来说, 开发其他外科治疗方法是非常重要的。这些领域越来越多地包括目前使用的立体定向放射治疗方法。

## 附加信息

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## ОБ АВТОРАХ

### \* Гиря Елена Николаевна,

адрес: Россия, 129010, Москва, Большая Сухаревская пл., д. 3;  
тел.: +7 (495) 608-34-50;  
ORCID: <https://orcid.org/0000-0001-5875-1489>;  
eLibrary SPIN: 4793-7748; e-mail: [mishka\\_77@list.ru](mailto:mishka_77@list.ru)

### Синицын Валентин Евгеньевич, д.м.н., профессор;

ORCID: <https://orcid.org/0000-0002-5649-2193>;  
eLibrary SPIN: 8449-6590; e-mail: [vsini@mail.ru](mailto:vsini@mail.ru)

### Токарев Алексей Сергеевич, к.м.н.;

ORCID: <https://orcid.com/0000-0002-8415-5602>;  
eLibrary SPIN: 1608-0630; e-mail: [alex\\_am\\_00@mail.ru](mailto:alex_am_00@mail.ru)

## AUTHORS' INFO

### \* Elena N. Giry, MD;

address: 3 Bol'shaya Sukharevskaya ploshcad, 129010, Moscow, Russia; tel.: +7 (495) 608-34-50;  
ORCID: <https://orcid.org/0000-0001-5875-1489>;  
eLibrary SPIN: 4793-7748; e-mail: [mishka\\_77@list.ru](mailto:mishka_77@list.ru)

### Valentin E. Sinitsyn, MD, Dr. Sci. (Med.), Professor;

ORCID: <https://orcid.org/0000-0002-5649-2193>;  
eLibrary SPIN: 8449-6590; e-mail: [vsini@mail.ru](mailto:vsini@mail.ru)

### Alexey S. Tokarev, MD, Cand. Sci. (Med.);

ORCID: <https://orcid.com/0000-0002-8415-5602>;  
eLibrary SPIN: 1608-0630; e-mail: [alex\\_am\\_00@mail.ru](mailto:alex_am_00@mail.ru)

\* Автор, ответственный за переписку / Corresponding author