



# 中山醫學大學附設醫院

## 攝護腺癌診療指引

臨床指引參考台灣國家衛生研究院、與美國 NCCN 版本  
再依據中山醫學大學附設醫院泌尿道癌小組經驗作編修  
泌尿道癌醫療小組

癌症委員會主任委員	癌症委員會執行長	癌症防治中心主任	團隊負責人



## 修訂內容

頁數	原文	修訂/新增
第 1 頁	前言： Practice Guide-lines in Prostate Cancer V4. 2013 版	前言：修訂為 Practice Guide-lines in Prostate Cancer V3. 2016 版
第 7 頁	攝護腺癌治療指引： 局部侵犯性腫瘤→T3~4 期	攝護腺癌治療指引：修訂為 局部侵犯性腫瘤→T3~4 期 或 N1
第 7 頁	攝護腺癌治療指引： ※2012 年預期餘命依據內政部的男性簡易生命表為 76.4 歲	攝護腺癌治療指引：修訂為 ※2015 年預期餘命依據內政部的男性簡易生命表為 77.0 歲
第 12 頁	放射治療及化學治療處置： Definitive radiotherapy : (1) 70~81 Gy , IMRT/IGRT preferred.	放射治療及化學治療處置：修訂為 Definitive radiotherapy : (1) 75~81 Gy , IMRT/IGRT preferred.
第 13 頁	Principles of chemotherapy : Docetaxel + Prednisolone Docetaxel 3 mg/m <sup>2</sup> d1,8,15,22,29	Principles of chemotherapy : 修訂為 Docetaxel + Prednisolone Docetaxel 30 mg/m <sup>2</sup> d1,8,15,22,29
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## 一、前言

本共識手冊內所提之各種診治意見，為原則性之建議，希望能為癌症患者及其家屬提供一個正確的指引；但對臨床醫師之醫療行為無絕對之法律性約束力！由於醫藥科技持續在進步，每位患者的病情亦不盡相同；醫師應就病人之病情做個別的考量，病人和家屬亦應與醫師溝通討論，以決定最適當之診治方式。

據行政院衛生署的統計，前列腺癌的發生率與死亡率近年來均呈逐年增加之現象；2012 年死亡排名佔男性癌症的第 7 位。本院登錄攝護腺惡性腫瘤 5 年個案數近為 240 例，發病年齡在 65 歲以上明顯增加，在 80 歲以上的組距佔最大族群。隨著老年化人口的來臨，攝護腺惡性腫瘤的篩檢顯得的格外重要。

隨著篩檢工具（攝護腺特定抗原 PSA 檢測）的準確率提高，病患健康意識的提昇，將來攝護腺癌的發生率必將持續增加，也因此本院積極整合泌尿外科、病理科、腫瘤內科、醫學影像部與放射腫瘤科以堅強的團隊，提供攝護腺癌有效的預防與全方位的治療。本院治療攝護腺(前列腺)惡性腫瘤具有相當優異成果，於民國 90 年成為中部第一所完成攝護腺組織插種近接治療單位，日前更引進先進且精準的光子刀/亞瑟刀放射定位治療儀器；在微創(局部)治療部分，也陸續引進海福刀(HIFU)及冷凍療法(Cryotherapy)。本團隊目的是整合現有人力、資源、研究計劃、臨床試驗、空間設備針對攝護腺癌做完善的的診斷及治療。

本攝護腺癌診斷及治療指引的建立，除了依據已發表的實證醫學證據及專家意見外，並參考國家衛生研究院攝護腺癌臨床指引、美國 National Comprehensive Cancer Network (NCCN) 的 Practice Guide-lines in Prostate Cancer V3. 2016版、及中山醫學大學附設醫院攝護腺癌治療經驗進行編修。



## 二、症狀、診斷和檢查

攝護腺癌在初期很少有症狀，多半都是在腫瘤較大且壓迫到膀胱或尿道時，才會出現像頻尿，解尿困難，排尿時有疼痛及燒灼的感覺，甚至解血尿。不過由於良性的攝護腺肥大也會有類似的症狀產生，所以有時也很難以這些症狀來判斷是否罹患攝護腺癌。攝護腺癌發生遠端轉移的時候，最常轉移到骨骼，此時多半會引起骨頭疼痛，或壓迫神經引起神經痛的症狀，嚴重的話，還會有病理性骨折的情形。要診斷攝護腺癌，首先要詳細的詢問病史，並要進行完整的身體檢查及評估，這些檢查包括：

- (1) 肛門指檢：直腸就在攝護腺的後側，所以醫師可以用食指經肛門放入病人的直腸，來觸診攝護腺，這樣的檢查就稱為「肛門指檢」。正常的攝護腺應該是柔軟有彈性的，如同握拳時大姆指旁虎口的肌肉，而攝護腺癌觸摸起來卻是如結節般的硬塊，甚至硬如石頭。但如果遇到攝護腺肥大、攝護腺發炎、攝護腺結石、或做過經尿道攝護腺切除手術及切片的病人，則肛門指檢就不易判讀。
- (2) 攝護腺特異抗原(**prostate specific antigen**，簡稱**PSA**)：這是一種攝護腺產生的蛋白質，其生理功能是使射精後的精液液化，可能有助於精子游走和授孕。攝護腺的上皮細胞與癌細胞都會分泌PSA，但癌細胞會分泌數倍以上的量。血中PSA的正常值是小於4.0 ng/ml，若抽血檢驗PSA大於正常值，就要懷疑有攝護腺癌的可能。但由於攝護腺肥大、攝護腺發炎、肛門指檢、導尿管的置放、膀胱鏡的檢查、經直腸超音波檢查及攝護腺的切片，都會使PSA有不同程度的升高，所以一旦發現病人有PSA升高的情形，必預先排除其他非攝護腺癌所引起的PSA升高因素，才能下診斷。
- (3) 經直腸攝護腺超音波檢查：由於攝護腺是深埋在人體的一個小器官，一般的X光只能看到外形的影子，而肛門指診有時又會有人為因素的誤差，因此就發展出經直腸超音波檢查，可由距離攝護腺最近的位置直接掃描，觀察攝護腺的變化。當發現病灶時，還可藉由超音波的引導，將病變切片送檢查，但切片正常，並不一定代表就沒有癌症，有可能是因為切片採樣時沒有取到病變細胞。
- (4) 電腦斷層及核磁共振攝影：為了確實了解病灶與鄰近器官的關係，可以做電腦斷層及核磁共振攝影，較清楚的評估骨盆腔內的淋巴結，及其他器官是否有被癌細胞侵犯。
- (5) 其他：倘若懷疑有骨頭的轉移，還要做骨骼掃描，或是胸部X光檢查，以觀察是否有肺部轉移。



### 三、組織病理分類與分化

攝護腺癌的分類還可根據癌細胞分化程度來區隔，稱格里森分級系統。

\* 格里森分級系統 (Gleason grading system)：

此為攝護腺癌分級中最常使用的分級系統，此系統是將腫瘤標本置於顯微鏡下，依據細胞分化的成熟度將其分成 1~5 級，分化最成熟的為 1 級，分化最不成熟的則為 5 級；而考慮攝護腺癌的多發性以及客觀評估預後，此系統從攝護腺癌組織切片中，取前二大面積者的級數相加而成格里森分數(2~10) (Gleason score)。格里森分數在 7 以上的病人預後明顯比格里森分數在 6 以下的病人來得差。



## 四、臨床分期與病理分期

臨床T期可依肛門指診及影像學檢查來評估腫瘤是否於攝護腺包膜內 (T1, T2) 或包膜外 (T3,T4)

分期目標：(1) 評估預後、(2) 引導治療方向、(3) 不同治療方式的比較基準。

TNM staging system 為採用 AJCC 2010 出版的第七版。

	PRIMARY TUMOR (T)		
<b>TX</b>	Primary tumor cannot be assessed		
<b>T0</b>	No evidence of primary tumor		
<b>T1</b>	Clinically inapparent tumor neither palpable nor visible by imaging		
<b>T1a</b>	Tumor incidental histologic finding in 5% or less of tissue resected		
<b>T1b</b>	Tumor incidental histologic finding in more than 5% of tissue resected		
<b>T1c</b>	Tumor identified by needle biopsy (e.g., because of elevated PSA)		
<b>T2</b>	Tumor confined within prostate*	<b>pT2</b>	Organ confined
<b>T2a</b>	Tumor involves one-half of one lobe or less	<b>pT2a</b>	Unilateral, one-half of one side or less
<b>T2b</b>	Tumor involves more than one-half of one lobe but not both lobes	<b>pT2b</b>	Unilateral, involving more than one-half of side but not both sides
<b>T2c</b>	Tumor involves both lobes	<b>pT2c</b>	Bilateral disease
<b>T3</b>	Tumor extends through the prostate capsule**	<b>pT3</b>	Extraprostatic extension
<b>T3a</b>	Extracapsular extension (unilateral or bilateral)	<b>pT3a</b>	Extraprostatic extension or microscopic invasion of bladder neck***
<b>T3b</b>	Tumor invades seminal vesicle(s)	<b>pT3b</b>	Seminal vesicle invasion
<b>T4</b>	Tumor is fixed or invades adjacent structures other than seminal vesicles: such as external sphincter, rectum, bladder, levator muscles, and/or pelvic wall	<b>pT4</b>	Invasion of rectum, levator muscles and/or pelvic wall



REGIONAL LYMPH NODES (N)			
<b>NX</b>	Regional lymph nodes were not assessed	<b>pNX</b>	Regional nodes not sampled
<b>N0</b>	No regional lymph node metastasis	<b>pN0</b>	No positive regional nodes
<b>N1</b>	Metastasis in regional lymph node(s)	<b>pN1</b>	Metastases in regional node(s)

DISTANT METASTASIS (M)	
<b>M0</b>	No distant metastasis
<b>M1</b>	Distant metastasis
<b>M1a</b>	Non-regional lymph node(s)
<b>M1b</b>	Bone(s)
<b>M1c</b>	Other site(s) with or without bone disease

Anatomic Stage · Prognostic Groups					
<input type="checkbox"/> CLINICAL <input type="checkbox"/> PATHOLOGIC					
Group	T	N	M	PSA	Gleason
I	T1a-c	N0	M0	PSA < 10	Gleason ≤ 6
	T2a	N0	M0	PSA < 10	Gleason ≤ 6
	T1-2a	N0	M0	PSA X	Gleason X
IIA	T1a-c	N0	M0	PSA < 20	Gleason 7
	T1a-c	N0	M0	PSA ≥ 10 < 20	Gleason ≤ 6
	T2a	N0	M0	PSA < 20	Gleason ≤ 7
	T2b	N0	M0	PSA < 20	Gleason ≤ 7
	T2b	N0	M0	PSA X	Gleason X
IIB	T2c	N0	M0	Any PSA	Any Gleason
	T1-2	N0	M0	PSA ≥ 20	Any Gleason
	T1-2	N0	M0	Any PSA	Gleason ≥ 8
III	T3a-b	N0	M0	Any PSA	Any Gleason
IV	T4	N0	M0	Any PSA	Any Gleason
	Any T	N1	M0	Any PSA	Any Gleason
	Any T	Any N	M1	Any PSA	Any Gleason



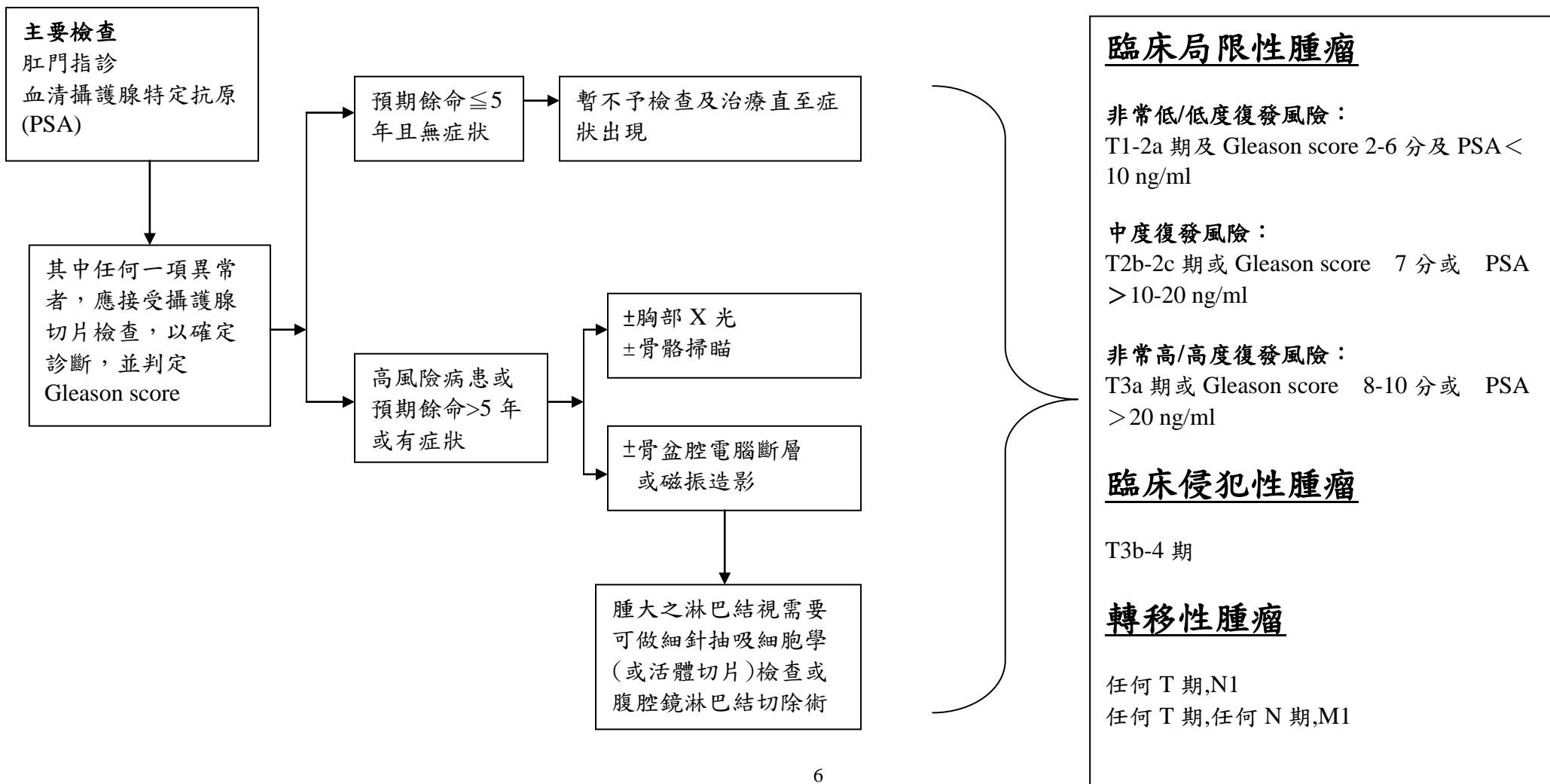


### 五、攝護腺癌臨床指引

#### 初步診斷

#### 臨床分期之檢查

#### 復發風險

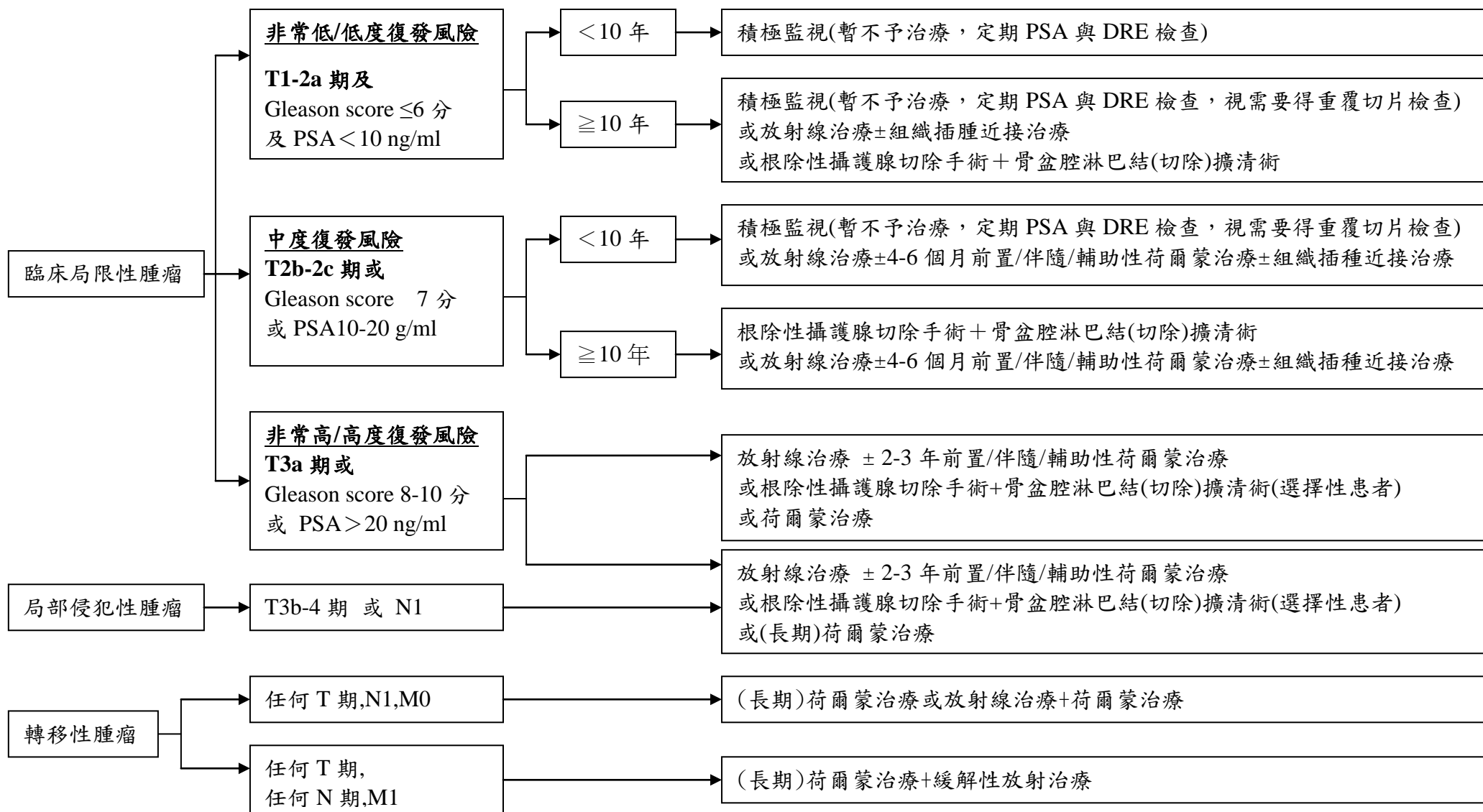




臨床期別 (復發風險)

預期餘命

初步治療



7 ※2015 年預期餘命依據內政部的男性簡易生命表為 77.0 歲

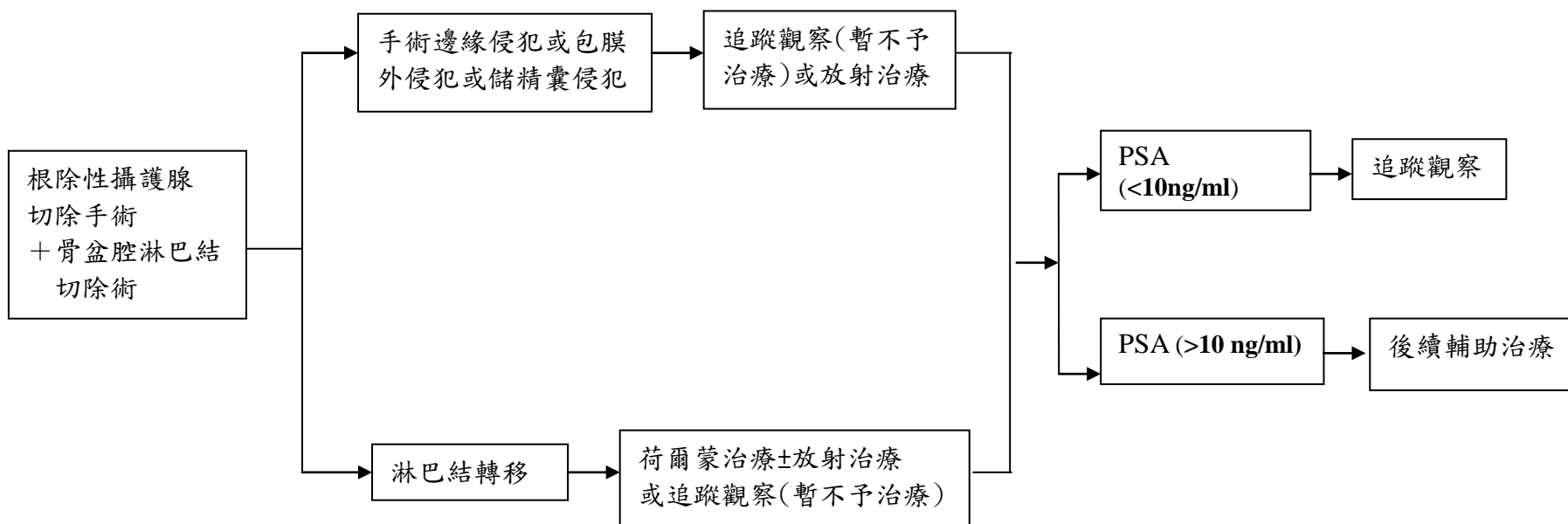


## 六、根除性攝護腺切除手術治療後之輔助治療

初步治療

病理狀況

輔助治療



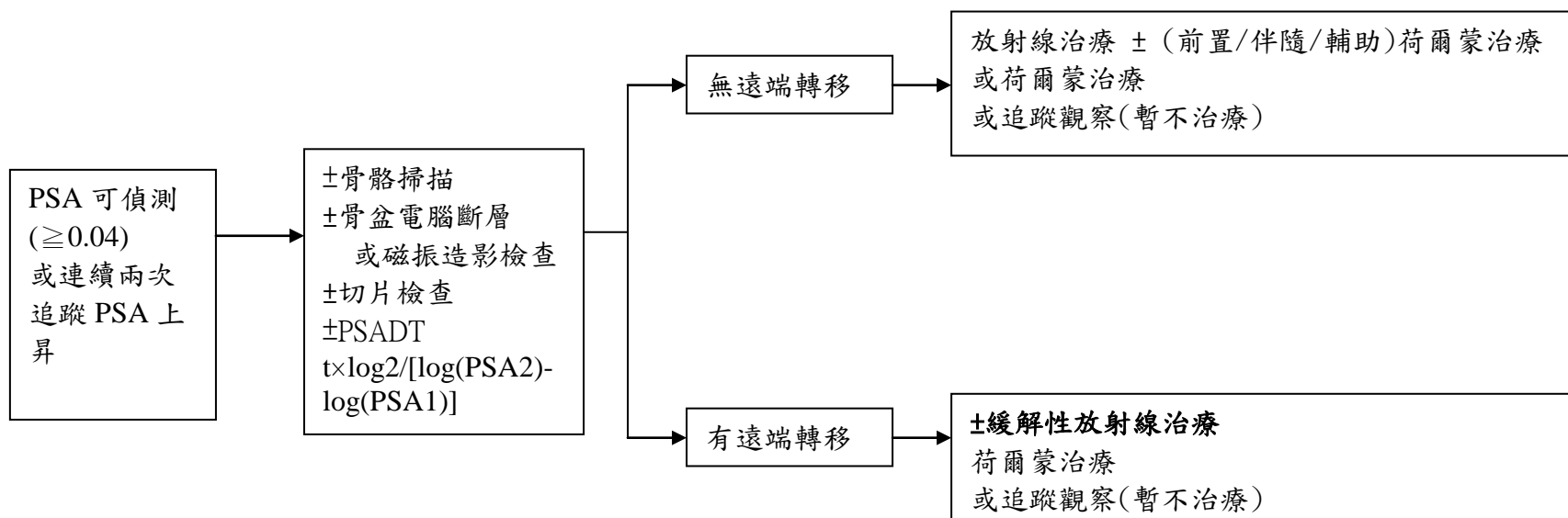


## 七、根治性攝護腺切除手術治療後復發之救援處置

復發情況

救援檢查與評估

初步救援治療



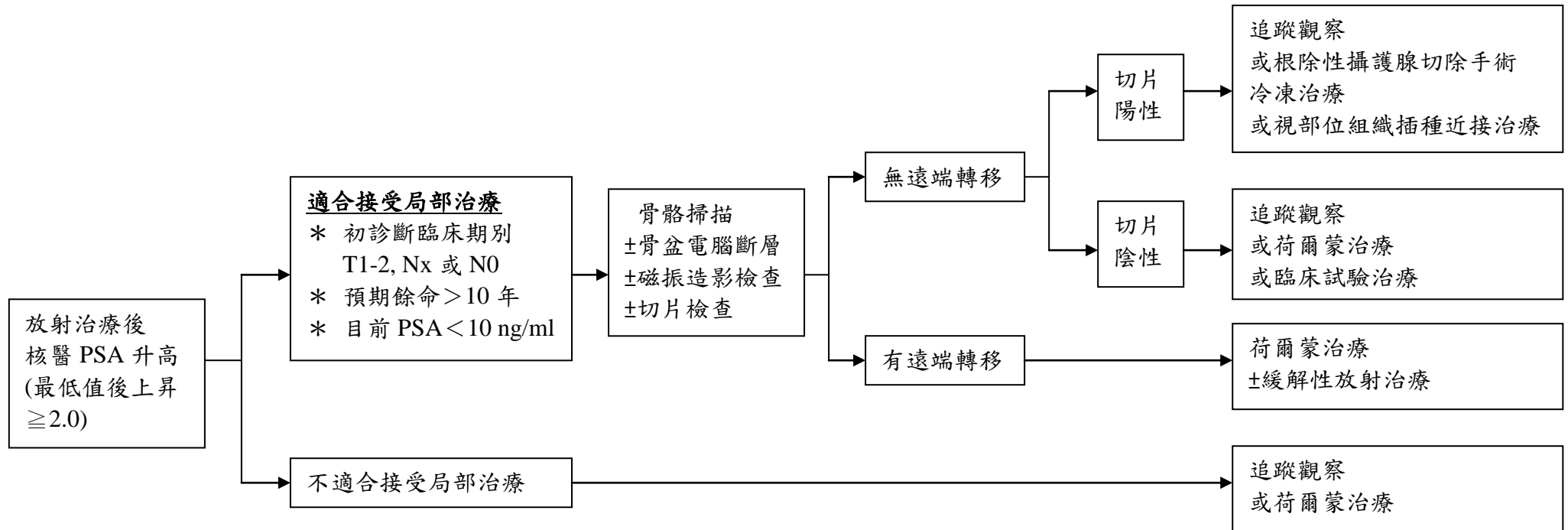


### 八、放射治療後復發之救援處置

復發情況

救援檢查與評估

初步救援治療

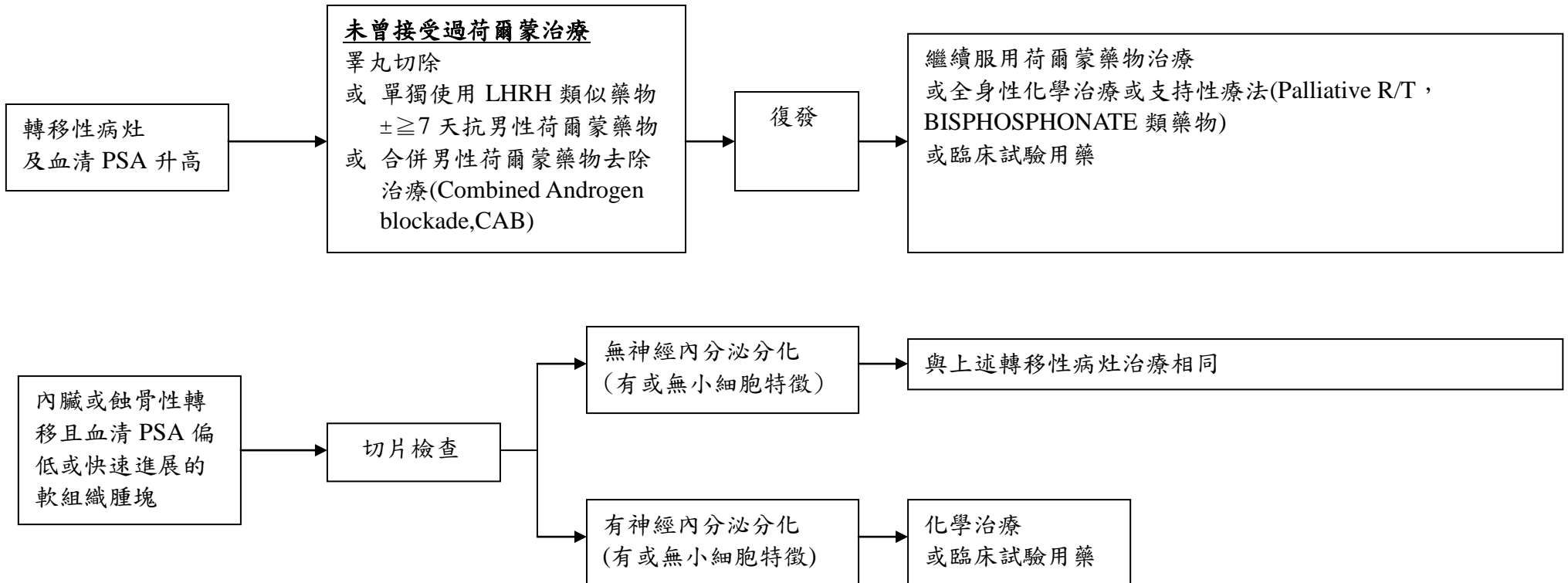




擴散性疾病

全身性治療

全身性救援治療



## 九、放射治療及化學治療處置

### Principle of Sandwich

Neoadjuvant androgen ablation + radiotherapy\*+adjuvant androgen ablation

### Principles of radiation

Selective adjuvant radiotherapy \* :

If margin positive /residual or LN positive , dose of 64~72Gy depended on the tumor position and the patient condition

Definitive radiotherapy : (1) 75~81 Gy , IMRT/IGRT preferred.

(2) high-dose-rate (HDR) interstitial brachytherapy 15-24 Gy plus 45~55 Gy IMRT/IGRT could be considered for T1a~T2b

Radiotherapy \*\*::

For primary recurrence : 65~76 Gy , IMRT/IGRT preferred.

For distant metastasis : 20~40 Gy.

Radiotherapy# :

palliative radiotherapy:20~40 Gy



## Principles of chemotherapy

### Docetaxel + Prednisolone

Docetaxel	75 mg/m <sup>2</sup>	d1
Prednisolone	10mg/day	
Q3w		

Berthold DR et al. Docetaxel plus prednisone or mitoxantrone plus prednisone for advanced prostate cancer: updated survival in the TAX 327 study. J Clin Oncol 2008; 26:242 (link to the article).

### Docetaxel + Prednisolone

Docetaxel	30 mg/m <sup>2</sup>	d1,8,15,22,29
Prednisolone	10mg/day	
Q6w		

Tannock IF et al. Docetaxel plus prednisone or mitoxantrone plus prednisone for advanced prostate cancer. N Eng J Med 2004; 351:1502.

### Mitoxantrone + Prednisone

Mitoxantrone	12 mg/m <sup>2</sup>	d1
Prednisolone	10mg/day	
Q3w		

Tannock IF et al. Docetaxel plus prednisone or mitoxantrone plus prednisone for advanced prostate cancer. N Eng J Med 2004; 351:1502.





## 十、其他療法

Cryosurgical ablation of the prostate(CSAP) and high-intensity focussed ultrasound(HIFU) have emerged as alternative therapeutic options in patients with clinically localised PCa who are not suitable for RP.

The following factors might be indications: low-or intermediate-risk PCa and prostate size < 40ml at the time of therapy.

## 十一、安寧緩和照護原則

若預期疾病難以治癒時，病人存活期小於 6 個月便適合安寧療護(Pomeranz & Brustman, 2005；Waldrop & Rinfrette, 2009)。若藉由症狀、檢驗數據、及確切的腫瘤診斷，證實臨床上該惡性腫瘤已經廣泛侵犯、或進展快速；功能分數（Palliative Performance Scale）低於 70%；拒絕進一步腫瘤治癒性治療，或者在治療之下仍持續惡化者，即可轉介緩和醫療團隊（彭等，2006）。

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## 攝護腺癌Stage IV完治率定義

- STAGE IV 荷爾蒙治療以3個月為基準若追蹤 serum PSA下降算完治。
- STAGE IV 放射治療一個療程算完治。
- 『接受安寧緩和』算完治。