

· 指南解读 ·

中国临床肿瘤学会结直肠癌诊疗指南(2025版) 更新要点解读

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【摘要】 中国临床肿瘤学会(Chinese Society of Clinical Oncology, CSCO)结直肠癌诊疗指南(2025版)在前期版本的基础上实现多项关键更新,旨在融合国际循证证据与本土实践经验,优化结直肠癌的精准诊疗路径。该版本重点更新内容包括:在诊断评估方面,提升肝脏细胞特异性造影剂增强磁共振成像(magnetic resonance imaging, MRI)为 I 级推荐,首次纳入循环肿瘤 DNA(circulating tumor DNA, ctDNA)-微小残留病灶(minimal residual disease, MRD)检测用于术后复发预测与辅助治疗决策。在治疗策略方面,T_{4b}期高危结肠癌患者推荐新辅助化疗,辅助治疗进一步细化风险分层。直肠癌治疗路径显著革新,错配修复缺陷(deficient mismatch repair, dMMR)/高微卫星不稳定性(microsatellite instability-high, MSI-H)患者新辅助免疫治疗获 I 级推荐,错配修复完整(proficient mismatch repair, pMMR)/微卫星稳定(microsatellite stability, MSS)患者可根据直肠系膜筋膜状态与保肛可能性实施个体化联合治疗方案,并明确等待观察策略的适用人群及随访规范。在转移性疾病治疗方面,指南重构治疗推荐体系,强调免疫治疗在特定分子亚型(如 dMMR/MSI-H、POLE/POLD1 突变)中的一线及后线应用,靶向治疗推荐则依据原发灶部位及 RAS/BRAF 状态进行精细化分层。在遗传性结直肠癌方面,更新了林奇综合征(Lynch 综合征)与家族性腺瘤性息肉病管理建议,并将下一代测序技术纳入筛查流程图。整体而言,2025 版 CSCO 指南体现了中国结直肠癌诊疗策略向分子分型指导、精准治疗、多学科协作及免疫整合治疗发展的趋势,为临床实践提供了更具实用性与前瞻性的决策支持。

【关键词】 结直肠癌; 中国临床肿瘤学会指南; 循环肿瘤 DNA; 新辅助治疗; 免疫治疗; 靶向治疗; 遗传性肿瘤; 多学科协作

Interpretation of the 2025 edition of the Chinese Society of Clinical Oncology (CSCO) guidelines for the diagnosis and treatment of colorectal cancer

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【Abstract】 The 2025 edition of the Chinese Society of Clinical Oncology (CSCO) guidelines for the diagnosis and treatment of colorectal cancer incorporates a series of critical updates based on prior versions, aiming to integrate international evidence-based medicine with domestic clinical practice to enhance precision in colorectal cancer management. Key updates include: In diagnostic evaluation, hepatocyte-specific contrast-enhanced magnetic resonance imaging (MRI) is upgraded to a Grade I recommendation, and circulating tumor DNA-based minimal residual disease (ctDNA-MRD) detection is introduced for postoperative recurrence prediction and adjuvant therapy guidance. For treatment strategies, neoadjuvant chemotherapy is recommended for high-risk stage T_{4b} colon cancer, with further risk stratification refined for adjuvant therapy. The therapeutic paradigm for rectal cancer has been significantly revised—neoadjuvant

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immunotherapy is now a Grade I recommendation for patients with deficient mismatch repair/microsatellite instability-high (dMMR/MSI-H) tumors, while those with proficient mismatch repair/microsatellite stability (pMMR/MSS) tumors are advised individualized combined regimens based on mesorectal fascia (MRF) status and sphincter preservation potential; indications and follow-up protocols for the watch and wait strategy are also specified. For metastatic disease, the guideline reconstructs therapeutic recommendations, highlighting the role of immunotherapy in molecular subtypes such as dMMR/MSI-H and *POLE/POLD1* mutations, and tailoring targeted therapy strategies based on primary tumor location and *RAS/BRAF* status. In hereditary colorectal cancer, management of Lynch syndrome and familial adenomatous polyposis (FAP) is optimized, and next-generation sequencing (NGS) is incorporated into the genetic screening algorithm. Overall, the 2025 CSCO guidelines reflect a national consensus toward molecular classification-driven precision oncology, multidisciplinary coordination, and integration of immunotherapeutic approaches, offering pragmatic and forward-looking clinical decision-making support.

【Key words】 Colorectal cancer; Chinese Society of Clinical Oncology guidelines; Circulating tumor DNA; Neoadjuvant therapy; Immunotherapy; Targeted therapy; Hereditary cancer; Multidisciplinary management

根据全球最新流行病学数据,结直肠癌仍是高发癌种之一,是中国居民第二常见的恶性肿瘤^[1]。中国临床肿瘤学会(Chinese Society of Clinical Oncology, CSCO)自2017年起每年修订并发布《结直肠癌诊疗指南》(以下简称指南),旨在整合国内外循证医学进展,兼顾地区发展差异、结合药物和诊疗手段的可及性以及肿瘤治疗的社会价值3个方面,持续优化诊疗路径。2025年发布的新版指南(以下简称2025版指南)基于2024年英文版进行了更新,全面纳入了免疫治疗进展、转移瘤管理细化、术前评估方法优化、病理遗传标志推荐等新证据。本文将围绕指南五大重点模块展开解读,并结合相关研究数据进行扩展分析。

1 诊断与评估推荐等级更新

在新版指南中,肿瘤初始评估与分期策略得到明显改进,尤其是在肝转移病灶的识别与管理方面。

1.1 肝转移瘤诊断策略调整

肝脏细胞特异性造影剂增强磁共振成像(magnetic resonance imaging, MRI)由原Ⅱ级推荐提升为Ⅰ级推荐。肝脏细胞特异性造影剂增强MRI作为高敏感度检查,更有助于检出1 cm以下病灶,特别是化疗后计算机断层扫描(computed tomography, CT)所不能显示的转移瘤。指南强调弥散加权成像(diffusion weighted imaging, DWI)、T2WI、多期T1WI联合使用可以提高诊断率,针对转移瘤数量、位置评估的要求也更为明确。

作为影响结直肠癌患者生存的主要预后因

素,肝转移病灶的手术切除和局部热消融等治疗是改善结直肠癌患者总生存(overall survival, OS)期的最佳治疗选择^[2-4]。2025年指南相较2024年版本提升了肝脏细胞特异性造影剂增强MRI的推荐等级。得益于技术进步,肝脏细胞特异性造影剂增强MRI的诊断准确性大大提高,DWI和钆塞酸二钠造影剂的组合具有最高的敏感度,尤其体现在小于10 mm病变的诊断上,在检测结直肠癌肝转移方面展现极大优势^[3,5-6]。

1.2 正电子发射计算机断层显像使用场景清晰界定

2025年指南仍将正电子发射计算机断层显像(positron emission tomography-computed tomography, PET/CT)作为Ⅱ级推荐,且明确界定了PET/CT不应作为结直肠癌常规诊断工具,而仅用于结直肠癌“高度怀疑转移但其他影像学诊断不明确”或“重大治疗决策前”的补充检查,避免过度检查^[7]。虽然PET/CT检测肝脏小转移灶和肝外肿瘤疾病的能力强于普通增强CT,但对于大部分患者来说,更高的转移瘤检出率并不会改变后续的治疗方案,也并不会改善接受根治性手术治疗患者的OS和无病生存(disease-free survival, DFS)^[8]。

1.3 循环肿瘤DNA-微小残留病灶检测首次纳入

循环肿瘤DNA(circulating tumor DNA, ctDNA)检测在预测复发风险、评估微小残留病灶(minimal residual disease, MRD)等方面发挥了重要作用,能够更早地提示肿瘤复发,能辅助Ⅱ~Ⅲ期结肠癌患者危险度的精确分层,从而指导化疗^[9-11]。ctDNA在肿瘤复发早期检测中的表现明显优于癌胚抗原

(carcinoembryonic antigen, CEA),平均可提前5~9个月。因此,在结直肠癌术后患者的监测中,可通过ctDNA早期发现复发,进行积极的早期干预甚至争取到二次根治性切除手术的机会^[10-11]。与复发风险分层的其他常规因素(高/低)不同,ctDNA反映的是MRD本身(是/否),故而对于需要术后辅助化疗(adjuvant chemotherapy, ACT)的患者,使用ctDNA实时监测MRD可能有助于指导ACT的精准给药、疗效评估和监测疾病复发:根治术后ctDNA阳性的患者均可接受ACT以根除MRD,并在ACT期间通过ctDNA监测进行疗效评估;对于在标准ACT疗程后ctDNA仍阳性的患者,可根据ctDNA提示的潜在靶点考虑升级ACT或改变治疗方案^[11]。

无论是在术后辅助治疗评估,还是在复发早期识别中,ctDNA监测作为Ⅲ级推荐被纳入结肠癌和直肠癌的随访路径,体现了分子层级下的预警机制。但MRD检测技术的标准化是开展此类研究及临床应用的前提。关于ctDNA-MRD的技术选择,指南倾向性推荐基于原发肿瘤全外显子组测序(whole exome sequencing, WES)检测的tumor-informed个性化ctDNA突变检测技术^[12]。

2 非转移性结肠癌治疗策略优化

2.1 高危T_{4b}期局部进展期结肠癌引入新辅助方案

对于错配修复完整(proficient mismatch repair, pMMR)/微卫星稳定(microsatellite stability, MSS)分型、临床T_{4b}期患者,指南新增Ⅲ级推荐:先行2~3个月CAPOX(卡培他滨+奥沙利铂)/mFOLFOX6(奥沙利铂+氟尿嘧啶+亚叶酸钙)或FOLFOXIRI(伊立替康+奥沙利铂+氟尿嘧啶+亚叶酸钙)新辅助治疗,后续行根治性手术,旨在提高根治性切除率和减少术中并发症^[13-15]。作为第一个评估新辅助化疗(neoadjuvant chemotherapy, NAC)在可手术切除结肠癌中的Ⅲ临床期试验,FOX-TROT研究表明,短程(6周)的奥沙利铂-氟尿嘧啶方案NAC可以在用药安全的前提下,有效地使pMMR/MSS肿瘤降期甚至消退,从而提高根治性手术的根治切除率和减少并发症^[13]。考虑到NAC+ACT相较于常规术后化疗的优势证据质量较低,目前仅建议将NAC作为局部进展期结肠癌患者的一种选择^[13-17]。

2.2 术后辅助治疗继续强调风险分层

术后辅助治疗推荐以“风险评估+方案适配”

为核心,结肠癌术后辅助治疗分层具体如下。①低危风险(T₃N₀M₀期,错配修复缺陷(deficient mismatch repair, dMMR),无论是否伴有高危因素):观察(1A类)。②普危风险(T₃N₀M₀期,pMMR且无高危因素):Ⅰ级推荐口服卡培他滨(首选),或氟尿嘧啶/亚叶酸钙持续静脉输注双周方案(1A类),Ⅱ级推荐观察。③高危风险(T₃N₀M₀期/pMMR伴高危因素,或T₄N₀M₀期):Ⅰ级推荐CAPOX和mFOLFOX6,优先推荐CAPOX(1A类);Ⅱ级推荐口服卡培他滨,或氟尿嘧啶/亚叶酸钙持续静脉输注双周方案(1B类);也可观察(Ⅲ级推荐)。④Ⅲ期结肠癌:推荐CAPOX和mFOLFOX6,优先推荐CAPOX(1A类);Ⅱ级推荐口服卡培他滨,或氟尿嘧啶/亚叶酸钙持续静脉输注双周方案(1B类)。

3 局部进展期直肠癌治疗理念革新

本次更新中,直肠癌治疗路径发生显著转变,尤其是免疫治疗正式被推荐为非转移性直肠癌患者的治疗方案。

3.1 错配修复缺陷/高微卫星不稳定性患者纳入新辅助免疫治疗

对于保肛困难、T_{4b}期等高危患者,程序性死亡受体1(programmed death-1, PD-1)单抗为主的新辅助治疗被列入Ⅰ级推荐,术后根据多学科诊疗(multidisciplinary treatment, MDT)评估决定是否行根治性手术,以实现“精准+保肛”两大目标。

目前局部进展期直肠癌的标准治疗方法是新辅助放化疗后行根治性手术,随后再行ACT^[18]。这种治疗模式虽然可以得到高达25%的病理完全缓解率,但也给患者带来了多种严重且顽固的并发症:放疗后肠道、泌尿系统或性功能受损,化疗引起的中性粒细胞减少、呕吐、腹泻等不良事件,以及与二者相关的术后并发症^[19-20]。另外,相当一部分接受直肠癌根治术的患者,需要行永久性的人工肠造口术,使得生活质量受到明显影响,生活方式也发生极大的改变。

dMMR/高微卫星不稳定性(microsatellite instability-high, MSI-H)型肿瘤可占全部直肠癌的5%~10%,已被证实不能从标准氟尿嘧啶化疗中获益^[21]。庆幸的是,根据目前的试验证据,PD-1抑制剂对于该类直肠癌非常有效,在50%以上的患者中,单药即可获得临床完全缓解(clinical complete remission, cCR),有望使dMMR/MSI-H直

肠癌患者免于放化疗和手术的损害,尤其是那些保肛困难、育龄期人群以及 T_{4b} 期等高危患者,可从PD-1单抗治疗中明显获益^[19-20,22]。

3.2 pMMR/MSS 患者按风险细化

对于pMMR/MSS或微卫星(microsatellite, MS)状态不明的患者,新增“放化疗+化疗联合免疫+再评估+根治性手术”方案,推荐等级可根据直肠系膜筋膜(mesorectal fascia, MRF)状态(MRF阴性:肿瘤距离MRF和肛提肌均大于1 mm,且未侵入括约肌间平面)与保肛可能性分为3类:可保肛、MRF阴性者为Ⅲ级推荐;保肛困难、MRF阴性者为Ⅱ级推荐; T_4 期或MRF阳性者为Ⅱ级推荐。

不同于dMMR/MSI-H肿瘤,pMMR/MSS肿瘤对免疫检查点抑制剂(immune checkpoint inhibitor, ICI)反应不佳,这可能归因于严重的T细胞耗竭、肿瘤相关巨噬细胞的高密度和较高的M2极化率^[23-25]。针对这个问题,已有文献证明放疗可通过诱导肿瘤抗原释放、增强肿瘤细胞免疫活性、激活免疫细胞、分泌免疫因子、促进肿瘤相关抗原呈递等方式有效激活肿瘤免疫微环境,从而使ICI增效^[26]。基于上述原理,已有数个Ⅱ期研究结果表明新辅助放化疗联合PD-1/程序性死亡受体配体1(programmed death-ligand 1, PD-L1)抑制剂免疫治疗可获得更高的病理完全缓解率^[27-30];评估短程放射治疗(short-course radiotherapy, SCRT)、免疫治疗和化疗联合治疗局部进展期直肠癌($cT_{3-4a}N_0M_0$ 期和 $cT_{1-4a}N_{1-2}M_0$ 期)的首个Ⅲ期试验——UNION研究的早期结果也证实该疗法可获得较好的病理完全缓解结局^[31]。

3.3 等待观察策略适用人群明确

cT_{3-4} 或N+期新辅助放化疗后cCR患者可实施非手术观察策略,但需建立“高分辨率MRI+内镜+肛门指诊(digital anal examination, DRE)”三重监测机制,并要求患者遵医嘱接受密切的治疗后随访与监测;在治疗结束后2年内,全腹部CT、结肠镜和DRE每2~3个月复查1次,盆腔MRI每3~6个月复查1次;随访2年后前述复查项目每6~12个月复查1次,至少持续5年。考虑到肿瘤残留乃至远处转移的风险和补救治疗措施及后果,该策略并非普适路径,仅推荐在大型医疗中心推行。

目前cCR的国际公认标准为:①DRE原肿瘤区域正常,没有肿瘤性肿块可触及;②内镜下无可见肿瘤性征象,或者仅有少量残留的斑片性溃疡

或瘢痕;③盆腔高分辨率MRI检查,实质性缩小,未观察到残留肿瘤占位或仅存在残余纤维化,有时与水肿导致的残余肠壁增厚相关,无可疑淋巴结;④内镜活检,不强制用于定义cCR,特别对于满足DRE、结肠镜检查 and MRI cCR标准的患者不应进行活检^[32]。

4 转移性结直肠癌治疗体系重构

2025版指南明确了不同生物标志物亚群的治疗推荐,尤其是针对免疫治疗与靶向治疗策略的精准组合。

4.1 免疫治疗进入多线推荐核心

基于CheckMate 8HW研究^[33]和KEYNOTE-117研究^[34],dMMR/MSI-H人群一线治疗推荐新增纳武利尤单抗+伊匹木单抗、帕博利珠单抗(1A类)。

对于氟尿嘧啶类、奥沙利铂和伊立替康治疗效果不佳或不耐受的MSS或低微卫星不稳定性(microsatellite instability-low, MSI-L)/pMMR转移性结直肠癌患者,在姑息治疗的三线治疗中,曲氟尿苷替匹嘧啶(TAS-102)联合贝伐珠单抗替代TAS-102单药,成为新的Ⅰ级推荐方案^[35-36]。

对于标准治疗后失败的pMMR/MSS结直肠癌患者,检测到POLE/POLD1基因突变的,已证实对ICI治疗高度敏感^[37-38]。POLE/POLD1基因是DNA合成和损伤应答相关基因,部分发生在POLE/POLD1蛋白DNA外切酶结构域的突变会导致肿瘤超突变,这种功能性突变使得结直肠癌的肿瘤-基质界面中肿瘤浸润淋巴细胞和免疫细胞高度富集,肿瘤免疫微环境得到改善^[39-41],因此POLE/POLD1基因突变阳性的结直肠癌患者对ICI治疗更敏感、预后较好。指南Ⅲ级推荐新增推荐PD-1抑制剂±细胞毒性T淋巴细胞相关蛋白4(cytotoxic T-lymphocyte-associated protein 4, CTLA-4)抑制剂用于POLE/POLD1突变人群。

4.2 靶向组合疗法依据肿瘤位置而分

CRYSTAL和FIRE-3研究结果表明转移性结直肠癌的原发肿瘤位置是独立预后因素:右侧(回盲部到脾曲)肿瘤患者比左侧(脾曲至直肠)肿瘤患者预后更差^[42]。对于RAS野生型的患者,抗表皮生长因子受体(epithelial growth factor receptor, EGFR)单抗(西妥昔单抗)的疗效与肿瘤部位存在明显的相关性,对EGFR抑制剂敏感的表型似乎在左侧肿瘤中更普遍,而右侧肿瘤似乎更具异质性,只有

一部分对 EGFR 抑制剂敏感^[43-44]。对于抗血管内皮生长因子(vascular endothelial growth factor, VEGF)单抗(贝伐珠单抗),则暂未有研究证实其疗效与肿瘤部位有明显关联。有研究比较了化疗联合西妥昔单抗或贝伐珠单抗的疗效,在左侧结直肠癌中,西妥昔单抗的客观有效率和总生存率均优于贝伐珠单抗;而在右侧结直肠癌中,西妥昔单抗虽然在客观有效率上可能存在一定优势,但在总生存率上不如贝伐珠单抗^[42,45-47]。

综合以上研究结果,指南在适合强烈治疗的转移性结直肠癌(MSS或MSI-L/pMMR,RAS和BRAF均为野生型)的姑息治疗一线方案中,原发灶位于左侧者I级推荐FOLFIRI(伊立替康+氟尿嘧啶+亚叶酸钙)+西妥昔单抗,II级推荐FOLFIRI±贝伐珠单抗;原发灶位于右侧者I级推荐FOLFIRI±贝伐珠单抗,II级推荐FOLFIRI+西妥昔单抗。

4.3 转移灶可切除标准趋向统一

结直肠癌患者中有40%~60%被发现存在肝转移,其中15%~25%表现为同步转移^[48]。对于可切除的转移性结直肠癌,外科手术切除是潜在根治方法。研究证实,切除肝转移灶在技术上仅要求保留足够的肝脏体积以及切缘达到R0切除^[49]。在此基础上,COLLISION研究证实,针对≤3cm的小肝转移灶,射频消融治疗与手术切除疗效相当,为患者提供了微创替代路径^[50]。

5 遗传性结直肠癌筛查与治疗管理建议

5.1 林奇综合征(Lynch综合征)管理路径优化

新增对EPCAM突变者的I级推荐:同MLH1、MSH2突变者,20~25岁起每1~2年行结肠镜检查^[51];而对于已发生肠道癌变患者,在与患者充分沟通的基础上,可行全结直肠切除或局部根治性手术+肠镜年检。

5.2 家族性腺瘤性息肉病基因携带者干预策略加强

指南强调生育年龄患者可进行生殖遗传咨询与胚胎植入前遗传学检测,提前干预遗传风险。

5.3 下一代测序技术纳入筛查流程图

指南强调附件中更新了多基因联合筛检流程图,推动遗传筛查向精准化、简约化方向演进。

6 结语

2025版指南的发布,是中国肿瘤学界在免疫

治疗转化、分子标志物分层、转移管理精细化以及辅助治疗优化等多方面取得共识与突破的集中体现。未来,我们期待该指南在多中心研究、真实世界验证和公共医疗体系建设推广等方面发挥更大作用、作出更多贡献,为我国结直肠癌患者提供更高质量、更具可及性的个体化治疗方案。

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