

# 高危型HPV基因型与宫颈癌的流行病学特征及防控策略

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## 摘要

高危型人乳头瘤病毒(HPV)感染是宫颈癌发生的主要致病因素, 尤其是HPV16和HPV18型与宫颈癌的发生密切相关。本文综述了高危型HPV的流行病学特征, 分析了不同地区和人群中HPV基因型的分布及其易感性差异。HPV疫苗接种和宫颈癌筛查是预防HPV感染、减少宫颈癌发生的主要策略。全球范围内HPV疫苗的推广显著降低了高危型HPV感染的流行率, 对宫颈癌防治具有重要意义。此外, 本文还强调了在高危人群中开展早期筛查和定期干预的重要性, 突出了这些措施在促进早期诊断和减少疾病负担方面的积极作用。

## 关键词

高危型HPV, 宫颈癌, 流行病学, HPV疫苗接种, 宫颈癌筛查

# Epidemiological Characteristics and Prevention Strategies of High-Risk HPV Genotypes in Cervical Cancer

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## Abstract

High-risk human papillomavirus (HPV) infection is the main cause of cervical cancer, with HPV

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**types 16 and 18 being particularly closely linked to its development. This review explores the epidemiology of high-risk HPV, focusing on the distribution of HPV genotypes and variations in susceptibility across different regions and populations. HPV vaccination and cervical cancer screening are the primary strategies for preventing HPV infections and reducing the incidence of cervical cancer. The global expansion of HPV vaccination has significantly reduced the prevalence of high-risk HPV infections, with important implications for cervical cancer prevention and control. Furthermore, this review emphasizes the critical role of early screening and regular interventions in high-risk groups, highlighting their impact on improving early diagnosis and reducing the overall disease burden.**

## Keywords

**High-Risk HPV, Cervical Cancer, Epidemiology, HPV Vaccination, Cervical Cancer Screening**

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## 1. 引言

宫颈癌是全球女性中发病率和死亡率排名第四的恶性肿瘤[1]，主要归因于持续感染高危型人乳头瘤病毒(HPV)[2]。自 20 世纪 70 年代起，科学家们开始研究 HPV 与宫颈癌的关系[3]-[5]。Zur Hausen [6]的研究进一步证实了高危型 HPV (如 HPV16 和 HPV18)在宫颈癌及宫颈上皮内瘤变(CIN)发生中的关键作用，并阐明了 HPV 的致病机制。这些奠基性发现为后续 HPV 疫苗的研发及宫颈癌筛查措施的推广提供了科学依据。

高危型 HPV16 和 HPV18 导致了全球约 70% 的宫颈癌病例，在其他与 HPV 相关的癌症(如肛门癌和头颈癌)中，这两种类型的比例更高[7]。根据致癌潜力，HPV 可分为低危型和高危型[8]。国际癌症研究机构(IARC)已将 12 种高危型 HPV 亚型(包括 HPV16、18、31、33、35、39、45、51、52、56、58 和 59)明确归类为 1 类致癌物，这些高危型 HPV 感染具有较强的致癌潜力，可能导致癌前病变并最终进展为癌[9]。全球每年约 69 万例癌症归因于 HPV 感染，其中宫颈癌最为常见，而新发病例和相关死亡主要集中在低收入和中等收入国家[10] [11]。

为应对全球宫颈癌防控需求，世界卫生组织(WHO)于 2020 年提出“90-70-90”战略，目标是到 2030 年实现：90% 的女孩在 15 岁前完成 HPV 疫苗接种，70% 的女性在 35 岁和 45 岁接受筛查，90% 的宫颈病变患者得到及时治疗，从而系统性降低宫颈癌的全球负担和死亡率[12]。本综述旨在分析高危型 HPV 基因型的流行病学特征及其在不同地区的分布情况，并提出有效的预防和筛查措施，以助力全球范围内消除宫颈癌。

## 2. 流行病学特征

根据 IARC 2022 年的数据显示，全球每年新增宫颈癌病例超过 66 万例，死亡病例超过 34 万例[1]。这种疾病负担在低收入和中等收入国家中尤为突出，尤其是在撒哈拉以南非洲地区，其年龄标准化发病率高达每 10 万人年 19.3 例，居全球之首。宫颈癌发病率与经济收入水平呈负相关，低收入国家的发病率显著高于高收入国家[10]。这种差异主要归因于低收入国家卫生基础设施薄弱、筛查覆盖率和疫苗接种率不足，从而削弱了宫颈癌早期预防和治疗的效果[13]。在全球 HPV 疫苗推广前，细胞学正常女性的 HPV

流行率为 11.7%，撒哈拉以南非洲、东欧和拉丁美洲的流行率最高，主要集中在 HPV16、HPV18、HPV52、HPV31 和 HPV58 类型[14]。这些基线数据为疫苗接种的效果评估提供了重要的流行病学基础，有助于识别不同地区的高危类型分布情况。

在中国女性中，高危型 HPV 感染表现出显著的年龄和类型特征。一项多中心横断面调查显示，15~59 岁女性中的高危型 HPV 感染率约为 14.3%，主要类型包括 HPV16、HPV52、HPV58、HPV33 和 HPV18。该感染率呈双峰分布，分别在青春期和围绝经期达到高峰，提示不同年龄段女性对高危 HPV 的易感性存在显著差异[15]。这种双峰分布可能与性行为模式及免疫状态的年龄变化有关[16]，例如，青春期女性在性行为开始后暴露于 HPV 的风险增加，而围绝经期免疫功能的下降也可能导致 HPV 感染的易感性增加[17][18]。另一项由 WHO/IARC 和美国克利夫兰医学中心合作的研究揭示，在中国 15~59 岁女性中，高危型 HPV 感染率为 17.7%。在农村女性中，高危型 HPV 感染的低峰出现在 25~29 岁，而城市女性则为 35~39 岁，CIN3+ 流行率高峰则集中在 45~49 岁。农村筛查不足可能导致中国宫颈癌负担被低估，而这种差异与生活方式、医疗资源获取和筛查覆盖率相关[19]。此外，中国的宫颈癌发病率和死亡率分别占全球的 22.7% 和 16.0% [1][20]，凸显了加强宫颈癌防控措施的紧迫性。

### 3. 疫苗接种

HPV 疫苗的推广被认为是预防宫颈癌的关键策略，为预防 HPV 感染及相关疾病，多个国家已推行 HPV 疫苗接种项目，并取得初步成效[21]。Stefanos 等[22]研究发现，自 2006 年美国推广 HPV 疫苗以来，四价疫苗接种后显著降低了美国不同种族和族群年轻女性的 HPV 感染率，预计未来宫颈癌发病率将随之下降。HPV 疫苗在降低疫苗型感染和高级别 CIN 的患病率方面表现出显著效果，尤其是在 26 岁之前接种效果更加显著[23]。此外，Palmer 等[24]的研究显示，苏格兰地区 12~13 岁女性接种疫苗后，高级别 CIN 的发生率下降了 90%。目前，HPV 疫苗主要包括二价、四价和九价疫苗，所有疫苗均可预防 HPV16 和 HPV18 感染。九价疫苗 Gardasil9 还针对其他致癌型 HPV31、HPV33、HPV45、HPV52 和 HPV58 提供保护，这些类型的 HPV 约占宫颈癌病例的 19% [7][25]。De Martel 等的研究表明，九价疫苗可以预防约 90% 的 HPV 相关癌症[7]，可显著减少高危型 HPV 感染和癌前病变的进展。疫苗不仅有效覆盖了宫颈癌相关的主要致瘤型别，而且在高危人群中发挥了长期保护作用。Schiller 等[26]的研究发现，接种疫苗后产生的抗体滴度通常高于自然感染，接种初期抗体滴度会有所下降，但大约在 2 年后趋于平稳。目前尚无最低保护性抗体滴度的明确标准。Villa 等[27]在一项对女性的四价 HPV 疫苗试验中发现，接种后具有持久的保护力，在 5 年随访中未见保护效力减弱。该研究表明 HPV 疫苗的持久性保护作用，为长期接种的可行性提供了科学支持。此外，九价疫苗的接种也显示出类似的长期保护效果[28]。尽管疫苗在预防新感染方面具有显著效果，但对于已存在感染的个体，HPV 疫苗无法清除或阻止现有感染进展为疾病。然而，接种九价疫苗可预防其他类型的 HPV 感染，因此，接种疫苗前无需常规进行宫颈癌筛查[29][30]。一项北美数据显示，HIV 感染女性的宫颈癌发病率为每 10 万人年 16 例，显著高于未感染者的 5 例[31]，另一项研究报道，HIV 感染女性的 HPV 感染率大约是阴性患者的 2 倍[32]。在 HIV 感染的女性中，由于免疫抑制作用，HPV16 的竞争优势降低，而其他高危 HPV 类型与宫颈高级别鳞状上皮内病变(HSIL)的细胞学表现关联较强[32]-[34]。对于免疫功能低下的 HIV 感染女性，九价 HPV 疫苗因覆盖更多高危 HPV 类型而具有优势，然而，仍有部分致瘤性 HPV 类型未被涵盖，因此无论是否接种，HIV 感染者仍需持续接受宫颈癌筛查[32]。

在疫苗有效性方面，在所有涉及有性接触人群的 HPV 疫苗试验中，意向治疗人群的疫苗有效性较低，这一结果归因于之前感染过一种或多种疫苗型别的 HPV [26]。WHO 建议在性活动开始之前接种 HPV 疫苗，以最大限度地发挥其预防效果[12][25]。此建议强调了在暴露前接种的重要性，进一步支持了疫苗在

青春期接种的策略。多个国家的研究数据表明,在早期实施 HPV 疫苗接种计划并实现中高接种覆盖率(超过 50%)的国家,如英国[23][35]、瑞典[36]和丹麦[37],在经历 15 至 20 年后,开始观察到接种疫苗的年轻女性中宫颈癌发病率的下降。此外,研究还发现,女性在青春期前或青春期早期接种疫苗,其对宫颈癌的保护效果显著优于在青春期晚期或成年期接种者。一项国际随机对照试验的结果显示,HPV 疫苗可预防少女和 15 至 26 岁之间接种疫苗的女性的宫颈癌前病变,其有效性至少达到 96%,这一结果基于按方案人群分析,即在接种时未感染或暴露于特定 HPV 类型,并且已完成三剂疫苗接种的女性[26][35][36]。除有效性外,HPV 疫苗的安全性也是其广泛推广时不可忽视的重要因素。研究表明,HPV 疫苗在中国人群中不良反应大多轻微且短暂,常见的反应包括注射部位的轻微疼痛、红肿以及轻度发热[37]-[39]。其他研究也指出,严重不良事件的发生率与对照组相似,但这些事件未被认为与疫苗接种相关[40]。大多数不良反应为自限性,且未发现与疫苗接种相关的严重不良事件或死亡[37]。因此,HPV 疫苗在中国人群中的安全性良好,为疫苗的广泛接种提供了有力保障。除了女性,男性群体的 HPV 感染和相关疾病风险也不容忽视。据一项针对全球男性 HPV 感染的系统研究显示,男性总体 HPV 感染率为 31%,高危型 HPV 感染率为 21%,其中 HPV16 和 HPV6 最为常见,感染率在 25 至 29 岁男性中达到峰值,而东亚和东南亚地区的感染率约为其他地区的一半[41]。由于 HPV 通过性传播,女性的易感性与其男性伴侣的性行为特征密切相关。因此,在男性中实施预防性 HPV 疫苗接种不仅可以降低男性的肛门及生殖器疣和 HPV 相关癌症的发生率,还能通过群体免疫减轻年轻女性的 HPV 感染负担[41][42]。鉴于 HPV 疫苗对男性的保护作用,建议在确保疫苗供应充足的前提下,将青少年男性的 HPV 疫苗接种纳入国家免疫规划,以增强对人群的整体保护效果。然而,疫苗接种的保护效果仍有其局限性,尤其对已感染人群和高危人群而言,宫颈癌筛查依然是早期发现和预防宫颈癌的核心手段。因此,优化筛查策略与接种规划的协同作用,对全面降低宫颈癌风险具有重要意义。

#### 4. 宫颈癌筛查

WHO 倡导在全球范围内普及宫颈癌筛查及早诊早治措施。在美国、英国和瑞典等高收入国家,广泛开展的筛查项目已显著降低了宫颈癌的发病率和死亡率[43][44]。然而,许多发展中国家由于筛查和治疗缺乏标准化及筛查覆盖率不足,致使宫颈癌的发病率未能显著下降[45]。目前,低收入和中等收入国家的女性接受宫颈癌筛查的比例约为 20%,而高收入国家的筛查覆盖率为 60% [46]。2015 年数据表明,中国宫颈癌筛查覆盖率为 37%,远低于世界卫生组织 70% 的目标[47]。因此,开展有组织的全国性宫颈癌筛查,及时发现并干预 HSIL 及早期浸润性宫颈癌,可有效降低宫颈癌的死亡率。

目前,宫颈癌筛查方法主要包括传统巴氏涂片(Pap smear)、醋酸碘染肉眼观察法(VIA/VILI)、液基细胞学(LBC)以及 HPV DNA 检测。尽管基于细胞学的宫颈筛查已显著降低宫颈癌的发病率和死亡率,但由于巴氏涂片和 LBC 的敏感性较低(巴氏涂片约 60%, LBC 约 70%),因此仍需定期筛查以提高早期发现率[48][49]。鉴于 HPV 在宫颈癌发病机制中的关键作用,多数国际指南现已推荐将 HPV DNA 检测作为首选筛查手段[50]。此外,由于 HPV 感染通常无症状,且缺乏针对该病毒的特异性治疗,现阶段的治疗主要针对其所引发的病变[30]。由于 HPV 相关宫颈癌的癌前病变和癌症发生率较高,且现有治疗手段较为成熟,开展筛查具有重要的临床意义[11]。Curry 等[29]的研究表明,单独进行宫颈细胞学检查、高危型 HPV 检测或两者联合检测均能有效识别高级别宫颈病变及宫颈癌。另一项基于德国 2005 至 2012 年间的大型随机前瞻性队列研究发现,单独的 HPV 筛查在敏感性和特异性方面与联合细胞学筛查相当[51]。与传统的细胞学筛查相比,初级 HPV 筛查在检测癌前病变方面表现出更高的敏感性和较高的阴性预测值,从而使筛查间隔可以适当延长[52][53]。然而,由于 HPV DNA 检查的特异性较低,欧洲和美国指南推荐采用细胞学检查作为补充检测,以减少不必要的阴道镜检查和过度治疗的风险[50]。此外,美国预防服务

工作组建议, 针对 21~29 岁女性每 3 年进行一次单独细胞学筛查, 30~65 岁女性除每 3 年进行一次宫颈细胞学检查外, 每 5 年还需进行一次高危型 HPV 检测, 检测可以单独进行或者与细胞学联合进行[29]。这种针对不同年龄段的差异化筛查策略不仅提高了筛查的有效性, 还减少了对低风险人群的过度干预。对于特定高危人群(如免疫功能低下者或既往有宫颈病史的患者), 可能需要个性化调整筛查频率, 以确保及时发现和治疗。虽然疫苗接种能有效预防 HPV 感染, 但不能完全取代筛查。无论患者是否接种过 HPV 疫苗, 均应定期进行宫颈癌筛查[11], 以充分发挥筛查和疫苗的双重保护作用。

## 5. 结论

综上所述, 提高 HPV 疫苗接种率和宫颈癌筛查的覆盖率对于减轻全球 HPV 相关疾病负担至关重要 [21]。为实现 WHO 提出的“2030 年消除宫颈癌”目标, 亟需政府、公共卫生机构、国际组织及社区的紧密合作。此外, 高收入国家在疫苗接种、筛查和治疗方面的实践经验可为低收入国家提供重要的资源与技术支持。尽管现有研究已证明疫苗和筛查的有效性, 但仍需更多来自发展中国家的本地数据, 包括 HPV 流行病学、疫苗接种情况、筛查覆盖率等, 以进一步优化政策。通过全球协作, 有望显著降低宫颈癌发病率, 减轻女性健康负担, 助力实现 2030 年目标, 并推动社会和经济的可持续发展。

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