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## IV. 研究成果の刊行物・別刷

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## C 型肝炎ウイルス感染の病態と治療法 3

# ペグインターフェロンとリバビリン併用療法の治療成績と寄与因子

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### ● はじめに

わが国では、年間約 3 万 5 千人が肝臓で死亡しており、その多くは C 型肝炎ウイルス (HCV) が原因である。わが国の C 型肝炎患者は高齢化しており、他の先進国とは異なり、その発がんリスクが高い<sup>1)</sup>。したがって、C 型肝炎対策による肝臓撲滅は国の重要課題のひとつであり、肝臓専門医のみならず臨床医においては、インターフェロン (IFN) を中心とした C 型肝炎の治療を積極的に行い、肝炎対策の効果を上げることが強く求められている。

わが国の C 型慢性肝炎の約 70% を占める HCV genotype 1b 型かつ高ウイルス量症例、いわゆる難治例に対して、2004 年 12 月よりペグインターフェロン (Peg-IFN)- $\alpha$  + リバビリン併用療法が導入され、約 50% の症例でウイルス学的著効 (SVR) が得られるようになった。しかし、再燃例や無効例もいまだ多く、実際の臨床現場では治療効果を予測しそれに応じた対策が求められている。本稿では Peg-IFN- $\alpha$  + リバビリン併用療法の実際の臨床における治療成績を概説するとともに、治療効果に寄与する因子および問題点について述べる。

### ● Peg-IFN- $\alpha$ + リバビリン併用療法の治療成績

Peg-IFN- $\alpha$  + リバビリン併用療法が導入されて以来、実臨床における治療成績が明らかとなってきた。そこで、当院において Peg-IFN- $\alpha$ 2b + リバビリン併用療法を施行した 614 例のうち genotype 1b 型かつ高ウイルス量の 488 例を対象とし、治療成績と治療効果に寄与する因子について検討した。

すでに最終治療効果を判定しえた症例について検討すると、48 週投与例の SVR 率は薬剤減量・中止例も含めた ITT 解析では 40% であったが、予定投与量の 80% 以上を投与しえた症例 (PP 解析) では 61% と高率であった (図 1)。一方、予定投与量の 80% 以上を投与しえた症例においても、治療終了後の HCV-RNA の再燃を 26% に認め、さらに 48 週の治療中に HCV-RNA が陰性化しないウイルス学的不応 (NVR) 例を 13% に認めた (図 1)。これらのうち、48 週投与でいったんは HCV-RNA が血中から消失する再燃例では、いわゆる response-guided therapy を行うなどの治療の工夫で、治療成績の向上が期待される。しかし、NVR 例に対しては現行の治療法の工夫では SVR を得ることは困難なことが多く、難治要因の解明と新薬を含め