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初诊 2 型糖尿病患者 TLR4 水平与糖脂代谢及慢性炎症的相关性

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[摘要] 目的: 探讨初诊2型糖尿病患者血清Toll样受体4(Toll-like receptor 4, TLR4)水平变化及其与糖脂代谢和慢性炎症的相关性。方法: 选取2018年9月至2019年1月于吉林大学第二医院内分泌科就诊的150例初诊2型糖尿病患者及45例正常体检人员, 将所选研究对象分为正常对照组(NC组, $n=45$), 2型糖尿病组(T2DM组, $n=85$), 2型糖尿病合并超重或肥胖组(T2DM+OB组, $n=65$)。统计并检测各组年龄, 性别, 病程, BMI, 三酰甘油(triglyceride, TG), 总胆固醇(total cholesterol, TC), 高密度脂蛋白胆固醇(high density lipoprotein cholesterol, HDL-C), 低密度脂蛋白胆固醇(low density lipoprotein cholesterol, LDL-C), 空腹血糖(fasting plasma glucose, FPG), 糖化血红蛋白(glycosylated hemoglobin, HbA1c), 空腹胰岛素(fasting insulin, FINS), 稳态胰岛素评价指数(homeostasis modeall assessment of insulin resistance, HOMA-IR), 超敏C反应蛋白(high-sensitivity C-reactive protein, hs-CRP)。ELISA检测血清TLR4水平。3组间比较采用方差分析; 应用Pearson相关分析血清TLR4与BMI, TG, LDL-C, HOMA-IR, hs-CRP的相关性; logistic回归分析2型糖尿病合并超重或肥胖的独立危险因素等。结果: NC组、T2DM组、T2DM+OB组的TG, LDL-C, FPG, HbA1c, FINS, HOMA-IR, hs-CRP, TLR4水平逐渐升高, 3组间差异有统计学意义($P<0.05$)。相关性分析显示: 血清TLR4水平与BMI, TG, LDL-C, HOMA-IR及hs-CRP呈正相关。Logistic回归分析显示: LDL-C, HOMA-IR, hs-CRP, TLR4是2型糖尿病合并肥胖或超重的独立危险因素。结论: 初诊2型糖尿病患者血清TLR4水平升高, 其合并超重或肥胖的风险越大。

[关键词] 初诊2型糖尿病; 超重或肥胖; Toll样受体4; 慢性炎症

Correlation between serum Toll-like receptor 4 and glucose and lipid metabolism and chronic inflammation in newly diagnosed type 2 diabetic patients

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Abstract **Objective:** To explore the relationship between the serum levels of Toll-like receptor 4 (TLR4) and glucose and lipid metabolism and chronic inflammation in patients with newly diagnosed type 2 diabetes mellitus. **Methods:** A total of

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150 newly diagnosed type 2 diabetic patients and 45 normal controls in Department of Endocrinology of Second Hospital of Jilin University from September 2018 to January 2019 were enrolled. They were divided into three groups: a normal control group (NC group, $n=45$), a type 2 diabetes group (T2DM group, $n=85$), and a type 2 diabetes with overweight or obesity group (T2DM + OB group, $n=65$). Data including age, gender, disease duration, BMI, triglyceride (TG), total cholesterol (TC), high density lipoprotein cholesterol (HDL-C), low density lipoprotein cholesterol (LDL-C), fasting plasma glucose (FPG), glycosylated hemoglobin (HbA1c), fasting insulin (FINS), homeostasis modeall assessment of insulin resistance (HOMA-IR), and high-sensitivity C-reactive protein (hs-CRP) were determined. The serum levels of TLR4 were determined by ELISA. The comparison between groups was tested by analysis of variance; correlation between serum TLR4 and BMI, TG, LDL-C, HOMA-IR and hs-CRP was performed by Pearson correlation analysis; logistic regression was used to analyze the independent risk factors of type 2 diabetes with overweight or obesity. **Results:** TG, LDL-C, FPG, HbA1c, FINS, HOMA-IR, hs-CRP and TLR4 in the NC group, the T2DM group and the T2DM+OB group gradually increased, and the difference among the 3 groups was statistically significant ($P<0.05$). There was a positive correlation between TLR4 with BMI, TG, LDL-C, HOMA-IR, and hs-CRP. Logistic stepwise analysis showed that LDL-C, HOMA-IR, hs-CRP and TLR4 were independent risk factors of type 2 diabetes with overweight or obesity. **Conclusion:** The higher the level of TLR4 in patients with newly diagnosed type 2 diabetes, the greater the risk of overweight or obesity.

Keywords newly diagnosed type 2 diabetes mellitus; overweight or obesity; Toll-like receptor 4; chronic inflammation

全球范围内肥胖和糖尿病达到流行病水平^[1], 肥胖与2型糖尿病(type 2 diabetes mellitus, T2DM)的关系已被证实, 我国超重与肥胖人群的糖尿病患病率已达12.8%和18.5%^[2]。不仅如此, 在超重或肥胖相关性T2DM人群中, 心脑血管、炎症性及代谢性疾病的发病风险会增高^[3]。人体中的Toll样受体(Toll-like receptors, TLRs)于1994年被首次报道, TLRs是先天免疫系统的一类保护性受体, 通过检测病原体相关分子, 激活机体产生免疫应答^[4]。TLR4是迄今为止研究与肥胖尤为密切的一种模式识别受体。正常人群中TLR4与肥胖关系已明确^[5-7], 同时肥胖被视为是T2DM最重要的危险因素之一^[8]。本研究旨在通过检测T2DM患者血清TLR4水平及相关糖脂代谢、炎症指标, 探讨TLR4与T2DM和肥胖的关系及作用机制。

1 对象与方法

1.1 对象

选取2018年9月至2019年1月于吉林大学第二医院内分泌科初诊的T2DM患者150例, 其中男80例, 女70例。纳入标准: 1) 年龄18~75岁; 2) 符合1999年WHO T2DM诊断标准^[9]; 3) 既往未系统诊治; 4) 患者均签署知情同意书, 临床资料完整。排除标准: 1) 1型糖尿病、妊娠糖尿病及成

人隐匿性自身免疫性糖尿病及其他特殊类型糖尿病; 2) 合并糖尿病各种急性并发症(高渗高血糖昏迷、糖尿病性酮症酸中毒, 严重全身性感染性疾病等)患者; 3) 原发性或继发性心、肝、肾等系统疾病者。根据《2016版中国T2DM合并肥胖综合管理专家共识》定义, 将研究对象分为T2DM组($n=85$, $BMI<24\text{ kg/m}^2$)和T2DM+OB组($n=65$, $BMI\geq 24\text{ kg/m}^2$)。其中T2DM组男46例, 女39例; 年龄(44.96 ± 4.72)岁。T2DM+OB组男34例, 女31例, 年龄(46.48 ± 5.96)岁。同时选取吉林大学第二医院体检中心同时期体检的健康人群45例作为正常对照组(NC组), 其中男23例, 女22例, 年龄(45.96 ± 5.30)岁。本研究已通过吉林大学第二医院医学伦理委员会审批。

1.2 方法

统计入组受试者一般临床资料, 包括性别, 年龄、BMI; 糖尿病病程及相关血清生化指标, 包括三酰甘油(triglyceride, TG)、总胆固醇(total cholesterol, TC)、高密度脂蛋白胆固醇(high density lipoprotein cholesterol, HDL-C)、低密度脂蛋白胆固醇(low density lipoprotein cholesterol, LDL-C)、空腹血糖(fasting plasma glucose, FPG)、糖化血红蛋白(glycosylated hemoglobin, HbA1c)、空腹胰岛素(fasting insulin, FINS)、超敏C反应蛋

表2 T2DM合并超重或肥胖患者发病单因素logistic回归分析

Table 2 Univariate logistic regression analysis of T2DM with overweight or obesity

变量	<i>b</i>	<i>S_b</i>	Wald χ^2	<i>P</i>	OR	95% CI
年龄	0.05	0.03	2.94	0.087	1.06	0.99~1.12
性别	-0.07	0.33	0.05	0.826	0.93	0.49~1.78
病程	0.04	0.02	3.08	0.079	1.04	0.99~1.08
TG	1.39	0.27	26.97	<0.001	4.03	2.38~6.82
TC	-0.05	0.19	0.07	0.795	0.95	0.66~1.37
HDL-C	-0.18	0.63	0.08	0.774	0.84	0.24~2.87
LDL-C	1.95	0.48	16.60	<0.001	6.99	2.74~17.81
FPG	0.30	0.18	2.81	0.094	1.35	0.95~1.92
HbA1c	0.35	0.21	2.74	0.098	1.42	0.94~2.15
FINS	0.26	0.07	12.64	<0.001	1.29	1.12~1.49
HOMA-IR	0.63	0.14	18.99	<0.001	1.87	1.41~2.49
hs-CRP	1.15	0.26	19.57	<0.001	3.15	1.89~5.23
TLR4	0.45	0.09	26.47	<0.001	1.57	1.32~1.87

表3 2型糖尿病合并超重或肥胖患者发病多因素logistic回归分析

Table 3 Multivariate logistic regression analysis of T2DM with overweight or obesity

变量	<i>b</i>	<i>S_b</i>	Wald χ^2	<i>P</i>	OR	95%CI
TG	0.58	0.34	2.91	0.088	1.78	0.92~3.47
LDL-C	1.15	0.55	4.34	0.037	3.15	1.07~9.28
FINS	0.15	0.10	2.39	0.122	1.17	0.96~1.41
HOMA-IR	0.43	0.19	5.11	0.024	1.54	1.06~2.25
hs-CRP	0.96	0.34	7.79	0.005	2.60	1.33~5.09
TLR4	0.37	0.10	13.98	<0.001	1.45	1.19~1.77

3 讨论

在我国T2DM患者群体中,肥胖患者所占比重较高,其中超重百分比为41%、肥胖百分比为24.3%^[10]。低度炎症和胰岛素抵抗是肥胖的临床特征之一,被认为促进T2DM的发生发展。有研究^[11]发现:TLR4在正常人群中与肥胖关系密切,它几乎在所有类型细胞中表达,特别是在肥胖人群脂肪和其他组织中高表达,与此同时伴有下游信号通路的增强。Naghizadeh等^[12]研究发现肥胖非糖尿病患者外周血单核细胞TLR4表达明显高于正常对照组,表明血清TLR4与BMI呈正相关,这支

持本文的研究结果。亦有研究^[13-16]表明:在肥胖的T2DM人群中,TLR4基因和蛋白表达水平在骨骼肌中显著增加。近几年相关研究较少,本研究检测正常人群、T2DM和T2DM+OB患者TLR4的浓度,表明T2DM+OB组患者血清TLR4水平较NC组和T2DM组升高, Pearson相关分析进一步得出:TLR4与BMI、血脂、hs-CRP呈正相关,提示TLR4水平越高,糖尿病合并超重或肥胖的风险越大。推测其机制可能与TLR4通路激活诱发体内炎症状态及糖脂代谢等过程有关。

TLR4主要辨别革兰氏阴性菌表层的脂多糖(lipopolysaccharide, LPS)、肽聚糖

(peptidoglycan, PGN)等,此外还可以识别热休克蛋白(heat shock protein, HSP)、高迁移率族蛋白1(high mobility group protein-1, HMGB1)、饱和与不饱和脂肪等内源性和外源性配体^[17]。饱和与不饱和脂肪、葡萄糖和肠道菌群的紊乱等可通过激活模式识别受体(pattern recognition receptors, PRRs),如TLR、核苷酸寡聚化结构域等,来促使代谢性炎症的发生。在细胞培养物中进行的体外研究^[15]表明:源自TLR4信号途径活化的促炎细胞因子对葡萄糖摄取和脂肪酸代谢具有负面影响。在动物实验中,Frissard等^[18]研究发现:在饥饿状态下,TLR4缺失小鼠骨骼肌的TG和未酯化的游离脂肪酸水平降低,氧化能力增强,说明TLR4信号通路被激活后,可使骨骼肌中TG增加,脂肪酸的氧化减少。本研究结果显示:TLR4, TG, LDL-C在T2DM+OB组最高,表明TLR4通路激活后, TG, LDL-C也随之升高。Zhao等^[19]发现脑室注射抗TLR4抗体对下丘脑TLR4有抑制作用,可改善胰岛素信号转导,减少脂肪变性和糖酵解,这也验证了本研究结果。

近些年来研究^[20-21]指出:T2DM合并超重或肥胖发生发展的一个可能机制是肥胖与炎症应答提高相关,炎症很大程度上增加胰岛素抵抗,天然免疫信号转导通路TLR4的活化促进炎症信号级联和胰岛素抵抗。本研究通过Pearson相关分析得出TLR4与hs-CRP呈正相关,多因素logistic回归分析得出TLR4, hs-CRP是T2DM合并超重或肥胖的独立危险因素。hs-CRP被认为是一种敏感的非特异性的炎症标志物,人体内亚临床低度炎症状态可通过该指标较好地体现出来。本研究显示hs-CRP在T2DM+OB组最高,表明炎症在该病的发病机制中起作用,肥胖T2DM的全身性炎症增加。亚临床慢性炎症可能是T2DM发展的独立危险因素,其中细胞因子如TLR4等介导的炎症反应是胰岛素抵抗形成的重要因素。研究^[22]表明:在T2DM发生发展中,TLR4/核因子(nuclear factor kappa-B, NF- κ B)炎症信号通路活化致使机体出现的异常炎症反应。

本研究结果表明:单纯T2DM血清TLR4水平升高,超重或肥胖T2DM患者中该指标水平升高更加显著,同时炎症因子也较单纯T2DM升高,TLR4与BMI、血脂、hs-CRP呈正相关,因此超重或肥胖T2DM的发生可能是TLR4信号通路激活,促使多种炎症因子的转录与合成,继而影响机体脂代谢过程^[23-24]。TLR4通路可能成为治疗T2DM合并超重或肥胖的潜在治疗靶点。

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