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心力衰竭炎症标志物的研究进展

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[摘要] 心力衰竭(heart failure, HF)是各种心脏疾病的急性加重或终末期表现, HF的病理生理机制一直都是心血管领域研究的重点内容。近年来对HF炎症标志物的研究较多, 如半乳糖凝集素-3(Gal-3)、可溶性肿瘤发生抑制蛋白2(sST2)、生长分化因子-15(GDF-15)、肿瘤坏死因子- α (TNF- α)、性别决定域Y盒9(Sox9)、高迁移率蛋白-1(HMGB1)以及其他标志物等, 与HF的发生中心肌肥厚、心肌纤维化等病理生理过程有密切的联系。

[关键词] 心力衰竭; 炎症标志物; 半乳糖凝集素-3; 中性粒细胞胞外捕获网

Research progress in inflammatory biomarkers in heart failure

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Abstract Heart failure is an acute aggravation or end-stage manifestation of various heart diseases, and pathophysiological mechanism of heart failure has been the focus of cardiovascular research. Recent years, there are more and more research on the inflammatory biomarkers of heart failure, such as Galectin-3 (Gal-3), soluble suppression of tumorigenicity 2 (sST2), growth differentiation factor-15 (GDF-15), tumor necrosis factor- α (TNF- α), Sex-determining region Y box 9 (Sox9), high mobility group box-1 (HMGB1) and etc. which have an intensive association to the myocardial hypertrophy and fibrosis.

Keywords heart failure; inflammatory biomarker; galectin-3; neutrophil extracellular traps

心力衰竭(heart failure, HF)是多种原因导致心脏结构和/或功能的异常改变, 使心室收缩和/或舒张功能发生障碍, 从而引起的一组复杂临床综合征, 是各种心脏疾病的严重表现或终末阶段, 可分为慢性HF和急性HF。2003年国内HF流行病学调查^[1]发现35~74岁成人HF患病率为0.9%; 欧洲一项流行病学调查^[2]发现: HF患者住院期间至出院后

3个月的全因病死率约为13%, 慢性稳定型HF患者1年全因病死率为7.2%, 急性HF患者1年全因病死率为17.4%, 因此HF一直以来都是心血管疾病领域研究的重点问题。随着分子生物学和免疫学的发展, 对HF发病机制的研究逐渐深入, 近年来炎症机制及炎症相关生物标志物成为研究热点。各种炎症因子在HF病理生理过程中的作用逐渐被发

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现, 并且这些炎症因子对于急/慢性HF患者的临床管理、预后评估方面有一定意义。

1 半乳糖凝集素-3

半乳糖凝集素-3(Galectin-3, Gal-3)是一种低表达水平的凝集素, 在损伤和应激时表达显著增高, 在细胞黏附、炎症和组织纤维化中起重要作用^[3-4]。Gal-3是器官纤维化的标志物(包括心肌纤维化), HF患者血浆中Gal-3水平增高, 并且增加N端脑钠肽前体(N-terminal pro-B-type natriuretic peptide, NT-proBNP)对判断患者预后的价值^[5-6]。2017年AHA/ACC HF指南^[7]将Gal-3作为IIB类推荐。几项动物实验^[8-10]证明Gal-3参与了心脏重构, 破坏Gal-3基因以及药物抑制Gal-3后, 心脏重构及心肌纤维化减轻。Besler等^[11]对扩张性心肌病和炎性心肌病患者进行心内膜心肌活检, 并与血液Gal-3水平对比, 发现活检组织中的Gal-3水平并不能反映血浆Gal-3水平。Gal-3并不是心肌特异性分泌的物质, 它可以来自很多组织器官, 如巨噬细胞、嗜酸性粒细胞、中性粒细胞和肥大细胞等^[8,12]。研究^[13]显示: 血浆Gal-3升高的HF患者进行心脏移植后, 血浆Gal-3水平并无下降, 这表明高Gal-3水平HF患者中, 非心脏来源的Gal-3是造成这些患者血浆Gal-3水平升高的主要因素。Miro等^[14]研究发现: 发生主要终点事件的患者血液中Gal-3浓度更高, 把所有患者按血清Gal-3水平的四分位数分组后, 30 d全因死亡率与Gal-3水平呈正相关。Gal-3水平与NT-proBNP、eGFR相关, 在校正患者肌酐、eGFR和年龄3个指标后, 研究者发现Gal-3可以很好地预测急性HF患者的短期病死率, 但不能预测长期病死率。Mueller等^[15]进行的一项临床研究发现: 在HF诊断的准确性方面, B型钠尿肽(B-type natriuretic peptide, BNP)优于Gal-3和sST2, 且两者分别与BNP联合检测, 不能增加BNP的诊断效能。在预测急性HF患者1年全因病死率方面, BNP, Gal-3和sST2之间差异并无统计学意义, 均为急性HF患者1年全因病死率的独立预测因素, 且两者分别与BNP联合检测并不能改变对预后的预测能力。Ghorbani等^[16]发现: 基线Gal-3水平与HF的发生显著相关, 并且在校正多个变量后, 对HF仍有显著的预测作用; 多元回归分析发现Gal-3水平与HF患者的死亡风险以及全因病死率呈正相关, 研究者认为Gal-3在HF发生发展过程中的变化程度最大, 并且是HF发生风险和全因病死率的独立预测因子, Gal-3可能成为

未来HF的潜在治疗靶点。临床上可联合Gal-3与NT-proBNP来评估急性HF患者的危险程度以及预后, 对于Gal-3导致的心肌纤维化的机制有待进一步深入研究。

2 生长分化因子15

生长分化因子15(growth differentiation factor-15, GDF-15)是与HF相关的另一炎症蛋白质。GDF-15是转化生长因子- β (TGF- β)超家族的成员, 在心肌细胞中, GDF-15是在氧化应激下、细胞因子后或血管紧张素II刺激下产生和释放的^[17]。在心脏外, GDF-15由巨噬细胞、血管平滑肌细胞(VSMCs)、内皮细胞和脂肪细胞产生, 因此, GDF-15提供了来自心脏和心脏外疾病的信息。GDF-15是新近发现的心功能不全的标志物, 其水平升高已经被证明是心血管疾病的危险因素^[18-19]。普通人群中GDF-15的升高和不良事件以及HF的发生相关^[20], 对于HF患者和急性冠脉综合征患者, GDF-15的升高对不良事件的发生有预测作用^[19]。GDF-15参与了心肌重塑。体外培养的小鼠心肌细胞中, 缺血再灌注应激可明显上调GDF-15的表达和分泌, 提示GDF-15具有自分泌/旁分泌功能, 缺乏GDF-15的小鼠更易发生缺血再灌注损伤, 说明GDF-15具有心肌保护作用^[21]。此外, GDF-15缺陷小鼠显示多形核白细胞增加到梗死区域, 并且具有更高的发展心肌破裂的机会^[22]。GDF-15可能也参与了心肌肥大, 最有可能是通过SMAD蛋白激活^[23]。还有实验^[24]连续测量血浆GDF-15水平, 其变化趋势为提供了额外的预后信息, 可见GDF-15是一种预测预后和进行患者危险分层的可靠的生物标志物。Dalos等^[25]进行的一项临床研究发现: 对照组GDF-15水平与EF \leq 30%组和EF 53%~84%组相比, 差异均有统计学意义; 并且他们还发现随着EF值的降低, GDF-15和NT-proBNP之间的独立联系在升高, 研究者认为GDF-15可能成为HF患者诊断和随访的新指标。Liu等^[26]研究中的KM生存曲线提示: GDF-15基线水平和全因死亡、主要心血管不良事件(major adverse cardiovascular events, MACE)呈正相关, 单变量和多变量的Cox回归分析也显示GDF-15水平与全因死亡、MACE显著相关, 提示GDF-15是终点事件强有力的独立预测因子。研究者还发现GDF-15与左室舒张末期内径相关, 因此他们认为血浆GDF-15较高的基线水平和12个月以上的进一步升高, 是中国汉族人群心肌梗死后慢

性HF患者全因死亡的独立危险因素。GDF-15可能通过心肌重塑的病理生理途径影响心肌梗死后慢性HF患者的预后。Bettencourt等^[27]发现:出院时GDF-15>3 000 ng/mL的患者2年病死率更高;多元模型显示GDF-15与BNP分别作为2年病死率的独立预测因子时,结果并无显著性差异,然而,以出院时GDF-15<3 000 ng/mL且BNP<1 000 pg/mL为对照(HR=1),GDF-15>3 000 ng/mL且BNP>1 000 pg/mL组的2年病死率明显升高。因此他们认为GDF-15这种炎症应激标志物与急性HF患者的远期病死率有关,并可独立于BNP预测急性HF患者的预后,GDF-15未来或许可以作为HF患者抗炎治疗目标。GDF-15可以作为HF患者危险分层的指标之一,监测GDF-15变化趋势可能对HF患者病情变化及预后提示作用,GDF-15可以联合Gal-3共同检测来增加预测预后的准确性。对于GDF-15的保护作用需要进行动物实验来探讨其具体作用机制,以此作为治疗靶点可能改善HF患者预后。

3 可溶性肿瘤发生抑制蛋白 2

肿瘤发生抑制蛋白2(suppression of tumorigenicity 2, ST2)属于白细胞介素-1(interleukin-1, IL-1)家族,分为可溶性ST2(soluble suppression of tumorigenicity 2, sST2)和跨膜型ST2两种亚型^[28]。sST2是一种反映心肌应激的蛋白质型生物标志物,在心肌梗死、急性冠脉综合征、HF等疾病中,与心肌重塑、心肌纤维化相关^[29-30]。研究^[31]表明:IL-33及其诱饵受体sST2构成的复合物,在心血管疾病的发病机制中起重要作用,因为sST2的浓度增加,导致心脏保护性因子IL-33的信号受损,从而导致HF和不良事件的发生增加。sST2浓度升高导致的IL-33/ST2L信号受损的病理生理学表现为心肌肥厚、纤维化、左室功能恶化以及动脉高血压等^[32-33]。先前有临床研究^[34-35]表明sST2浓度的增加,与非ST段抬高性心肌梗死和慢性HF患者的不良结局相关。2017年AHA/ACC心力衰竭指南^[7]把sST2作为IIB级推荐,用于HF患者的危险分层。Huang等^[36]进行的一项临床研究发现:射血分数减低的HF(heart failure with reduced ejection fraction: HFrEF)组sST2的中位浓度要显著高于射血分数保留的HF(heart failure with preserved ejection fraction, HFpEF)组,而射血分数中间值的HF(heart failure with midrange ejection fraction, HFmEF)组sST2中位浓度与其他两组相比较无明显差异,并且只有HFrEF组的sST2水平高于健康

受试者。受试者工作特征曲线(receiver operating characteristic curve, ROC曲线)分析显示左室射血分数(left ventricle ejection fraction, LVEF)对三组HF患者1年不良事件发生均无预测价值;sST2与NT-proBNP对HFrEF患者1年不良事件发生的预测作用并无明显差异,sST2对HFmEF患者1年不良事件的发生有预测作用,但是NT-proBNP没有,而对于HFpEF患者sST2和NT-proBNP均有显著统计学意义。多元分析提示:sST2和NT-proBNP均高于中位浓度是1年不良事件发生率的独立预测因子。因此研究者认为sST2可以根据不同的LVEF值提供不同的预测作用和预测信息,甚至优于NT-proBNP,sST2联合NT-proBNP检测可提高预测的精确度。Emdin等^[37]发现:sST2 \geq 中位浓度的患者与小于中位浓度的患者相比,其全因病死率、心血管原因死亡和HF住院的风险分别增加了100%,50%和10%。在多基线特征预测模型中,sST2不论是单独还是与NT-proBNP、高敏肌钙蛋白T(high-sensitivity Troponin T, hs-TnT)联合,均与终点事件独立相关,具有预后意义。在包含全部3个生物标志物在内的预测模型中,sST2浓度每增加1倍,全因病死率、心血管原因病死率和HF住院的风险分别增加25%,25%和30%。因此研究者认为sST2对慢性HF患者的全因病死率、心血管原因死亡和HF住院的风险有很强的独立预测价值,因此可以作为联合检测的标志物之一。Sugano等^[38]对838名射血分数保留的HF(HFpEF)患者中位随访445 d,结果显示:在全因死亡组和非心血管死亡组患者的血清sST2水平显著高于未死亡组,而心血管死亡组和非心血管死亡组的sST2水平差异无统计学意义。校正年龄和性别后的Cox回归分析显示sST2是全因死亡的独立预测因子;在死因方面,sST2是非心血管原因死亡的独立预测因子。Barutaut等^[39]发现:血清sST2,Gal-3以及BNP浓度与病死率呈正相关,三者均为慢性HF患者不良事件发生的预测因子;且血清sST2水平与Gal-3和BNP水平呈正相关,随着随访时间的延长,sST2与Gal-3的预测能力逐渐增强。sST2升高伴或不伴Gal-3升高的患者,在6年随访中都提示了病死率增加,且长期病死率(2年以上)较短期病死率(6个月以下)增加3倍。因此研究者认为多标志物分析与单标志物分析能更好地预测慢性HF患者的预后。综合上述证据,sST2是区别HF患者病因的强有力因子,因此可以在检测BNP的同时联合检测sST2以指导HF患者的个体化治疗,并且sST2,GAL-3联合NT-proBNP可能增强HF患者危险分层级预

后预测的准确性。IL-33/ST2L信号通路是否可以作为抗心室重塑的治疗靶点需要进行进一步动物实验来证实。

4 肿瘤坏死因子- α

肿瘤坏死因子- α (tumor necrosis factor- α , TNF- α)通过激活丝裂原活化蛋白激酶-NF- κ B通路,是左室功能不全的重要介导因子^[40]。TNF- α 对心肌有不同的作用,既能促进心肌细胞肥大,又能促进心肌细胞凋亡^[41]。它还能刺激成纤维细胞增殖,促进细胞因子和基质金属蛋白酶的分泌。TNF- α 的这些作用都会导致组织重塑^[42]。TNF- α 能减少肌浆网钙释放,下调ATP酶2A^[43]导致收缩和舒张功能障碍^[44-45],可使 β -肾上腺素能受体与腺苷酸环化酶解耦联,从而影响 β -肾上腺素能受体的活性^[46-47]。TNF- α 还能改变钙代谢、增加肺静脉心肌细胞发生心律失常的可能性,因此导致心律失常^[48]。高水平的循环TNF- α 与心脏纤维化、炎症、心室扩张和病死率有关^[49]。在RENEWAL实验^[50]中,HFrEF患者使用依那西普治疗,使TNF- α 功能性失活,但由于依那西普对死亡和再住院没有影响,实验提前终止。在ATTACH实验^[51]中,HFrEF患者随机接受不同剂量的英夫利昔单抗治疗,结果显示英夫利昔单抗并未改善LVEF,但是高剂量英夫利昔单抗与HF患者死亡和住院风险的增加相关。目前为止,抗TNF- α 治疗HF是不安全且无效的,甚至可能是有害的。但有研究表明TNF- α 可以用来预测HF患者心功能分级。Eskandari等^[52]进行的一项对照研究显示:慢性HF患者TNF- α 和IL-6的基线水平高于对照组,且TNF- α 和IL-6的表达水平呈现出相关性;此外,TNF- α 与LVEF呈负相关。同时,TNF- α 水平与HF的严重程度相关,且缺血性病因与非缺血性病因的HF患者TNF- α 的表达水平不同;使用PHA刺激后,IL-6水平可以区分缺血性病因和非缺血性病因。多因素分析发现NYHA分级是单核细胞TNF- α 表达水平的独立预测因子。TNF- α 在许多病理生理过程中都可以升高,在HF的诊断与预后方面,其特异性并不强,但对于某些风湿免疫疾病患者,在口服药物基础上可以联合抗TNF- α 治疗,这提示我们在风湿免疫疾病并发HF患者的治疗中,HF药物治疗联合抗TNF- α 治疗是否可以同时改善两种疾病的预后,这为之后的临床研究提供了方向。

5 性别决定域Y盒9

性别决定域Y盒9(sex-determining region Y box 9, Sox9)是一种转录因子,在哺乳动物的发育过程中、对软骨发生和性别分化起至关重要的调节作用^[53-56]。Sox9作为细胞外基质基因的重要调节因子,在肝纤维化、肾小球硬化、心脏瓣膜钙化等多种纤维化疾病的发病机制中起重要作用^[57-59]。Sox9在心肌纤维化中也起重要作用。Lacraz等^[60]通过Tomo-Seq方法首次提出了Sox9作为关键性调节因子参与了心肌纤维化的发生,在缺血性损伤条件下,Sox9是被激活的大部分纤维化相关基因的共同转录调节因子;并在动物实验证明Sox9缺失的小鼠,心肌纤维化程度降低。因此研究者认为Sox9可能是心肌纤维化的潜在治疗靶点。Scharf等^[61]进行了一项动物实验,特异性下调了小鼠成纤维细胞中的Sox9基因,结果显示Sox9基因下调的小鼠,细胞外基质沉积减少,并能阻止成纤维细胞向增殖型表型和移行型表型转化。研究者进一步研究还发现降低Sox9的表达能过够改善心肌梗死瘢痕处持续的炎症反应,防止心脏扩大,改善心肌梗死后的心功能。随着生活质量的改善,我国心肌梗死的发病率在逐年升高,心梗患者远期HF发生率也较高,现有动物实验证据表明Sox9基因缺乏在改善心肌梗死后小鼠的心功能有作用,但其具体作用机制有待进一步研究。

6 高迁移率蛋白-1

高迁移率蛋白-1(high mobility group box 1, HMGB1)是一种非组蛋白DNA结合蛋白,其参与许多病理过程,包括炎症、癌症、缺血-再灌注损伤、慢性阻塞性肺病、动脉粥样硬化和心血管疾病^[62]。细胞内HMGB1在维持核小体结构、调节基因转录、复制和DNA修复方面发挥作用^[63-64]。HMGB1在某些条件下从胞内转移到胞外,并作为损伤相关分子模式引起许多炎症反应^[65-66]。细胞外HMGB1可引起心肌肥厚,加重心肌缺血或再灌注损伤,还可能促进炎症反应^[67-69]。Liu等^[70]研究发现:HF患者血清HMGB1水平高于对照组,心功能NYHA IV级患者的HMGB1水平高于NYHA II级患者。此外,HMGB1水平与NT-proBNP水平呈正相关,但与LVEF呈负相关。进行为期12个月的随访后,死亡患者的血清HMGB1水平显著高于存活者,因此研究者认为血清HMGB1水平增高是

HF患者病死率的独立预测因子。HMGB1在HF病理生理过程中的机制并未明确,目前证据较少,需进行进一步动物实验以及临床实验来探讨其具体作用。

7 其他

Stenemo等^[71]应用蛋白质组学方法对29种蛋白质进行HF相关性的分析,发现共9种蛋白质与HF相关,即GDF-15、T细胞免疫球蛋白和黏蛋白结构域1(TIM-1)、肿瘤坏死因子相关的凋亡诱导配体受体2(TRAIL-R2)、脊椎蛋白1(SPON1)、基质金属蛋白酶-12(MMP-12)、卵泡抑素(FS)、尿激酶型纤溶酶原激活物受体(u-PAR)、骨保护素(OPG)以及ST2。研究者在校正HF危险因素后的模型中发现:大部分蛋白质标志物仍与HF有相关性,其中肾小球滤过率的影响是最大的。NT-proBNP加入到上述模型后,MMP-12,OPG,u-PAR和TIM-1仍然是HF的重要预测因子。随访后发现:较高FS,TIM-1,MMP-12和ST2水平的患者发生非缺血性原因的HF风险更高。在左心功能方面,较高水平的GDF-15,u-PAR,MMP-12,TRAIL-R2和SPON1与左心收缩功能不全相关,校正性别与年龄之后,TIM-1是唯一一个与左心舒张功能不全相关的蛋白质标志物。这些标志物可以作为HF患者风险预测的指标,但并不增加NT-proBNP的预测能力。中性粒细胞胞外捕获网(neutrophil extracellular traps, NETs)是中性粒细胞凋亡或经刺激后产生的一种网状结构,由双链DNA、蛋白质颗粒及纤维成分组成^[72],NETs产生的过程被称为NETosis。NETs参与重症感染、自身免疫性疾病、肿瘤、血栓以及心脏疾病如心房颤动及冠心病等过程^[73-78]。Vulescic等^[79]发现C反应蛋白(C-reactive protein, CRP)促进了HF合并或不合并糖尿病患者的NETosis,并通过这种方式增加高危HF患者心血管事件的发生风险;且中性粒细胞可以对慢性炎症细胞因子产生应答,并对整个炎症状态产生破坏性影响。因此NETs可能作为一种新的标志物评估HF患者的严重程度,并可能成为潜在的治疗靶点。

8 结语

HF生物标志物的作用机制并未完全阐明,但许多临床研究和基础研究均表明上述标志物直接或间接参与了HF发生的病理生理过程,但目前

仍未发现优于BNP,NT-proBNP或与其等效的标志物。Gal-3,sST2,GSF-15联合NT-proBNP可以增强HF患者预后的预测作用以及危险分层的准确性,这些HF标志物为今后的基础研究及临床研究提供了新的方向。高通量蛋白质组学是发现新发性HF的新危险标志物的一种有希望的方法,在临床实践中的应用可以帮助研究者更好地识别HF患者,并进行危险分层。近些年新兴标志物逐渐被发现,未来可能成为HF治疗的靶点,为HF的临床诊疗提供新思路。

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