

穿支动脉粥样硬化病早期诊断的研究进展

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【摘要】 穿支动脉粥样硬化病(BAD)是缺血性脑卒中的常见类型,临床中多出现进行性运动功能缺失为主的早期神经功能恶化。目前, BAD的早期识别手段较为匮乏。本文主要从外周血生物学和影像学标志物方面对BAD早期诊断的研究进展进行综述,旨在加深临床对疾病的认识,并为BAD的早期预防诊治和改善患者预后提供帮助。

【关键词】 穿支动脉粥样硬化病; 腔隙性脑梗死; 神经炎症; 综述

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【Abstract】 As a common category of ischemic stroke, branch atheromatous disease (BAD) always manifests as progressive motor deficiency and early neurological deterioration. There is a lack of early identification means of BAD currently. This article mainly reviews the research progress of early diagnosis of BAD from the perspectives of peripheral blood biology and imaging markers, which helps deepen clinical physicians' understanding of the disease and provides important assistance for its early prevention, treatment, and improvement of patient prognosis.

【Key words】 Branch atheromatous disease; Lacunar infarction; Neuroinflammation; Review

穿支动脉梗死(perforating artery infarcts, PAIs)是急性缺血性卒中的常见类型,根据其发病机制不同,可以分为穿支动脉粥样硬化病(branch atheromatous disease, BAD)和腔隙性脑梗死(lacunar infarct, LI)。两种疾病的病因、发病机制以及预后差异较大, BAD常由动脉粥样硬化所致,而LI则多源自脂质透明变性^[1-2]。BAD占有缺血性卒中病因的10%~15%,常见累及的穿支动脉包括豆纹动脉(lenticulostriate arteries, LSA)、脑桥旁正中动脉(paramedian pontine arteries, PPA)。相较于LI, BAD临床预后更差,临床多表现为以进行性运动功能缺失为主的早期神经功能恶化(early neurological deterioration, END)(38.1%比12.3%),多发生在发病后48~72 h内^[3-4]。因此,早期识别BAD对预防脑梗死进展加重以及改善患者功能预后具有重要的意义。目前, BAD的早期识别手段有限,因此本文主要从外周血生物标志物和影像学方面对BAD早期诊断的研究进展进行综述。

一、外周血生物标志物

1. 脂质代谢标志物:越来越多的研究发现,脂质代谢标志物可能有助于BAD的诊断。一项回顾性研究表明, BAD患者外周血中低密度脂蛋白胆固醇(low density lipoprotein cholesterol, LDL-C)水平明显高于LI患者,而且END比例更高,而高龄和HbA1c升高可能与PPA梗死密切相关。这些结果提示血糖和脂代谢紊乱可能在BAD发病中起重要作用^[5]。Ninomiya等^[6]则回顾了93例缺血性卒中患者发现, BAD、大动脉硬化(large artery atherosclerosis, LAA)和心源性卒中(cardio-aortic embolic stroke)患者血清总胆固醇和LDL-C水平均高于LI患者和对照组,而其他脂质谱在BAD、LAA和CES患者间差异无统计学意义。Nakase等^[4]也发现,糖尿病、高脂血症控制不良与BAD的发生和恶化密切相关。因此,外周血脂代谢标志物可能对BAD的早期诊治具有重大意义。

2. 炎性标志物:炎症与缺血性脑卒中和脑小血

管病的发生、发展关系密切。炎症可以通过损伤血-脑脊液屏障^[7]、促进血管内皮功能障碍^[8]、加速动脉粥样硬化和血栓形成^[9]等多种机制促进脑梗死的发生和症状恶化。有研究表明,腔隙性脑梗死患者外周炎性标志物包括血中性粒细胞计数^[10]、CRP^[11]、IL-6^[12]、TNF- α ^[13]等相较于非卒中患者显著提高。Audebert等^[14]则发现,LI的症状恶化与入院时外周血白细胞计数和体温密切相关。另一项单中心前瞻性研究表明,作为炎性标志物,中性粒细胞与淋巴细胞比值(neutrophil-to-lymphocyte ratio, NLR)增高 ≥ 7 能够良好地预测缺血性卒中的END事件和90 d的不良预后^[15]。这些数据都提示炎症在PAIs发病机制中发挥重要的作用,因此炎性标志物可能有助于在早期区分BAD和LI。

正五聚蛋白3(pentraxin 3, PTX3)是长链Pentraxin家族的典型成员,其水平在多种心脑血管疾病中显著升高,与动脉粥样硬化、炎症密切相关^[16-17]。多种类型细胞包括巨噬细胞在内在炎症信号如IL-1、TNF- α 、氧化低密度脂蛋白或动脉粥样硬化等作用下均可以产生并释放PTX3^[17]。一项回顾性研究发现,BAD患者的血清PTX3水平显著高于其他脑卒中亚型(包括LI、LAA、CES和对照组),因此血清PTX3水平升高可能在早期就可以预测BAD的诊断。作为急性炎症反应标志物,血清hs-CRP水平和Lox1水平在BAD和其他卒中亚型之间差异无统计学意义,提示PTX3可能是BAD患者血管炎症较hs-CRP和Lox1更为敏感的标志物^[6,18]。

作为一种新型的细胞免疫激活的标志物,NLR是应激和全身炎症的有效指标^[19]。NLR被发现与缺血性卒中的预后相关。一项Meta分析发现,NLR是脑梗死END事件发生相关的有效预测因子^[20]。另一项荟萃分析纳入43 979例受试者,发现基线NLR值增加的患者3个月时的缺血性卒中发生率较高,预后较差^[21]。一项回顾性横断面研究显示,在单个皮层下梗死(single subcortical infarctions, SSD)患者中,NLR升高与END相关,特别是前循环梗死患者^[22]。而Fang等^[23]回顾了235例SSI患者,发现在PAIs合并糖尿病患者中,NLR与END显著相关,被认为是预测END风险的独立因素,在非糖尿病以及后循环梗死患者中未发现此关系,其原因可能和高血糖促进了中性粒细胞浸润和血栓-炎症级联反应以及后循环梗死更强的炎症反应干扰NLR值有关^[24]。以上数据提示,NLR与PAIs的END事件有关,而PAIs的症状进展多发生于BAD患者中,因此NLR可能有

助于BAD的早期识别。此外,Men等^[25]还发现,在BAD患者中,高同型半胱氨酸和CRP水平可独立预测疾病进展和预后。综上所述,炎性标志物显示了在鉴别BAD和预测其不良预后中的重要价值。

3.晚期糖基化终末产物(advanced glycation end products, AGEs): AGEs是蛋白质、脂肪酸或核酸的氨基基团与还原糖的醛基之间发生非酶性糖基化反应而产生的一系列具有高度活性终产物。AGEs随着年龄增长而在糖尿病及其血管并发症、肾功能不全、AD和缺血性卒中的发病中发挥了重要作用^[26]。AGEs与其受体的相互作用可导致下游炎症级联事件,产生大量促炎因子和自由基。此外,AGEs可通过诱导血管内皮细胞损伤和功能障碍加速动脉粥样硬化斑块的形成,并产生神经毒性作用^[27-28]。既往研究报道,冠状动脉粥样硬化斑块进展与血清中AGEs及AGEs可溶性受体水平有关^[29]。AGEs同样促进了缺血性脑卒中的发病,而高水平的AGEs可能预示着脑梗死的预后较差^[30-31]。Ikeda等^[32]利用前瞻性队列研究分析了56例PAIs患者急性期血清戊糖苷水平,发现其升高是BAD的独立预测因子,其敏感性和特异性分别为90%和44%,提示脑梗死急性期高水平的血清戊糖苷有望成为BAD早期诊断的生物标志物。然而目前AGEs和PAIs之间的关系仍不明确,其在BAD中的诊断价值需要更多的研究证实。

4.血小板活性标志物:血小板活性被认为是血栓性疾病的一个重要指标,包括血小板体积、血小板计数、血小板分布宽度、血小板激活因子等。Korniluk等^[33]发现,平均血小板体积(mean platelet volume, MPV)增高的患者缺血性脑卒中的发病风险更高,预后不佳。另有研究提示,与健康对照组相比,中重度颈动脉狭窄、短暂性脑缺血发作或脑梗死患者中的血小板过度活化和反应性明显增加^[34];而在冠状动脉疾病、脑梗死(包括LI)、外周动脉血栓等疾病中,患者血小板活化标志物[β -血小板球蛋白(β -TG)和血小板因子4(PF4)]水平均升高^[35]。Yokote等^[35]的一项纳入15例急性脑梗死的小样本研究发现,相较于非BAD患者,BAD患者中的 β -TG和PF4水平明显升高,提示其可能成为BAD诊断的外周生物标志物。不足之处是 β -TG和PF4检测结果需时较长,需要特殊的保存条件,使其常规应用受到限制。Oji等^[36]发现血小板平均容积升高是BAD患者END的独立预测因子。血小板活性标志物与BAD发生发展关系密切,对于血小板高反应性的

BAD患者,可能需要更积极的干预从而避免END事件的发生。

二、影像学

BAD的发病机制主要包括:(1)载体动脉粥样硬化斑块直接堵塞穿支动脉开口;(2)载体动脉粥样硬化斑块延伸至穿支动脉开口处,斑块位于责任大动脉和穿支动脉交界处;(3)穿支动脉起始部微粥样硬化;(4)穿支动脉入口处的不稳定斑块脱落。高分辨率MRI血管成像可清楚地显示斑块的位置^[3]。而LI常表现为血管壁脂质透明变性,血管内管壁内可见粉红色的纤维蛋白样物质,小动脉常被轮状、缠结和束状结缔组织所取代,这些结缔组织破坏了通常的血管层^[2]。因此,动脉粥样硬化被认为是BAD的主要病因。

1. 头颅高清磁共振:头颅影像学中的责任动脉的形态以及斑块的特点可能有助于临床医生早期识别BAD及其预后。Ha等^[1]的回顾性分析发现,相较于BAD, S型大脑中动脉、低NIHSS评分、无高脂血症、既往他汀药物使用与LI更相关,提示其动脉的角度和弯曲度可能影响血流动力学以及穿支动脉的梗死类型。Liao等^[37]通过高清MRI回顾性研究发现,BAD组和LI组的MCA斑块数目和形态特征有显著差异,两者的动脉重塑模式存在不同。相较于LI组,BAD组的同侧大脑中动脉(middle cerebral artery, MCA)的管腔内面积更小、斑块率更高、斑块面积和斑块负担更大,呈阴性重构,而绝大多数LI患者呈阳性重构,表现为管腔面积较大、狭窄率较轻、斑块面积较小和斑块负担较低。已有研究表明,阳性重构与不稳定斑块相关,其更容易发生出血、破裂和脱落;而阴性重构与稳定斑块相关,具有阴性重构的斑块常表现为纤维成分较大、脂质核心较小的特点^[38-39]。因此,LI可能与不稳定斑块栓子脱落阻塞穿支动脉有关,而BAD则可能与大而稳定的斑块阻塞所致,更容易导致血栓形成和进展。此外,动脉粥样硬化病斑块的分布位置和BAD的关系同样值得关注。有研究利用新型全脑血管壁磁共振成像(whole-brain vessel-wall magnetic resonance imaging, WB-VWI)分析,结果显示,LSA起始处MCA斑块的分布特征,尤其是上壁的斑块,与BAD的发病直接相关^[40]。对于BAD血管形态和斑块特征的研究需要更多、更精细的分析。在将来7-T MRI和高清MRI中更完善的序列[如3D-三维飞行时间磁共振血管造影术(Three Dimensional Time of Flight Magnetic Resonance Angiography, 3D-TOF-MRA)和三维快速自旋回波T₁WI(CUBE T₁)]可能更

有助于观察BAD中穿支血管的病变特点^[41],从而对BAD的早期诊断提供重要帮助。

2. 头颅灌注显像以及其他影像学标志物:头颅高清MRI费时长,在脑梗死早期难以快速开展,因此寻找更快捷的影像学检查技术对于BAD的早期诊断十分重要。已有研究提示,头颅灌注成像可能在BAD诊断中发挥重要作用。Zhu等^[42]回顾了133例PAIs患者,发现BAD患者低灌注比例明显高于LI患者,头颅CTP各参数对鉴别BAD的敏感性为21.4%(CBV)~90.5%(TTP),特异性为97.2%(TTP)~100.0%(CBV、CBF和MTT)。Pan等^[43]则回顾性分析了24 h内进行头颅MRI灌注显像的PAIs患者的临床资料,发现灌注缺陷能独立地预测BAD和END事件,提示其在PAIs病因诊断中具有重要价值。此外,BAD的其他影像学特点也有少量的研究。一项纳入310例BAD患者的单中心前瞻性临床研究发现,CTA上颈动脉虹吸部钙化和BAD密切相关,其CT值可以预测症状恶化^[44]。Shinohara等^[45]利用3D-动脉自旋标记法发现,对侧小脑半球不对称指数和BAD患者的脑梗死体积的疾病严重程度呈正相关。然而,由于PAIs本身病灶较小,在临床应用头颅灌注显像容易出现假阴性的情况。因此,如何通过更多的分析手段,如结合人工智能或者深度学习的方法更精准地判断病变区域的灌注缺陷情况,可能更加有助于BAD的早期诊断。

三、总结和展望

BAD是急性缺血性卒中的常见类型,容易发生END,因此需要早期诊断和积极干预。有限的证据显示,外周血的脂质代谢标志物(LDL-C、TC)、炎症标志物(PMX3、CRP、NLR)、AGEs(戊糖苷)、血小板活性标志物(β -TG、PF4)有望成为BAD的外周血生物学标志物。此外,高清MRI责任动脉的阴性重塑模式、管腔上壁的斑块以及头颅灌注现象显示的灌注缺陷可能有助于BAD的早期诊断。然而总体而言,目前的研究仍有很大的局限性,包括多是证据级别较低的回顾性研究,样本量小,很多影像学手段在疾病早期难以快速实施。因此,寻找更为有效、方便的早期检测手段成为目前亟待解决的临床难题。在将来,开发更多特异性和灵敏度高、外周血生物学标志物,7-TMRI、3D-TOF-MRA、CUBE T₁等技术的应用以及结合人工智能或者深度学习的方法对BAD的影像学特征进行更为精准全面地分析,将对BAD的早期诊断、避免END事件发生以及改善患者的临床预后提供重要的帮助。

利益冲突 文章所有作者共同认可文章无相关利益冲突

作者贡献声明 资料收集与论文撰写为王玲, 论文设计、论文修订、审校为祝溢婧

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更正

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