

· 综述 ·

自身免疫性脑炎¹⁸F-FDG PET/CT的代谢特征

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【摘要】 ¹⁸F-氟脱氧葡萄糖-正电子体层扫描成像(¹⁸F-FDG PET/CT)是一种脑功能成像技术,用于显示大脑炎症期间增加的神经元糖酵解代谢活动。¹⁸F-FDG PET/CT可以显示自身免疫性脑炎在不同时期和不同部位的代谢改变,且某些亚型的自身免疫性脑炎已经形成了特定的显像模式。本文总结¹⁸F-FDG PET/CT显像技术在不同亚型自身免疫性脑炎的代谢模式及其在不同发病阶段的代谢特征,以期为自身免疫性脑炎的早期诊断和治疗提供依据和先机,进一步完善自身免疫性脑炎的诊断标准及诊疗框架。¹⁸F-FDG PET/CT显像技术未来可能成为自身免疫性脑炎重要的预后评估技术。

【关键词】 脑炎; ¹⁸F-FDG; PET/CT; 代谢特征; 综述

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【Abstract】 ¹⁸F-Fluorodeoxyglucose Positron Emission Tomography/Computed Tomography (¹⁸F-FDG PET/CT) is a brain functional imaging technique used to display increased neuronal glycolytic metabolic activity during brain inflammation. It can display metabolic changes in autoimmune encephalitis at different stages and locations, and some certain subtypes of encephalitis have formed specific imaging patterns. The paper summarized the metabolic patterns of different subtypes of autoimmune encephalitis and their metabolic characteristics at different stages of onset, aiming to provide important evidence and opportunities for their early diagnosis and treatment. It is expected to improve the diagnostic criteria and treatment framework of autoimmune encephalitis, and may become an important prognostic evaluation technology for autoimmune encephalitis in the future.

【Key words】 Encephalitis; ¹⁸F-FDG; PET/CT; Metabolic characteristics; Review

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自身免疫性脑炎(autoimmune encephalitis, AE)泛指一类免疫系统针对中枢神经系统抗原产生反应而导致的疾病,以急性或亚急性发作的癫痫、认知障碍及精神障碍等为主要临床特点^[1]。AE的诊断目前主要依赖脑脊液抗体检测、颅脑MRI、脑电图等,而AE脑脊液抗体的检测时间长且检出率不高,MRI的检测敏感性仅为25%~50%^[2-3],且治疗前后与预后也缺乏评估指标。研究证明¹⁸F-氟脱氧葡萄糖-正电子体层扫描成像(¹⁸F-Fluorodeoxyglucose Positron Emission Tomography/Computed Tomography, ¹⁸F-FDG PET/CT)显像技术对AE诊疗具有辅助作用,其检查结果与AE患者颅脑MRI阳性部位具有一致性,代

谢异常范围检出亦优于MRI等形态影像学检查^[4-5],且¹⁸F-FDG PET/CT显像技术早期敏感性更高,其检测敏感性约为87%^[6-7]。AE早期的诊断和治疗是影响预后的关键,特别是抗体检测阴性且早期颅脑MRI不支持的AE患者行¹⁸F-FDG PET/CT检查更具有必要性^[8]。本文复习既往文献报道,总结¹⁸F-FDG PET/CT显像技术在常见的AE如抗N-甲基-D-天冬氨酸受体(N-methyl-D-aspartate receptor, NMDAR)脑炎、抗富亮氨酸胶质瘤失活蛋白1(leucine rich glioma inactivated 1, LGI1)抗体相关脑炎等的代谢特征,以期为AE的早期诊疗及预后评估提供帮助。

一、常见不同亚型AE的¹⁸F-FDG PET/CT代谢特征

1. 抗NMDAR脑炎: 抗NMDAR脑炎是AE的最主要类型, 占AE的54%~80%^[9]。中国自身免疫性脑炎诊治专家共识中提到抗NMDAR脑炎的¹⁸F-FDG PET/CT表现为双侧枕叶代谢明显减低, 伴额叶与基底节代谢升高代谢模式, 但仅作为辅助检查参考, 并没有纳入诊断标准^[10]。Bordonne等^[7]的荟萃分析显示¹⁸F-FDG PET/CT的检测灵敏度为88%, 并证实了抗NMDAR脑炎¹⁸F-FDG PET/CT的高低混合代谢模式为基底神经节高代谢和弥漫性皮质低代谢的模式。Yuan等^[11]的研究发现抗NMDAR脑炎主要表现为额颞叶高代谢、顶枕叶低代谢的模式, 这可能是诊断该疾病的一个潜在指标。Yuan等^[10]发现抗NMDAR脑炎的¹⁸F-FDG PET/CT代谢改变是动态变化, 且与临床阶段和NMDA抗体水平相关, 即在急性和亚急性期¹⁸F-FDG PET/CT主要表现双侧枕叶严重低代谢, 额部和基底节区相对轻度高代谢, NMDA抗体水平高; 在恢复早期出现广泛的皮质低代谢改变, NMDA抗体水平低; 而恢复期患者PET/CT图像基本正常, 相应的抗体检测均为阴性, 这一结果仍需要更多数据支持。Ge等^[12]的研究描述了不同病因的抗NMDAR脑炎患者, 其¹⁸F-FDG PET/CT代谢模式也有所不同。此外, 研究发现左侧额叶低代谢可能是抗NMDAR脑炎在所有发病阶段的常见改变^[8]。综上所述, ¹⁸F-FDG PET/CT在抗NMDAR脑炎已形成相对特异性的代谢模式, 枕叶低代谢被证明为抗NMDAR脑炎早期生物标志物^[6-7, 10-11]。因此, 将¹⁸F-FDG PET/CT代谢模式纳入抗NMDAR脑炎诊断框架及预测评估手段已成为可能。

2. 抗LGI1抗体相关脑炎: 抗LGI1抗体相关脑炎于2010年由Lai等^[13]首先报道, 国内2013年首次报道该疾病^[14], 其是临床第二常见的AE类型。既往报道和研究中抗LGI1抗体相关脑炎的¹⁸F-FDG PET/CT代谢改变主要为基底节和颞叶内侧高代谢为主的特异性代谢模式, 且选择性的基底节异常高代谢与面-臂肌张力障碍发作高度相关, 还有少数可伴有小脑和皮质区代谢亢进表现^[15-16]。国内研究也表明, ¹⁸F-FDG PET/CT在抗LGI1抗体相关脑炎的主要代谢异常部位和代谢模式与既往研究一致, 且疾病在急性期和慢性期代谢异常部位无差别、代谢模式无明显差异, 经过治疗后代谢异常部位基本恢复正常^[17]。Liang等^[18]通过¹⁸F-FDG PET/CT半定量分析证实了通过视觉分析发现的基底神经节和

内侧颞叶高代谢及大脑皮层低代谢的代谢模式, 而并不支持面-臂肌张力障碍发作与基底神经节高代谢的相关性, 并提出额叶和颞叶代谢低下与面-臂肌张力障碍发作显著相关。¹⁸F-FDG PET/CT显像技术还可通过一些新的分析方法如独立成分分析法等发现常规分析法未能发现的代谢异常, 且与视觉图像代谢改变部位一致, 甚至超出常规异常范围, 扩展到皮层及皮层下区域^[19-21]。Wang等^[22]研究发现抗LGI1抗体相关脑炎的¹⁸F-FDG PET/CT皮层代谢表现出明显的不对称性特征, 即右侧高于左侧, 内侧高于外侧。此外, Rissanen等^[20]发现¹⁸F-FDG PET/CT颞叶内侧高代谢与抗LGI1抗体相关脑炎最初的临床损害程度有关, 抗LGI1抗体相关脑炎复发期及后遗症期¹⁸F-FDG PET/CT代谢改变也有不同。Bergeret等^[6]也发现抗LGI1抗体相关脑炎在不同发病时期¹⁸F-FDG PET/CT代谢改变模式有所不同。虽然基底节区及颞叶内侧代谢异常并不是抗LGI1抗体相关脑炎特有的代谢模式, 但与其他类型AE相比, 这两个部位仍然是抗LGI1抗体相关脑炎较为特异性的位置。而其不同发病时间, 复发期、后遗症期的¹⁸F-FDG PET/CT代谢模式研究仍在不断更新和深入, 需要更多的前瞻性研究来进一步验证。

3. 抗接触蛋白2(contactin-associated protein2, CASPR2)抗体相关脑炎: 抗CASPR2抗体相关脑炎临床主要表现为边缘叶脑炎、神经性肌强直和Morvan综合征等中枢和周围神经系统症状的多变综合征, 属于抗电压门控钾通道脑炎^[23]。抗CASPR2抗体相关脑炎临床上表现为认知功能障碍、癫痫、小脑症状、周围神经兴奋过度、自主神经功能障碍、失眠、神经性疼痛、体重减轻等症状。贾宇等^[24]报道抗CASPR2抗体相关脑炎与胸腺瘤可能相关。朱丽平等^[25]报道了合并眼肌麻痹的CASPR2抗体阳性的患者, 其¹⁸F-FDG PET/CT检查提示双侧大脑皮层低代谢, 双侧基底节和丘脑代谢活性增高。Qin等^[26]研究发现抗CASPR2抗体相关脑炎的¹⁸F-FDG PET/CT表现为颞叶内侧和双侧基底节区高代谢改变, 这一代谢模式与抗LGI1脑炎相似。Jha等^[27]发现抗CASPR2抗体相关脑炎¹⁸F-FDG PET/CT为基底神经节高代谢伴额叶高代谢和颞顶叶低代谢的代谢模式。综合目前已有的文献报道, ¹⁸F-FDG PET/CT显像技术在抗CASPR2抗体相关脑炎的代谢模式研究中, 无论是部位还是代谢模式均未统一标准, 但出现基底节区高代谢模式频率相对较高。

4. 抗 α -氨基-3-羟基-5-甲基-4-异唑丙酸受体(alpha-amino-3-hydroxy-5-methyl-4-isoxazolepropionic acid subtype glutamate receptors, AMPAR) 抗体相关脑炎: 抗 AMPAR 抗体相关脑炎由 Lai 等^[28]于 2009 年首次报道, 发病以女性居多, 临床少见。该疾病多与肿瘤相关, 患者可合并肺癌、乳腺癌、胸腺瘤、卵巢畸胎瘤等^[29]。目前报道的抗 AMPAR 抗体相关脑炎的 ¹⁸F-FDG PET/CT 表现相对较少且缺乏特异性。Spatola 等^[30]报道抗 AMPAR 抗体相关脑炎在不同疾病时期 ¹⁸F-FDG PET/CT 由代谢亢进到代谢逐渐恢复正常化的改变, 从而预测疾病的演变和预后。Zhang 等^[31]的研究总结了 8 例抗 AMPAR 抗体相关脑炎患者的 PET/CT 代谢表现, 其中代谢增加的病例有 4 例, 主要部位在小脑、内侧颞叶、海马、纹状体、基底节等; 代谢减低的病例有 2 例, 主要在尾状核、额叶、颞叶、顶叶、枕叶等部位; 另有 2 例未见代谢改变, 表明抗 AMPAR 抗体相关脑炎患者的 PET/CT 代谢多样化的特点。Wang 等^[32]在病例总结分析中曾报道此类脑炎 ¹⁸F-FDG PET/CT 检查显示双侧颞叶和小脑低代谢的模式, 与 Zhang 等^[31]的研究不完全相符。目前报道的抗 AMPAR 抗体相关脑炎的 ¹⁸F-FDG PET/CT 代谢模式尚缺乏统一标准, 但因其与肿瘤密切相关, ¹⁸F-FDG PET/CT 检查对此类 AE 相关肿瘤的发现具有重要意义。

5. 抗 γ -氨基丁酸 B 受体(Gamma-aminobutyric Acid-B Receptor, GABABR) 抗体相关脑炎: 抗 GABABR 抗体相关脑炎属于细胞表面抗原相关抗体脑炎, 由 Lancaster 等^[33]首先报道, 临床多为边缘叶脑炎表现, 几乎所有抗 GABABR 抗体相关脑炎患者均有癫痫发作, 且通常以癫痫发作为首发症状, 多数为颞叶难治性癫痫。Bordonne 等^[7]发现抗 GABABR 抗体相关脑炎的 ¹⁸F-FDG PET/CT 代谢改变主要为颞叶内侧高代谢。Su 等^[34]报道了 1 例抗 GABABR 抗体相关脑炎患者 ¹⁸F-FDG PET/CT 检查显示颞叶内侧高代谢、脑内其他部位明显低代谢改变的代谢模式。Zhu 等^[35]报道了抗 GABABR 抗体相关脑炎 ¹⁸F-FDG PET/CT 中约 67% 的患者出现海马、颞叶及基底节高代谢表现。目前的文献报道显示, 此类 AE ¹⁸F-FDG PET/CT 代谢改变大部分以颞叶内侧高代谢为主, 且 60% 抗 GABABR 抗体相关的神经综合征患者具有潜在的小细胞肺癌发病可能^[36], 故对此类 AE 行全身 ¹⁸F-FDG PET/CT 检查亦有利于筛查相关肿瘤, 其在诊断方面具有优势。

6. 抗 IgLON5(immunoglobulin-like cell adhesion molecule 5, IgLON5) 抗体相关脑病: 抗 IgLON5 抗体相关脑病是由抗 IgLON5 抗体介导的, 以严重睡眠障碍为突出表现的慢性自身免疫性脑病, 是目前已知的唯一一种由抗神经元抗体介导的 tau 蛋白病, 目前无明确诊断标准, 其诊断参考 2016 年 IgLON5 抗体相关脑病神经病理学诊断标准^[37]。既往相关报道主要以睡眠障碍为主, 患者伴步态不稳、球麻痹、舞蹈动作和认知障碍等表现。目前相关抗 IgLON5 抗体相关脑病的病例报道较少。抗 IgLON5 抗体相关脑病 ¹⁸F-FDG PET/CT 的代谢报道较少见。Zhang 等^[38]报道 1 例抗 IgLON5 抗体相关脑病, 发现其 ¹⁸F-FDG PET/CT 脑图像显示初级感觉运动皮质、基底神经节和小脑相对高代谢及其他皮质相对低代谢, 而海马区的 FDG 摄取是正常的。Ni 等^[39]报道该脑病患者 ¹⁸F-FDG PET/CT 检查提示双侧脑白质、颞叶、基底节低代谢改变。晁芳芳等^[40]报道的 1 例抗 IgLON5 抗体和抗 LGI1 抗体双阳性的 AE 患者 ¹⁸F-FDG PET/CT 提示双侧尾状核体部、左侧尾状核头、双侧壳核、左侧颞叶内侧(包括左侧海马-杏仁核复合体)、左侧额叶内侧及左侧岛叶代谢增高改变。Soman Pillai 等^[41]报道 1 例以头下垂和躯干弯曲为主要表现的抗 IgLON5 抗体相关脑病病例, 其 ¹⁸F-FDG PET/CT 表现为双侧尾状核代谢低下模式。目前, PET/CT 一些新的 tau 蛋白标记物也可能有助于此类疾病的诊断^[42]。关于抗 IgLON5 抗体相关脑病的诊断标准仍在探索, 其 ¹⁸F-FDG PET/CT 表现目前仍为个案报道居多, 未来更多大样本量的队列研究需要开展以完善疾病诊断标准, 以期为临床医生更好地诊断此病提供依据。

7. 抗代谢型谷氨酸受体 5(metabotropic glutamate receptor 5, mGluR5) 抗体相关脑炎: 抗 mGluR5 抗体相关脑炎是一种罕见的 AE, 主要为睡眠障碍、痫性发作、意识水平下降及运动障碍等边缘叶脑炎综合征表现, 目前已报道的抗 mGluR5 相关抗体脑炎发现与霍奇金淋巴瘤相关。自 Lancaster 等^[43]2011 年报道以来, 目前国内外共报道 15 例 mGluR5 抗体相关脑炎^[44]。国内郭昆典等^[45]首次报告该疾病, 然而该病例中 PET/CT 检查并未提示代谢异常改变。因此关于抗 mGluR5 抗体相关脑炎与 ¹⁸F-FDG PET/CT 的代谢研究目前仍处于未知阶段。

8. 抗二肽基肽酶样蛋白-6(anti-dipeptidyl-peptidase-like protein-6, DPPX) 抗体相关脑炎: 抗 DPPX 抗体相关脑炎也是属于临床罕见的中枢神经

系统炎症性疾病。Boronat等^[46]于2013年首次报告,主要表现为腹泻、认知功能障碍及中枢神经亢进症状。也有以小脑共济失调为主要表现的报道^[47]。目前关于抗DPPX抗体相关脑炎的¹⁸F-FDG PET/CT报道较少,多数报道主要提示双侧颞叶、丘脑、尾状核代谢减低的表现^[48-49]。Dean和Sola^[50]报道了1例抗DPPX抗体相关脑炎¹⁸F-FDG PET/CT表现为基底节严重低代谢和弥漫皮质低代谢模式。目前抗DPPX脑炎的¹⁸F-FDG PET/CT代谢改变尚无统一的代谢模式。

9. 抗谷氨酸脱羧酶(glutamic acid decarboxylase, GAD)抗体相关脑炎: 抗GAD抗体相关脑炎是一种由抗GAD抗体介导的AE,属于抗神经元细胞内突触蛋白抗体相关脑炎。抗GAD抗体相关脑炎多在成年后发病,女性多见,临床表现包括僵人综合征、小脑性共济失调、边缘性脑炎、癫痫发作等临床症状或综合征,常合并多种自身免疫性疾病,极少伴发肿瘤。Blanc等^[51]发现抗GAD抗体相关脑炎发病初期¹⁸F-FDG PET/CT表现为双侧颞叶高代谢,经免疫治疗后其颞叶代谢改变恢复正常。Goudot等^[52]报道的抗GAD抗体相关脑炎¹⁸F-FDG PET/CT表现为颞叶低代谢或尾状核头高代谢,经免疫治疗后异常代谢逐渐恢复正常。Zhu等^[53]发现抗GAD65抗体相关脑炎¹⁸F-FDG PET/CT代谢模式为颞叶内侧低代谢,亦有双侧颞叶低代谢和低灌注个案报道。Seniaray等^[54]报道1例NMDAR抗体和GAD抗体均为阳性的患者脑¹⁸F-FDG PET/CT显示双侧顶颞叶、前扣带回皮层、双侧基底节、丘脑和小脑的FDG摄取增加。Mongay-Ochoa等^[55]发现颞叶内侧、岛叶和下丘脑代谢低下的模式可能是识别抗GAD抗体患者的重要特征。综上所述,抗GAD抗体相关脑炎的¹⁸F-FDG PET/CT代谢改变部位以颞叶内侧为主,代谢高低不同可能与发病不同时期相关,这仍需要进一步验证。

10. 自身免疫性胶质纤维酸性蛋白星形细胞病(autoimmune glial fibrillary acidic protein astrocytopathy, GFAP-A): GFAP-A是目前新发现的一种自身免疫介导的GFAP抗体相关星形细胞疾病,2016年由Fang等^[56]首次报道。该疾病主要累及脑膜、脑实质、脊髓和视神经等,对激素治疗敏感,是一种可以治疗的自身免疫性疾病。有个案报道1例GFAP抗体阳性的可逆性PD患者,其脑¹⁸F-FDG PET/CT代谢表现类似于边缘叶脑炎代谢模式^[57]。Rosales等^[58]报道1例抗GFAP抗体阳性的自身免

疫性脑膜脑脊髓炎患者表现为外侧额颞叶皮层低代谢,而内侧颞叶、运动皮层区和脑干高代谢模式。He等^[59]报道1例继发于布鲁氏杆菌的GFAP-A,其¹⁸F-FDG PET/CT检查提示胸椎T12脊髓高代谢改变,而胸椎MR并未发现异常。研究发现GFAP在弥漫性硬化患者的血清及脑脊液中表达与健康组比较,差异有统计学意义^[60],并有视神经炎脊髓谱系疾病、视神经脊髓炎谱系疾病中合并存在GFAP抗体的报道^[61],因此GFAP-A可能与多种神经免疫疾病相关,其¹⁸F-FDG PET/CT代谢表现可能更加复杂,涉及的病变部位及范围可能更广泛。

11. 其他抗神经细胞内抗原抗体相关脑炎: 除上述常见AE类型及文献有报道少见AE外,还有一类抗细胞内抗原抗体相关脑炎,即传统的神经系统副肿瘤综合征抗体(如Anti-Hu、Anti-Ri、Anti-CV2、Anti-Ma2等)相关脑炎,常与抗细胞表面抗原抗体脑炎如抗NMDAR脑炎、抗GABABR抗体脑炎等合并存在,临床多表现为边缘叶脑炎综合征。这类脑炎代谢改变部位主要在边缘叶系统, Bordonne等^[7]报道Anti-Hu抗体相关脑炎主要表现为颞叶内侧高代谢,弥漫皮层低代谢改变, Anti-Ma2抗体相关脑炎则仅表现颞叶内侧低代谢。2022年中国自身免疫性脑炎诊治专家共识中提到此类AE相关肿瘤检出比例>80%^[62],且AE症状与肿瘤发现时间不同步,卢节平等^[63]发现抗肿瘤筛查阴性的抗GABABR抗体相关脑炎患者随访期发现肿瘤的时间在4~18个月。因此,AE抗体明确且核磁影像阳性的AE患者定期进行¹⁸F-FDG PET/CT检查不仅可减少临床误诊,且能及早发现肿瘤。Titulaer等^[64]建议肿瘤初次筛查阴性者3~6个月后重复筛查,之后每隔6个月筛查1次,持续4年。临床医师可以根据不同的神经元抗体检测对AE患者行¹⁸F-FDG PET/CT重点筛查和随访^[65]。

二、总结和展望

本文总结了¹⁸F-FDG PET/CT显像技术在大部分AE亚型的特异性和非特异性代谢模式,对于抗NMDAR脑炎、抗IGI1抗体相关脑炎而言,其¹⁸F-FDG PET/CT代谢改变已形成相对特定的模式,其他类型AE的¹⁸F-FDG PET/CT代谢模式尚未完全统一,且AE预后的评估尚缺乏有效依据。随着¹⁸F-FDG PET/CT显像技术的不断进步,传统的基于视觉及辅助图像读取分析已不能很好地评估代谢改变,新的评估方法如标准视觉读取分析和辅助体素分析,可以产生更具可比性和准确性的结果,特

别是对于那些抗体或MR检测阴性的疑似AE病例。将这些方法补充到传统的分析方法中,将大大提高AE的诊断效率^[66]。此外,可通过¹⁸F-FDG PET/CT显像技术半定量分析AE皮质/纹状体代谢的比值来对AE早期进行诊断,皮质/纹状体代谢比值降低是AE早期的标志,且这一比值与AE的病程具有相关性^[67]。Liu等^[68]在AE急性期和亚急性期阶段,通过分析PET/CT病灶的数量,最大标准化摄取值和平均标准化摄取值,发现AE的常见模式是¹⁸F-FDG PET/CT颞叶内侧高代谢,且与枕叶平均标准化摄取值降低相关,治疗前PET/CT上的病变数量与预后呈正相关,这可能更好地评估AE的严重程度。同时发现颞叶内侧最大标准化摄取值的增加与AE预后呈负相关,枕叶平均标准化摄取值增加与预后呈正相关,这一重要分析方法可以作为AE的预后生物学标志物。期待未来更多的前瞻性研究来验证这些结论。综上所述,¹⁸F-FDG PET/CT显像技术通过分析代谢改变的各种变量,不仅对AE,而且对神经系统变性病、肿瘤性疾病等的诊疗和预后评估均有潜在优势。

利益冲突 文章所有作者共同认可文章无相关利益冲突

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