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## 血脂在急性胰腺炎病情判断中作用的研究进展

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**[摘要]** 急性胰腺炎(acute pancreatitis, AP)是一种常见且严重的消化系统疾病,表现为胰腺的突发性炎症,为自限性过程,通过系统治疗预后良好。20%的患者病情严重,伴有致命并发症,预后较差,称为重症急性胰腺炎(severe acute pancreatitis, SAP)。SAP患者病死率高,为35%~50%。早期识别SAP有助于临床医师早期及时实施有效的治疗方案,如早期ICU或外科干预,或其他差异性治疗等,从而最大限度地降低并发症的发生率和SAP的病死率,因此对AP病情的判断及SAP的早期预测是治疗AP的一个重要方面。有研究发现,血清脂质变化与AP病情相关,本文就血脂变化与急性胰腺炎病情严重程度作一综述,旨在通过血脂变化为早期诊断SAP提供帮助。

**[关键词]** 急性胰腺炎; 血脂; 严重程度; 早期预测

## Research progress on the role of blood lipids in the judgment of acute pancreatitis

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**Abstract** Acute pancreatitis (AP) is a common and serious digestive system disease characterized by sudden inflammation of the pancreas, and most acute pancreatitides are self-limited processes. The prognosis is good through systematic treatment. There are still 20% patients with severe and fatal complications with poor prognosis called severe acute pancreatitis (SAP). SAP patients have a high mortality rate, ranging from 35% to 50%. Early recognition of SAP patients can help clinicians start effective treatment early and timely, such as early ICU or surgical intervention, or other differential treatments, thereby minimizing the incidence of complications and mortality. Therefore, the judgment of AP condition and the early prediction of SAP are important in the treatment of AP. Some studies have found that changes in blood lipids are related to the condition of AP. This article reviews the changes in blood lipids and the condition of acute pancreatitis, and aims to provide early diagnosis of SAP through blood lipids.

**Keywords** acute pancreatitis; blood lipids; severity; early prediction

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急性胰腺炎(acute pancreatitis, AP)是指多种病因引起的胰酶在胰腺内激活,造成胰腺组织自身消化、水解、出血甚至坏死,继以引起胰腺局部甚至全身炎症反应,伴或不伴有其他器官功能障碍的疾病<sup>[1]</sup>。AP按病情严重程度可分为轻症急性胰腺炎(mild acute pancreatitis, MAP)、中重症胰腺炎(moderately severe acute pancreatitis, MSAP)及重症胰腺炎(severe acute pancreatitis, SAP)。约20%的AP患者会发展成为SAP,出现全身炎症反应综合征(systemic inflammatory response syndrome, SIRS)及持续性多器官功能衰竭(persistent organ failure, POF),病死率为35%~50%<sup>[2-3]</sup>。对SAP的早期诊断能有效降低病死率,目前用于早期AP病情严重程度判断的方法包括Ranson评分、急性生理学和慢性健康状况评分(Acute Physiology And Chronic Health Evaluation II, APACHE-II)、改良的CT严重指数评分(Modified CT Severity Index, MCTSI)、胰腺炎床旁严重指数评分(Bedside Index for Severity in Acute Pancreatitis, BISAP)以及各种血液指标,但目前已经被应用于预测AP的严重程度的评分系统和生物标志物存在步骤繁琐、精准性差、反馈不及时等问题。因此,简单、快速、准确地预测指标依旧需要进一步研究。AP从轻度到重症的过程与白细胞的过度激活及促炎细胞因子的过度释放、活性氧(reactive oxygen species, ROS)的损伤、胰酶的消化水解、胰腺血液循环障碍和胰腺局部及全身的严重感染相关<sup>[4]</sup>。炎症、严重损伤、脓毒症都影响着体内脂质的浓度,脂质成分在炎症中也发挥重要作用,包括抗炎、抗损伤等。研究<sup>[5]</sup>表明:AP病情中血脂发生变化,且与AP病情相关,部分脂质成分可作为预测SAP的标志物。

## 1 AP 患者的血清脂质变化

血清中的多种脂质成分参与了AP的发生发展过程,并与SAP的发生密切相关。Khan等<sup>[5]</sup>报道在AP早期,血脂即可发生变化,患者在入院2 d内,血清总胆固醇(total cholesterol, TCHO)、高密度脂蛋白(high-density lipoprotein, HDL)和低密度脂蛋白(low-density lipoprotein, LDL)、载脂蛋白(apolipoprotein)等血脂浓度发生了明显的变化,TCHO、HDL、LDL、apoA-I随着AP病情的进展而降低,而TG在SAP患者中升高;在这些变化中TCHO、HDL、LDL、apo的变化在酒精引起的AP中有统计学意义,TCHO、LDL、apo的变化在非

酒精性胰腺炎中有统计学意义,而HDL差异无统计学意义;他们还发现AP患者住院病死率与入院24 h的TCHO、HDL、LDL水平相关<sup>[5]</sup>。这些变化可能由以下原因导致:AP炎症介质的过度释放影响肝脂质合成;炎症导致的毛细血管通透性的改变导致血清脂质血管内外的重新分配;炎症、应激及胰腺损伤引起体类激素如胰岛素、胰高血糖素等水平发生变化,这些激素的变化影响了体类的脂质代谢;部分脂蛋白参与炎症反应而出现结构及量的变化。血清脂质的变化是体内炎症及胰腺损伤共同作用的结果。因此,血清脂质可反应AP的进程,对AP病情判断有一定的价值。

## 2 血清脂质变化预测 SAP

### 2.1 三酰甘油与 SAP

三酰甘油(triglyceride, TG)是由长链脂肪酸和甘油在肝中合成的脂肪分子。TG升高是我国胰腺炎主要病因之一<sup>[6-7]</sup>。当血清TG水平超过11.3 mmol/L时可诱发AP<sup>[8]</sup>,AP的发病率是随初始TG血症水平增加而增加<sup>[9]</sup>。通过对AP患者血脂变化的研究,Sue等<sup>[10]</sup>发现TG水平的升高与器官功能衰竭(organ failure, OF)的风险增加有关;Nawaz等<sup>[11]</sup>的研究发现不论是何种病因引起的AP,TG的水平与持续性器官功能衰竭(persistent organ failure, POF)独立相关;Lu等<sup>[12]</sup>发现患者入院48 h内血清TG水平低于5.65 mmol/L,POF发生率减少;且TG水平低于5.65 mmol/L的时间越早,发生POF的可能性就越小。AP早期,胰腺损伤导致大量胰脂肪酶释放到全身循环中,它水解血清TG和脂肪组织,产生大量游离脂肪酸(free fatty acid, FFA),过量的FFA造成脂代谢调节机制异常,这可能导致游离脂肪酸浓度超过毒性阈值,通过线粒体应激和细胞因子的上调炎症反应,导致组织直接损伤(脂毒性)及多器官功能受损<sup>[13-15]</sup>。然而,目前关于TG与AP的严重程度相关机制并不明确,但已有越来越多的研究发现不论何种病因引起的胰腺炎,早期TG水平确实与POF的发生有一定的关系,因此TG水平变化可作为早期预测SAP的潜在标志物。

### 2.2 TCHO 与 SAP

TCHO是指血清中各种脂蛋白所含的胆固醇,即结合胆固醇和游离胆固醇的总和。由于血清中的胆固醇基本上是以结合状态存在于脂蛋白中,所以它主要代表结合的胆固醇。有研究<sup>[5]</sup>

发现SAP患者常伴有低胆固醇血症, 但低胆固醇血症并不是SAP的独立危险因素。Hong等<sup>[16]</sup>研究发现TCHO与AP的严重程度关系并非一种线性关系, 而是呈现u型相关, 表现为低TCHO水平(<160 mg/dL)和高TCHO水平(>240 mg/dL)的患者比中等TCHO水平(160~240 mg/dL)的患者发生SAP的概率明显增高。这种关系可能与TCHO参与AP炎症反应有关, Tall等<sup>[17]</sup>发现Toll样受体4(Toll-like receptors 4, TLR4)在AP的进展中起重要的促炎作用, 而高胆固醇血症可能导致巨噬细胞和其他免疫细胞的胆固醇积累, 从而促进TLR信号的增强、TLR4-CD4复合物的形成、单核细胞的产生以及骨髓和脾脏中的中性粒细胞的产生<sup>[17]</sup>, 在细胞水平上, TLR信号的激活导致胆固醇外流减少, 从而导致胆固醇进一步积累和炎症反应的放大<sup>[17]</sup>。AP早期过度释放炎症细胞因子可能导致胆固醇合成减少<sup>[18]</sup>, 此外, 活性炎症细胞因子如白介素-6和肿瘤坏死因子 $\alpha$ 也会损伤微血管内皮细胞, 从而导致毛细血管通透性增加, 导致脂蛋白从血管内重新分配到组织间隙, 进而引起血清TCHO降低<sup>[18]</sup>。TCHO呈现的这种u型关系可能与各胆固醇成分在胰腺炎中发挥的作用各不相同有关。

### 2.3 HDL与SAP

HDL为血清蛋白之一, 是由脂质和蛋白质及其所携带的调节因子组成的复杂脂蛋白, 主要由肝脏合成, 蛋白质含量高, 密度最高。与其他脂蛋白相比, HDL携带大量脂蛋白颗粒, 它们的大小、组成、代谢和功能各不相同<sup>[19]</sup>。在与免疫激活相关的严重急性期条件下, 血浆HDL浓度常表现降低<sup>[20]</sup>。对于HDL的研究发现除了在血管保护中发挥反向胆固醇转运(reverse cholesterol transport, RCT)的核心作用外, 其在各种炎症疾病中发挥抗炎作用<sup>[21]</sup>。在AP中HDL已被证明与疾病严重程度和不良结果有关, HDL可用来预测SAP及ICU患者的不良预后, 预测SAP的最佳截断值为0.811, 灵敏度为80.77%, 特异度为71.05%<sup>[5]</sup>。HDL在AP中主要发挥以下作用: 1)中和细菌脂多糖, 发挥抗炎作用<sup>[22]</sup>; 2)抑制黏附分子的表达, 防止中性粒细胞黏附和体外迁移, 防止炎症浸润及随后的多器官功能障碍<sup>[23]</sup>; 3)刺激内皮型一氧化氮合酶(endothelial nitric oxide synthase, ENOS)的产生, ENOS被认为参与抑制单核细胞与内皮的黏附及下调炎症介质作用<sup>[24]</sup>; 4)HDL的亲脂性抗氧化成分血清对氧磷酶发挥HDL相关抗氧化功能<sup>[25]</sup>;

5)HDL在清除FFA中发挥重要作用, AP患者HDL的降低可能导致FFA增加, 并可能是增加FFA和损伤腺泡细胞的因素之一<sup>[26]</sup>; 此外在AP中TLRs特别是TLR-4的表达抑制了HDL的产生<sup>[27]</sup>。

### 2.4 LDL与SAP

LDL是富含胆固醇的脂蛋白, 是一种运载胆固醇进入外周组织细胞的脂蛋白颗粒。最近的研究表明LDL水平升高与APPOF有关<sup>[11]</sup>。Khan等<sup>[5]</sup>研究表明: 入院2 d内测定的LDL水平与胰腺炎的严重程度密切相关。这可能与LDL引起的氧化应激有关, 氧化应激在AP中发挥重要作用。氧化应激可导致血管内皮功能障碍、腺泡损伤进而导致AP局部和全身炎症进一步播散的原因<sup>[28-30]</sup>; Hong等<sup>[31]</sup>研究发现入院后24 h内的低LDL(<90 mg/dL)和高LDL(>150 mg/dL)水平都与SAP发展的风险增加有独立关系。低LDL与AP病情相关可能是因AP早期过度释放炎症细胞因子如IL-6和TNF- $\alpha$ 等导致肝LDL合成减少<sup>[18]</sup>。此外, AP的毛细血管通透性增加导致脂蛋白血管内外重新分配<sup>[32]</sup>。高LDL水平影响AP严重程度可能与高LDL增加ROS和减少一氧化氮(NO)有关, NO具有抗炎作用, NO还有限制线粒体氧化磷酸化, 从而降低线粒体活性<sup>[18]</sup>。因此, LDL也有潜在预测SAP价值。

### 2.5 载脂蛋白A-I、载脂蛋白B与SAP

载脂蛋白A-I(apoA-I)是HDL的主要成分, 它是HDL的主要结构与功能蛋白, 驱动胆固醇从肝外组织反向转运到肝, 并在保护动脉方面起至关重要的作用<sup>[33]</sup>。与C反应蛋白(C-reaction protein, CRP)相似, apoA-I是一种重要的急性相蛋白<sup>[34]</sup>, apoA-I在体内的生理功能包括防止T淋巴细胞与巨噬细胞之间的相互作用, 以及抑制各种炎症因子的产生, 从而限制炎症的“瀑布”效应, 并发挥抗氧化作用<sup>[34]</sup>。载脂蛋白B(apo B)是LDL、中间密度脂蛋白(IDL)和极低密度脂蛋白(VLDL)的主要结构, apoB能促进脂蛋白进入血管壁, 刺激巨噬细胞吞噬, 从而诱导炎症<sup>[35]</sup>。因此, apoA-I和apoB分别反映了体内抗炎和促炎症的变化。apoB/apoA-I比值是一种综合反映人体脂质代谢平衡和炎症状态的综合指标, apoB/apoA-I比值已被广泛用于预测各种炎症性疾病及代谢综合征<sup>[36-37]</sup>。因此AP作为炎症性疾病, apoB/apoA-I比值同样可能与其病情严重程度相关<sup>[38]</sup>。Wu等<sup>[38]</sup>研究发现在入院24 h内血清apoB/apoA-I比值与AP的严重程度密切相关, 比值随着胰腺炎的严重程度增加而升高, 检

测SAP的最佳apoB/apoA-1比值截止值为0.88, 灵敏度为83.08%, 特异性为69.03%。Huh等<sup>[39]</sup>研究发现apoB/apoA-1比值与亚特兰大分类、计算机断层扫描严重程度指数和床旁指数呈正相关, 且其比值与单独的apoA-1或apoB相比具有最高的预测价值, 最佳截断值1.16, 敏感性53%, 特异性93%。这与apoB/apoA-1比值在胰腺炎中反映了机体炎症与抗炎平衡有关。

## 2.6 游离脂肪酸与 SAP

游离脂肪酸(free fatty acid, FFA)是中性脂肪分解的产物, 在AP时胰腺损伤, 脂肪酶渗透到血液和胰腺间质中水解TG产生FFA, 尤其是高脂血症胰腺炎, 血液中FFA明显升高, 除高脂血症胰腺炎外, 其他类型的胰腺炎也会产生FFA<sup>[40]</sup>。Sztefko等<sup>[41]</sup>研究发现FFA参与AP的进程并与胰腺炎的严重程度相关, 不论何种病因引起的AP, 病情越重, FFA越高。这主要因为FFA可通过刺激炎症介质、释放细胞内钙、抑制线粒体复合物I和V而损伤胰腺血管内皮、导管和腺泡细胞, 而胰腺损伤又使脂肪酶大量释放, 使TG水解和FFA增加, 形成恶性循环<sup>[42-43]</sup>, 此外, 高FFA也是造成AP患者低血钙的原因之一<sup>[41]</sup>。Zádori等<sup>[44]</sup>通过动物实验发现: 通过血液滤过或胰岛素联合肝素清除FFA可改善AP病情, 用于治疗AP。

## 3 结语

AP患者血脂的变化与AP的严重程度存在相关关系, 其中HDL、apoA-I、apoB/apoA-1比值已被临床用于早期预测SAP患者, 这些指标联合其他评分系统可以帮助临床医生区分SAP患者和非SAP患者, 予以更有效地管理和治疗, 降低并发症及病死率。而其他血脂成分也有预测SAP的潜在价值, 但仍需要进一步研究。通过已有的研究发现血清脂质成分对预测SAP有一定的帮助, 可作为预测AP严重程度评分系统或临床指标的良好补充。目前血脂变化与AP病情变化的具体机制尚不清楚, 仍需进一步探讨。

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