

肝硬化并发自发性腹膜炎相关易感因素的研究进展

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摘要: 自发性腹膜炎是肝硬化腹水患者一种常见而严重的并发症, 是指在无腹腔内应用外科手术可以治愈的情况下, 由腹水所导致的感染。自发性腹膜炎在肝硬化腹水患者中的发生率可达30%, 是严重肝功能障碍的一个标志。自发性细菌性腹膜炎的发病机制主要有小肠细菌过度生长、肠黏膜通透性改变、细菌移位和机体免疫力下降。本文对近年来肝硬化并发自发性腹膜炎相关易感因素的进展进行综述。

关键词: 肝硬化; 自发性腹膜炎; 易感因素

Research progress of associated susceptible factors of spontaneous bacterial peritonitis in hepatic cirrhosis

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Abstract: Spontaneous bacterial peritonitis (SBP) is a common and potential life-threatening complication in patients with hepatic cirrhosis ascites. It is caused by ascites infection without the cure of abdominal surgery. The incidence of SBP was 30% in patients with hepatic cirrhosis ascites, and it is a sign of severe liver dysfunction. The pathogenesis of SBP includes the intestinal bacterial overgrowth, intestinal mucosal permeability changes, bacterial translocation and the low immunity of the body. This article reviewed the research progress of the associated risk factors of SBP in liver cirrhosis in recent years.

Key words: Hepatic cirrhosis; Spontaneous bacterial peritonitis; Susceptible factors

自发性腹膜炎即自发性细菌性腹膜炎 (spontaneous bacterial peritonitis, SBP), 是肝硬化腹水患者的一种常见而严重的并发症, 是指在无腹腔内应用外科手术可以治愈的情况下, 由腹水所导致的感染。SBP在肝硬化腹水患者中的发生率达30%, 是肝功能严重障碍的一个标志^[1]。肝硬化腹水发生自发性腹膜炎主要有以下因素:

1 宿主因素

在SBP的发生和发展中, 宿主因素是关键, 免疫因素和基因表达等均可不同程度地促使肝硬化腹水患者SBP的发展。肝硬化大量腹水患者已被证实其发生炎症反应是以细胞因子、白细胞介素和少量生长因子水平的增加为特点^[2]。

1.1 免疫因素 由于肝硬化患者的免疫系统受到损害, 导致补体不足和嗜中性粒细胞功能减弱, 妨碍了腹水细菌的清除, 促进SBP的发生与发展^[3]。

1.1.1 肿瘤坏死因子- α (tumor necrosis factor, TNF- α) TNF- α 是一种来源和用途极为广泛的细胞因子, 主要由单核细胞和巨噬细胞分泌。它除了参与体液免疫和细胞免疫外, 在重型肝炎等疾病中也起重要的作用^[4-7]。一项对急性

肝功能衰竭小鼠模型的研究表明, TNF- α 可影响肠黏膜的结构、减少ZO-1的表达并影响结肠的形态学特征, 从而推断其可能促使SBP的发生^[8]。还有研究表明, TNF- α 能加重肝细胞的损伤并导致肾功能异常, 进一步加重SBP, 增加死亡率^[9]。

1.1.2 白细胞介素6 (interleukin 6, IL-6) 和白细胞介素8 (interleukin 8, IL-8) IL-6主要由单核细胞、巨噬细胞、血管内皮细胞、T细胞和B细胞等产生, 其生物学作用有: 促进B细胞的增殖和分化、促进肝脏合成急性期蛋白、参与炎症反应以及抗肿瘤效应等。一项国外研究发现, 低浓度的IL-6可导致肝硬化患者发生SBP^[10]。IL-8是趋化因子家族CXC亚族的成员之一, 它主要由单核细胞、巨噬细胞、内皮细胞、成纤维细胞、角质细胞和肝细胞等产生, 活性无种属特异性, 对中性粒细胞有强趋化作用, 并使之激活; IL-8还可趋化T细胞、嗜碱粒细胞和其他炎症细胞; 其还参与血管的形成。Martínez-Brú等^[11]通过研究得出: SBP患者血清IL-8水平高于无SBP者, 其能够准确区分SBP和无SBP患者。

1.2 基因多态性因素 近年来, 对于SBP与各种基因多态性的研究越来越多, 相关研究从不同层面分析了基因表达在

SBP发生和发展中的重要地位。

1.2.1 核苷酸结合寡聚化结构域蛋白2 (nucleotide-binding oligomerization domain containing 2, NOD2) NOD2在肠黏膜细胞、肝细胞和单核细胞中表达,作为细胞内的一种细胞识别受体,NOD2能够识别细菌的胞壁酰二肽结构进而激活促炎因子NF- κ B的信号通路^[12,13]。NOD2变异株作用于肠黏膜,可使其激活促炎因子NF- κ B和IFN- γ 的能力减弱,使肠道抗菌肽产生减少,更容易发生SBP^[14]。

1.2.2 单核细胞趋化蛋白-1 (monocyte chemoattractant protein-1, MCP-1) 又称单核细胞趋化和激活因子 (monocyte chemotactic and activating factor, MCAF),属于C-C亚族成员,是一种强有力的单核细胞趋化因子^[15]。它能够调节单核细胞和巨噬细胞的迁移和浸润,单核细胞从血液中穿过血管内皮迁移到组织不仅是机体正常的免疫监视,也是对炎症的反应^[15]。1989年Matsushima等^[16]首次在人髓单核细胞的条件培养基中发现MCP-1,目前已知单核细胞、巨噬细胞、成纤维细胞、内皮细胞、B细胞和平滑肌细胞等在PHA、LPS、Poly I-C、IL-1、IFN- γ 、PDGF、EGF或某些病毒刺激下均可被诱导分泌MCP-1,某些肿瘤细胞系则可组成性产MCP-1。然而,单核细胞和巨噬细胞是其主要来源。MCP-1在炎症组织和强烈修复过程中高表达^[17,18],并且已被证实能够诱导和参与各种疾病的发生、发展及预后。近几年在炎症性肠病、动脉粥样硬化症、急性胰腺炎、狼疮性肾炎、肿瘤、糖尿病和肥胖等各领域都展开了对MCP-1的研究。MCP-1(A-2518) AG基因型可增加自发性腹膜炎的易感性^[19]。研究发现,MCP-1作为单核细胞或巨噬细胞的一种趋化因子能够激活淋巴细胞和中性粒细胞并移位至腹腔,促使单核细胞和巨噬细胞释放TNF和其他细胞因子,进而诱导内皮细胞黏附分子的表达,介导机体的抗感染^[20]。已有研究证实了肝硬化SBP患者腹水中MCP-1的水平比肝硬化无SBP患者腹水中MCP-1的水平高,提示MCP-1在自发性腹膜炎的发生和发展中充当病理生理学的角色^[21]。Rovin BH等^[22]发现体外刺激机体的单核细胞,-2518位点携带G等位基因的个体比A/A纯合子个体表达的MCP-1多。Erwin Gäbele等^[23]通过对MCP-1(A-2518G)基因多态性与肝硬化SBP的相关研究,得出MCP-1 AA基因型是酒精性肝硬化SBP发生发展的一个危险因素。国外学者^[24]对这一结论表示质疑。通过对MCP-1基因多态性与丙型肝炎的研究发现,携带G等位基因影响肝组织MCP-1的表达,进而产生更严重的肝脏炎症和纤维化^[25,26]。还有研究^[20]表明,MCP-1 GG基因型和G等位基因可能加速丙型肝炎患者的病情进展,MCP-1 AG基因型可能是肝硬化SBP发生的一个危险因素,MCP-1基因表达与肝硬化SBP的发生、发展是相关的。

2 细菌因素

越来越多的研究证实,肠道细菌过度生长并移位至肠系膜淋巴结的同时,宿主对移位细菌防御机制不足是SBP发生的一个重要机制。大肠埃希菌、克雷白杆菌,肠球菌和其他链球菌等革兰阴性菌最易发生细菌移位^[27]。有个案报道,

盖尔森基兴奴卡菌和李斯特菌也可以引发SBP^[28,29]。随着细菌DNA检测技术的广泛应用,其已经成为检测细菌移位的重要手段,这使得SBP能够早发现、早诊断、早治疗^[30]。

3 环境因素

肝硬化患者肝功能减退,由此出现的上消化道出血 (upper gastrointestinal bleeding, UGB) 以及低25-羟-维生素D水平等都可促使SBP的发生。

3.1 UGB UGB是肝硬化晚期常见的并发症,主要包括食管胃底静脉曲张出血、消化性溃疡和急性出血性糜烂性胃炎以及门静脉高压胃病。门静脉高压是其主要因素。Deschênes等^[31]通过前瞻性研究证实肝硬化上消化道出血是发生细菌感染的高危因素。Almeida等^[32]通过研究表明,在肝功能B级和C级患者中,UGB更容易导致细菌感染。

3.2 低25-羟-维生素D水平 维生素D具有多种功能,其不仅在钙代谢和骨骼矿物化中起核心作用,在生理上对其他器官(如骨骼肌、心脏、大脑和胰腺)的功能也有重要意义。儿童佝偻病和成年人软骨病与维生素D缺乏有关。维生素D还与细胞的增殖与变异相关,同时还具有免疫调节和抗炎的功能。维生素D可增加先天防御并调节淋巴细胞的激活与免疫反应,导致辅助T2细胞的激活。25-羟-维生素D水平低于 75×10^{-9} mol/L (30 ng/ml) 称之为维生素D不足,低于 50×10^{-9} mol/L (20 ng/ml) 称之为维生素D缺乏。据估计,约有十亿人维生素D缺乏或不足。在美国,25%至50%的成年人缺乏维生素D,93%的慢性肝病患者维生素D水平较低,近三分之一患者维生素D严重不足。25-羟-维生素D对肺结核患者使用杀菌剂有利影响^[33]。随机对照试验研究呈现相互矛盾的结果^[34]。低水平的25-羟-维生素D与儿童病毒性传染病相关^[35];低25-羟-维生素D水平与酒精性脂肪性肝病患者^[36]和肝硬化患者的病死率增加有关^[37],而感染是其死亡的主要原因之一。Anty等^[33]通过对严重缺乏维生素D (< 10 ng/ml) 感染和非感染的肝硬化患者的前瞻性研究发现,严重缺乏维生素D的患者数量在感染的肝硬化患者中显著高于非感染患者。

3.3 降钙素原 (procalcitonin, PCT) PCT是一种由116个氨基酸组成的多肽,是降钙素的前体,甲状腺的滤泡旁细胞和肺与肠的神经内分泌细胞都可以产生PCT。健康人群血液中PCT的水平在临床检测极限值以下,但PCT对炎症介质尤其是细菌来源的刺激十分敏感。败血症患者血液中PCT的水平可能升至100 ng/ml,此时血液中的PCT主要是由肺和肠细胞产生。一项荟萃分析发现,PCT对细菌感染的诊断特异性为70%、敏感性为76%^[38]。PCT作为脓毒症的早期诊断标志,优于白细胞介素2、白细胞介素6、白细胞介素8以及C反应蛋白等诊断指标。血清中PCT半衰期较长(25~30小时),适合用于日常监测治疗效果。Viallon等^[39]证实血清PCT的截止值为0.75 ng/ml,与SBP患者腹水中中性粒细胞计数、血清C反应蛋白或白细胞介素-6相比,PCT是SBP更好的标志物。Li等^[40]研究表明,PCT对SBP的诊断精度较高,

建议临床使用0.5 ng/ml作为临界值。Connert等^[41]研究表明,失代偿期肝硬化患者血清PCT水平是细菌感染敏感和特定的早期诊断工具。

3.4 质子泵抑制剂(proton pump inhibitor, PPI) 胃酸是机体抵抗微生物的一种防御机制,胃液酸度下降会使胃和小肠内细菌增殖,容易诱发肠道感染。PPI是一种有效的胃酸抑制剂,已有研究证实,使用PPI可增加肠道感染(包括由沙门菌、弯曲杆菌和梭状芽胞杆菌等引起的)的易感性^[42,43]。现有多种假设认为肠道感染发生率的增加与PPI治疗有关^[43],包括提高小肠的增生反应、微生物菌群的变化、中性粒细胞功能受损以及胃排空延迟。另一个因素是PPI的药物代谢可能显著受损(雷贝拉唑除外),可能会增加已使用PPI治疗的肝硬化患者发生感染的机会。由于PPI的疗效和耐受性均较好,已被广泛使用,潜在存在过度使用现象。肝硬化患者过度使用PPI会发生相关的胃酸分泌失调^[44-46]。此外,一些研究也证实了肝硬化腹水患者使用PPI和SBP的发展具有相关性^[47-51]。Ratelle等^[52]通过临床研究证明使用PPIs是肝硬化腹水患者发生SBP的一个独立的危险因素;Bajaj等^[53]也证实了PPI与肝硬化腹水患者发生SBP具有相关性。然而,这些数据仍存在争议。

SBP是在宿主因素、细菌因素和环境因素共同作用下发生、发展的一种感染性疾病。在细菌因素存在的情况下,宿主因素通过其自身的免疫系统功能诱导一些基因产物异常表达从而诱发、维持以及加重感染,加快疾病的进程。Schwabl等^[54]发现肝功能C级患者低血钠($< 125 \text{ mmol/L}$)和腹水($100 \text{ g/L} < \text{多形核白细胞} < 250 \text{ g/L}$)是SBP发生的高危险因素。在宿主因素中基因的表达(*NOD2*和*MCP-1*)也是当今前沿的研究方向具有不可忽视的研究意义。SBP的环境因素对其发生和发展是否起决定性作用尚值得探讨。随着现代分子生物学技术和遗传统计学、生物信息学的进一步发展,SBP易感因素的鉴定定会有重大突破。

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