

# 非酒精性脂肪性肝病患者粪便中PKS岛分布与外周血内生性乙醇的检测

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**摘要:** 目的 分析非酒精性脂肪性肝病 (non-alcoholic fatty liver disease, NAFLD) 患者粪便中聚酮合酶 (polyketide synthase, PKS) 基因簇 (即PKS岛) 分布及外周血内生性乙醇水平。方法 以2018年4月至2018年9月于首都医科大学附属北京地坛医院门诊及住院部就诊的32例NAFLD患者为NAFLD组, 选取同期37例本院健康体检志愿者为对照组, 留取受试者粪便标本及血液标本, 提取粪便标本的全基因组模板, 采用PCR法检测PKS岛的分布, 采用Biovision试剂盒对血液标本中乙醇浓度进行检测。采用HITACHI 7600型自动生化分析仪检测丙氨酸氨基转移酶 (alanine transaminase, ALT)、天门冬氨酸氨基转移酶 (aspartate transaminase, AST)、总胆红素 (total bilirubin, TBil)、总胆固醇 (total cholesterol, TC)、甘油三酯 (triglyceride, TG)、高密度脂蛋白胆固醇 (high-density lipoprotein cholesterol, HDL-C) 及低密度脂蛋白胆固醇 (low-density lipoprotein cholesterol, LDL-C) 等生物化学指标。结果 NAFLD组ALT为 [28.55 (17.33, 39.55)] U/L, 高于健康对照组的 [12.80 (9.60, 22.75)] U/L, 差异有统计学意义 ( $z = -4.073, P < 0.01$ ); NAFLD组TG为  $(2.35 \pm 2.40)$  mmol/L, 高于健康对照组的  $(0.92 \pm 0.70)$  mmol/L, 差异有统计学意义 ( $t = -3.466, P = 0.001$ ); AST、TBil、TC、HDL-C及LDL-C差异无统计学意义 (均  $P > 0.05$ )。NAFLD组粪便标本PKS岛阳性率为6.25% (2/32), 健康对照组为24.32% (9/37), 差异有统计学意义 ( $\chi^2 = 4.183, P = 0.041$ )。NAFLD组中3例患者外周血中检出乙醇, 浓度分别为13.24 mg/L、1.32 mg/L、0.06 mg/L; 健康对照组外周血中均未检出乙醇。结论 NAFLD患者粪便中PKS岛阳性率低于健康对照组; 部分NAFLD患者外周血中有内生性乙醇的存在。  
**关键词:** 脂肪性肝病, 非酒精性; 聚酮合酶基因簇; 内生性乙醇

## Distribution of polyketide synthase islands in feces and detection of endogenous ethanol in peripheral blood of patients with non-alcoholic fatty liver disease

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**Abstract: Objective** To analyze the distribution of polyketide synthase (PKS) islands in feces and endogenous ethanol in peripheral blood of patients with non-alcoholic fatty liver disease (NAFLD). **Methods** Total of 32 patients with NAFLD in the outpatient and inpatient department of Beijing Ditan Hospital, Capital Medical University from April 2018 to September 2018 were enrolled as NAFLD group, and 37 volunteers of physical examination in our hospital were enrolled as control group. The feces samples and blood samples were collected. The whole genome template of fecal specimens were extracted and the distribution of PKS island were detected by PCR. The alcohol content in blood samples were detected by Biovision kit. The biochemistry indicators [alanine transaminase (ALT), aspartate transaminase (AST), total bilirubin (TBil), total cholesterol (TC), triglyceride (TG), high-density lipoprotein cholesterol (HDL-C), low-density lipoprotein

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cholesterol (LDL-C)] were detected by HITACHI 7600 fully automatic biochemistry analyser. **Results** ALT level of patients in NAFLD group was [28.55 (17.33, 39.55)] U/L, which was significantly higher than that in control group [12.80 (9.60, 22.75)] U/L, the difference was statistically significant ( $z = -4.073$ ,  $P < 0.01$ ). The TG level of patients in NAFLD group was  $(2.35 \pm 2.40)$  mmol/L, which was higher than that in control group  $[(0.92 \pm 0.70)$  mmol/L], the difference was statistically significant ( $t = -3.466$ ,  $P = 0.001$ ). No significant differences were found in the levels of AST, TBil, TC, HDL-C and LDL-C between the two groups (all  $P > 0.05$ ). The positive rate of PKS in feces of patients in NAFLD group was 6.25% (2/32), which was 24.32% (9/37) in healthy control group, the difference was statistically significant ( $\chi^2 = 4.183$ ,  $P = 0.041$ ). In NAFLD group, there were three cases whose ethanol were positive in peripheral blood, the concentration were 13.24 mg/L, 1.32 mg/L and 0.06 mg/L, respectively. No ethanol was detected in peripheral blood of healthy control group. **Conclusion** The positive rate of PKS islands in feces of patients with NAFLD was lower than that of healthy controls and presence of endogenous ethanol in peripheral blood of patients with NAFLD was confirmed.

**Key words:** Fatty liver disease, non-alcoholic; Polyketide synthase; Endogenous ethanol

非酒精性脂肪性肝病 (non-alcoholic fatty liver disease, NAFLD) 可导致肝硬化、肝癌, 是中国慢性肝病的首要原因, 是全球性公共健康问题<sup>[1]</sup>。NAFLD与酒精性脂肪性肝病在病理上具有一致性, 提示内生性乙醇可能在NAFLD的发展过程中发挥了一定作用<sup>[2]</sup>。Volynets等<sup>[3]</sup>检测了20例NAFLD患者内生性乙醇浓度, 发现NAFLD组高于健康对照组。肠道菌群与人类健康密不可分, 越来越多的研究表明, 肠道菌群在NAFLD发生发展过程中起着至关重要的作用。有研究报道, 变形杆菌门肠杆菌科大肠埃希菌属产乙醇的肠道菌群可能在非酒精性脂肪性肝炎 (nonalcoholic steatohepatitis, NASH) 的发生中起重要作用<sup>[4-11]</sup>。Putze等<sup>[12]</sup>研究表明, 肠杆菌科的部分B2型大肠埃希菌、肺炎克雷伯菌、产气肠杆菌及克氏枸橼酸杆菌均携带一种保守的基因岛——聚酮合酶 (polyketide synthase, PKS) 基因簇, 即PKS岛。本研究通过比较NAFLD患者及健康人群粪便中PKS岛的分布及静脉血中的乙醇浓度, 进一步探索NAFLD的发病机制。

## 1 资料与方法

**1.1 研究对象** NAFLD组患者来自2018年4月至2018年9月首都医科大学附属北京地坛医院门诊及住院部患者, 所有患者均符合《非酒精性脂肪性肝病防治指南》(2018 更新版)<sup>[13]</sup>中的诊断标准, 即有弥漫性肝细胞脂肪变的影像学及病理学证据, 且可除外乙醇滥用等能导致肝脂肪变的其他病因。入组标准: ①年龄 18 ~ 65 岁; ②B型超声提示脂肪肝; ③采集标本前4周内, 无饮酒史 (包括含酒精饮料及食物); ④4周内未使用抗生素、益生菌、质子泵抑制剂及免疫抑制剂; ⑤对本研究方案充分知情后自愿签署知情同意书。排除标准: ①酒精性肝病、病毒性肝炎、原发性肝癌及肝硬化等肝病患

者; ②干燥综合征、系统性红斑狼疮等自身免疫性疾病患者; ③肠炎、急慢性胃肠道疾病患者; ④有其他系统肿瘤及血液病史患者; ⑤有放射治疗或化学治疗病史患者、有消化道手术史患者。健康对照组选自于本院健康体检的志愿者, 入组标准: ①病史调查显示既往体健, 无肝脏疾病史, 无高血压、糖尿病等代谢性疾病, 常规体检各项指标均在正常范围; ②年龄 18 ~ 65 岁。排除标准: ①4周内使用过抗生素、益生菌、质子泵抑制剂及免疫抑制剂病史; ②4周内饮酒史 (包括含酒精饮料和食物)。本研究获首都医科大学附属北京地坛医院伦理委员会的批准, 批准号: 京地伦科字[2017]第(22)-01号。

## 1.2 研究方法

**1.2.1 生物化学指标的检测** 采用HITACHI 7600型自动生化分析仪 (日立公司, 日本) 检测血生物化学指标, 包括丙氨酸氨基转移酶 (alanine transaminase, ALT)、天门冬氨酸氨基转移酶 (aspartate transaminase, AST)、总胆红素 (total bilirubin, TBil)、总胆固醇 (total cholesterol, TC)、甘油三酯 (triglyceride, TG)、高密度脂蛋白胆固醇 (high-density lipoprotein cholesterol, HDL-C) 及低密度脂蛋白胆固醇 (low-density lipoprotein cholesterol, LDL-C), 并比较两组间上述指标的差异。

**1.2.2 PKS岛的PCR扩增** 健康对照组与NAFLD组患者同时留取粪便标本, 取样时间均为早晨6点至10点。粪便标本排于无菌留便盒中, 30 min内转入-80℃冰箱冻存。采用QIAamp DNA Stool Mini kit试剂盒 (QIAGEN公司, 德国) 提取粪便样本细菌DNA。选取测序确认的PKS基因岛阳性菌株, 采用DNA纯化试剂盒 (Genemark公司, 中国台湾) 提取PKS基因岛阳性细菌DNA。

对提取的DNA进行PCR扩增及琼脂糖凝胶电泳鉴定。PCR所需PKS岛基因引物由苏州泓迅生物科技股份有限公司合成,序列如下:上游引物5'-GATTTGGATACTGGCGATAACCG-3';下游引物5'-CCATTTCCTGTTTGAGCACAC-3',扩增产物长度为579 bp;PCR扩增程序:95℃ 5 min;95℃ 30 s, 60℃ 30 s, 72℃ 60 s, 32个循环;72℃ 10 min, 4℃短期保存。选用1000 bp marker,加10~20 μl样本、阳性对照进行琼脂糖凝胶电泳,120~150 V跑胶至胶体约2/3处,放入biostep GmbH凝胶成像分析仪,紫外灯下使用软件拍照,如在500~750 bp间有同阳性对照一致的高亮条带出现即表明PKS基因岛阳性。

1.2.3 外周血中乙醇的检测 取受试者外周血2 ml,室温静置30 min, 4℃, 3350×g离心15 min,取血清,分装后置于-80℃冰箱保存。采用Biovision试剂盒检测(Biovision公司,美国)外周血中乙醇浓度。

1.3 统计学处理 运用SPSS 22.0统计软件进行数据分析,符合正态分布的定量资料(年龄、BMI、TBil、TC、TG、HDL-C、LDL-C)采用 $\bar{x} \pm s$ 表示,两组间比较采用独立样本 $t$ 检验;非正态分布的定量资料(ALT、AST)以 $M(p25, p75)$ 表示,组间比较采用Mann-Whitney秩和检验,定性资料以例数和百分数表示,组间率的比较采用 $\chi^2$ 检验。以 $P < 0.05$ 为差异有统计学意义。

## 2 结果

2.1 一般资料 本研究共纳入含完整临床资料的受试者69例,其中NAFLD组32例,健康对照组37例,2组研究对象的年龄、性别和BMI的差异无统计学意义(均 $P < 0.05$ ),具有可比性,见表1。

2.2 血生物化学指标 NAFLD组患者ALT为[28.55(17.33, 39.55)] U/L,显著高于健康对照组的[12.80(9.60, 22.75)] U/L,NAFLD组患者TG为(2.35 ± 2.40) mmol/L,显著高于健康对照组的(0.92 ± 0.70) mmol/L,差异均有统计学意义( $z = -4.073$ ,  $P < 0.01$ ;  $t = -3.466$ ,  $P = 0.001$ ),AST、TBil、TC、HDL-C及LDL-C水平差异无统计学意义(均 $P > 0.05$ ),见表2。

2.3 PKS岛的检测 32例NAFLD患者中2例(编号1和12)PKS基因岛阳性(图1),阳性率为6.25%(2/32),37例健康对照组中9例(编号17、19、21、25、32、34、35、36、37)PKS基因岛阳性(图2),阳性率为24.32%(9/37),两组间PKS基因岛阳性率差异有统计学意义( $\chi^2 = 4.183$ ,  $P = 0.041$ )。

2.4 外周血中乙醇水平的检测 健康对照组外周血均未检出乙醇,阳性率为0%;NAFLD组中3例外周血中检出乙醇,浓度分别为13.24 mg/L、1.32 mg/L、0.06 mg/L,阳性率为9.4%。健康对照组及NAFLD组的乙醇阳性率差异无统计学意义( $\chi^2 = 3.626$ ,  $P = 0.095$ )。

表1 69例研究对象的人口学特征

组别	年龄( $\bar{x} \pm s$ , 岁)	性别(男/女, 例)	BMI( $\bar{x} \pm s$ , kg/m <sup>2</sup> )
NAFLD组( $n = 32$ )	44.16 ± 10.17	20/12	26.15 ± 2.48
健康对照组( $n = 37$ )	42.43 ± 5.33	25/12	24.35 ± 2.22
统计量值	$t = -0.450$	$\chi^2 = 0.194$	$t = -3.712$
$P$ 值	0.610	0.659	0.537

表2 69例研究对象血生物化学指标

组别	ALT [ $M(p25, p75)$ , U/L]	AST [ $M(p25, p75)$ , U/L]	TBil ( $\bar{x} \pm s$ , μmol/L)	TC ( $\bar{x} \pm s$ , mmol/L)
NAFLD组( $n = 32$ )	28.55(17.33, 39.55)	19.80(15.68, 30.35)	12.57 ± 5.02	4.43 ± 1.05
健康对照组( $n = 37$ )	12.80(9.60, 22.75)	19.00(15.85, 21.10)	12.71 ± 5.30	4.34 ± 0.86
统计量值	$z = -4.073$	$z = -1.276$	$t = 0.116$	$t = -0.407$
$P$ 值	< 0.001	0.202	0.908	0.685
组别	TG ( $\bar{x} \pm s$ , mmol/L)	HDL-C ( $\bar{x} \pm s$ , mmol/L)	LDL-C ( $\bar{x} \pm s$ , mmol/L)	
NAFLD组( $n = 32$ )	2.35 ± 2.40	1.33 ± 2.16	2.68 ± 0.84	
健康对照组( $n = 37$ )	0.92 ± 0.70	1.35 ± 0.25	2.36 ± 0.58	
统计量值	$t = -3.466$	$t = 0.057$	$t = -1.722$	
$P$ 值	0.001	0.955	0.090	



图1 NAFLD组患者粪便样本细菌DNA PKS岛的凝胶电泳图

注：阳性对照为经测序确认的PKS基因岛阳性菌株DNA，图中编号1和12患者的PKS岛为阳性

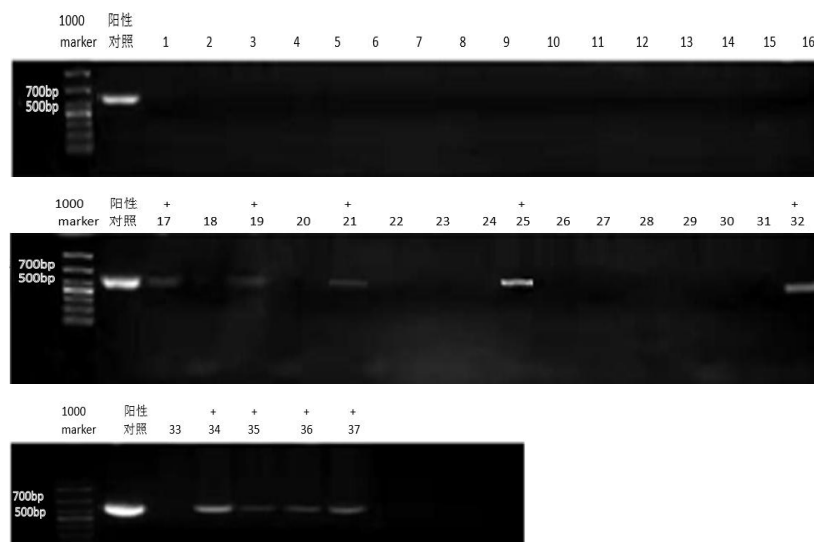


图2 健康对照组粪便样本细菌DNA PKS岛的凝胶电泳图

注：阳性对照为经测序确认的PKS基因岛阳性菌株DNA，图中编号17、19、21、25、32、34、35、36及37 PKS岛为阳性

### 3 讨论

肠道微生物群与NAFLD的发病密切相关<sup>[14]</sup>，作用机制主要包括：①肠道菌群失衡可导致肥胖，肥胖可引起NAFLD<sup>[15,16]</sup>；②肠道菌群可通过内毒素介导肝内炎症，而炎症反应可促进NAFLD的发展<sup>[17]</sup>；③肠道菌群失衡可促进肠道内胆碱代谢为甲胺，一方面甲氨可引起肝功能损伤，另一方面机体胆碱缺乏，引发肝内脂质沉积<sup>[18]</sup>；④肠道微生物与胆汁酸的相互作用<sup>[19]</sup>；⑤内生性乙醇学说，该学说认为肠道菌群产生的内生性乙醇与NAFLD的发展有关<sup>[20]</sup>。

本研究中NAFLD组患者粪便中PKS岛的阳性率显著低于健康对照组，考虑可能与NAFLD患者肠道菌群多样性下降有关。Cotillard等<sup>[21]</sup>研究发现，与肠道微生物多样性高的人群相比，肠道微生物多样性低的人群患代谢性疾病的风险更高。研究表明，肠道细菌

多样性低的个体往往伴有肥胖、胰岛素抵抗、血脂异常甚至出现严重感染<sup>[22]</sup>。动物实验也有类似报道，张静怡等<sup>[23]</sup>通过高脂饮食建立NAFLD大鼠模型，观察NAFLD与肠道菌群多样性及群落组成的关系，结果表明NAFLD组大鼠肠道菌群多样性下降，且肠道菌群的组成和含量也发生了显著变化。

内生性乙醇是指在外来乙醇摄入的情况下体内产生的乙醇。在无氧条件下，摄入的碳水化合物分解产生丙酮酸，后者由肠道细菌代谢产生乙醛后，再转变为乙醇<sup>[24]</sup>。低水平的内生性乙醇在正常人体内也是存在的，但可在肝脏被清除。然而，在很多病理情况下，人体内的内生性乙醇水平会显著升高。内生性乙醇的浓度一方面与产乙醇菌的数量有关，另一方面与人体对乙醇的代谢能力有关，此外可能还与人种及饮食习惯等有关。本研究

对NAFLD患者及健康对照组外周血中的乙醇浓度进行了检测。结果显示,在均未摄入外源性乙醇的情况下,NAFLD组3例患者外周血中检出乙醇,而所有健康对照者外周血中均未检出乙醇。经统计分析,NAFLD组患者外周血乙醇阳性率与健康对照组相比无显著差异,考虑与检测试剂灵敏度有关。但本试验表明,在部分NAFLD患者外周血中确实可检出内生性乙醇。de Medeiros等<sup>[25]</sup>认为NAFLD可能会产生高水平的内源性乙醇,但不一定会表现为血液中乙醇水平的升高,内源性乙醇在肠道和肝脏被代谢为乙醛。Engstler等<sup>[26]</sup>研究发现,NAFLD小鼠与对照组相比,在胃肠道各节段食糜中的乙醇浓度无显著差异,但腔静脉血浆中乙醇水平显著升高,因此认为NAFLD患者血液中乙醇水平升高可能是胰岛素依赖性的肝组织中乙醇脱氢酶活性受损造成的,而非内源性乙醇合成增加。

本研究发现,NAFLD组患者粪便中PKS岛阳性率低于健康对照组,但部分NAFLD患者外周血中乙醇浓度升高,可能与内生性乙醇的清除功能受损有关。但本研究目前未进行肝组织病理检查及动物实验,如能对入组患者或动物模型的肝脏病理标本进行乙醇脱氢酶、乙醛脱氢酶等乙醇代谢关键酶进行检测,则更有说服力。另一方面,本研究结果需更大的样本量进行验证。

综上,内生性乙醇在NAFLD发生发展中的作用还需要进一步探讨,如患者肠道中哪些细菌的总量和分布发生变化,其代谢功能发生了哪些改变,相关机制的阐明将对未来预防和治疗NAFLD提供新的思路与靶点。

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