

# 微小RNA-29家族调控慢性肝病发生发展

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**摘要:** 微小RNA-29 (microRNA-29, miR-29) 家族是备受研究者关注的miRNA家族之一, 其主要成员包括miR-29a、miR-29b (包括尚未成熟的miR-29b-1和miR-29b-2) 和miR-29c。近年研究表明, miR-29在非酒精性脂肪性肝病 (non-alcoholic fatty liver disease, NAFLD)、慢性病毒性肝炎、肝硬化及肝细胞癌 (hepatocellular carcinoma, HCC) 等慢性肝病中异常表达。miR-29可通过靶向下游靶基因并下调其表达间接调控相关慢性肝病的发生发展, 有望成为慢性肝病的早期无创鉴别诊断及预后判断的重要生物标志物和临床治疗的理想靶点。本文综述了miR-29调控慢性肝病的研究进展。

**关键词:** miR-29家族; 慢性肝病; 靶基因; 调控机制

## MicroRNA-29 family on regulating the occurrence and development of chronic liver diseases

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**Abstract:** The microRNA-29 (miR-29) family is one of the miRNA families concerned by the researchers. The family members mainly include miR-29a, miR-29b (including the immature miR-29b-1 and miR-29b-2) and miR-29c. Recent studies showed that miR-29 abnormally expressed in chronic liver diseases like non-alcoholic fatty liver disease (NAFLD), chronic viral hepatitis, liver cirrhosis and hepatocellular carcinoma (HCC). miR-29 can indirectly regulate the occurrence and development of related chronic liver diseases by targeting its downstream target genes and down-regulating the expression of target genes. It is expected to be an important biomarker and an ideal clinical target for the early non-traumatic differentiation, diagnosis and prognosis judgment of chronic liver diseases. This paper reviewed the research progress of miR-29 on regulating chronic liver disease.

**Key words:** miR-29 family; Chronic liver disease; Target genes; Regulatory mechanism

微小RNA (microRNA, miRNA) 是一类于机体内持续存在、短小的、仅由19~25个核苷酸构成的非编码蛋白质RNA<sup>[1]</sup>。大多数miRNA由RNA聚合酶

II 转录<sup>[2]</sup>, 可通过碱基配对与靶标mRNA结合, 阻止mRNA翻译或促进mRNA失稳降解, 转录后调控基因表达<sup>[3]</sup>。研究表明, 代谢性疾病、病毒感染性疾病及癌症等的发生都高度依赖于miRNA<sup>[4-6]</sup>。miR-29是备受研究者关注的miRNA家族之一, miR-29家族下游靶基因涉及细胞增殖、分化、迁移及凋亡等生物学相关过程<sup>[7,8]</sup>。以非酒精性脂肪性肝病 (non-alcoholic

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fatty liver disease, NAFLD)、慢性病毒性肝炎、肝硬化及肝细胞癌(hepatocellular carcinoma, HCC)为主要类型的慢性肝病患病人数多,发病率高。近年来,基于miR-29参与慢性肝病发病机制的研究较多,本文就miRNA-29调控慢性肝病发生发展的最新研究进展进行总结,以期慢性肝病的生物标志物和临床治疗靶点的筛选提供参考。

### 1 miR-29 家族概述

人类miR-29家族成员包括miR-29a、miR-29b(包括尚未成熟的miR-29b-1和miR-29b-2)及miR-29c<sup>[7]</sup>。miR-29b-1和miR-29a均定位于人染色体7q32的一个转录位点上,两者间隔约652个碱基<sup>[9]</sup>。有趣的是,人染色体1q32的一个转录位点上亦发现了miR-29b-2和miR-29c,表明miR-29b-2和miR-29c皆来源于1q32中的相同转录本,而在此两者间隔约507个碱基<sup>[10]</sup>。miR-29家族3个成员的碱基顺序相似性较高,成熟的miR-29均拥有一段相同的种子碱基序列“AGCACCA”,且其所调控的下游靶基因几乎相同<sup>[11]</sup>。但由于miR-29在多种病变组织和细胞群体中分布不一,且分别发挥不同的调控作用,miR-29a、miR-29b及miR-29c间显示出了相关功能调控机制的差异性<sup>[12]</sup>。近年研究指出,miR-29家族的3大成员分别在多种慢性肝病中异常表达,且相应的疾病调控机制不同。现就此问题的研究进展进行综述。

### 2 miR-29 家族与慢性肝病

**2.1 miR-29家族与NAFLD** NAFLD是指除外乙醇和其他确切肝损伤因素所导致的、以脂质在肝细胞中过量积聚为病理表现的慢性肝脏代谢性疾病<sup>[13]</sup>。根据肝损伤程度和发生肝硬化概率的不同,NAFLD又可分为较良性且易治愈的单纯性脂肪肝和伴随肝细胞炎症而难以治愈的非酒精性脂肪性肝炎(non-alcoholic steatohepatitis, NASH),后者易恶变为肝硬化甚至肝癌<sup>[14]</sup>。由于NAFLD与胰岛素抵抗和脂肪栓塞等疾病有关,其被认为是代谢综合征在肝脏的表现<sup>[15]</sup>。Jampoka等<sup>[16]</sup>研究指出,NAFLD患者血清miR-29a表达水平显著低于健康人群,两者间miR-29c表达水平无显著差异。He等<sup>[17]</sup>研究表明,血清miR-29b表达水平与NAFLD严重程度呈正相关。以上研究提示miR-29家族与NAFLD关系密切,miR-29a和miR-29b有望作为NAFLD无创性诊断的靶基因。Lin等<sup>[18]</sup>研究表明,过表达miR-29a可抑制高脂饮食(high fat diet, HFD)诱导的小鼠体质量的增加,改善小鼠肝细胞脂肪变性。究其机制,可能是miR-29a下调了其下游靶基因脂

肪酸转座酶CD36的表达,进而阻碍了过氧化物酶体增殖物受体 $\gamma$ (peroxisomal proliferator receptor gamma, PPAR $\gamma$ )的激活并减少了长链脂肪酸的吸收<sup>[19,20]</sup>。Yang等<sup>[21]</sup>研究表明,在蛋氨酸-胆碱缺乏饮食诱导的NASH小鼠模型中,miR-29a可通过靶向DNA甲基转移酶3B(DNA methyltransferase 3B, DNMT3B)并抑制其表达来减少小鼠体内活性氧的产生,从而改善NASH。Duan等<sup>[22]</sup>研究表明,在NAFLD大鼠模型中,下调骨骼肌miR-29b的表达水平可有效促进其下游靶基因诱导型一氧化氮合酶的表达,从而改善NAFLD大鼠肝脏缺血和再灌注损伤。综上,下调miR-29b或上调miR-29a可有效改善NAFLD。

**2.2 miR-29家族与慢性病毒性肝炎** 多种肝炎病毒,包括乙型肝炎病毒(hepatitis B virus, HBV)和丙型肝炎病毒(hepatitis C virus, HCV)感染机体后,均可持续刺激肝脏半年以上,从而引起慢性病毒性肝炎<sup>[23]</sup>。慢性乙型肝炎(chronic hepatitis B, CHB)和慢性丙型肝炎(chronic hepatitis C, CHC)是患病人数较多的传染性肝脏坏死性炎症,均可通过血源传播<sup>[24,25]</sup>。Chen等<sup>[26]</sup>研究表明,miR-29b与乙型肝炎病毒表面抗原(hepatitis B virus surface antigen, HBsAg)滴度呈正相关。El-Guendy等<sup>[27]</sup>研究指出,CHC患者血清miR-29c表达水平异常升高。miR-29在CHB和CHC患者中异常表达提示其有望成为相关慢性病毒性肝炎的生物标志物。Wu等<sup>[28]</sup>研究表明,miR-29a可通过靶向SMARCE1基因并在转录后水平上抑制其表达来促进HBV的复制。究其机制,可能是miR-29a制止了SMARCE1与HBV核心启动子结合,使得HBV复制有序进行<sup>[29]</sup>。Mahdy等<sup>[30]</sup>研究表明,过表达miR-29a可有效抑制细胞内HCV的复制,但未对该过程的分子机制进行深入探究。此外,Wang等<sup>[31]</sup>研究表明,过表达miR-29c可有效抑制HBV DNA的复制和相关蛋白的表达,可能与miR-29c靶向其下游靶基因肿瘤坏死因子 $\alpha$ 诱导蛋白3(tumor necrosis factor  $\alpha$ -induced protein 3, TNFAIP3)有关。综上,miR-29家族参与了相关慢性病毒性肝炎的发生发展,且多数是以调节细胞内相关肝炎病毒转录和复制的形式参与,但具体分子机制仍待研究阐明。

**2.3 miR-29家族与肝硬化** 肝硬化是肝纤维化的终末阶段<sup>[32]</sup>。肝纤维化是机体对酒精、药物、毒物及胆汁淤积等因素引起慢性肝损伤产生的伤口修复反应,其主要特征是以胶原蛋白为主的细胞外基质(extracellular matrix, ECM)在肝细胞的大

量累积<sup>[33]</sup>。ECM主要由持续处于活化状态的肝星状细胞(hepatic stellate cells, HSCs)分泌<sup>[34]</sup>。肝纤维化发生时,各种致纤维化因素不断地刺激HSCs,使其激活并转化为成纤维细胞,同时大量分泌ECM、生长因子及趋化转化因子, $\alpha$ -平滑肌肌动蛋白( $\alpha$ -smooth muscle actin,  $\alpha$ -SMA)水平显著升高是HSCs被激活的标志<sup>[35]</sup>。Roderburg等<sup>[36]</sup>研究表明,miR-29a、miR-29b和miR-29c的表达在肝纤维化小鼠模型及晚期肝纤维化患者血清中均下调;上调miR-29b的表达可显著抑制HSCs中胶原蛋白的合成,表明miR-29家族成员均参与了肝纤维化的发生发展。提示miR-29有望成为肝纤维化的诊断标志物。Huang等<sup>[37]</sup>研究表明,miR-29a可通过抑制其下游靶基因含溴结构域的蛋白质4(bromodomain-containing protein 4, BRD4)的表达抑制Zeste同源2增强子(enhancer of zeste homolog 2, EZH2)和蜗牛家族锌指转录因子1(snail family zinc finger 1, SNAI1),从而抑制HSCs活化,即miR-29a可通过抑制BRD4/EZH2/SNAI1途径来抑制肝纤维化。miR-29a可通过下调其靶基因磷酸肌醇3-激酶p85 $\alpha$ 的表达抑制蛋白分子包括热休克蛋白60、Lon蛋白酶-1和微管相关蛋白轻链3 $\beta$ 的表达,从而改善肝纤维化<sup>[38]</sup>。miR-29b还可直接靶向磷酸肌醇3激酶调节亚基1(phosphoinositide-3-kinase regulatory subunit 1, PIK3R1)和蛋白激酶B3(protein kinase-b3, AKT3)并下调其表达,抑制PI3K/AKT信号转导通路的激活,并诱导已激活的HSCs衰老凋亡<sup>[39]</sup>。由此可见,miR-29a和miR-29b均是肝纤维化的负调控因子,miR-29c在肝纤维化方面的作用仍需进一步探讨。

**2.4 miR-29家族与HCC** HCC约占原发性肝癌的90%,是病死人数最多的原发性肿瘤之一<sup>[40]</sup>。HBV和HCV慢性感染是HCC的主要致病因素<sup>[41]</sup>。分子异质性和相关生物标记物的缺乏是导致HCC患者错过最佳治疗时机而进入预后不良晚期的最直接原因<sup>[42]</sup>。多种miRNA,包括miR-29a、miR-29b及miR-29c均与HCC患者的存活率显著相关<sup>[43-45]</sup>,提示其均可作为HCC预后的独立检测因子。Zhang等<sup>[46]</sup>研究表明,miR-29a可通过靶向沉默信息调节因子2相关酶1(sirtuin 1, Sirt1)并下调其蛋白表达而抑制HCC的增殖。Mahati等<sup>[47]</sup>研究表明,紧密连接跨膜蛋白claudin-1(tight junction protein claudin-1, CLDN1)是miR-29a的下游靶基因,miR-29a可特异性靶向CLDN1并下调其表达,从而抑制HCC的生长和迁移。Wang等<sup>[48]</sup>研究表明,miR-29a-3p可直接

靶向致癌基因胰岛素样生长因子1型受体(Insulin-like growth factor 1 recipient, IGF1R)并下调其表达,促进细胞内CC基序趋化因子配体5(CC motif chemokine ligand 5, CCL5)的合成,抑制HepG2细胞的增殖和迁移。此外,SHI等<sup>[49]</sup>研究证实,自噬相关基因9A(autophagy-related gene 9a, ATG9A)是miR-29b的靶标。在HepG2细胞内,miR-29b可特异性靶向ATG9A,从而抑制细胞对索拉非尼的耐药作用,但此过程易被长链非编码RNA HANR介导的miR-29b海绵化而逆转<sup>[49]</sup>。Wu等<sup>[50]</sup>研究表明,miR-29c-3p可特异性靶向DNMT3B,抑制DNMT3B mRNA表达并促进大肿瘤抑制基因1(large tumor suppressor 1, LATS1)脱甲基,进而激活Hippo信号转导通路,从而抑制HCC的发展。由此可见,miR-29家族三成员均为HCC的抑制因子,有望成为HCC的新型潜在治疗靶点。

### 3 总结与展望

各种慢性肝病相关生物标记物和治疗靶点的缺乏是患者错失最佳治疗时机的重要原因之一。而miRNA有望破解这一难题。miR-29可在NAFLD、慢性病毒性肝炎、肝硬化及HCC等患者中均异常表达。miR-29可特异性靶向其下游靶基因并下调其表达,通过相关信号转导途径间接调节脂肪的合成代谢,肝炎病毒的复制,胶原蛋白及炎症趋化因子的合成和分泌,肿瘤细胞的增殖、凋亡、侵袭、转移以及细胞耐药。目前关于miR-29家族在慢性肝病中的研究仍有待深入,还有众多的调控机制如miR-29c对NAFLD的调控、miR-29b对CHB的调控等并未阐明。相信随着研究的持续深入,miR-29在慢性肝病中的多种调控机制将会逐渐明确,为慢性肝病的早期无创鉴别、诊断,预后判断以及临床治疗等提供更新、更稳固的理论基础。

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## 本刊对来稿医学名词和文字的要求

来稿中医学名词要求: 应使用全国科学技术名词审定委员会公布的名词。尚未通过审定的学科名词, 可选用最新版《医学主题词表(MeSH)》《医学主题词注释字顺表》《中医药主题词表》中的主题词。对没有通用译名的名词术语于文内第一次出现时应注明原词。中医名词术语按 GB/T 16751.1/2/3-1997《中医临床诊疗术语疾病部分/证候部分/治法部分》和 GB/T 20348-2006《中医基础理论术语》执行, 腧穴名称与部位名词术语按 GB/T 12346-2006《腧穴名称与定位》和 GB/T 13734-2008《耳穴名称与定位》执行。中西药名以最新版本《中华人民共和国药典》和《中国药品通用名称》(均由中国药典委员会编写)为准。确需使用商品名时应先注明其通用名称。中药应采用正名, 药典未收录者应附注拉丁文名称。

来稿中文字要求: 严格执行《中华人民共和国国家通用语言文字法(2000-10-31)》和新闻出版总署 2010 年 12 月 24 日发布的《关于进一步规范出版物文字使用的通知》, 以及 1992 年新闻出版总署、国家语言文字工作委员会发布的《出版物汉字使用管理规定》, 以 1986 年 10 月国家语言文字工作委员会重新发布的《简化字总表》和 1988 年 3 月国家语言文字工作委员会和新闻出版总署发布的《现代汉语通用字表》为准。

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