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新进展综述

动脉瘤性蛛网膜下腔出血后延迟性脑缺血的研究进展

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[摘要] 延迟性脑缺血(delayed cerebral ischemia, DCI)作为影响动脉瘤性蛛网膜下腔出血后神经功能损伤重要原因,曾一度被理解为是仅由脑血管痉挛导致的,有部分学者甚至将DCI直接定义为发生脑血管痉挛的不良预后。但目前研究表明,造成DCI的相关发病机制可能不止如此,目前获得较多认同的机制有:早期脑损伤、皮质弥散去极化、微血栓形成、微循环痉挛、脑血流自动调节障碍、氧化应激和活性氧自由基生成,其他机制如细胞死亡、炎症反应、血脑屏障破坏等。该文对动脉瘤性蛛网膜下腔出血后DCI的研究进展作一综述。

[关键词] 动脉瘤性蛛网膜下腔出血; 延迟性脑缺血; 发病机制

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Research progress in delayed cerebral ischemia after aneurysmal subarachnoid hemorrhage

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[Abstract] Delayed cerebral ischemia (DCI), as an important cause of neurological impairment after aneurysmal subarachnoid hemorrhage (aSAH), was once understood to be caused only by cerebral vasospasm and some scholars also directly defined DCI as the adverse prognosis of cerebral vasospasm. However, current researches show that the potential pathogenesis of DCI may be more than that. At present, there are more recognized mechanisms: early brain injury, cortical spreading depolarizations, microthrombosis, microvascular spasm, cerebral blood flow autoregulation disorders, oxidative stress and reactive oxygen species free radical production, and other mechanisms, such as cell death, inflammatory response, blood-brain barrier damage, etc. In this paper, we review the research progress in DCI after aSAH.

[Key words] Aneurysmal subarachnoid hemorrhage (aSAH); Delayed cerebral ischemia (DCI); Pathogenesis

在我国,动脉瘤性蛛网膜下腔出血(aneurysmal subarachnoid hemorrhage, aSAH)患者发病后 28 d、3 个月、6 个月和 12 个月的累计病死率分别为 16.9%、21.2%、23.6% 和 24.6%^[1]。因诊疗技术的进步,发达国家该病的病死率在 20 年间下降了 50%^[2],但其发病率并没有明显的下降,且大部分幸存患者还残留有永久性的神经、认知功能缺陷^[3]。延迟性脑缺血(delayed cerebral ischemia, DCI)作为造成不良预后及死亡的主要原因之一^[2,4],也是一种出现在 aSAH 后的,由于各类病理生理学变化的综合作用引发的临床恶化现象,这种恶化出现在首次蛛网膜下腔出血(subarachnoid hemorrhage, SAH)后 3~14 d^[5]。以往大多数学者认为血管痉挛为导致 DCI 的主要原因,甚至将二者作为同义词,且口服抗血管痉挛的药物(如尼莫地平)也能对 DIC 产生积极影响^[6,7],但是这一结论尚缺乏血管舒张的证据,因此也有学者提出可能还存在着其他病理机制导致 aSAH 后的 DCI。

1 早期脑损伤

早期脑损伤(early brain injury, EBI)近来被认为 是导致不良后果的主要决定因素,并且与 SAH 后的 DCI 有关^[8],它是指发生在 SAH 发病前 72 h 影像提示的脑梗死^[9],主要由颅内压升高和蛛网膜下腔血液的降解产物引起短暂性全脑缺血^[10]。2018 年,一项大型荟萃分析^[9]提示应该将脑成像检查中的脑梗死作为早期脑损伤的研究对象,与 DCI 平行,有望作为近期国际指南的一项研究成果。这种早期损伤可能反映于 SAH 的临床量表(如 WFNS 量表或 Hunt-hess 分级法),但这具有很大的主观性,近来许多研究致力于发现某些生物标志物,它们涉及 EBI 的发病机制,随后影响 DCI 的发展,并且于急性期时容易在外周血中测量^[11]。Nishikawa 和 Suzuki^[8]发现,半乳糖凝集素-3 可能与 SAH 患者预后有关。除此之外还有骨桥蛋白、生腱蛋白-C 和骨膜素等。

可靠的生物标志物可以将 aSAH 患者分为 DCI 发生的风险高低类别,客观监测 EBI 的治疗效果和早期评估 DCI 的发病可能^[11]。

2 皮质弥散去极化

皮质弥散去极化(cortical spreading depolarization, CSD)由 Leao^[12]首先提出,用以描述离子稳态的扩散损失和电活动在皮质受到的抑制。这种抑制现象相继在各种动物试验中得到证实,也证明了 CSD 在 SAH 中与 DCI 有着密切联系^[13]。CSD 是一种神经元去极化的自传播波,传播速度约为 2~5 mm/min。虽然 CSD 在正常的大脑中并没有致病性,但在脑卒中中,它对扩大缺血半暗带(ischemic penumbra, IP)体积有一定影响^[13]。另有证据表明 DCI 与 CSD 的微环境中均表现出低钾增加和一氧化氮(nitric oxide, NO)减少的现象^[14]。Sugimoto 等^[15]通过检测 CSD 和压力反应性指数(pressure responsiveness index, PRx)来预测 DCI 的发生。Jorks 等^[16]发现在大鼠中内皮素-1(endothelin-1)作为一种促血管收缩的肽,可能导致 CSD 和缺血,二者关系的揭示也预示着或许可以采用内皮素拮抗剂来预防 CSD 的发生。

3 微血栓形成

aSAH 后 EBI 及 DCI 的发展可能与微血栓形成有关,这一点早已在小鼠模型及其尸检中被证实^[17,18]。微血栓的形成主要由血小板聚集和纤维蛋白原激活引发,往往还有白细胞参与其中。这些激活的途径源于初级和次级凝血途径的激活,纤溶蛋白溶解受抑制^[19,20]。因兔的凝血系统与人类接近,McBride 等^[21]利用兔模型首次在脑皮质及海马区发现微血栓形成。近期的系统综述显示,在 DCI 发病机制方面,与无 DCI 的患者相比,aSAH 患者 DCI 后 5~9 d 血浆中血管性血友病因子(von Willebrand factor, vWF)、血小板活化因子、脑脊液(cerebro-spinal fluid, CSF)组织因子(tissue factor, TF)和 aSAH 后 11~14 d 血 D-二聚

体含量较高^[19]。这也意味着能够影响血小板聚集的治疗方法有可能改善 aSAH 患者的预后。

4 微循环痉挛

SAH 后的微循环痉挛由 Herz 等^[22]于 1975 年首次描述,他们通过豚鼠的微穿刺模型证实了脑表层软膜血管的收缩状态。脑部微循环由相邻的内皮细胞紧密连接,形成血脑屏障(blood-brain barrier, BBB)。周细胞被证实除了可以维持 BBB 的稳定,还可以控制微血管的直径,在受到刺激时收缩血管^[23]。NO 作为能够舒张血管的因素,在 SAH 后 24 h 内浓度和生物利用率明显下降^[24]。NO 含量可激活周细胞介导的炎症反应,且能被 SAH 后释放的血红蛋白清除,这提示周细胞可能通过响应 NO 信号,发生表型转换,调节血管功能^[25]。此外,微血管的痉挛还将导致脑血流量降低而储备不足,从而引发或加重 DCI。

5 脑血流自动调节障碍

Lassen^[26]首次提出脑血流自动调节(cerebral autoregulation, CA),被定义为在脑灌注压或平均动脉血压(mean arterial pressure, MAP)发生变化的情况下维持脑血流恒定的机制^[27]。PRx 可以作为脑血流调节能力的参数,也有学者辅以脑组织氧分压来评估^[28]。2018 年,Liu 等^[29]通过近红外光谱检测 aSAH 患者,证实 CA 是 DCI 发生的独立危险因素。Fontana 等^[30,31]发现 CA 早期损害与血管痉挛有关联。Santos 等^[32]研究了 121 例神经重症监护病房的非创伤性 SAH 患者,得出自动调节中损伤的程度和性质可准确预测个体患者的神经系统并发症,且高血压病史对脑自身调节有损害作用,尤其是自身调节的上限和下限^[33]。高血压病史还可能与 DCI 有关,可以被认为是 SAH 后 CA 障碍和不良预后的独立易感因素。综上所述,CA 相关机制或许是改善 SAH 预后的潜在治疗靶点。

6 氧化应激和活性氧自由基生成

氧化应激(oxidative stress, OS)和活性氧自由基(reactive oxygen species, ROS)生成在脑血管痉挛发病机制中的作用被众多临床研究和实验研究证实^[34,35],某些抗氧化剂的神经保护作用是肯定的,SAH 中的 ROS 生成途径包括线粒体呼吸受到破坏、细胞外血红蛋白降解、酶途径上调、内在抗氧化保护被破坏等^[36]。ROS 诱导的神经元凋亡是 EBI 的重要机制之一,并且细胞外血红蛋白降解和 NO 合酶在 DCI 的发病机制中起着重要作用。Ewelina 等^[37]通过电子顺磁共振(electron paramagnetic resonance, EPR)结合自旋捕获技术证实 DCI 患者 72 h 后自由基浓度明

显低于未出现 DCI 的 aSAH 患者。最近,Ramesh 等^[38]发现雌二醇具有维持血管完整性的作用,雌二醇水平的下降显著增加女性 aSAH 的发生率,激素替代治疗对于有发生或破裂颅内动脉瘤风险的绝经后妇女可能是一种很有前景的方法。

7 其他机制

7.1 细胞死亡 aSAH 后细胞死亡,尤其是细胞凋亡发生在神经元、星形胶质细胞、少突胶质细胞、血管平滑肌细胞和内皮细胞等,在中枢神经系统疾病的病理生理过程中起着重要作用^[35]。SAH 后细胞凋亡涉及众多路径,如死亡受体途径、线粒体途径、P53 介导的凋亡途径、半胱天冬蛋白酶(caspase)依赖性和非依赖性途径及多种调控信号的激活,其中 caspase 依赖性凋亡级联在 DCI 时尤为重要,而 caspase 非依赖性级联则与神经毒素诱导的细胞凋亡有关^[39]。Lu 等^[40]发现 ErbB4 蛋白的高表达神经元与脑缺血后神经细胞的存活率增加有关,ErbB4 可能通过 YAP/PIK3CB 信号通路改善 SAH 大鼠模型的细胞凋亡^[41]。

7.2 炎症反应 关于 SAH 与炎症反应的相关性已探讨 60 余年之久,炎症反应通常是全身性的,导致炎症细胞因子、内皮黏附分子和激活的补体在整个大脑中的释放^[42,43]。已研究的炎症细胞因子如白介素-1、白介素-6、肿瘤坏死因子 α 和基质金属蛋白酶等^[10,44]。其中比较关键的通路有丝裂原活化蛋白激酶和核因子- κ B^[45]。Liu 等^[46]发现氟西汀能减轻大鼠 SAH 模型的神经炎症并改善神经功能。Suzuki 等^[47]发现迷走神经刺激在全身和中枢神经系统中抑制炎症。故炎症反应与 aSAH 患者的功能结局密切相关^[43]。

7.3 BBB 破坏 BBB 是血液循环系统和中枢神经系统之间的一个选择透过性区域,由内皮细胞、星形胶质细胞末端足、周细胞和基底层组成^[23],起到保护大脑和中枢神经系统及其功能的作用。最新研究^[48]表明某些蛋白可以通过参与某种途径维持 BBB 的相对稳定,如重组人中脑星形胶质细胞源性神经营养因子可以减轻 BBB 被破坏程度,从而改善 SAH 后神经功能评分;在敲除生腱蛋白 C 后,可通过丝裂原活化蛋白激酶的失活,挽救 BBB 的完整性,达到改善预后的目的^[49]。

8 结语

aSAH 后 DCI 的发病机制尚未明确,但就目前各个机制来说,都是环环相扣、互相影响,由于动脉瘤破裂出血,使颅内压短时间内升高,脑血流量下降,血管阻力增大导致 CA 障碍;微循环痉挛使脑血流储备减少从而易形成微血栓;炎症因子可以通过

相关途径发生神经细胞死亡或破坏 BBB 等。目前各学者的研究重点除了继续探索 DCI 的具体机制,也为改善 aSAH 患者的预后尝试通过某些病理生理过程或生物标记物的变化趋势,寻找更确切的治疗靶点以及有前景的疗法。

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