

内皮糖萼在急性胰腺炎所致凝血功能障碍中的机制研究

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摘要

急性胰腺炎(acute pancreatitis, AP)是一种常见的严重程度不等的炎症性疾病, 从轻微的局部炎症到全身受累, 炎症反应和凝血功能障碍贯穿始终, 相互促进, 并深刻影响着AP患者的治疗和预后。越来越多的研究表明凝血异常与该疾病的严重程度密切相关, 而内皮糖萼作为抵抗内皮损伤的第一道防线, 在维持凝血和抗凝之间的微妙平衡起着至关重要的作用。因此本综述旨在总结以下内容: 1) 内皮糖萼的结构和功能, 2) 它在AP所导致的凝血功能障碍中的潜在作用, 以及3) 总结基于内皮糖萼的保护机制, 优化AP的治疗方案。

关键词

急性胰腺炎, 凝血功能, 内皮糖萼, 炎症反应

Mechanisms of Endothelial Glycocalyx in Coagulation Abnormalities Due to Acute Pancreatitis

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Abstract

Acute pancreatitis (AP) is a common inflammatory disease of varying severity, ranging from mild

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local inflammation to systemic involvement, with inflammation and coagulation abnormalities contributing to each other throughout and profoundly affecting the therapeutic process and prognosis of AP patients. A growing number of studies have shown that coagulation abnormalities are strongly correlated with the severity of the disease and that the endothelial glycocalyx, the first line of defense against endothelial injury, plays a vital role in maintaining the delicate balance between blood coagulation and anticoagulation. Therefore, this review aims to summarize: 1) the structure and function of the endothelial glycocalyx, 2) its potential role in the coagulation abnormalities caused by AP, and 3) to summarize the protective mechanisms based on the endothelial glycocalyx to optimize the therapeutic regimen for AP.

Keywords

Acute Pancreatitis, Coagulation, Endothelial Glycocalyx, Inflammation

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1. 引言

急性胰腺炎(acute pancreatitis, AP)是一种常见的急腹症, 发病率约 0.003% [1], 其中 15%~20% 会进展为重症急性胰腺炎(severe acute pancreatitis, SAP), 继发全身炎症反应综合征(systemic inflammatory response syndrome, SIRS)、凝血功能障碍、多器官功能障碍综合征(Multiple organ dysfunction syndrome, MODS)等, 病死率高达 20%~50% [2] [3] [4]。

AP 病因极其复杂, 发病机制也尚未完全阐明, 目前公认关键机制包括: 胰酶的过早激活和释放引发腺泡细胞的凋亡、细胞因子介导的炎症反应、凝血系统的激活、血管内皮的损伤[5] [6]。这些机制相互影响、共同作用, 促进 AP 发生和发展。研究表明, 凝血系统激活在 AP 进展过程中扮演着至关重要的角色, 且与 AP 的严重程度密切相关[7] [8], 但是关于引起 AP 凝血功能障碍的机制研究却不甚明了, 已有研究中, 炎症导致的血管内皮细胞损伤和内皮糖萼脱落是可以进一步探索的方向[9] [10]。

据报道, 与血管内皮损伤、凝血功能紊乱相关的循环生物标志物, 例如循环透明质酸、D-二聚体等的快速增长与急性胰腺炎的不良预后密切相关[11] [12] [13] [14]。而内皮糖萼既是抵抗内皮损伤的第一道防线, 又在维持血液凝固和抗凝之间的微妙平衡中起着至关重要的作用[15]。因此为进一步探索内皮糖萼在 AP 所致的凝血功能障碍中的潜在作用, 本综述将总结以下内容: 1) 内皮糖萼的结构和功能, 2) 它在 AP 导致的凝血功能障碍中的潜在作用, 以及 3) 总结基于内皮糖萼的保护机制, 优化 AP 的治疗方案。

2. 内皮糖萼的结构

内皮糖萼是锚定于血管内皮腔表面的一层膜状结构, 迄今为止, 电子显微镜可视化成像仍是观察内皮糖萼的主要手段[15]。它的主体由多种蛋白聚糖和糖蛋白构成[16]。

每个蛋白聚糖都有一个核心蛋白, 根据其在细胞微环境中的定位, 可分为膜蛋白聚糖和细胞外基质蛋白聚糖[17], 前者以与内皮细胞牢固连接的磷脂酰肌醇蛋白聚糖家族为代表, 后者则主要包括各种分泌型基质蛋白聚糖[15]。这些蛋白聚糖充当着“骨架”的角色, 通过核心蛋白与一个或多个带负电荷的糖胺聚糖(GAG)共价连接[18]。GAG 作为内皮糖萼中含量最多的成分, 承担着“侧链”的作用, 主要包括透明质酸(HA)、硫酸乙酰肝素(HS, 占整个 GAG 的 50%~90%)和硫酸软骨素(CS) [19]。负电荷便来自于这

些高度硫酸化的 GAG 的羧基, 借此能够与白蛋白等血浆蛋白发生静电相互作用[20]。而 HA 不同于上述硫酸化的 GAG, 它虽不带电, 却能够和其他硫酸化的 GAG 形成复合物, 起着固水和稳定内皮糖萼凝胶状结构的作用[19]。如此一来, 多个蛋白聚糖骨架和糖胺聚糖侧链彼此相连, 构成一网状结构, 其间白蛋白、血栓调节蛋白、细胞外超氧化物歧化酶和抗凝血酶 III (AT-III)等血浆蛋白, 嵌入该筛网状结构中[21], 对维持血管的通透性、抗氧化、抗凝血等方面有着极为重要的作用[22] [23]。

糖蛋白则充当粘附分子, 主要包括选择素(E 和 P)、整合素和免疫球蛋白, 兼具粘附、促凝血和纤溶的作用。一方面, 作为另一种“骨干”分子, 它们将糖萼和内皮细胞膜紧密连接; 另一方面, 它们又作为血小板和白细胞上整合素的配体, 介导血小板、白细胞与内皮细胞间的粘附作用。在细胞活化或各种炎症因子的刺激下, 其表达水平随之发生显著的变化[24]。

3. 内皮糖萼的功能

3.1. 天然的屏障作用

内皮糖萼覆盖着大部分的内皮细胞, 介于内皮与血流之间, 形成了一道保护内皮细胞的天然机械屏障。一方面, 它有效防止血流中的有害成分直接损伤内皮细胞; 另一方面, 它还规避了血细胞直接与血管壁相互作用的风险[15]。

3.2. 调节血管通透性

位于血管管腔表面的内皮糖萼在调节血管通透性方面具有独特的机制, 主要体现在以下两点: 1) 内皮糖萼因富含大量的硫酸化结构而带有负电荷, 可以充当负电荷分子筛的功能[24], 有效阻止带负电荷的或者大于 70 kDa 的分子穿过血管壁; 但是这项功能依赖于侧链的硫酸化修饰情况, 当受到外界病理生理刺激时, 例如内皮细胞的损伤, 该修饰情况也会动态变化, 从而影响血管通透性的调节[24]; 2) 其次, 内皮糖萼对白蛋白具有半透性, 能够构建经血管的白蛋白梯度, 进而完成调节经血管的流体通量[24] [25]。

3.3. 抑制凝血过程

抗凝是内皮糖萼一关键特性。其抗凝特性体现在以下方面: 1) 产生并释放前列腺环素(PG)、一氧化氮(NO)和组织因子途径抑制剂(TFPI) [26]; 2) 其次, 血浆中的抗凝血酶与位于管腔表面和内皮基底膜上的硫酸乙酰肝素(HS)结合, 大大增强了抗凝血酶的抗凝作用[22]; 3) 不仅如此, 嵌于糖萼网状结构中的血栓调节蛋白, 其本身就具有抗炎和抗凝的活性, 可因全身性促凝刺激而导致其发挥作用[27]; 4) 此外, 内皮糖萼还可以有效抑制血小板和内皮细胞的相互作用, 机制涉及以下两点: a) 糖萼自带负电荷, 排斥血小板; b) 血小板/内皮细胞粘附分子 1 (PECAM-1)隐于糖萼结构中, 减少血小板上整合素与内皮细胞的结合位点, 有效避免血小板的粘附作用。这些关键的抗凝功能叠加到一起, 使得内皮糖萼在维持血流中抗凝与凝血间微妙平衡有着极为重要的作用。

3.4. 控制血管表面的炎症

生理状态下, 白细胞-内皮细胞的相互作用是受限制的, 此源于内皮上的细胞粘附因子被糖萼所掩盖[10]。然而, 一旦发生炎症, 内皮糖萼就会被多种炎症介质刺激导致脱落, 细胞粘附分子也会因此暴露结合位点, 促进配体-受体的相互作用, 进而介导白细胞的粘附。因此糖萼的存在有效地抑制了白细胞的粘附, 控制了血管表面的炎症, 保护血管免受损伤。

3.5. 信号传导作用

由于血流的冲刷, 血管壁始终暴露于血流产生的机械应力下, 而内皮糖萼作为内皮细胞上的机械感

受器[28], 可以感受由血流引起的剪切力。当增加剪切力时, 可能会增加 NO 的产生, 进而导致血管扩张[29]。有研究表明, 糖萼的厚度与剪切依赖性白蛋白吸收过程有关, 与静态条件下相比, 暴露于剪切应力下的内皮细胞的糖萼层会增加对白蛋白的摄取, 糖萼层的厚度也随之增厚[30]。当糖萼完整时, 剪切应力可以通过核心蛋白传递到肌动蛋白细胞骨架, 或直接传递到细胞膜, 从而介导细胞信号转导[31]。对糖萼的损伤会损害这些机制, 并扰乱内皮对机械应力的反应。

除了物理压力外, 配体和酶与糖萼的结合还诱导信号转导和酶促修饰[32]。例如, 抗凝血酶作为一种丝氨酸蛋白酶抑制剂, 可与硫酸乙酰肝素蛋白聚糖(syndecan-4)结合, 从而增加其抑制活性[33]; 再例如, 成纤维细胞生长因子(FGF)和上皮生长因子等生长因子的活性取决于与糖萼的相互作用[34]。总之, 糖萼既能作为物理感受器, 又能充当化学信号的受体, 从而诱导血管内皮的生理反应。

4. 内皮糖萼的破坏在急性胰腺炎所致凝血功能障碍中的机制和作用

4.1. 内皮糖萼屏障功能受损, 促进血小板和内皮细胞的相互作用

完整的内皮糖萼覆盖于内皮细胞的表面, 作为一道天然的负电荷屏障, 有效规避血小板与内皮细胞的直接作用, 进而防止血小板粘附和微血栓的形成[24] [35]。然而, AP 促发炎症反应时, 关键的炎症介质肿瘤坏死因子- α (TNF- α)直接激活白细胞释放自由基, 引起糖萼降解和脱落, 肥大细胞则直接释放硫酸乙酰肝素酶(HPSE), 破坏内皮糖萼的结构[36] [37], 使其屏障功能随之丧失, 难以抑制血小板和内皮细胞的相互作用, 从而导致血小板粘附、微血栓的形成。

不仅如此, 内皮糖萼的脱落, 使掩于其间的血小板/内皮细胞粘附分子 1 (PECAM-1)彻底暴露, 通过配体-受体作用, 介导血小板粘附、激活、聚集, 并与纤维蛋白原和纤维蛋白相结合, 导致血栓的形成[38]。此外, 血小板的激活会反馈促凝血 P-选择素的表达[39], P-选择素隶属于细胞粘附分子, 它的过度表达, 将进一步介导血小板、白细胞与内皮细胞的粘附, 不但引起血栓形成, 还导致组织炎症浸润[40], 促进血栓-炎症的相互作用。与此同时, 炎症的发展也将进一步加速内皮糖萼的降解, 正反馈促进“炎症-糖萼降解-血栓-炎症”的恶性循环。

4.2. 内皮糖萼降解使得抗凝介质结合位点丢失

据报道, 多种抗凝介质通过与内皮糖萼结合发挥抗凝作用, 例如: AT-III、TFPI 和血栓调节蛋白[35]。AT-III 是主要的内源性抗凝剂之一, 有抑制凝血酶、活化因子 X 和 IX(FXa 和 FIXa)的作用[41], 研究证实, 其与硫酸乙酰肝素(HS)的特定区域结合相结合, 会引起构象变化, 抗凝活性将呈数量级增长[22] [42]; 不仅如此, TFPI 作为活化因子 VII (FVIIa)和 FXa 的有效抑制剂, 也通过 HS 与内皮糖萼相结合, 发挥其抗凝作用; 此外, 含有硫酸软骨素(CS)的血栓调节蛋白通过与凝血酶相结合, 将凝血酶从促凝酶转化为蛋白 C 通路的激活剂, 从而成为抗凝剂[35]。因此在内皮糖萼脱落后, 这些抗凝物质会丢失与糖萼的结合位点, 致使抗凝与促凝之间的平衡难以维系[10], 而与此同时, 降解脱落到血液中的 HS 和 CS 的抗凝活性却得以保留, 诱导内源性肝素化的发生[43]。如此一来, 内皮糖萼的破坏将会导致凝血的过度激活和病理性纤溶亢进, 进而进展至弥漫性血管内凝血(DIC)。

4.3. 内皮糖萼机械传导功能受损

内皮功能障碍是导致凝血紊乱的一大主要因素[44]。而血液流动时产生的剪切应力, 对维持内皮功能的稳态有着极为重要的作用[45], 主要体现在: 1) 它调节内皮细胞的增殖、存活和凋亡; 2) 调节内皮细胞抗血栓活性; 3) 调节内皮细胞与白细胞的粘附的相互作用; 4) 参与内皮细胞的生物信号传导[28] [45] [46] [47]。糖萼作为内皮细胞的机械感受器, 更是信号传导过程中的关键一环。当血流

流经血管壁,产生的剪切力会被糖萼首先感知,通过衔接复杂的分子传递过程,触发一系列信号通路,达到调节生物学功能的目的,例如,当增加剪切力时,锚定于细胞质膜内陷处的硫酸乙酰肝素蛋白聚糖感知机械力变化,诱导内皮型一氧化氮合酶(eNOS)的激活,促进 NO 的合成和释放,进而发挥调控血管舒张,并抑制白细胞和血小板粘附的功能[10] [48]。而 AP,尤其是 SAP,作为一组序贯综合征,从局部炎症发展到全身炎症反应,内皮糖萼开始脱落,随着这种机械感受器的丧失,内皮细胞多种信号传导功能难以维系,进而出现内皮功能障碍,尤其介导的血管舒缩、抗炎和抗凝血功能也会随之丧失。

5. 内皮糖萼的保护

5.1. 使用胶体保护内皮糖萼的完整性

液体复苏是 AP 早期救治的关键手段。白蛋白是一种常用于容量复苏的胶体,已被提议具有糖萼保护作用。它可以携带由红细胞衍生的 1-磷酸鞘氨醇(S1P)进入内皮细胞,而 SIP 本身可以促进内皮糖萼的再生和修复[49]。有临床试验研究显示,用白蛋白进行液体复苏的一组,糖萼的降解产物明显降低,事实证明,输注白蛋白比使用羟乙基淀粉(HES)和 0.9%生理盐水进行液体复苏,能更有效地防止糖萼降解[50] [51]。

5.2. 肝素改善内皮糖萼的功能

肝素是治疗高脂血症胰腺炎的常用方案,它具有抗炎和抗凝的特性,本质其实是一种糖胺聚糖(GAG)。而 GAG 是内皮糖萼的主要组成成分之一,因此肝素作为一种外源性 GAG 来修复或改善内皮糖萼的功能已有证据支持[52]。一方面,肝素可以抑制 HPSE 的活性,使得 HS 免于降解,从而达到保护糖萼的目的[53];另一方面,一项研究表明,肺内皮细胞上的糖萼的降解源于 TNF- α 依赖性肝素酶的激活,引起 HS 的分解所致,而加用肝素治疗,则有效地减弱了这种作用[54]。因此,肝素用于治疗 AP,除了抗凝、降脂以外,其对内皮糖萼的保护也是一重要原因。

5.3. 糖皮质激素(GCs)抑制内皮糖萼的降解

TNF- α 导致是 AP 进展的关键介质之一,据报道,它的释放与糖萼降解密切相关,其机制在于 TNF- α 会激活白细胞释放自由基,这些自由基直接降解内皮糖萼[55] [56]。已有研究证实,GCs 的应用显著减少 TNF- α 诱导的糖萼脱落[57],可能的原因在于 GCs 具有抗炎与免疫抑制的特性,减弱了 PI3K/AKT 信号传导,从而显著抑制 TNF- α 表达[56] [58],以此规避糖萼降解。不仅如此,一些研究强调 GCs 对稳定肥大细胞的重要性,能有效防止肥大细胞脱颗粒,减少 HPSE 产生,从而进一步减弱对糖萼的降解作用[36]。此外,AP 进展过程中伴随着肠道黏膜受损,可引起内毒素移位形成肠源性内毒素血症,进而激活补体系统,促发 TNF- α 、IL-6、IL-8 等炎症因子产生[59],诱导糖萼脱落,而 GCs 的应用可以减弱机体对细菌内毒素刺激的反应性,减少炎症因子的释放[59],从而减轻内毒素对糖萼的破坏。因此 GCs 用于治疗 AP,能从多方面抑制内皮糖萼的降解,对维持其完整性有着重要作用。

6. 总结与展望

内皮糖萼的损伤在 AP 发生发展中的潜在作用已经越来越为人所关注,选择内皮糖萼作为治疗靶点,更好地保护血管内皮的屏障功能,也将更有效地纠正凝血功能紊乱,更科学的指导液体复苏和抗炎治疗,这为 AP 和相关凝血功能紊乱的管理提供了一种新的理念。关于促进内皮糖萼降解的机制仍需进一步的研究来指导治疗策略。

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