

# 血清尿酸与纤维蛋白原间关系的预测 与成人烟雾病的相关性研究

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**摘要 目的** 探讨成人烟雾病(moyamoya disease, MMD)患者血清尿酸(serum uric acid, SUA)是否与纤维蛋白原(fibrinogen, FIB)独立相关。**方法** 本研究是一项横断面研究,选取 2015~2020 年收治的 115 例确诊为成人烟雾病患者。本研究的自变量与因变量分别为测得的血清尿酸(SUA)与纤维蛋白原(FIB),其协变量为年龄、性别、吸烟、饮酒史、体重指数(BMI)、空腹血糖(FPG)、糖化血红蛋白(HbA1c)、总胆固醇(TC)、甘油三酯(TG)、高密度脂蛋白(HDL)、低密度脂蛋白(LDL)等相关指标。根据 SUA 的四分位数,比较 MMD 患者的基线特征,同时进行 FIB 的单因素分析。在调整其协变量后采用多元线性回归分析 SUA 与 FIB 之间的相关性。**结果** 115 例烟雾病患者的平均年龄为  $40.45 \pm 8.21$  岁,其中约 43% 为男性。校正性别、年龄、BMI、吸烟、饮酒、FBG、HbA1c、TC、TG、HDL、LDL 等混杂因素后,多元线性回归分析结果显示 SUA 与 FIB 之间呈正相关( $\beta = 0.007$ ,  $P < 0.05$ )。**结论** 在成人 MMD 患者中,SUA 与 FIB 呈正相关。

**关键词** 烟雾病 尿酸 纤维蛋白 关系

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**Relationship between the Prediction of the Relationship between Serum Uric Acid and Fibrinogen and Adult Moyamoya Disease.** Zhang

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**Abstract Objective** To investigate whether there is an independent relationship between serum uric acid (SUA) and fibrinogen (FIB) in adult patients with moyamoya disease (MMD). **Methods** The present study was a cross-sectional study. A total of 115 adult patients with moyamoya disease were selected from 2015 to 2020. The independent and dependent variables of this study were serum uric acid (SUA) and fibrinogen (FIB), and their covariates were age, sex, history of smoking and drinking, body mass index (BMI), fasting blood glucose (FPG), glycosylated hemoglobin (HbA1c), total cholesterol (TC), triglyceride (TG), high density lipoprotein (HDL), low density lipoprotein (LDL) and so on. According to the quartile of SUA, the baseline characteristics of MMD patients were compared, and the univariate analysis of FIB was performed. After adjusting the covariates, multiple linear regression was used to analyze the correlation between SUA and FIB. **Results** The average age of 115 patients with moyamoya disease was  $40.45 \pm 8.21$  years old, of which about 43% were male. After adjusting for sex, age, BMI, smoking, drinking, FBG, HbA1c, TC, TG, HDL, LDL and other confounding factors, multiple linear regression analysis showed that there was a positive relationship between SUA and FIB ( $\beta = 0.007$ ,  $P < 0.05$ ). **Conclusion** In adult with MMD disease, there was a positive relationship between SUA and FIB.

**Key words** Moyamoya disease; Uric acid; Fibrinogen; Relationship

烟雾病(MMD)是一种特殊的脑血管疾病,其特征是双侧颈内动脉末端及其主要分支慢性进行性狭窄或闭塞,并伴有颅底烟雾样异常血管的形成。目前为止,MMD 的潜在发病机制仍未完全阐明<sup>[1]</sup>。现在对于 MMD 的研究主要集中在其治疗和预后,关于代谢异常和 MMD 之间的关系却证据有限<sup>[2,3]</sup>。

血清尿酸(SUA)是嘌呤代谢的最终产物。目前

关于 SUA 与脑血管疾病之间的关系尚存在争议<sup>[4,5]</sup>。有研究表明 SUA 具有神经保护功能,然而还有研究表明 SUA 水平的升高和脑血管的发生率呈正相关<sup>[6,7]</sup>。另一项研究证实,SUA 是颅内动脉狭窄的危险因素<sup>[8]</sup>。纤维蛋白原(FIB)是一种凝血因子,可以加速血栓形成过程,也可以作为炎症的标志<sup>[9]</sup>。有前瞻性研究表明,FIB 浓度的升高与总脑卒中风险增加有关,是颅内动脉狭窄的危险因素<sup>[10,11]</sup>。总之,SUA 和 FIB 在脑血管病的病理生理过程中起着极其重要的作用。本研究旨在探讨在成人 MMD 患者中,SUA 与 FIB 是否独立相关。SUA 和 FIB 之间的关系

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可能会帮助预测与 MMD 的发生、发展相关的进行性脑血管狭窄或闭塞。

### 对象与方法

1. 研究对象:选取 2015~2020 年徐州医科大学附属医院收治的成人 MMD 患者 115 例,其中男性 49 例,女性 66 例,均符合 MMD 的诊断标准以及根据排除标准排除相关不符合患者<sup>[12]</sup>。所有获得的影像学图像均由两名神经影像学专家采取完全随机阅读的方式对影像资料按照 MMD 的诊断标准进行盲审,如若有争议,则由两位专家通过协商判断达成一致。患者及近亲属对本研究知情并签署知情同意书。本研究符合《世界医学协会赫尔辛基宣言》相关要求。纳入标准:①年龄≥18 周岁,性别不限;②磁共振血管成像(MRA)、计算机断层扫描血管成像(CTA)或数字血管造影(DSA)显示颈内动脉末端或大脑中动脉、大脑前动脉起始部狭窄或闭塞;③颅内出现异常血管网;④病变呈双侧性改变;⑤能够配合相关检查,临床资料完整。排除标准:①单侧病变;②明确诊断有动脉粥样硬化、脑炎、脑膜炎、脑肿瘤、颅脑创伤、颅脑及自身免疫性疾病(如甲状腺功能亢进、系统性红斑狼疮、白塞病、结节性周围动脉炎、干燥综合征等)引起的类似“烟雾血管”变化者;③合并有心脏、肺、肝脏、肾脏功能不全者。

2. 研究方法:临床资料的收集包括性别、年龄、个人史(吸烟、饮酒)等。患者入院后采集空腹外周静脉血,徐州医科大学附属医院检验科测定空腹血糖(FPG)、糖化血红蛋白(HbA1c)、血清尿酸

(SUA)、纤维蛋白原(FBG)、总胆固醇(TC)、甘油三酯(TG)、高密度脂蛋白胆固醇(HDL-C)、低密度脂蛋白(LDL-C)等指标。

3. 统计学方法:采用 SPSS 26.0 统计学软件对数据进行处理分析。计量资料经正态性检验,符合正态分布的资料均采用均数±标准差( $\bar{x} \pm s$ )表示,多组间比较采用单因素方差分析,进一步采用 SNK 法进行两两比较。不符合正态分布的资料均采用中位数(四分位数间距)[M(Q1, Q3)]表示,多组间比较采用 Kruskal-Wallis H 检验,进一步采用 Nemenyi 法进行两两比较。分类计数资料均采用例数(百分比)[n (%)]表示,组间比较采用  $\chi^2$  检验。采用多元线性回归分析 UA 与 FIB 之间的相关性,以  $P < 0.05$  为差异有统计学意义。SUA 为自变量,FIB 为因变量,调整其他协变量后,模型 1 中校正性别、年龄后,分析 SUA 与 FIB 之间的相关性。模型 2 中进一步校正性别、年龄、BMI、吸烟、饮酒、FBG、HbA1c、TC、TG、HDL、LDL 后,分析 SUA 与 FIB 之间的关系。

### 结 果

1. 根据 SUA 的四分位数比较 MMD 患者的基线资料:不同 SUA 水平 MMD 患者基线资料比较结果详见表 1。不同尿酸组间患者的年龄、性别、BMI、吸烟、饮酒、FBG、HbA1c、TC、LDL 等指标比较,差异均无统计学意义( $P > 0.05$ )。而在 SUA 值最高的组(Q4 组)患者则具有更高的 TG 及 FBG 水平( $P < 0.05$ ),高密度脂蛋白的水平则相反( $P > 0.05$ )。

表 1 不同 SUA 水平患者临床资料比较[n(%),  $\bar{x} \pm s$ , M(Q1, Q3)]

临床特征	SUA(μmol/L)				$F/\chi^2$	P
	Q1(90~289)	Q2(290~330)	Q3(331~372)	Q4(373~542)		
n	28	29	29	29		
男性/女性	15/13	11/18	11/18	12/16	1.885	0.597
年龄(岁)	42.32 ± 7.77	38.41 ± 8.59	41.76 ± 7.48	39.32 ± 8.71	1.522	0.213
BMI(kg/m <sup>2</sup> )	24.85 ± 3.57	25.13 ± 2.32	24.51 ± 2.72	24.91 ± 2.71	0.232	0.874
吸烟	9(32.1)	10(34.5)	10(34.5)	8(28.6)	0.303	0.960
饮酒	10(35.7)	3(10.3)	4(13.8)	6(21.4)	6.699	0.082
FBG(mmol/L)	5.78 ± 2.44	6.54 ± 2.38	5.83 ± 1.33	6.20 ± 2.13	0.827	0.482
HbA1c(%)	5.50(5.30, 5.88)	5.80(5.50, 6.55)	5.50(5.30, 6.00)	5.50(5.30, 6.40)	6.086	0.107
TC(mmol/L)	4.29(3.17, 5.74)	4.22(3.37, 5.90)	5.34(4.54, 5.83)	5.17(2.89, 6.32)	1.911	0.591
TG(mmol/L)	1.04(0.92, 1.75)	1.92(1.50, 3.63)*	4.53(3.33, 5.73)*#	7.76(5.01, 8.78)*#Δ	71.870	0.000
HDL(mmol/L)	1.62 ± 0.42	1.30 ± 0.28*	1.10 ± 0.25*#	0.91 ± 0.27*#Δ	27.090	0.000
LDL(mmol/L)	1.97 ± 0.74	2.07 ± 0.55	2.27 ± 0.68	2.13 ± 0.74	1.010	0.391
FIB(g/L)	1.97 ± 0.48	2.63 ± 0.68*	3.14 ± 0.53*#	3.71 ± 0.70*#Δ	42.035	0.000

与 Q1 组比较, \*  $P < 0.05$ ; 与 Q2 组比较, #  $P < 0.05$ ; 与 Q3 组比较, Δ  $P < 0.05$

2. FIB 的单变量分析: FIB 的单变量分析结果详见表 2。FIB 与临床特征间的相关性经一元线性回归分析结果显示, FIB 与性别、年龄、BMI、吸烟、饮酒、

FBG、HbA1c、TC、LDL 之间无相关性, 差异均无统计学意义 ( $P > 0.05$ ), 与 TG、SUA 之间呈正相关 ( $\beta > 0$ ,  $P < 0.05$ )。

表 2 FIB 与临床特征间的相关性分析 [ $n(\%)$ ,  $\bar{x} \pm s$ , M(Q1, Q3)]

临床特征	数值	$\beta(95\% \text{ CI})$	t	P
性别				
男性	49(43.0)	参照	-	-
女性	65(57.0)	-0.030(-0.359~0.299)	0.180	0.857
年龄(岁)	40.45 ± 8.21	-0.015(-0.035~0.004)	1.547	0.125
BMI(kg/m <sup>2</sup> )	24.85 ± 2.83	0.000(-0.058~0.057)	0.012	0.990
吸烟				
否	77(67.5)	参照	-	-
是	37(32.5)	0.152(-0.195~0.499)	0.868	0.387
饮酒				
否	91(79.8)	参照	-	-
是	23(20.2)	-0.114(-0.519~0.292)	0.556	0.579
FBG(mmol/L)	6.09 ± 2.11	-0.028(-0.105~0.050)	0.712	0.478
HbA1c(%)	5.60(5.30, 6.20)	0.016(-0.116~0.148)	0.237	0.813
TC(mmol/L)	4.95(3.37, 5.93)	-0.014(-0.130~0.103)	0.234	0.815
TG(mmol/L)	3.41(1.51, 5.35)	0.182(0.129~0.234)	6.862	0.000
HDL(mmol/L)	1.23 ± 0.40	-1.262(-1.591~-0.932)	7.586	0.000
LDL(mmol/L)	2.11 ± 0.68	0.154(-0.085~0.392)	1.276	0.205
SUA(μmol/L)	333.5 ± 80.33	0.009(0.007~0.010)	13.647	0.000

3. FIB 水平与 SUA 相关性分析:SUA 作为等级变量与 FIB 在不同模型中的相关性分析结果详见表 3。采用多元线性回归分析对 SUA 与 FIB 之间的相关性进行分析。模型 1 中校正性别、年龄后, SUA 等

级与 FIB 之间存在明显的正向线性相关 ( $P < 0.05$ ), 进一步校正性别、年龄、BMI、吸烟、饮酒、FBG、HbA1c、TC、TG、HDL、LDL 等相关因素后, SUA 与 FIB 之间依然存在明显的正向线性相关 ( $P < 0.05$ )。

表 3 SUA 作为等级变量与 FIB 在不同模型中的相关性

项目	模型 1			模型 2		
	$\beta(95\% \text{ CI})$	t	P	$\beta(95\% \text{ CI})$	t	P
SUA	-	11.212	0.000	-	4.505	0.000
Q1	参照	-	-	参照	-	-
Q2	0.652(0.327~0.978)	3.970	0.000	0.500(0.130~0.869)	2.684	0.009
Q3	1.181(0.861~1.500)	7.325	0.000	0.910(0.459~1.360)	4.008	0.000
Q4	1.728(1.404~2.052)	10.556	0.000	1.324(0.723~1.926)	4.367	0.000
性别	-0.008(-0.022~0.007)	1.072	0.286	-0.010(-0.025~0.004)	1.393	0.167
年龄	-0.101(-0.336~0.134)	0.849	0.398	-0.033(-0.294~0.228)	0.251	0.802
BMI	-	-	-	0.006(-0.035~0.046)	0.281	0.780
吸烟	-	-	-	0.197(-0.07~0.464)	1.462	0.147
饮酒	-	-	-	-0.015(-0.337~0.306)	0.095	0.924
FBG	-	-	-	-0.068(-0.151~0.015)	1.628	0.107
HbA1c	-	-	-	0.047(-0.099~0.193)	0.639	0.525
TC	-	-	-	-0.072(-0.180~0.035)	1.330	0.187
TG	-	-	-	0.022(-0.056~0.101)	0.564	0.574
HDL	-	-	-	-0.396(-0.788~-0.004)	2.003	0.048
LDL	-	-	-	0.073(-0.144~0.290)	0.671	0.504

## 讨 论

本研究表明在调整其他协变量后, 成人 MMD 患

者 SUA 与 FIB 呈正相关。目前为止, MMD 的发病机制仍未完全明确, 其诊断基于特征性的血管造影结

果。烟雾血管是扩张的穿支动脉,具有各种组织病理学改变,包括动脉内膜呈偏心性增厚,内弹力层重复和断裂,中膜平滑肌细胞增生,动脉管腔的塌陷,纤维蛋白沉积以及血栓的形成。MMD 是一种容易受到体内外环境影响而导致的内皮功能障碍性疾病<sup>[13]</sup>。

既往研究表明,在中国人群中 SUA 浓度的升高与近端颅外动脉狭窄显著相关<sup>[14]</sup>。在中年女性中,SUA 水平越高,颅内动脉狭窄的风险就越高<sup>[15]</sup>。同时,血浆中高水平的 FIB 也是颈动脉狭窄的独立预测因素<sup>[16]</sup>。前瞻性研究表明,FIB 浓度的升高与总脑卒中风险增加有关<sup>[10]</sup>。SUA 可促进脂质过氧化,产生氧自由基,导致血管壁发炎。高水平的 SUA 被认为是脂肪组织中促进炎性内分泌紊乱的媒介,这可能是导致脂代谢紊乱的重要因素之一<sup>[17]</sup>。在调整年龄、性别、吸烟、饮酒史、BMI、FPG、HbA1c、TC、TG、HDL、LDL 等项目之后,笔者发现成人 MMD 患者 SUA 与 FIB 呈显著正相关。因此猜测 SUA 和 FIB 之间在 MMD 中潜在致病机制可能是重叠的。

既往的研究很少将 MMD 与代谢异常(如肥胖和凝血失衡)联系起来。目前,MMD 动脉内膜病变的发病机制尚不明确,但是血栓形成已被认为是其致病因素。MMD 的病理结果显示颅内动脉内膜增厚通常是一种无泡沫细胞堆积和动脉粥样硬化成分的贫脂性纤维病变,且经组织学证实 MMD 患者血栓大部分为白色血栓,主要由纤维蛋白物质组成<sup>[18]</sup>。FIB 是血液黏度和红细胞聚集的主要决定因素,FIB 水平升高可导致血管内血流减少,通过增加血小板聚集速度和血小板反应性而造成血液高凝状态形成血栓,这提示 FIB 在 MMD 的发生和发展中起着关键作用<sup>[19]</sup>。此外,SUA 是一种与氧化应激、炎症和血栓前状态相关的脑血管病的风险标志物<sup>[20]</sup>。SUA 的升高可损伤血管内皮细胞,激活血小板与单核细胞、红细胞和中性粒细胞相互作用,释放 FIB、组织因子和其他介质,引起动脉狭窄及血栓的形成<sup>[21, 22]</sup>。以上结果表明在成人 MMD 患者中 SUA 与 FIB 的致病机制可能是重叠的。Liu 等<sup>[23]</sup>也提出 SUA 的增高和 FIB 的异常增加相关血管疾病的发生率,这与本研究结果相符合。

本研究目前存在一定的局限性:①本研究中的代谢指标均为外周血水平,而不是烟雾血管局部的水平;②本研究为一项横断面研究,缺乏动态追踪各个指标的变化,样本量相对较少,对纳入分析的因素可能不够全面。

综上所述,本研究表明在成人 MMD 患者中 SUA

与 FIB 呈正相关,这可能预测与 MMD 的发生、发展相关的进行性脑血管狭窄闭塞。在临床实际工作中,临床医生接诊烟雾病患者后应密切关注 SUA 及 FIB 的水平,有助于预测 MMD 患者脑血管的进行性狭窄闭塞,及时进行积极的治疗,使患者获得理想的疗效及预后。

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用于迷走神经系统产生对心肌梗死后心脏重构的良性影响,其具体机制和相关分子信号通路尚不清楚;②本研究未进一步探讨丙酸盐对心脏重构影响机制中除神经调控以外的机制;③本研究未评估丙酸盐发挥作用的最佳剂量。

综上所述,本研究表明,丙酸盐可改善大鼠心肌梗死后心脏重构,其机制可能与调节心脏自主神经平衡有关。

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