

糖尿病患者临床参数与前列腺体积的相关性分析

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摘要 目的 探讨糖尿病患者年龄、血液炎症参数与前列腺体积的相关性,以期对良性前列腺增生预防和治疗提供价值。**方法** 回顾性分析 2021 年 2 月~2022 年 6 月在哈尔滨医科大学附属第一医院检验报告处理系统上查询诊断为糖尿病且在内分泌科住院的 496 例患者。以前列腺体积是否 $\geq 30\text{ml}$ 进行分组,将其分为糖尿病不伴有前列腺体积增大组($n=406$)和糖尿病伴有前列腺体积增大组($n=90$)。收集患者的年龄、血液炎症相关指标、尿液白细胞数,患者经腹部 B 超检查前列腺的前后径、上下径和左右径。**结果** 两组间年龄、淋巴细胞、单核细胞、血小板、前列腺体积和单核细胞与淋巴细胞比值(monocyte-to-lymphocyte ratio, MLR)比较,差异均有统计学意义($P<0.05$)。将糖尿病伴有前列腺体积增大组的临床参数进行相关性分析时,年龄、血小板与淋巴细胞比值(platelet-to-lymphocyte ratio, PLR)和 MLR 与前列腺体积呈正相关(r 分别为 0.24、0.26、0.23, $P<0.05$),淋巴细胞与前列腺体积呈负相关($r=-0.21$, $P<0.05$)。**结论** 糖尿病伴有前列腺体积增大患者年龄、淋巴细胞、PLR 和 MLR 等临床参数与前列腺体积有关,为临床对于良性前列腺增生的预防和治疗提供重要的价值。

关键词 糖尿病 前列腺体积 单核细胞与淋巴细胞比值 炎症

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Correlation Analysis of Clinical Parameters and Prostate Volume in Diabetic Patients. CHEN Guanheng, FENG Leiguang. Department of Clinical Laboratory, The First Affiliated Hospital of Harbin Medical University, Heilongjiang 150001, China

Abstract Objective To explore the correlation between clinical parameters, including age, hematological inflammatory parameters, and prostate volume in diabetic patients to provide insights into the prevention and treatment of benign prostatic hyperplasia. **Methods** We performed a retrospective analysis of 496 patients who were hospitalized in the Department of Endocrinology from February 2021 to June 2022 at the First Affiliated Hospital of Harbin Medical University with a diagnosis of diabetes mellitus by query from the test report processing system. They were grouped by whether the prostate volume was greater than or equal to 30ml, and divided into two groups: diabetes mellitus and without enlarged prostate volume ($n=406$), and diabetes mellitus with enlarged prostate volume ($n=90$). The patients' age, blood inflammation-related indexes, urine white blood cell count, and the patients' anterior and posterior diameter, upper and lower prostate diameter, and right and left diameter by abdominal ultrasound were collected. **Results** The differences of age, lymphocytes, monocytes, platelets, prostate volume and monocyte-to-lymphocyte ratio (MLR) were statistically significant between the two groups ($P<0.05$). In the correlation analysis of the clinical parameters among diabetic patients with enlarged prostate volume, age, platelet-to-lymphocyte ratio (PLR) and MLR were positively correlated with prostate volume (r were 0.24, 0.26, 0.23, $P<0.05$), and lymphocytes were negatively correlated with prostate volume ($r=-0.21$, $P<0.05$). **Conclusion** Clinical parameters such as age, lymphocytes, PLR, MLR and prostate volume in patients with diabetes mellitus with enlarged prostate volume are related to prostate volume, providing important clinical value for the treatment and prevention of benign prostatic hyperplasia.

Key words Diabetes mellitus; Prostate volume; Monocyte-to-lymphocyte ratio; Inflammation

糖尿病作为全球高患病率疾病,预估 2045 年患病人数将达到 6.29 亿,并且糖尿病导致的并发症也增多,如糖尿病肾病、糖尿病视网膜病变,糖尿病足溃疡等严重影响人们的身心健康^[1]。糖尿病的特点是

高血糖和慢性低度的全身性炎症,导致机体的免疫调节功能紊乱,氧化物质增多,激活相关的炎性信号通路,产生大量的炎性细胞因子,影响机体的各组织和器官^[2]。

良性前列腺增生定义为上皮细胞与间质细胞的增殖比例失衡最终导致的前列腺体积增大,主要临床表现为下尿路排尿症状,如尿频、尿流变细和排尿困难,严重影响中老年患者的生活质量^[3-5]。国外前列腺增生手术指南指出,由于各手术有其优缺点,因此

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根据前列腺体积的大小选择不同的手术方式可能更有利于减少患者的痛苦和提高患者手术后的生活质量^[6,7]。然而,糖尿病患者年龄和血液炎性指标等临床参数与前列腺体积的相关性尚未有临床报道。研究显示,高血糖加重前列腺增生,使前列腺体积增长,但这是基于血糖水平进行的分层研究,控制了年龄这一变量,并且没有讨论年龄和血液炎性指标与前列腺体积的相关性^[8]。研究显示,中性粒细胞与淋巴细胞比值(neutrophil-to-lymphocyte ratio, NLR)、血小板与淋巴细胞比值(platelet-to-lymphocyte ratio, PLR)和淋巴细胞与单核细胞比值(lymphocyte-to-monocyte ratio, LMR)与前列腺增生的相关性,但是该研究方法为倾向性评分分析,没有分析与前列腺体积的相关性^[9]。本研究旨在探索糖尿病患者年龄和血液炎性指标等临床参数与前列腺体积的相关性,为临床对于良性前列腺增生的预防和治疗提供重要价值。

对象与方法

1. 研究对象:2021 年 2 月~2022 年 6 月在哈尔滨医科大学附属第一医院检验报告处理系统上查询诊断为糖尿病在内分泌科住院的患者。纳入标准:①年龄 ≥ 40 岁的男性;②诊断为糖尿病;③检验数据完整;④无严重感染性疾病。排除标准:①糖尿病并发症;②糖尿病急性并发症,如糖尿病酮症酸中毒和高渗高血糖综合征等;③诊断为前列腺癌;④前列腺切除术史;⑤肝炎病史。本研究通过哈尔滨医科大学附属第一医院医学伦理学委员会批准(伦理学审批号:202247)。

2. 临床资料的收集:记录患者的年龄、空腹血糖(fasting blood glucose, FPG)、糖化血红蛋白(glycosylated hemoglobin, HbA1c);血液白细胞计数(blood white blood cell, BWBC)、中性粒细胞计数(neutrophil, N)、中性粒细胞百分比(neutrophil percentage, NP)、淋巴细胞计数(lymphocyte, L)、淋巴细胞百分比(lymphocyte percentage, LP)、单核细胞计数(monocyte, M)、单核细胞百分比(monocyte percentage, MP)、血小板计数(platelet, PLT)、尿液白细胞计数(urinary white blood cell, UWBC),患者经腹部 B 超检查前列腺的前后径、上下径以及左右径。

3. NLR、PLR、MLR、SII 和前列腺体积(PV)的计算:NLR = 中性粒细胞计数(N)/淋巴细胞计数(L), PLR = 血小板计数(PLT)/淋巴细胞计数(L), 单核细胞计数与淋巴细胞计数比值(monocyte-to-lympho-

cyte ratio, MLR) = 单核细胞计数(M)/淋巴细胞计数(L), 系统性免疫炎性指数(systemic immune-inflammation index, SII) = 血小板计数(PLT) $\times$ 中性粒细胞计数(N)/淋巴细胞计数(L), 前列腺体积(prostate volume, PV) = $0.52 \times$ 前后径 $\times$ 上下径 $\times$ 左右径;将收集的糖尿病组按前列腺体积是否 ≥ 30 ml 分为两组,即分为糖尿病不伴有体积增大组和糖尿病伴有体积增大组^[10]。

4. 统计学方法:所有的计量资料经 Shapiro-Wilk test 正态性检验,对符合正态分布的数据以均数 $\pm$ 标准差($\bar{x} \pm s$)表示,对不符合正态分布的数据采用中位数(四分位数间距)[M(Q1, Q3)]表示。若两组间经方差齐性检验,满足方差齐性则对两样本的均数采用两独立样本 *t* 检验;对不符合正态分布的数据或不满足方差齐性,则两组间比较采用 Wilcoxon 符号秩和检验。两个变量均正态分布采用 Pearson 进行线性相关分析;不满足正态分布采用 Spearman 进行线性相关分析;采用双侧检验,以 $P < 0.05$ 为差异有统计学意义,在相关性分析中,展示的相关图对于 $P > 0.05$ 用“ $\times$ ”符号表示,差异无统计学意义。所有的统计分析采用 R 4.2.0 版本软件完成。用到的软件包有 model summary 和 corrplot。检验水准 $\alpha = 0.05$ 。

结 果

1. 临床特征比较:本研究经满足纳入标准和排除标准的条件下共纳入 496 例糖尿病患者。将其根据前列腺体积是否 ≥ 30 ml 分组,其中不伴有前列腺体积增大组有 406 例,伴有前列腺体积增大组有 90 例。年龄在伴有前列腺体积增大组[64.50(57.00, 69.75)岁]显著高于不伴有前列腺体积增大组[55.00(48.25, 61.00)岁]。淋巴细胞计数在伴有前列腺体积增大组[$1.78(1.52, 2.24) \times 10^9/L$]低于不伴有前列腺体积增大组[$1.99(1.59, 2.42) \times 10^9/L$]。单核细胞比例在伴有前列腺体积增大组[7.30%(6.43%, 8.50%)]高于不伴有前列腺体积增大组[7.10%(6.00%, 8.28%)]。血小板计数在伴有前列腺体积增大组[$197.00(165.75, 228.50) \times 10^9/L$]低于不伴有前列腺体积增大组[$217.00(181.50, 250.00) \times 10^9/L$]。前列腺体积在伴有前列腺体积增大组[37.58(33.67, 45.65)ml]显著高于不伴有前列腺体积增大组[20.06(16.91, 23.72)ml]。MLR 在伴有前列腺体积增大组[0.26(0.19, 0.32)]高于不伴有前列腺体积增大组[0.23(0.18, 0.28)]。两组的其它临床参数比较,差异均无统计学意义($P >$

0.05),详见表1。

表1 两组患者临床特征比较 [$\bar{x} \pm s, M(Q1, Q3)$]

项目	糖尿病不伴有前列腺体积增大组($n=406$)	糖尿病伴有前列腺体积增大组($n=90$)	P
年龄(岁)	55.00(48.25,61.00)	64.50(57.00,69.75)	<0.001
空腹血糖(mmol/L)	8.02(6.43,10.16)	7.73(6.17,10.35)	0.704
HbA1c(%)	8.30(7.20,9.60)	8.00(6.93,9.75)	0.347
尿液白细胞计数(/ μ l)	2.30(1.30,4.57)	2.60(1.00,3.77)	0.612
血液白细胞计数($\times 10^9/L$)	6.38(5.54,7.54)	6.14(5.28,7.44)	0.410
中性粒细胞比例(%)	57.67 $\pm$ 9.06	59.29 $\pm$ 8.19	0.117
中性粒细胞计数($\times 10^9/L$)	3.66(2.89,4.55)	3.63(2.93,4.81)	0.965
淋巴细胞比例(%)	31.71 $\pm$ 8.10	30.00 $\pm$ 7.65	0.068
淋巴细胞计数($\times 10^9/L$)	1.99(1.59,2.42)	1.78(1.52,2.24)	0.034
单核细胞比例(%)	7.10(6.00,8.28)	7.30(6.43,8.50)	0.024
单核细胞计数($\times 10^9/L$)	0.45(0.36,0.55)	0.46(0.39,0.58)	0.213
血小板计数($\times 10^9/L$)	217.00(181.50,250.00)	197.00(165.75,228.50)	<0.001
前列腺体积(ml)	20.06(16.91,23.72)	37.58(33.67,45.65)	<0.001
NLR	1.81(1.41,2.37)	1.92(1.51,2.58)	0.126
PLR	108.82(87.02,134.21)	113.20(84.06,137.18)	0.892
MLR	0.23(0.18,0.28)	0.26(0.19,0.32)	0.004
SII	376.01(286.94,536.83)	393.86(291.07,512.51)	0.992

2.90例糖尿病伴有前列腺体积增大组临床参数的相关性分析:前列腺体积与年龄($r=0.24, P=0.039$)、PLR($r=0.26, P=0.026$)和MLR($r=0.23, P=0.043$)呈正相关;前列腺体积与淋巴细胞($r=$

$-0.21, P=0.025$)呈负相关。两组的其他临床参数在相关性分析与前列腺体积比较,差异无统计学意义($P>0.05$),详见图1。

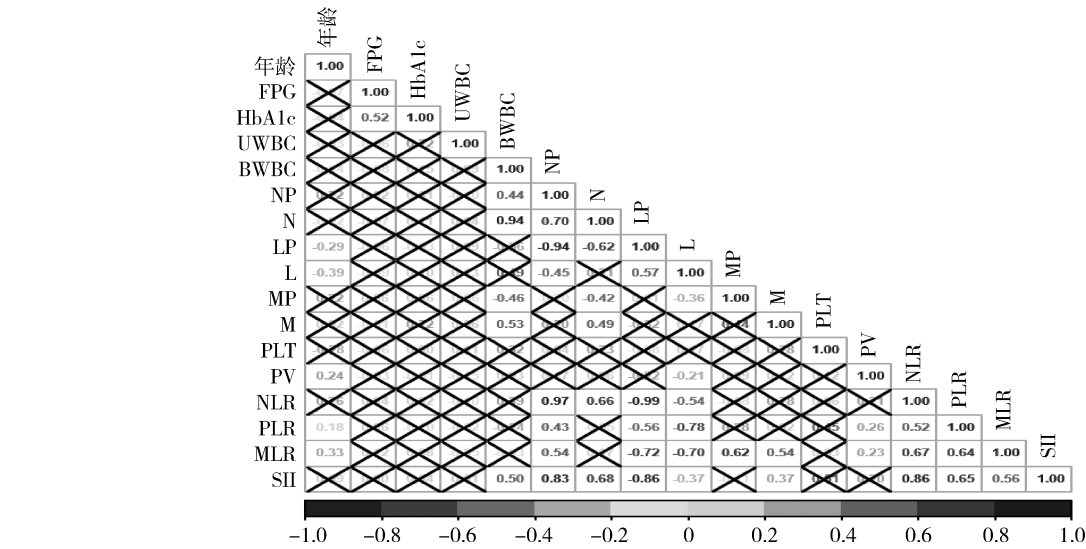


图1 糖尿病伴前列腺体积增大组临床参数的相关性分析

讨 论

本研究发现,年龄、PLR和MLR与前列腺体积呈正相关,淋巴细胞与前列腺体积呈负相关。表明年龄、血液炎症参数在良性前列腺增生中伴有重要的作用。可能随中老年男性的衰老加剧,机体的免疫系统功能发生改变,细胞发生衰老和凋亡,这些衰老的细

胞分泌促炎性细胞因子、生长因子和趋化因子等,这些统称为衰老相关的分泌表型,导致全身性或局部的炎症状态,损伤和修复,这可能是导致前列腺体积增大的一个原因^[11]。

糖尿病作为一种常见的慢性疾病,其常见并发症已被人们重视,如糖尿病肾病、糖尿病视网膜病变、糖

尿病心肌病等。然而,在伴有良性前列腺增生领域的相关性研究较少。研究表明,糖尿病的高糖环境导致蛋白质、脂质和核酸的氧化,糖与这些物质发生美拉德反应,产生内源性的晚期糖基化终产物,直接或者间接与细胞表面的受体,如晚期糖基化终产物受体结合,激活一系列炎症相关的通路,造成全身或局部的慢性炎症状态^[12,13]。年龄是前列腺增生的危险因素之一,随着年龄的增加,机体的免疫调节功能发生紊乱,造成免疫细胞的促炎微环境^[14]。

本研究中糖尿病伴有前列腺体积增大组的年龄显著高于不伴有前列腺体积增大组,并且年龄与前列腺体积呈正相关,这与既往文献观点一致,即年龄是良性前列腺增生的重要危险因素之一^[15,16]。动物实验研究表明,从植物中提取的具有抗炎药物能减轻炎症状态,减小了小鼠的前列腺体积,对临床良性前列腺增生的预防和治疗具有重要的理论指导价值^[17~19]。研究发现,在良性前列腺增生组织中,存在大量的巨噬细胞浸润,这些细胞分泌细胞因子和生长因子^[20]。本研究中与糖尿病不伴有前列腺体积增大组比较,伴有前列腺体积增大组的单核细胞比例较高,然而,在对 90 例患者的临床参数与前列腺体积进行相关性分析时,发现单核细胞计数或单核细胞比例与前列腺体积差异无统计学意义,但是 MLR 与前列腺体积呈正相关。

本研究中血小板计数在伴有前列腺体积增大组中显著低于不伴有前列腺体积增大组,PLR 与前列腺体积呈正相关,表明血小板计数和 PLR 对糖尿病患者伴有前列腺体积增大具有重要的临床价值。淋巴细胞作为主要的免疫细胞,在机体的先天性免疫或后天性免疫对抗外来物质或机体的异己物质具有重要的作用。MLR 能够反映单核细胞和淋巴细胞的平衡状态,两者构成免疫微环境^[21,22]。本研究显示,糖尿病伴有前列腺体积增大组的淋巴细胞计数低于不伴有前列腺体积增大组,前列腺体积与 MLR 呈正相关,与淋巴细胞呈负相关性。

本研究在糖尿病患者人群中探索年龄、血液炎症指标等临床参数与前列腺体积的相关性,为本领域研究补充该类人群的证据。白细胞介素-6、血清淀粉样蛋白 A、C 反应蛋白和降钙素原等炎症指标虽然对反映疾病状态准确和特异,但是易受多种因素影响和检测费用较高,而 PLR、MLR 作为新兴的炎症标志物,由全血细胞计数中衍生而来,具有简单方便易得、检测费用较低等优点而被广泛使用^[21]。

本研究存在以下局限性:①本研究是单中心的回顾性临床研究,因此无法确定这些临床参数与前列腺体积的因果关系,并且由于样本量和数据收集的局限,并没有讨论 t/PSA 与临床参数、前列腺体积的关系,另外年龄与良性前列腺增生呈正相关;②本研究选取的研究对象均为在哈尔滨医科大学附属第一医院诊断为糖尿病的内分泌科住院患者,由于数据的不完整没有纳入健康组,因此,可能导致研究结论的适用性受限。在之后进行多中心的临床研究并纳入健康人群将有助于扩展结论的适用性。

综上所述,对于诊断为糖尿病的患者,在糖尿病伴有前列腺体积增大中,年龄、淋巴细胞计数、PLR 和 MLR 等临床参数与前列腺体积有关,进一步证实年龄和炎症在良性前列腺增生的发展中起重要作用,两者相互作用,最终导致前列腺体积增大。

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