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## 系统性红斑狼疮患者血小板参数、血脂、补体 C3、C4 水平与病情活动度的关系分析 \*

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**摘要 目的:**研究系统性红斑狼疮(SLE)患者血小板参数、血脂、补体 C3、C4 水平与病情活动度的关系。**方法:**将从 2011 年 1 月~2018 年 1 月我院收治的 100 例 SLE 患者纳入研究,将其按照 SEL 疾病活动指数(SLEDAI)评分的不同分成活动组(SLEDAI 评分 $\geq 10$  分)36 例,非活动组(SLEDAI 评分<10 分)64 例,另取同期于我院进行体检的健康志愿者 100 例作为对照组。比较三组各项血小板参数、血脂指标以及补体 C3、C4 水平,采用 Pearson 相关性分析 SLE 患者 SLEDAI 评分与各项指标的相关性。**结果:**活动组、非活动组血小板计数(PLT)、血小板压积、大血小板百分率低于对照组,且活动组 PLT、大血小板百分率低于非活动组( $P<0.05$ )。活动组、非活动组血小板平均容积(MPV)、血小板体积分布宽度(PDW)高于对照组,且活动组高于非活动组( $P<0.05$ )。活动组、非活动组低密度脂蛋白胆固醇(LDL-C)均高于对照组,高密度脂蛋白胆固醇(HDL-C)均低于对照组( $P<0.05$ ),活动组 HDL-C 低于非活动组( $P<0.05$ )。活动组、非活动组补体 C3、C4 水平均低于对照组,且活动组补体 C3、C4 水平均低于非活动组( $P<0.05$ )。经 Pearson 相关性分析发现:SLE 患者 SLEDAI 评分与 PLT、大血小板百分率、HDL-C 以及补体 C3、C4 水平呈负相关,与 MPV、PDW 呈正相关( $P<0.05$ )。**结论:**SLE 患者血小板参数 PLT、大血小板百分率、血脂指标 HDL-C 以及补体 C3、C4 水平与 SLEDAI 评分密切相关,可能作为 SLE 患者疾病活动性的评估指标。

**关键词:**系统性红斑狼疮;疾病活动度;血小板参数;补体;血脂

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## Analysis of the Relationship between Platelet Parameters, Blood Lipid, Levels of Complement C3 and C4 and Disease Activity in Patients with Systemic Lupus Erythematosus\*

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**ABSTRACT Objective:** To study the relationship between platelet parameters, blood lipid, levels of complement C3 and C4 and disease activity in patients with systemic lupus erythematosus (SLE). **Methods:** 100 patients with SLE who were admitted to our hospital from January 2011 to January 2018 were included in the study, and patients were divided into the active group (SLEDAI score  $\geq 10$  scores) with 36 cases and the inactive group (SLEDAI score <10 scores) with 64 cases according to the differences of SEL disease activity index (SLEDAI) score. Another 100 healthy volunteers who underwent physical examination in our hospital at the same time were selected as the control group. Platelet parameters, blood lipid indexes and levels of complement C3 and C4 were compared among the three groups. Pearson correlation was used to analyze the correlation between SLEDAI score and various indexes in patients with SLE. **Results:** The platelet count (PLT), platelet deposition, large platelets percentage in the active group and the inactive group were lower than those in the control group, PLT and large platelets percentage in the active group were lower than those in the inactive group ( $P<0.05$ ). Mean platelet volume (MPV) and platelet volume distribution width (PDW) in the active group and the inactive group were higher than those in the control group, and the active group was higher than that in the inactive group ( $P<0.05$ ). Low density lipoprotein cholesterol (LDL-C) in the active group and the inactive group were higher than that in the control group, high density lipoprotein cholesterol (HDL-C) was lower than that in the control group ( $P<0.05$ ), and HDL-C in the active group was lower than that in the inactive group ( $P<0.05$ ). The levels of complement C3 and C4 in the active group and the inactive group were lower than those in the control group, and the levels of complement C3 and C4 in the active group were lower than those in the inactive group ( $P<0.05$ ). Pearson correlation analysis showed that SLEDAI score in patients with SLE were negatively correlated with PLT, large platelet percentage, HDL-C, and levels of complement C3 and C4, and positively correlated with MPV and PDW ( $P<0.05$ ). **Conclusion:** Platelet parameters PLT, percentage of large platelets, blood lipid indexes HDL-C, C3 and C4 levels are closely related to the SLEDAI score of SLE patients, it may be used as indicator of disease activity in SLE patients.

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## 前言

系统性红斑狼疮(Systemic lupus erythematosus,SLE)属于临幊上较为常见的一种自身免疫性疾病,主要表现特征为免疫性炎症,如不予以及时有效的治疗,会对患者的生命健康安全造成极大的威胁<sup>[1-3]</sup>。此外,病情缓解、急性发作交替是该病患者的主要特点,且病变会累及患者全身多个器官以及组织,又可分成活动期以及非活动期,患者临幊表现相对复杂,从而增加了临幊治疗的难度<sup>[4-6]</sup>。由此可见,寻找一种和SLE患者疾病活动性密切相关的实验室指标显得尤为重要,亦是目前临幊广泛关注的热点。随着近年来相关研究的日益深入,越来越多的学者发现血小板不但可以发挥止凝血功能,同时介导了机体炎症以及免疫反应,因此,血小板参数的变化可能有利于疾病的早期诊断和病情评估<sup>[7-9]</sup>。同时,相关研究报道指出:SLE会对多个器官、组织造成损害,从而引发脂质代谢异常等多种临幊表现,因此,血脂变化情况亦可能是SLE有效诊断、评估指标<sup>[10,11]</sup>。补体C3、C4介导了机体免疫反应,在SLE患者中存在明显的表达异常。鉴于此,本文通过研究SLE患者血小板参数、血脂、补体C3、C4水平与病情活动度的关系,旨在为临幊SLE的诊断以及疾病活动度评估提供相关的实验室指标,现作以下报道。

## 1 对象与方法

### 1.1 一般资料

将从2011年1月~2018年1月我院收治的100例SLE患者纳入研究。纳入标准:(1)所有受试者均和1997年美国风湿病协会<sup>[12]</sup>推荐的SLE相关诊断标准相符;(2)年龄>14岁;(3)入院前并未接受相关治疗。排除标准:①合并急性感染者。②合并糖尿病、代谢综合征。③近期( $\leq 3$ 月)使用过CTX或Aza等影响骨髓造血功能的药物或抗血小板聚集等药物者。④合并肿瘤、血液系统疾病者。将其按照SEL疾病活动指数(SEL disease activity index, SLEDAI)评分<sup>[13]</sup>的不同分成活动组(SLEDAI评分 $\geq 10$ 分)36例,非活动组(SLEDAI评分<10分)64例。活动组男女人数分别为8例、28例;年龄范围21~64岁,平均年龄( $40.15 \pm 11.31$ )岁;病程1~4年,平均( $3.25 \pm 0.34$ )年。非活动组男女人数分别为14例,50例;年龄范围22~65岁,平均年龄( $41.27 \pm 10.34$ )岁;病程1~5年,平均( $3.47 \pm 0.51$ )年。

年。另取同期于我院进行体检的健康志愿者100例作为对照组。其中男女人数分别为20例、80例;年龄范围21~67岁,平均年龄( $40.30 \pm 11.26$ )岁。各组年龄、性别比较差异无统计学意义( $P > 0.05$ ),均衡可比。所有受试者均在知情同意书上签字,并获批于医院医学伦理委员会。

### 1.2 研究方法

(1) 血小板参数检测: 相关指标包括血小板计数(Platelet count, PLT)、血小板平均容积(Mean platelet volume, MPV)、血小板体积分布宽度(Platelet volume distribution width, PDW)、血小板压积、大血小板百分率, 检测仪器为Sysmex XT 1800i型全自动血细胞分析仪(西门子医疗系统有限公司),具体操作遵循仪器说明书以及相关试剂说明书完成,相关试剂购自Sysmex公司。(2) 血脂指标水平检测: 主要指标包括总胆固醇(Total cholesterol, TC)、三酰甘油(Triacylglycerol, TG)、低密度脂蛋白胆固醇(Low density lipoprotein cholesterol, LDL-C)、高密度脂蛋白胆固醇(High density lipoprotein cholesterol, HDL-C)。其中TC与TG采用酶偶联比色法完成测定,LDL-C与HDL-C以直接法测定,具体操作务必以试剂盒说明书为准,相关试剂均购自西门子医疗系统有限公司。(3) 补体C3、C4水平检测: 分别采集所有受试者的晨起空腹静脉血2 mL,以速率放射比浊法完成上述指标水平的检测,具体操作遵循试剂盒说明书完成,相关试剂购自西门子医疗系统有限公司。

### 1.3 统计学处理

数据应用SPSS 22.0软件分析,计数资料以率表示,采用卡方检验,计量资料以( $\bar{x} \pm s$ )表示,采用t检验,多组间对比采用单因素方差分析。SLE患者SLEDAI评分与各项指标的关系实施Pearson相关性分析。将 $P < 0.05$ 记作差异有统计学意义。

## 2 结果

### 2.1 各组血小板参数对比

活动组、非活动组PLT、血小板压积、大血小板百分率低于对照组,且活动组PLT、大血小板百分率低于非活动组( $P < 0.05$ ),而活动组与非活动组血小板压积比较无统计学差异( $P > 0.05$ );活动组、非活动组MPV、PDW高于对照组,且活动组高于非活动组( $P < 0.05$ ),见表1。

表1 各组血小板参数对比( $\bar{x} \pm s$ )  
Table 1 Comparison of platelet parameters in each group( $\bar{x} \pm s$ )

Groups	n	PLT( $\times 10^9/L$ )	MPV(fl)	PDW(%)	Platelet deposition (%)	Large platelets percentage(%)
Control group	100	173.22 $\pm$ 33.10	9.64 $\pm$ 1.49	15.66 $\pm$ 3.02	1669.84 $\pm$ 324.83	23.22 $\pm$ 6.29
Inactive group	36	112.85 $\pm$ 20.84 <sup>#</sup>	12.02 $\pm$ 2.10 <sup>#</sup>	16.72 $\pm$ 3.87 <sup>#</sup>	1356.46 $\pm$ 415.83 <sup>#</sup>	11.37 $\pm$ 4.47 <sup>#</sup>
Active group	64	85.10 $\pm$ 11.05 <sup>**</sup>	16.53 $\pm$ 2.31 <sup>**</sup>	18.75 $\pm$ 4.36 <sup>**</sup>	1406.70 $\pm$ 308.45 <sup>#</sup>	6.73 $\pm$ 2.44 <sup>**</sup>
F		13.540	8.594	4.982	9.743	12.495
P		0.000	0.000	0.012	0.000	0.000

Note: compared with the control group, <sup>#</sup> $P < 0.05$ ; compared with the inactive group, <sup>\*\*</sup> $P < 0.05$ .

## 2.2 各组血脂指标对比

活动组、非活动组 LDL-C 均高于对照组, HDL-C 均低于对

照组( $P<0.05$ ), 活动组 HDL-C 低于非活动组( $P<0.05$ ); 而三组 TC、TG 对比无统计学差异( $P>0.05$ ), 见表 2。

表 2 各组血脂指标对比( $\bar{x}\pm s$ )

Table 2 Comparison of blood lipid indexes in each group( $\bar{x}\pm s$ )

Groups	n	TC(mmol/L)	TG(mmol/L)	LDL-C(mmol/L)	HDL-C(mmol/L)
Control group	100	4.41± 0.72	1.23± 0.33	2.01± 0.59	1.67± 0.34
Inactive group	36	3.67± 0.60	1.24± 0.32	2.69± 0.44 <sup>#</sup>	1.39± 0.32 <sup>#</sup>
Active group	64	3.70± 0.58	1.25± 0.31	2.77± 0.46 <sup>#</sup>	1.14± 0.36 <sup>#*</sup>
F	-	1.257	1.013	2.326	3.591
P	-	0.102	0.351	0.037	0.011

Note: compared with the control group, <sup>#</sup> $P<0.05$ ; compared with the inactive group, \* $P<0.05$ .

## 2.3 各组补体 C3、C4 水平及 SLEDAI 评分对比

活动组、非活动组补体 C3、C4 水平均低于对照组, 且活动

组补体 C3、C4 水平均低于非活动组( $P<0.05$ ); 活动组 SLEDAI

评分高于非活动组( $P<0.05$ ), 见表 3。

表 3 各组补体 C3、C4 水平及 SLEDAI 评分对比( $\bar{x}\pm s$ )

Table 3 Comparison of levels of complement C3 and C4 and SLEDAI scores in each group( $\bar{x}\pm s$ )

Groups	n	C3(g/L)	C4(g/L)	SLEDAI(score)
Control group	100	1.60± 0.26	0.39± 0.06	-
Inactive group	36	0.91± 0.12 <sup>#</sup>	0.30± 0.05 <sup>#</sup>	6.22± 1.74
Active group	64	0.34± 0.06 <sup>#*</sup>	0.22± 0.04 <sup>#*</sup>	14.10± 2.01
F/t	-	6.512	8.260	12.495
P	-	0.000	0.000	0.000

Note: compared with the control group, <sup>#</sup> $P<0.05$ ; compared with the inactive group, \* $P<0.05$ .

## 2.4 SLE 患者 SLEDAI 评分与各项指标的相关性分析

经 Pearson 相关性分析发现: SLE 患者 SLEDAI 评分与

PLT、大血小板百分率、HDL-C 以及补体 C3、C4 水平呈负相关, 与 MPV、PDW 呈正相关( $P<0.05$ ), 见表 4。

表 4 SLE 患者 SLEDAI 评分与各项指标的相关性分析

Table 4 Correlation analysis between SLEDAI scores and various indexes in patients with SLE

Indexes	SLEDAI scores	
	r	P
PLT	-0.582	0.001
MPV	0.543	0.008
PDW	0.572	0.002
Large platelets percentage	-0.612	0.000
HDL-C	-0.522	0.014
C3	-0.612	0.000
C4	-0.608	0.000

## 3 讨论

SLE 是一种以全身多器官受累为主要表现特征的自身免疫性疾病, 治疗上往往需采用糖皮质激素类药物或免疫抑制剂。由于患者普遍会担忧药物不良反应, 从而使得其长期用药依从性较差, 最终引起疾病的反复迁延, 乃至危及生命<sup>[14,15]</sup>。因此, 如何有效且准确评估疾病控制情况, 在疾病恢复的基础上

通过简便易行的客观指标指导用药, 可能有助于患者病程的缩短, 并在最大程度上降低长期用药导致不良反应发生的风险<sup>[16-18]</sup>。相关研究报道显示, SLE 的发病机制涉及免疫功能调节紊乱、补体系统缺陷以及炎性因子异常表达等<sup>[19,20]</sup>。补体 C3、C4 直接介导了机体免疫功能的调控<sup>[21]</sup>。另有相关研究报道提示, SLE 普遍会引起机体血脂代谢紊乱以及血小板破坏等临床表现, 值得临床深入研究<sup>[22-24]</sup>。

本文结果发现,SLE 患者的血小板参数均存在异常改变,且活动组患者的 PLT、MPV、PDW 以及大血小板百分率变化程度明显高于非活动组患者。同时,经 Pearson 相关性分析发现:SLEDAI 评分和 PLT、大血小板百分率呈负相关,而与 MPV、PDW 呈正相关。分析原因,SLE 患者会大量产生抗血小板抗体以及抗磷脂抗体等,前者可通过直接作用在血小板表面的抗原,激活补体形成膜攻击复合物,进一步导致血小板的破坏增加;而后者可通过和富含磷脂的血小板相结合,进一步导致血小板变形,促使其被网状内皮系统“扣留”,继而被破坏,最终导致血小板的破坏。MPV 随着血小板存活时间的延长,其体积缩小,SLE 患者由于血小板破坏增加,从而使得 MPV 增大。PDW 是有效反映血小板体积大小的敏感指标,其水平的升高预示了血小板的大小差异悬殊<sup>[25,26]</sup>。此外,活动组、非活动组 LDL-C 均高于对照组,且 HDL-C 均低于对照组,活动组 HDL-C 低于非活动组,且经 Pearson 相关性发现:SLEDAI 评分和 HDL-C 存在负相关。究其原因,SLE 属于自身免疫性疾病,亦是一种慢性炎症性疾病,而异常的免疫、炎症反应均是脂质代谢异常的影响因素,两者的协同作用促进了分解代谢的增强,最终引起脂质代谢的异常。然而,沈括等人的研究报道显示<sup>[27]</sup>:活动组患者的 TG、LDL-C 水平均高于非活动组患者,这和本研究结果有所不同,而导致上述差异的主要原因可能在于样本量较少,亦或是相关指标检测标准不同、疾病分组方式存在差异等。另外,活动组、非活动组补体 C3、C4 水平均低于对照组,且活动组补体 C3、C4 水平均低于非活动组,且经 Pearson 相关性分析发现:SLE 患者 SLEDAI 评分与补体 C3、C4 水平呈负相关。SLE 属于自身免疫性疾病之一,患者处于疾病活动阶段会产生大量的免疫复合物并沉积至组织气管内,从而导致补体系统的激活,通过补体介导的经典以及旁路途径消除免疫复合物,继而导致血清中的 C3、C4 被大量消耗<sup>[28,29]</sup>。

综上所述,SEL 患者血小板参数、血脂、补体 C3、C4 水平均会发生异常改变,且以活动期改变较为显著,上述相关指标均和疾病活动性存在密切相关,可能作为临幊上辅助评估 SLE 患者疾病活动度的指标。

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