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前列腺素 E1 治疗慢性乙型肝炎慢加急性肝衰竭早期患者的临床研究 *

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摘要 目的:探讨前列腺素 E1(PGE1)对早期乙型肝炎慢加急性肝衰竭患者的临床疗效及安全性。**方法:**采用随机对照方法进行前瞻性试验。将 100 例早期乙型肝炎慢加急性肝衰竭患者随机分为前列腺素 E1 治疗组和综合治疗组(对照组),前列腺素 E1 治疗组在常规内科综合治疗的基础上加用 PGE1 10 μ g 治疗,每天 1 次,疗程 4 周,综合治疗组为常规内科综合治疗。观察和比较治疗前后两组的肝功能指标水平、消化道和全身症状以及不良反应的发生情况,评价两组的临床疗效。**结果:**治疗过程中,前列腺素 E1 治疗组的总有效率为 80%,显著优于综合治疗组的 62%($P<0.05$)。治疗过程中,两组患者血清胆红素水平均明显下降,但前列腺素 E1 治疗组下降幅度较对照组更加明显。治疗第 2 周时,治疗组和对照组患者血清胆红素水平分别为 $252\pm 103\ \mu\text{mol/L}$ 和 $269\pm 113.2\ \mu\text{mol/L}$ ($P<0.05$),4 周时,则分别为 $89.8\pm 53.2\ \mu\text{mol/L}$ 和 $114.8\pm 62.5\ \mu\text{mol/L}$ ($P<0.01$),显著低于第 2 周时水平。临床症状好转率和其他化验指标(如 ALT、GGT)均较治疗前显著降低,但无统计学差异($P>0.05$)。前列腺素 E1 治疗组不良反应的发生率为 14%,而综合治疗组未见不良反应发生。**结论:**PGE1 治疗早期乙型肝炎慢加急性肝衰竭患者的疗效明显优于综合内科治疗组,能显著改善肝功能,促进黄疸消退,不良反应少。

关键词:慢加急性肝衰竭;乙型病毒性肝炎;治疗;前列腺素 E1

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Clinical Research and Analysis of Curative Effect of Prostaglandin E1 on HBV Related Acute on Chronic Liver Failure*

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ABSTRACT Objective: To investigate the therapeutic effect and safety of prostaglandin E1 (PGE1) on patients suffering from hepatitis B related acute on chronic liver failure. **Methods:** Prospective tests were progressed with random comparison and single blind methods. 100 patients with hepatitis B related acute on chronic liver failure were randomly divided into the PGE1 group and control group (internal medicine general treatment). On the basis of internal medicine general treatment, PGE1 group was treated with PGE1 10 μ g every day. Both groups were treated intravenously once a day for four weeks. The changes of liver function index level; clinical efficacy as well as gastrointestinal and systemic symptoms of adverse reactions were observed and compared before and after treatment between two groups. **Results:** After 2 and 4 weeks' treatment, the Tbil, ALT, GGT levels of both groups significantly decreased than those before treatment, which were obviously lower in the 4th week of treatment than those in the 2nd week of treatment. The serum Tbil level of PGE1 group was significantly lower than that of the control group ($P<0.05$), but no obvious significance was observed in the serum ALT, GGT levels between the the two groups($P>0.05$). The incidence rate of adverse reactions of PGE1 group was 14%, but no adverse reaction was observed in the control group. **Conclusion:** Prostaglandin E1 could more effectively treat the hepatitis B related acute on chronic liver failure than the internal medicine general treatment, and significantly improve the liver function, promote the jaundice vanishing, and has few adverse reactions.

Key words: Acute on chronic liver failure; Hepatitis B; Treatment; Prostaglandin E1

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前言

乙型肝炎引起的慢加急性肝衰竭是一种临床上比较常见的严重疾病,是由乙型肝炎病毒引起的肝脏合成、解毒、转化等功能障碍,出现凝血功能、黄疸、肝性脑病等一系列临床症候群^[1]。肝移植是其有效的治疗方法,但由于缺乏器官捐赠的即时可用性,因而需要探寻其他内科综合治疗的方案,是临床亟待解决的问题之一^[2]。以往的基础和临床研究中显示前列腺素 E1 (prostaglandin E1, PGE1)可改善肝脏微循环,促进肝细胞再生,对肝脏损伤有保护作用^[3-5]。为探讨 PGE1 对慢性乙型肝炎慢加急性肝衰竭的治疗作用,本研究总结了 2011 年 1 月~2013 年 3 月解放军第 302 医院收治的 100 例早期慢加急性肝衰竭患者内科治疗的情况,旨在进一步探索其临床疗效及安全性。

1 资料与方法

1.1 病例选择

100 例乙型肝炎慢加急性肝衰竭早期患者的诊断均符合 2006 年和 2012 年修订的肝衰竭诊断标准,血清总胆红素(total bilirubin, TBil)均大于 171 $\mu\text{mol/L}$ 。将所有患者随机分为前列腺素组与综合治疗组^[1]。前列腺素组(PGE Group)50 例,男 41 例,女 9 例,平均年龄 48.2 ± 12.5 岁,血清 TBil (330.7 ± 91) $\mu\text{mol/L}$ 。综合治疗组(internal medicine general treatment group)50 例,男 42 例,女 8 例,平均年龄(47.5 ± 13.9)岁,血清平均 TBil 为(316.9 ± 84.9) $\mu\text{mol/L}$ 。所有患者均无使用前列腺素 E1 的禁忌症,经腹部超声等影像学检查排除肝内外阻塞性黄疸。两组患者的年龄、病情、TBil、血清直接胆红素(direct bilirubin, DBil)、丙氨酸氨基转移酶(alanine aminotransferase, ALT)、谷氨酰转肽酶(glutamyl transpeptidase, GGT)、凝血酶原活动度(prothrombin activity, PTA)、血清白蛋白(serum albumin, Alb)、血常规等指标等比较均无统计学差异($P > 0.05$),具有可比性。

1.2 治疗方法

前列腺素组用在常规内科保肝、降酶、退黄、促肝细胞生长、支持的基础上加用 PGE1(北京泰德制药有限公司,中国)10

$\mu\text{g/d}$,加入 0.9%氯化钠 100 mL 中缓慢静脉滴注,疗程 4 周;综合治疗组不使用前列腺素,其余内科治疗方法均同前列腺素组。

1.3 观察指标及方法

治疗前和治疗后每周检测血 TBil、ALT、GGT、PTA、Alb、血常规和肾功能等, TBil、ALT、AST、GGT、Alb 和肾功能采用全自动生化分析仪(Olympus, 日本)检测。观察治疗前后患者的乏力、纳差、尿黄、腹胀等症状,同时观察有无发热、疼痛、头痛、局部皮肤反应等不良反应发生。

1.4 临床疗效评价标准

显效:乏力、腹胀、纳差等主要症状、体征消失,血清 TBil $\leq 40 \mu\text{mol/L}$ 、ALT $\leq 60 \text{ IU/L}$ 、PTA $\geq 50\%$;有效:主要症状、体征有所改善,血清 TBil 下降 $\geq 50\%$ 、ALT $\leq 80 \text{ IU/L}$ 、PTA $\geq 40\%$;无效:未达到上述指标者。

1.5 统计学分析

所有实验数据采用 SPSS 统计软件进行处理。计量资料比较采用 t 检验,计数资料比较采用 χ^2 或秩和检验,以 $P < 0.05$ 表示差异有统计学意义。

2 结果

2.1 两组临床疗效的比较

前列腺素 E1 治疗组 50 例患者中,显效 13 例(22%),有效 27 例(54%),总有效率(显效 + 有效)为 80%;综合治疗组 50 例患者中,显效 8 例(16%),有效 23 例(46%),总有效率为 62%,显著低于前列腺素 E1 治疗,差异有统计学意义($P < 0.05$)。

2.2 两组治疗前后的肝功能比较

治疗前,两组患者血清 TBil、ALT、GGT 水平比较差异均无统计学意义 ($P > 0.05$)。治疗后第 2 周和第 4 周,两组 TBil、ALT、GGT 水平均较治疗前显著降低,且第 4 周时各指标水平均显著低于第 2 周时。前列腺素 E1 治疗组 TBil 水平显著低于综合治疗组($P < 0.01$)。两组 ALT、GGT 水平比较均无统计学差异($P > 0.05$)。

表 1 前列腺素 E1 组和内科综合治疗组治疗前后肝功能指标水平的比较

Table 1 Comparison of the liver function levels before and after treatment between PGE1 group and Control group

Time point	TBil($\mu\text{mmol/L}$)		ALT(U/L)		GGT(U/L)	
	PGE1 group	Control group	PGE1 group	Control group	PGE1 group	Control group
Before treatment	330.7 ± 91	316.9 ± 84.9	339.5 ± 183.6	353.3 ± 126	160.1 ± 80.1	163.5 ± 88.6
2 Weeks	252 ± 103	269 ± 113.2	143.7 ± 39.3	166.6 ± 41.7	110.7 ± 51	118.4 ± 71.6
4 Weeks	89.8 ± 53.2	114.8 ± 62.5	47.9 ± 33.4	58.0 ± 15.9	59.3 ± 39.7	77.5 ± 49.1
P value in groups	< 0.01	< 0.01	< 0.01	< 0.01	< 0.01	< 0.01
P-value between groups	< 0.01		> 0.05		> 0.05	

2.3 两组临床症状缓解情况的比较

治疗前,两组间乏力、纳差、腹胀、肝区不适等症状的发生率比较无明显差异,经 4 周治疗后,两组消化道和全身症状均明显缓解,但是两组的缓解率比较差异无统计学意义($P > 0.05$)。

2.4 两组不良反应发生情况的比较

治疗期间,前列腺素组 3 例患者出现头昏,4 例患者注

射部位出现血管潮红或疼痛,减慢输液速度后上述症状减轻或消失,均能耐受,不良反应的发生率为 14%;而综合治疗组未见上述不良反应发生。

3 讨论

乙型肝炎引起慢加急性肝衰竭主要是由于机体肝脏的合

成、解毒、排泄和生物转化等功能发生严重障碍,而出现以凝血功能障碍、黄疸、腹水、肝性脑病等为主要表现的一组严重肝病症候群,常规的内科保肝、降酶、促干细胞生长等治疗效果不佳,病死率极高^[12,6]。肝衰竭时肝细胞大量坏死,网状支架塌陷

或部分塌陷可引起胆汁淤积和高胆红素血症,加剧肝细胞凋亡、坏死和微循环障碍^[67]。针对上述情况,必须改善肝衰竭患者的肝细胞功能和肝微循环障碍^[2,67]。

表2 前列腺素组和内科综合治疗组治疗前后临床症状的缓解情况比较

Table 2 Comparison of the improvement of clinical symptoms before and after treatment between PGE1 group and Control group

	Fatigue		Digestive symptoms		Distention		Discomfort in liver area	
	PGE1 group	Control group	PGE1 group	Control group	PGE1 group	Control group	PGE1 group	Control group
Total	46	45	43	45	28	25	14	15
Improved number	37	32	35	27	19	15	12	7
Recovery Rate	80.4%	71.1%	81.4%	60%	67.9%	60%	85.7%	46.7%
P Value	P=0.2990		P=0.217		P=0.2737		P=0.0271	

前列腺素 E1(PGE1)为目前临床上治疗各种原因引起的肝衰竭的常用药物之一。国内外最近的研究发现,PGE1 能够通过蛋白激酶系统间接促进肝实质细胞的生长和修复,同时还可进一步改善肝肾等重要脏器的血液供应,改善肝脏微环境,从而减轻肝脏损害^[2,68,9]。同时,PGE1 还可增强肝细胞胆汁的分泌,拮抗血栓素,延缓肝衰竭患者的病程,促进病情的恢复,从而改善其预后^[6,9,10]。本研究结果显示 PGE1 治疗慢性乙型肝炎慢加肝衰竭早期的有效率为 80%,显著优于常规内科治疗(62%);治疗过程中,所有患者的血清总胆红素水平呈不同幅度下降,前列腺素 E1 治疗的患者下降幅度较常规内科治疗的患者更加明显,提示 PGE1 可更加有效地改善慢性乙型肝炎慢加肝衰竭早期的肝功能。

传统的 PGE1 粉针剂的不良反应发生率较高,患者常因难以耐受而停药,限制了其临床应用^[6,9-13]。本研究采用的是将 PGE1 包裹于脂微球中的新型制剂,由于其具有较高的靶向性、缓释性、高效性、副作用低等特征,患者的耐受性明显提高,不良反应的发生率仅 14%^[6,9,14]。

本研究结果表明 PGE1 能显著改善乙型病毒性肝炎引起的慢加急性肝衰竭早期患者的肝功能,减轻消化道和全身症状,且安全性尚可,可作为治疗早期慢加急性肝衰竭患者的备选药物^[15,16]。

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综上所述,PFKFB3 高表达可能通过促进血管生成在胰腺癌的发生发展、转移过程中发挥重要作用,并与胰腺癌的恶性程度及预后不良有关,可能作为胰腺癌预防、治疗和预后评估的参考指标,但 PFKFB3 高表达对胰腺癌血管生成的作用及其具体机制尚有待于进一步研究。

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