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新活素与多巴酚丁胺治疗急性心力衰竭的疗效比较及对血浆 Gal-3、CysC、ET-1 水平的影响*

朱臻 赵建荣 李紫阳 陆强 邵红

(上海交通大学医学院附属瑞金医院卢湾分院 心血管内科 上海 200120)

摘要 目的:分析和比较新活素(Lrh-BNP)与多巴酚丁胺(Dob)治疗急性心力衰竭(AHF)的临床效果及对其血浆半乳糖凝集素(Gal)-3、胱抑素 C(CysC)、内皮素(ET)-1 水平的影响。**方法:**选取我院 2015 年 2 月~2017 年 2 月收治的 114 例 AHF 患者,采用随机数字表法均分为两组。Dob 组给予 Dob 治疗,Lrh-BNP 组予以 Lrh-BNP 治疗。比较两组治疗前后心功能参数,血浆 Gal-3、CysC、ET-1 水平,临床综合疗效及不良反应的发生情况。**结果:**与治疗前相比,两组治疗 72h 后 FS、LVEF 值均显著升高($P<0.01$),LVEDD、血浆 Gal-3、CysC、ET-1 水平均显著降低($P<0.01$),且 Lrh-BNP 组以上指标较对照组改善更显著($P<0.01$)。治疗 72h 后,Lrh-BNP 组总有效率为 89.5%,较 Dob 组明显上升(73.7%, $P<0.05$)。两组不良反应发生率相比差异无统计学意义($P>0.05$)。**结论:**与多巴酚丁胺相比,新活素治疗急性心力衰竭的疗效更好,安全性相当,可能与其有效降低患者血浆 Gal-3、CysC、ET-1 水平有关。

关键词:急性心力衰竭;新活素;多巴酚丁胺;半乳糖凝集素 -3;胱抑素 C;内皮素 -1

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Comparison of Clinical Efficacy of Lyophilized Recombinant Human Brain Natriuretic Peptide and Dobutamine in Treatment of Acute Heart Failure and Plasma Gal-3, CysC and ET-1 Levels*

ZHU Zhen, ZHAO Jian-rong, LI Zi-yang, LU Qiang, SHAO Hong

(Department of cardiovascular medicine, Ruijin Hospital Affiliated to Shanghai Jiaotong University School of Medicine; Luwan branch, Shanghai, 200120, China)

ABSTRACT Objective: To explore and compare the clinical efficacy of lyophilized recombinant human brain natriuretic peptide (Lrh-BNP) and dobutamine (Dob) in the treatment of patients with acute heart failure (AHF) and impacts on the plasma galectin (Gal)-3, Cystatin C (CysC) and endothelin (ET)-1 levels. **Methods:** 114 cases of patients with AHF in our hospital from February 2015 to February 2017 were selected as the research objectives and randomly divided into two groups. Dob group was treated by Dob, while Lrh-BNP group was treated by Lrh-BNP. The cardiac function parameters, plasma Gal-3, CysC, ET-1 levels before and after treatment, clinical comprehensive efficacy and incidence of adverse reactions were compared between two groups. **Results:** The FS, LVEF levels of both groups at 72 hours after treatment were significantly higher than those before treatment ($P<0.01$), but the LVEDD, plasma Gal-3, CysC, ET-1 levels were obviously decreased ($P<0.01$), the index mentioned above of Lrh-BNP group improved more significantly than those of the Dob group($P<0.01$). The overall effective rate of Lrh-BNP group was 89.5 %, which was significantly higher than that of the Dob group (73.7%, $P<0.05$). No significant difference was found in the incidence of adverse reaction between two groups($P>0.05$). **Conclusion:** Lyophilized recombinant human brain natriuretic peptide was more effective in the treatment of AHF than Dobutamine with equal safety, which might be related to the decrease of plasma Gal-3, CysC, ET-1 levels.

Key words: Acute heart failure; Lyophilized recombinant human brain natriuretic peptide; Dobutamine; Galectin-3; Cystatin C; Endothelin-1

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前言

急性心力衰竭(acute heart failure,AHF)属心血管内科常见急危重症,临床以左心的 AHF 为主,急性右心衰较少见^[1]。左心

AHF 是指急性加重或发作的左心功能异常,造成体循环和 / 或肺循环系统急性功能障碍,并可伴随心源性休克及器官、组织灌注不足的一种临床综合征。AHF 发病急骤、病情进展较快,若处理不及时、有效,患者可迅速出现严重心律失常、心源性休

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作者简介:朱臻(1980-),男,本科,主治医师,研究方向:高血压或者心衰方面

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克甚至猝死等,预后较差^[2]。

多巴酚丁胺(dobutamine,Dob)是治疗AHF的传统正性肌力药物,但有研究表明^[3,4]Dob在增强心肌收缩力同时也会大幅增加心肌耗氧量,进而增加心律失常等风险。新活素[冻干重组人脑利钠肽(Lyophilized Recombinant Human Brain Natriuretic Peptide,Lrh-BNP)]属新型抗心衰药物,当前已逐渐应用于AHF的临床治疗^[5]。心室重构是AHF重要病理生理过程^[6]。有报道指出^[7-9]半乳糖凝集素(galectin,Gal)-3、胱抑素C(Cystatin C,CysC)、内皮素(endothelin,ET)-1可能参与了心衰的病理过程,且与患者病情的严重程度密切相关,均可作为临床指导心衰治疗与评估预后的重要辅助诊断指标。本研究以我院2015年2月~2017年2月收治的AHF患者为研究对象,探讨AHF患者分别应用Lrh-BNP与Dob治疗的临床效果及其对血浆半乳糖凝集素(galectin,Gal)-3、胱抑素C(Cystatin C,CysC)、内皮素(endothelin,ET)-1水平的影响,以期指导临床抗心衰用药。现报道如下。

1 资料与方法

1.1 一般资料

选取我院2015年2月~2017年2月收治的114例AHF患者,纳入标准:^①符合《中国心力衰竭诊断和治疗指南2014》(以下简称《指南》)中制定的AHF诊断标准^[10];^②年龄18~80岁;^③入院时纽约心脏学会(NYHA)心功能分级为III、IV级;^④身体质量指数(BMI)≤30 kg/m²;^⑤左心室射血分数(LVEF)≤45%;^⑥左室舒张末期内径(LVEDD)≥60 mm;^⑦患者有良好的依从性,临床资料完整;^⑧患者或其家属自愿参加本研究,签署知情同意书。排除标准:^⑨合并严重电解质紊乱、肝肾功能不全或心律失常者;^⑩伴有血容量不足、心源性休克等因素导致的血管扩张剂应用禁忌者;^⑪过敏体质或对本研究使用药物过敏者;^⑫有低血压倾向者;^⑬合并心包疾病、重度瓣膜狭窄、先天性心脏病或限制型/肥厚型心肌病者;^⑭有严重肺部感染、慢性阻塞性肺疾病等肺部疾患者;^⑮入院72 h内死亡者。

采用随机数字表法均分为两组。Lrh-BNP组57例,男33例,女24例;年龄(60.3±7.2)岁;NYHA分级:III级31例,IV级26例;BMI(23.2±3.1)kg/m²;病因:扩张型心肌病17例,冠心病30例,高血压10例。Dob组57例,男35例,女22例;年龄(59.1±7.4)岁;NYHA分级:III级30例,IV级27例;BMI(23.5±3.0)kg/m²;病因:扩张型心肌病14例,冠心病28例,高血压13例。两组基线资料相比差异均无统计学意义(P>0.05),具有临床可比性。本研究经我院医学伦理委员会审查同意。

1.2 治疗方法

所有患者一经确诊后均采取相同的标准化处理流程,具体参照《指南》^[10]。主要包括:1)一般处理:^①体位管理;^②吸氧:适用于呼吸困难明显或低氧血症者;^③出人量管理。2)药物治疗:^④基础治疗:如应用阿片类药物镇痛,使用洋地黄类抗房颤与心衰等;^⑤利尿剂:能控制液体潴留,缓解心衰症状;^⑥血管扩张药物:应用于AHF早期阶段,目的在于减轻心脏负荷;^⑦抗凝治疗等。Dob组:在此基础上,给予Dob(徐州莱恩药业有限公司,国药准字H32021061)治疗;具体为将Dob用5%葡萄糖溶液稀释后,以2.5~10 μg/(kg·min)的速率静脉泵入,共持续72

h,期间Dob实际应用剂量应依据患者连续监测的心率、血压予以调整。Lrh-BNP组:在上述标准化处理流程中,加用Lrh-BNP(成都诺迪康生物制药有限公司,国药准字S20050033)治疗;具体包括:^⑧首先静脉推注Lrh-BNP,负荷剂量为1.5 μg/kg;^⑨1~2 min后,以静脉滴注维持治疗,剂量为0.0075 μg/(kg·min);^⑩用药期间应密切关注患者血压变化,若出现低血压(收缩压/舒张压<90/60 mmHg),则应降低Lrh-BNP给药剂量、减慢滴速或停药,并减少血管扩张药物的使用。两组患者病情稳定后的后续处理亦参照《指南》执行。

1.3 观察指标

1)心功能参数测定:^⑪仪器采用彩色多普勒超声心动仪(荷兰PHILIPS,型号SONOS 7500),于治疗前和治疗72 h后对每位患者各检测1次左室短轴缩短率(FS)、LVEF、LVEDD;^⑫为确保检查质量,本研究所有患者检查操作均由同一位专业心内科超声医师进行。2)综合疗效判定标准^[11]:^⑬显效:症状体征消失或基本控制,NYHA分级提高≥2级;^⑭有效:症状体征好转,1级≤NYHA分级提高<2级;^⑮无效:症状体征未见改善,NYHA分级提高<1级,或反而加重。注:总有效率=显效+有效/总例数×100%。3)血浆指标检测:^⑯所有患者均于治疗前与治疗72 h后各采集3 mL次的肘静脉血,离心分离血浆,并保存于-20℃冰箱中待检;^⑰仪器采取全自动生化分析仪(德国西门子,型号ADVIA1800),Gal-3、ET-1均应用酶联免疫法测定,CysC运用免疫浊度法检测,试剂盒均由美国R&D公司提供;^⑱各指标检测步骤均参照配套说明书严格进行。4)不良反应:于治疗期间详细记录每位患者由药物引起的不良反应/事件。

1.4 统计学分析

采用统计软件SPSS21.0处理数据,计量资料以(x±s)表示,运用t检验,计数资料以(%)表示,采取χ²检验,以P<0.05为差异有统计学意义。

2 结果

2.1 两组治疗前后心功能参数的比较

与治疗前相比,两组治疗72 h后FS、LVEF值均显著升高(P<0.01),LVEDD均显著缩小(P<0.01),且Lrh-BNP组改善更Dob组更显著(P<0.01),见表1。

2.2 两组临床疗效的比较

治疗72 h后,Lrh-BNP组总有效率为89.5(51/57),较Dob组明显上升[73.7%(42/57),P<0.05],见表2。

2.3 两组治疗前后血浆Gal-3、CysC、ET-1水平的比较

两组治疗72 h后血浆Gal-3、CysC、ET-1水平均显著低于治疗前(P<0.01),且Lrh-BNP组下降较Dob组更显著(P<0.01),见表3。

2.4 两组不良反应发生情况的比较

两组治疗72 h内由药物所致的不良反应如下:Lrh-BNP组出现1例心动过速,1例头痛,2例低血压,2例恶心呕吐;Dob组有2例心动过速,2例头痛,1例低血压,3例恶心呕吐;两组以上症状均较轻微,经对症处理后便可好转,且均未见严重事件。观察组不良反应率为10.5%(6/57)与对照组的14.0%(8/57)

表 1 两组治疗前后心功能参数的比较($\bar{x} \pm s$)Table 1 Comparison of the cardiac function parameters between two groups before and after treatment ($\bar{x} \pm s$)

Groups	N	FS(%)			LVEF(%)			LVEDD(mm)		
		Before treatment	72h after treatment	P	Before treatment	72h after treatment	P	Before treatment	72h after treatment	P
Lrh-BNP group	57	19.3± 3.1	28.6± 3.7	0.000	36.8± 4.9	52.4± 5.3	0.000	62.7± 7.4	50.8± 6.2	0.000
Dob group	57	18.9± 3.2	24.3± 4.5	0.000	35.7± 5.1	47.8± 6.2	0.000	63.1± 7.3	58.7± 6.5	0.001
P		0.678	0.000		0.243	0.000		0.772	0.000	

表 2 两组临床疗效的比较

Table 2 Comparison of the clinical effect between two groups

Groups	N	Excellence	Effective	Invalid	Total effective rate (%)
Lrh-BNP group	57	23	28	6	89.5
Dob group	57	17	25	15	73.7
P			0.030		

表 3 两组治疗前后血浆 Gal-3、CysC、ET-1 水平的比较($\bar{x} \pm s$)Table 3 Comparison of the plasma Gal-3, CysC and ET-1 levels between two groups before and after treatment ($\bar{x} \pm s$)

Groups	N	Gal-3(μg/L)			CysC(ng/L)			ET-1(ng/L)		
		Before treatment	72h after treatment	P	Before treatment	72h after treatment	P	Before treatment	72h after treatment	P
Lrh-BNP group	57	9.31± 1.76	4.27± 1.15	0.000	1.72± 0.33	0.83± 0.21	0.000	79.13± 12.14	41.72± 7.35	0.000
Dob group	57	9.40± 1.73	6.88± 1.47	0.000	1.68± 0.35	1.25± 0.27	0.000	81.23± 11.58	63.89± 8.62	0.000
P		0.784	0.000		0.531	0.000		0.347	0.000	

对比,差异无统计学意义($P=0.568$)。两组住院期间均未出现死亡病例。

3 讨论

AHF 常见病因包括急性血液动力学障碍(如主动脉夹层、高血压危象、急性二尖瓣反流等),急性心肌损伤或坏死(如药物所致的心肌坏死与损伤、急性重症心肌炎、急性冠状动脉综合征等),慢性心衰急性加重等。研究表明^[12,13]AHF 的诱发因素较多,诸如酗酒、老年急性舒张功能减退、支气管哮喘发作、肾功能减退、情绪剧烈波动、心肌缺血、肺栓塞、大手术后、严重感染等。因而在 AHF 临床标准化处理流程中也应注意消除与控制各种诱因,以便于后期稳定病情。Dob 属多巴胺同系物,当前已广泛应用于心肌梗塞引起的心源性休克、器质性心脏病所致的心衰等疾病的临床短期支持治疗。其作用机制可能为通过直接激动心脏 $\beta 1$ 受体,促使心肌收缩力增加,进而增加心排血量;还可通过降低外周血管阻力,使心室充盈压降低,起到加速房室结传导的效果;从而缓解心衰症状。此外,Dob 治疗的优势在于①对心脏 $\beta 1$ 受体有较高选择性,对 α 、 $\beta 2$ 受体兴奋性较弱;②在减轻心脏后负荷的同时对脉压、收缩压等影响较小^[14]。Dob 现已成为《指南》^[10]的推荐用药。但有研究^[15,16]显示 Dob 的正性肌力作用虽强,仍会增加心衰患者的心肌耗氧量,引起一定不

良后果,故临床应用宜慎重。

正常情况下,脑利钠肽(Brain Natriuretic Peptide, BNP)具有调节机体血容量与血压的自稳平衡作用。当患者发生 AHF 时,体内分泌的 BNP 已无法满足机体此时的需求,若能及时补充外源性 BNP,对改善患者症状体征具有重要意义。Lrh-BNP 属生物制剂,采用 DNA 重组技术合成,与内源性 BNP 在氨基酸空间构成、组成序列等方面是一致的,具有相同的生物学活性。Lrh-BNP 作为外源性 BNP 治疗 AHF 的作用机制可能为:①通过对肺循环血管进行选择性扩张,以使肺动脉楔压、右心房压力降低,进而可减少血管内液体渗透至肺泡与肺间质内,起到改善肺循环系统功能的作用;②扩张肾小球入球小动脉,同时使钠在集合管、近曲小管的重吸收受到阻断,以增加肾小球滤过率、提高水钠排泄,改善患者血流动力学;③在体内可与利钠肽受体结合,使得鸟苷酸环化酶被激活,从而可舒张血管平滑肌、增加血流量,以减轻心脏前负荷^[17]。大量研究已证实^[18,19] Lrh-BNP 具有逆转心室重构、改善心功能的作用,且与此同时该药物并不会引起心肌耗氧的增加。《指南》^[10]推荐 Lrh-BNP 亦可用于 AHF 的临床治疗。

目前,心功能状况是临床评价心衰的重要指标,彩色多普勒超声又是如今临床评价心功能状况的常规检测方式,此检查手段能为心衰患者的临床诊疗提供客观依据。本研究中,与

Dob 组同期对比, Lrh-BNP 组治疗 72 h 后 FS、LVEF 值均显著更高,LVEDD 显著更低; 提示 AHF 患者采用新活素治疗更有利于抑制心室重构,改善心功能状况,这与相关文献报道一致^[20,21]。此外,治疗 72 h 后,Lrh-BNP 组总有效率为 89.5,较 Dob 组(73.7%)明显上升,说明新活素更有助于短期内缓解或消除 AHF 患者临床症状体征,提高心功能,与郝艳敏等^[22]报道一致。这可能与新活素作为外源性 BNP 可直接抑制或逆转患者发生 AHF 时机体因内源性 BNP 代偿不足而造成的心脏结构与功能重塑现象有关。

Gal-3 属凝集素家族成员,在细胞凋亡、黏附等多种生理病理过程中起到了关键作用。有研究显示^[23]Gal-3 在心衰或心脏重塑中扮演了重要角色,且随着心衰或心肌病理性重构的进展,心肌 Gal-3 表达水平增加,故 Gal-3 可作为预测心衰、指导治疗的生物标志物。CysC 属碱性非糖化蛋白质,分子量较低,以往是用于评估早期肾功能损伤的一项特异性高、敏感性好的指标。近年来研究显示^[24]其参与了许多心脑血管疾病的病理生理过程,心衰患者不良心血管事件的发生及心室重构都与 CysC 表达水平有关,且其水平表达越高,心衰患者病情越严重。ET-1 具有调节心血管功能的作用,能维持心血管系统稳定与基础血管张力等,但在心肌缺血/再灌注损伤、急性心肌梗塞、严重心绞痛、心衰等病理状态下,ET-1 水平过表达极易造成心肌供血不足,增加心脏负荷,从而促使以上病理过程的进展^[25]。本研究结果显示:Lrh-BNP 组治疗 72 h 后血浆 Gal-3、CysC、ET-1 水平均显著低于 Dob 组同期,表明新活素在下调 AHF 患者机体 Gal-3、CysC、ET-1 表达水平方面优势更为突出,从而可有效抑制由上述指标促发的级联反应,改善微循环,这可能是其发挥抗心衰的重要机制。同时,本研究中治疗期间两组不良反应率均较低且未见严重事件,可见在 AHF 早期治疗中应用新活素是安全可靠的。

综上所述,与多巴酚丁胺相比,急性心力衰竭应用新活素治疗在药物安全性方面优势相当,但新活素更能迅速缓解或消除患者临床症状体征,抑制或逆转心室重构,提高心功能,疗效更显著。但对于新活素的具体作用机制及远期疗效与安全性,仍有待更多大样本、多中心、大规模的长期研究加以验证。

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明显提高诊断准确率,临床有重要的参考价值。

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