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前列地尔联合硝酸异山梨酯对不稳定性心绞痛患者血清细胞因子及血液流变学的影响*

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摘要 目的:探讨前列地尔联合硝酸异山梨酯对不稳定性心绞痛(UAP)患者血清细胞因子及血液流变学的影响。**方法:**选取2015年3月-2016年12月期间我院收治的UAP患者86例为研究对象,按照治疗方式的不同分为对照组和实验组,每组各43例。对照组给予硝酸异山梨酯治疗,实验组在硝酸异山梨酯的基础上加用前列地尔治疗,两组均连续治疗14d。对比两组治疗前后血清细胞因子水平变化、血液流变学参数变化、临床疗效以及不良反应发生情况。**结果:**治疗后两组白细胞介素-6(IL-6)、肿瘤坏死因子- α (TNF- α)、超敏C反应蛋白(hs-CRP)水平均明显降低,白细胞介素-10(IL-10)水平明显升高($P<0.05$),且实验组IL-6、TNF- α 、hs-CRP水平较对照组降低,IL-10水平较对照组升高($P<0.05$)。治疗后两组舒张功能指数(O/C)、总电机械收缩期(QA2)、总外周阻力(TPR)均降低,每搏做功(SW)、搏功指数(SWI)、心脏指数(CI)、主动脉血管顺应性(AC)均升高($P<0.05$),治疗后实验组O/C、QA2、TPR较对照组降低,SW、SWI、CI、AC较对照组升高($P<0.05$)。实验组总有效率为95.35%,高于对照组的81.40%($P<0.05$)。两组治疗期间不良反应发生率比较差异无统计学意义($P>0.05$)。**结论:**前列地尔联合硝酸异山梨酯治疗UAP患者具有较好的疗效,可以控制患者的炎症反应,改善患者的血液流变学,无严重不良反应发生,值得临床推广。

关键词:不稳定性心绞痛;前列地尔;硝酸异山梨酯;细胞因子;血液流变学

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Effects of Alprostadil and Isosorbide Dinitrate on Serum Cytokines and Hemorheology in Patients with Unstable Angina Pectoris*

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ABSTRACT Objective: To investigate the effects of alprostadil and isosorbide dinitrate on serum cytokines and hemorheology in patients with unstable angina pectoris (UAP). **Methods:** 86 patients with UAP who were treated in our hospital from March 2015 to December 2016 were selected as the research subjects. According to the different methods of treatment, the patients were divided into the control group and the experimental group, 43 cases in each group. The control group was treated with isosorbide dinitrate alone, and the experimental group was treated with alprostadil on the basis of isosorbide dinitrate. The two groups were treated continuously for 14 days. The changes of serum cytokine level before and after treatment, hemorheological parameters, clinical effect and adverse reaction were compared in the two groups. **Results:** After treatment, interleukin-6 (IL-6), tumor necrosis factor- α (TNF- α), hypersensitive C reactive protein (hs-CRP) of the two groups were significantly decreased, and the interleukin-10 (IL-10) was significantly increased ($P<0.05$), after treatment, the levels of IL-6, TNF- α , and hs-CRP in the experimental group were lower than those in the control group, and the level of IL-10 was higher than that in the control group ($P<0.05$). After treatment, the diastolic function index (O/C), total electromechanical systole (QA2) and total peripheral resistance (TPR) of the two groups were all decreased, and stroke work (SW), stroke work index (SWI), cardiac index (CI) and aortic vascular compliance (AC) were increased ($P<0.05$). After treatment, the O/C, QA2 and TPR in the experimental group were lower than those in the control group, and the SW, SWI, CI and AC were higher than those of the control group ($P<0.05$). The total effective rate of the experimental group was 95.35%, which was higher than that of the control group (81.40%) ($P<0.05$). There was no significant difference in the incidence of adverse reactions between the two groups during the treatment ($P>0.05$). **Conclusion:** Alprostadil combined with isosorbide dinitrate have a good efficacy in the treatment of patients with UAP. It can control the patient's inflammatory reaction, improve the hemorheology of the patient, and no serious adverse reactions occur, which is

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worthy of clinical promotion.

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前言

心绞痛是冠心病中最常见的类型之一,多发于40岁以上的男性群体^[1]。临幊上,根据心绞痛的特征可分为不稳定型心绞痛(UAP)和稳定型心绞痛(SAP),其中UAP症状呈进行性增加,如果得不到恰当及时的治疗,极易进展为急性心肌梗死,严重时患者甚至可能发生猝死,因此UAP的早期治疗显得尤为重要^[2-4]。有报道显示^[5,6],冠状动脉粥样硬化是UAP的病理基础,而冠状动脉粥样硬化的发生发展过程中始终伴随着炎症反应,由此可知,分析UAP患者中的炎症反应对其治疗具有重要意义。既往研究认为^[7,8],UAP的治疗主要以抑制冠状动脉内斑块的破裂和血栓的形成为主,其目的是稳定患者血液流变学,同时还可缓解患者临床症状,进而延缓其进展为急性心肌梗死。硝酸异山梨酯是一种常见的血管扩张药物,是治疗心绞痛的常用药^[9]。前列地尔是多用于改善心脑血管疾病微循环障碍的药物,其可增强心肌收缩力,同时还可通过降低血液黏度、减少红细胞聚集以达到稳定患者血液流变学的目的^[10]。为了探讨前列地尔联合硝酸异山梨酯在UAP患者中的治疗效果,本研究通过对比研究两者联合使用与单纯使用硝酸异山梨酯对UAP患者血清细胞因子及血液流变学的影响,旨在为药物方案的选择提供依据,现进行如下阐述。

1 资料与方法

1.1 一般资料

选择2015年3月-2016年12月期间我院收治的UAP患者86例为研究对象,纳入标准:(1)符合中华医学会心血管病学会2000年制定的关于UAP的诊断标准^[11];(2)年龄>40岁;(3)遵从医嘱,对本研究知情同意,并签署知情同意书。排除标准:(1)SAP及急性心肌梗死者;(2)心肺功能不全者;(3)合并恶性肿瘤、血液疾病者;(4)对前列地尔和硝酸异山梨酯不能耐受者;(5)精神疾病者;(6)近期接受过抗炎症治疗者。将其按照治疗方式的不同分为对照组和实验组,每组各43例。对照组男性30例,女性13例,年龄42-70岁,平均(55.03±9.65)岁;病程1-9年,平均(4.32±1.62);发作次数2-7次/周,平均(4.21±1.74)次/周;心绞痛加拿大心血管病学会(CCS)分级^[12]:I级25例,II级13例,III级5例。实验组男性32例,女性11例,年龄43-74岁,平均(54.78±10.32)岁;病程1-10年,平均(4.98±1.25);发作次数2-6次/周,平均(4.45±1.23)次/周;心绞痛CCS分级:I级24例,II级12例,III级7例。经统计分析,两组年龄组成、性别比例、心绞痛CCS分级、病程及发作次数比较差异无统计学意义($P>0.05$),均衡可比。本研究符合我院伦理委员会的相关规定。

1.2 方法

所有患者用药前均接受常规检查及治疗。常规检查包括尿、血常规、肝、肾功能检查;常规治疗包括口服阿司匹林、低分

子钙素、他汀类药物及抗血小板、β-受体阻滞药等。在此基础上,对照组给予注射用单硝酸异山梨酯(商品名:欣康,山东新时代药业有限公司,国药准字:H20080270)治疗,静脉滴注,初始剂量为1-2 mg/h,观察0.5-1h,然后根据患者的病情或反应进行调整,最大剂量为8-10 mg/h,1次/d,疗程为14d。实验组在对照组的基础上加用前列地尔(华润赛科药业有限责任公司,国药准字:H20084274),静脉滴注,10 μg/d,1次/d,疗程为14d。

1.3 观察指标

1.3.1 细胞因子水平检测 分别于治疗前、治疗14d后清晨采集两组患者空腹静脉血5 mL,以3000 r/min的转速离心10 min,静置30 min后,取上清液待检。采用酶联免疫吸附法(试剂盒购于深圳达科为生物技术有限公司)检测血清中白细胞介素-6(Interleukin-6,IL-6)、白细胞介素-10(Interleukin-10,IL-10)、肿瘤坏死因子-α(Tumor necrosis factor-α,TNF-α)、超敏C反应蛋白(Hypersensitive C reactive protein,hs-CRP)水平,具体操作严格参照试剂盒说明书进行,对比各细胞因子治疗前后水平的变化。

1.3.2 血液流变学参数检测 分别于治疗前、治疗14d后采用数字阻抗血流图检测仪(天津万安康泰医疗科技有限公司,型号:WA-820)检测两组患者的舒张功能指数(Diastolic function index,O/C)、每搏做功(Stroke work,SW)、搏功指数(Stroke work index,SWI)、心脏指数(Cardiac index,CI)、总电机械收缩期(Total electromechanical systole,QA2)、主动脉血管顺应性(Aortic vascular compliance,AC)、总外周阻力(Total peripheral resistance,TPR),并对各参数治疗前后的变化进行比较。

1.3.3 疗效判定^[13] 判定标准:①显效:未出现疼痛持续时间超过一个月或未出现严重疼痛持续时间超过48h;②有效:疼痛明显减轻,且24 h内发作次数不超过1次;③无效:疼痛无所缓解或者加重,且24 h内发作次数超过1次。总有效率为显效率和有效率之和。

1.3.4 不良反应比较 对两组治疗期间出现的不良反应情况进行比较。

1.4 统计学方法

采用SPSS 19.0统计软件进行数据分析,总有效率等计数资料采用率(%)表示,实施 χ^2 检验,IL-6、IL-10、TNF-α、hs-CRP水平及血液流变学参数等计量资料采用均数±标准差($\bar{x} \pm s$)表示,实施t检验,将 $\alpha=0.05$ 作为检验标准。

2 结果

2.1 两组血清细胞因子水平比较

治疗前两组IL-6、IL-10、TNF-α、hs-CRP水平比较差异无统计学意义($P>0.05$);与治疗前比较,两组治疗后IL-6、TNF-α、hs-CRP水平均明显降低,IL-10水平明显升高($P<0.05$),且实验组IL-6、TNF-α、hs-CRP水平较对照组降低,IL-10水平较对照

组升高($P<0.05$)。见表 1。

表 1 两组血清细胞因子水平比较($\bar{x}\pm s$)
Table 1 Comparison of serum cytokine levels in two groups ($\bar{x}\pm s$)

Groups	n	Time	IL-6(ng/L)	IL-10(ng/L)	TNF- α (ng/L)	hs-CRP(mg/L)
Experience group	43	Before treatment	105.45± 16.34	4.96± 1.19	50.15± 4.89	4.76± 1.34
		After treatment	68.67± 9.87 [#]	10.34± 2.56 [#]	27.67± 7.59 [#]	1.06± 1.02 [#]
Control group	43	Before treatment	104.98± 14.34	4.78± 1.23	50.56± 4.34	4.76± 1.32
		After treatment	88.98± 9.32*	7.89± 2.67*	40.13± 7.23*	2.65± 1.12*

Note: compared with before treatment, * $P<0.05$; compared with the control group, [#] $P<0.05$.

2.2 两组血液流变学各指标比较

治疗前两组血液流变学各指标比较差异无统计学意义($P>0.05$);治疗后两组 O/C、QA2、TPR 均降低,SWI、CI、AC 均

升高($P<0.05$),治疗后实验组 O/C、QA2、TPR 较对照组降低,

SWI、CI、AC 较对照组升高($P<0.05$)。见表 2。

表 2 两组血液流变学各指标比较($\bar{x}\pm s$)

Table 2 Comparison of hemorheological indexes in two groups ($\bar{x}\pm s$)

Indexes	Time point	O/C	SW(g/m)	SWI	CI(L·min ⁻¹ ·m ⁻²)	QA ₂ (ms)	AC(ml/mmHg)	TPR(dyn·s/cm ⁵)
Experience group(n=43)	Before treatment	73.80± 2.17	70.45± 2.34	57.67± 4.32	4.37± 0.27	95.98± 4.27	3.59± 0.46	2267.98± 92.71
	After treatment	55.49± 2.98 [#]	88.34± 3.56 [#]	77.90± 4.89 [#]	5.77± 0.78 [#]	77.45± 3.88 [#]	4.98± 0.50 [#]	920.34± 79.09 [#]
Control group(n=43)	Before treatment	73.72± 2.95	70.32± 2.78	57.27± 4.56	4.36± 0.25	95.34± 4.23	3.56± 0.40	2256.43± 92.65
	After treatment	65.94± 2.83*	81.56± 4.87*	70.34± 4.66*	5.45± 0.26*	83.12± 3.18*	4.59± 0.43*	1001.19± 78.14*

Note: compared with before treatment, * $P<0.05$; compared with the control group, [#] $P<0.05$.

2.3 两组临床疗效比较

实验组总有效率为 95.35%, 高于对照组的 81.40%($P<$

0.05)。见表 3。

表 3 两组临床疗效比较[n(%)]
Table 3 Comparison of the clinical efficacy of two groups[n (%)]

Groups	n	Excellence	Effective	Invalid	Total effective rate
Experience group	43	29(67.44)	12(27.91)	2(4.65)	41(95.35)
Control group	43	19(44.19)	16(37.21)	8(18.60)	35(81.40)
χ^2					4.074
P					0.044

2.4 两组不良反应比较

治疗期间,对照组患者发生恶心 1 例,低血压 3 例,不良反应发生率为 9.30%(4/43),实验组患者发生低血压 2 例,不良反应发生率为 4.65%(2/43),两组不良反应发生率比较差异无统计学意义($\chi^2=0.717, P=0.397$)。

3 讨论

UAP 是一种常见的心血管疾病,是由心肌缺血缺氧引发的胸部疼痛,严重影响患者的生活和工作^[14]。有报道显示^[15,16],该病的主要病因是血小板的聚集、血栓的形成以及冠状动脉粥样化引起的血管狭窄等,因此,UAP 的治疗方法一般以扩张冠状动脉和抗凝为主,从而以达到缓解临床症状、减少疼痛、稳定血液流变学的目的,进而提高患者的生活质量。硝酸异山梨酯是临幊上常用的一种舒血管药物,也是较早被用于治疗冠心病的硝酸酯类药物,其主要是通过释放一氧化氮发挥舒通血管的

作用,对 UAP 的治疗具有一定的疗效^[17]。有研究表明^[18],炎症反应可以促进冠状动脉粥样化斑块的形成和破裂,由此活化一些细胞成分因子,从而介导血栓的形成,引发 UAP 的产生,因此,炎症的控制也是治疗 UAP 的重点。前列地尔是一种天然前列腺素类物质,其除了可有效扩张心、肺动脉及全身静脉之外,同时还具有抗炎作用,近年来常被用于 UAP 的治疗^[19]。

本研究结果显示,实验组治疗有效率高于对照组($P<0.05$);与治疗前比较,两组治疗后 IL-6、TNF- α 、hs-CRP 水平均降低,IL-10 水平明显升高,且实验组 IL-6、TNF- α 、hs-CRP 水平较对照组降低,IL-10 水平较对照组升高($P<0.05$)。说明硝酸异山梨酯与前列地尔的联合使用对 UAP 的治疗效果及抗炎作用均优于单纯的硝酸异山梨酯治疗。IL-6、IL-10、TNF- α 、hs-CRP 均是临幊上常见的炎症因子,其均可通过不同的致炎和抗炎途径参与到冠状血管内膜炎症发展的过程。IL-6 主要由活化的血管内皮细胞、血管平滑肌细胞、淋巴细胞等产生,当粥样化斑块

破裂或有炎症反应发生时,IL-6 将大量释放入血液中,由此可知,IL-6 参与了 UAP 的发病过程^[20]。TNF-α 是一种具有多种生物学效应的细胞因子,其主要产生于心肌细胞中,既往研究表明^[21],TNF-α 参与了动脉粥样硬化斑块形成的各个阶段。hs-CRP 是一种炎症反应的时相蛋白,其主要由 IL-6 诱导肝脏产生,并在补体系统的作用下导致脂质的沉积,从而引发血管损伤,进而加重动脉粥样硬化的程度^[22,23]。IL-10 是炎症反应的一种下调因子,其可通过抑制巨噬细胞、T 淋巴细胞中炎症因子的形成以及增加组织中抑制因子的作用,从而起到抗炎的效果^[24,25]。经治疗后,实验组 IL-6、TNF-α、hs-CRP 较对照组降低,IL-10 水平较对照组升高,说明硝酸异山梨酯联合前列地尔联合治疗 UAP 的抗炎效果更好。分析其原因为前列地尔可以通过改善血管内皮功能,从而抑制体内细胞成分因子的分泌,因此抗炎的作用更明显^[26]。本研究结果还显示,治疗后两组 O/C、QA2、TPR 均降低,SW、SWI、CI、AC 均升高($P<0.05$),治疗后实验组 O/C、QA2、TPR 较对照组降低,SW、SWI、CI、AC 较对照组升高($P<0.05$)。说明两种药物方案的使用均可有效改善患者的血液流变学,但联合使用对血液流变学的改善作用更大。分析原因为前列地尔除了能够扩张血管外,同时其还能够减少内皮损伤,抑制血小板的功能,减少心肌细胞内白三烯、血栓素等有害物质的释放,从而改善心肌微环境,进而改善患者血液流变学^[27]。而硝酸异山梨酯也可降低血液黏附和抑制血小板聚集,因此,两者的联合使用对改善 UAP 患者的血液流变学具有相互增强的作用,进而使得实验组患者血液流变学改善程度更大^[28]。不良反应方面,治疗期间,两组除恶心和低血压之外,均未发生其他明显的不良反应,且两组不良反应发生率比较差异无统计学意义($P>0.05$)。说明联合使用并不会增加 UAP 患者的药物不良反应,具有同等的安全性。

综上所述,前列地尔联合硝酸异山梨酯治疗 UAP 患者具有较好的疗效,其可以通过调控 IL-6、IL-10、TNF-α、hs-CRP 等细胞因子的水平以控制患者的炎症反应,同时还可以稳定患者的血液流变学,但两者的联合使用并不会增加不良反应,是治疗 UAP 患者较好的药物选择方案。

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