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阿替普酶联合依达拉奉治疗急性缺血性卒中的疗效 及神经功能缺损与时间窗的关系研究*

彭道勇¹ 王晓东¹ 王茂湘¹ 邓 勇¹ 孙小鹏¹ 周中和²

(1 大连医科大学附属大连市中心医院神经内科 辽宁 大连 116021;

2 中国人民解放军北部战区总医院神经内科 辽宁 沈阳 110016)

摘要 目的:探讨阿替普酶联合依达拉奉治疗急性缺血性卒中的疗效及神经功能缺损与时间窗的关系。**方法:**选取大连医科大学附属大连市中心医院于2016年3月~2018年10月间收治的急性缺血性卒中患者117例,根据随机数字表法将患者分为对照组(n=58,阿替普酶治疗)和研究组(n=59,阿替普酶联合依达拉奉治疗),比较两组患者临床疗效、神经功能缺损情况、基质金属蛋白酶-9(MMP-9)、白介素-6(IL-6)水平、头颅CT梗死面积,观察两组治疗期间不良反应发生情况。**结果:**研究组的总有效率为84.75%(50/59),高于对照组的63.79%(37/58)($P<0.05$)。两组患者治疗2周后MMP-9、IL-6、美国国立卫生研究院卒中量表(NIHSS)评分均较治疗前降低,且研究组低于对照组($P<0.05$)。研究组治疗24h、48h、72h的头颅CT梗死面积小于对照组($P<0.05$)。治疗后研究组发病72h内、发病48h内患者NIHSS评分、头颅CT梗死面积高于发病24h内,且发病72h内高于发病48h内($P<0.05$)。两组患者不良反应发生率比较无差异($P>0.05$)。**结论:**阿替普酶联合依达拉奉治疗急性缺血性卒中,疗效确切,可有效改善患者过氧化损伤,降低细胞因子水平,且越早的时间窗内接受治疗的患者,其神经功能缺损、脑梗死面积改善效果越好。

关键词:阿替普酶;依达拉奉;急性缺血性卒中;疗效;神经功能;时间窗

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The Efficacy of Alteplase Combined with Edaravone on Acute Ischemic Stroke and the Relationship between Neurological Deficit and Time Window*

PENG Dao-yong¹, WANG Xiao-dong¹, WANG Mao-xiang¹, DENG Yong¹, SUN Xiao-peng¹, ZHOU Zhong-he²

(1 Department of Neurology, Dalian Central Hospital Affiliated Of Dalian Medical University, Dalian, Liaoning, 116021, China;

2 Department of Neurology, General Hospital of Northern Theater Command of PLA, Shenyang, Liaoning, 110016, China)

ABSTRACT Objective: To investigate the efficacy of alteplase combined with edaravone in the treatment of acute ischemic stroke and the relationship between neurological deficit and time window. **Methods:** 117 patients with acute ischemic stroke who were admitted to Dalian Central Hospital Affiliated Of Dalian Medical University from March 2016 to October 2018 were selected, they were divided into control group (n=58, alteplase treatment) and study group (n=59, alteplase combined with edaravone treatment) according to random number table method. The clinical efficacy, neurological deficits, levels of matrix metalloproteinase-9 (MMP-9), interleukin-6 (IL-6) and infarct size of cranial CT were compared between the two groups. The occurrence of adverse reactions during the treatment of the two groups were observed. **Results:** The total effective rate of the study group was 84.75% (50/59), which was higher than 63.79% (37/58) of the control group ($P<0.05$). 2 weeks after treatment, the MMP-9, IL-6 and scores of National Institutes of Health Stroke Scale (NIHSS) in both groups were lower than those before treatment, and those in the study group were lower than those in the control group ($P<0.05$). The infarct size of cranial CT of study group at 24h, 48h and 72h after treatment was smaller than that of control group ($P<0.05$). The scores of NIHSS and infarct size of cranial CT of study group patients within 72h and 48h of onset were higher than those within 24h of onset, and those within 72h of onset were higher than those within 48 hours of onset ($P<0.05$). There was no significant difference in the incidence of adverse reactions between the two groups ($P>0.05$). **Conclusion:** Alteplase combined with edaravone in the treatment of acute ischemic stroke has definite effect. It can effectively improve the peroxidation injury and reduce the level of cytokines. The earlier the patients are treated within the time window, the better the improvement of neurological deficit and cerebral infarct size.

Key words: Alteplase; Edaravone; Acute ischemic stroke; Efficacy; Neurological deficit; Time window

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作者简介:彭道勇(1972-),男,硕士研究生,主任医师,研究方向:神经病学,E-mail: peng201172@sohu.com

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前言

急性缺血性卒中是指由脑部供血动脉发生梗塞,致使脑组织缺血、缺氧继而坏死,引发患者神经功能缺损,是临床导致致死和致残的重要的中枢神经系统血管事件^[1,2]。该病的治疗方法有动脉取栓、药物治疗、静脉溶栓等,其中药物治疗适用于错过溶栓治疗时间窗者,而动脉取栓手术时间长、实施难度较大,静脉溶栓治疗效果较佳,可有效开通血管,促使血流恢复^[3,4]。阿替普酶是临床常用的溶栓药物,但既往有研究表示采用阿替普酶治疗急性缺血性卒中可有效疏通堵塞血管,但血流恢复后易对机体造成缺血再灌注损伤^[5,6]。依达拉奉属于脑保护制剂,可有效保护受损神经细胞^[7]。本研究通过探讨阿替普酶联合依达拉奉治疗急性缺血性卒中的疗效及神经功能缺损与时间窗的关系,旨在为临床治疗提供数据支持。

1 资料与方法

1.1 临床资料

选取大连医科大学附属大连市中心医院于2016年3月至2018年10月收治的急性缺血性卒中患者117例,纳入标准:(1)均为发病72h内;(2)诊断标准均符合《中国急性缺血性脑卒中诊治指南2014》^[8];(3)均经X射线断层扫描或磁共振成像证实为急性缺血性卒中;(4)美国国立卫生研究院卒中量表(National Institutes of Health Stroke Scale,NIHSS)^[9]评分超过4分;(5)患者及其家属知情本次研究且已签署了知情同意书;(6)均具备溶栓治疗适应证。排除标准:(1)合并心、肝、肺、肾等脏器功能障碍者;(2)合并感染、免疫、肿瘤疾病者;(3)有急性出血倾向、活动性出血者;(4)CT显示为前循环大面积脑梗死,即梗死面积超过大脑半球1/3;(5)未能完成溶栓治疗者、死亡者;(6)妊娠及哺乳期妇女。根据随机数字表法将患者分为对照组($n=58$)和研究组($n=59$),其中对照组男31例,女27例,年龄46~68岁,平均 (61.28 ± 3.42) 岁;发病时间3~71h,平均 (36.17 ± 4.32) h;合并症:糖尿病8例,高血压12例,高血脂14例。研究组男33例,女26例,年龄45~70岁,平均 (60.94 ± 3.88) 岁;发病时间4~71h,平均 (37.23 ± 4.69) h;合并症:糖尿病10例,高血压11例,高血脂15例。两组患者的一般资料无明显差异($P>0.05$),可行组间比较。本研究已获取我院伦理学委员会的审批。

1.2 治疗方法

两组患者均给予常规抗血小板、抗感染等对症治疗,有合并症者给予相关抗血糖、抗血压、抗血脂治疗,同时由医护人员进行康复指导。在此基础上,对照组给予阿替普酶(德国勃林格殷格翰药业有限公司,注册证号:S20160054)45 mg治疗,溶于100 mL生理盐水中,静脉泵入,1h内完成,另取5 mg的阿替普酶溶于10 mL生理盐水,静脉推注,用药后行脑部CT复查以防再次发生脑出血情况。研究组在对照组基础上联合依达拉奉(齐鲁制药有限公司,国药准字:H20123101)30 mg治疗,溶于100 mL生理盐水中,静脉泵入,2次/d。均治疗2周。

1.3 观察指标

(1)比较两组患者治疗2周后的临床疗效,疗效标准评判如下^[10]:恶化:NIHSS评分无改变甚至增加;无效:NIHSS评分减少小于18%;进步:NIHSS评分减少18%~45%;显著进步:病残程度为1~3级,NIHSS评分减少46%~90%;基本痊愈:病残程度为0级,NIHSS评分减少91%~100%;总有效率=进步率+显著进步率+基本痊愈率。(2)于治疗前、治疗2周后抽取患者清晨空腹肘静脉血4 mL,2800 r/min离心12 min,离心半径8 cm,分离血清,置于-70℃冰箱中待测。采用酶联免疫吸附试验检测基质金属蛋白酶-9(Matrix metalloproteinases-9,MMP-9)、白介素-6(Interleukin-6,IL-6)水平,试剂盒购自深圳晶美生物有限公司,严格遵照试剂盒说明书进行操作。(3)于治疗前、治疗2周后采用NIHSS评分^[10]评价患者神经功能缺损情况,其中NIHSS评分总分42分,分数越高,神经功能缺损越严重。(4)于治疗前、治疗24h后、治疗48h后、治疗72h后行头颅CT观察两组患者梗死面积变化情况。(5)记录不良反应发生情况。

1.4 统计学方法

采用SPSS20.0软件进行统计分析。计数资料以百分比(%)的形式表示,采用 χ^2 检验。计量资料以均值 $\pm$ 标准差($\bar{x} \pm s$)的形式表示,两组间比较采用成组t检验,不同时间窗整体比较采用F检验。以 $\alpha=0.05$ 为检验水准。

2 结果

2.1 临床疗效比较

研究组的总有效率为84.75%(50/59),高于对照组的63.79%(37/58)($P<0.05$),见表1。

表1 两组患者临床疗效比较【例(%)】

Table 1 Comparison of clinical efficacy of two groups of patients[n(%)]

Groups	Basic recovery	Significant progress	Progress	Invalid	Deteriorate	Total effective rate
Control group (n=58)	5(8.62)	15(25.86)	17(29.31)	18(31.03)	3(5.17)	37(63.79)
Study group(n=59)	11(18.64)	20(33.90)	19(32.21)	8(13.56)	1(1.69)	50(84.75)
χ^2						6.734
P						0.009

2.2 两组患者MMP-9、IL-6水平比较

两组患者治疗前MMP-9、IL-6比较无差异($P>0.05$),两组患者治疗2周后MMP-9、IL-6均较治疗前降低,且研究组低于

对照组($P<0.05$),详见表2。

2.3 两组患者NIHSS评分比较

对照组治疗前NIHSS评分为 (12.79 ± 2.10) 分,治疗2周

后为(7.73±1.64)分;研究组治疗前NIHSS评分为(12.71±2.10)分,治疗2周后为(6.19±1.66)分;两组患者治疗2周后NIHSS评分均较治疗前降低,且研究组低于对照组($P<0.05$)。

表2 两组患者MMP-9、IL-6水平比较($\bar{x}\pm s$, ng/mL)

Table 2 Comparison of MMP-9 and IL-6 levels between two groups($\bar{x}\pm s$, ng/mL)

Groups	MMP-9		IL-6	
	Before treatment	2 weeks after treatment	Before treatment	2 weeks after treatment
Control group(n=58)	98.62±16.21	76.87±13.35*	65.24±12.78	31.01±9.20*
Study group(n=59)	97.97±15.96	61.22±12.86*	64.66±14.35	20.78±6.33*
t	0.219	6.458	0.231	7.017
P	0.827	0.000	0.818	0.000

Note: compared with before treatment, * $P<0.05$.

2.4 两组患者不同时间点头颅CT梗死面积情况比较

两组患者治疗前头颅CT梗死面积比较差异无统计学意义($P>0.05$),对照组治疗48h后头颅CT梗死面积开始呈现逐

渐缩小状态,研究组治疗24h头颅CT梗死面积开始呈现逐渐缩小状态($P<0.05$),研究组治疗24h、48h、72h头颅CT梗死面积均小于对照组($P<0.05$),详见表3。

表3 两组患者不同时间点头颅CT梗死面积情况比较($\bar{x}\pm s$, cm²)

Table 3 Comparison of infarct size of cranial CT at different time points between two groups($\bar{x}\pm s$, cm²)

Groups	Before treatment	24h after treatment	48h after treatment	72h after treatment
Control group(n=58)	11.41±2.45	10.85±2.33	9.48±1.36* ^{&}	8.21±1.27* ^{&#}
Study group(n=59)	11.35±2.19	9.19±1.25*	8.04±1.52* ^{&}	6.88±1.49* ^{&#}
t	0.140	4.813	5.397	5.192
P	0.889	0.000	0.000	0.000

Note: compared with before treatment, * $P<0.05$; compared with 24h after treatment, [&] $P<0.05$; compared with 48h after treatment, [#] $P<0.05$.

2.5 阿替普酶联合依达拉奉治疗急性缺血性卒中的时间窗分析

研究组患者根据发病时间分为发病24h内(n=25)、发病48h内(n=24)、发病72h内(n=10),三个时间窗治疗前NIHSS评分、头颅CT梗死面积比较无差异($P>0.05$),三个时间窗治疗

后NIHSS评分、头颅CT梗死面积均较治疗前降低($P<0.05$),发病72h内、发病48h内患者NIHSS评分、头颅CT梗死面积高于发病24h内,且发病72h内高于发病48h内($P<0.05$),详见表4。

表4 阿替普酶联合依达拉奉治疗急性缺血性卒中的时间窗分析($\bar{x}\pm s$)

Table 4 Time window analysis of alteplase combined with edaravone in the treatment of acute ischemic stroke($\bar{x}\pm s$)

Time window	NIHSS score (scores)		Infarct size of cranial CT (cm ²)	
	Before treatment	2 weeks after treatment	Before treatment	24h after treatment
Within 24h of onset(n=25)	12.68±1.97	5.28±1.33*	11.33±2.13	8.53±1.09*
Within 48h of onset(n=24)	12.74±2.21	6.41±1.94* ^{&}	11.36±2.18	9.35±1.36* ^{&}
Within 72h of onset(n=10)	12.72±2.17	7.95±1.84* ^{&#}	11.39±2.39	10.46±1.41* ^{&#}
F	0.005	9.277	0.002	8.595
P	0.995	0.000	0.998	0.001

Note: compared with before treatment, * $P<0.05$; compared with within 24h of onset, [&] $P<0.05$; compared with within 48h of onset, [#] $P<0.05$.

2.6 两组患者治疗期间不良反应发生情况

两组患者治疗过程中血尿常规均未见明显异常,研究组出现4例恶心腹泻现象,不良反应发生率为6.78%(4/59),对照组出现3例恶心腹泻现象,不良反应发生率为5.17%(3/58),两组患者不良反应发生率比较无差异($\chi^2=0.134$, $P=0.714$)。

急性缺血性卒中为最常见的卒中类型,约占卒中的80%,随着我国老龄化的加剧,其发病率呈不断上升趋势,给我国人民生命健康带来严重威胁^[11,12]。阿替普酶作为首个基因重组的溶栓药物,可快速疏通患者堵塞血管,恢复脑部血流供应^[13-15]。然而溶栓治疗在恢复血流的同时难以避免的给机体带来缺血再灌注损伤,影响患者预后。依达拉奉是氧自由基清除剂,亲脂

3 讨论

性高,且相对分子量较小,故易通过血脑屏障进入脑组织,减轻脑损伤^[16,17]。由于临床上通常根据发病时间的不同采用不同的治疗方法,且多数患者较少在超早期(发病 6h 内)的时间窗内进行治疗^[18,19],因此,如何在超早期后尽量减少缺血再灌注损伤,已成为治疗急性缺血性卒中的重要问题。

本次研究结果显示,研究组的总有效率 84.75%高于对照组 63.79%,可见阿替普酶联合依达拉奉治疗急性缺血性卒中,疗效显著。其中阿替普酶可诱导纤溶酶原成为纤溶酶,有效溶解血栓,同时还有轻微的溶血效果,有效避免出血^[20]。依达拉奉进入脑组织后,可有效对抗低密度脂蛋白氧化,提高内皮一氧化氮合成酶的水平,进而抑制小胶质细胞神经毒性活化效果,控制缺血症状的级联化反应,有效减少神经细胞损伤,共同改善患者预后^[21,22]。IL-6 主要由活化的单核巨噬细胞合成,在卒中患者呈现高表达,可直接损伤血管内膜,并增多自由基生成^[23]。MMP-9 是重要的基质金属蛋白酶,急性缺血性卒中患者 MMP-9 水平升高可导致血管通透性增加,血-脑脊液屏障开放,引发脑水肿,加重脑损伤^[24]。本研究中两组治疗后 MMP-9、IL-6 均降低,且研究组低于对照组。可见阿替普酶联合依达拉奉治疗在降低 MMP-9、IL-6 水平方面效果更为显著。这可能是由于依达拉奉作为自由基清除剂和抗氧化剂,不仅对细胞因子有良好的调节作用,还可抑制由各种因子引起的过氧化损伤,有效改善 MMP-9、IL-6 水平^[25,26]。同时本次研究结果还显示,研究组神经功能缺损情况、脑梗死面积改善情况效果均优于对照组,依达拉奉可通过抑制脑卒中患者病灶周围的局部水肿,保护脑细胞、血管内皮细胞、神经细胞不受损伤,进而阻止脑部损伤的进一步发展^[27,28]。封亮等学者^[29]研究结果也显示,依达拉奉在脑缺血动物模型中显示出对脑缺血有较好的保护作用。同时本研究还发现,在越早的时间窗内接受治疗的患者,其 NIHSS 评分、头颅 CT 梗死面积改善情况更佳,急性缺血性卒中患者经阿替普酶治疗后,恢复血流供应,同时合并依达拉奉等脑神经保护剂,药物可随血流充分到达梗死区域,挽救可逆的缺血脑组织^[30]。另外,两组不良反应发生率比较无差异,可见该联合治疗安全性较好。

综上所述,阿替普酶联合依达拉奉治疗急性缺血性卒中,疗效显著,安全性好,可有效改善患者 MMP-9、IL-6 水平,迅速缩小梗死面积,有效保护患者神经功能,且与接受治疗时间窗存在一定关系。

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