

doi: 10.13241/j.cnki.pmb.2021.21.020

经皮椎体成形术治疗骨质疏松性椎体压缩骨折的临床疗效及术后邻近椎体骨折的危险因素分析 *

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摘要 目的:观察骨质疏松性椎体压缩骨折(OVCFs)患者以经皮椎体成形术(PVP)治疗后的临床疗效,并分析术后邻近椎体骨折的危险因素。方法:选取我院2018年6月~2020年9月期间收治的OVCFs患者180例,给予PVP治疗,观察其治疗效果、骨水泥渗漏情况、术后邻近椎体骨折发生情况,采用单因素及多因素Logistic回归分析术后邻近椎体骨折的危险因素。结果:OVCFs患者术前~术后6个月功能障碍指数(ODI)、疼痛视觉模拟评分(VAS)、活动能力评分(LAS)均呈降低趋势($P<0.05$)。随访期间,180例患者中,15例(8.33%)出现了骨水泥渗漏,但均不需要进一步处理。32例(17.78%)出现了术后邻近椎体骨折,148例未出现术后邻近椎体骨折,并以此进行分组。再骨折组、未再骨折组在年龄、骨折病史、骨密度、Cobb角、椎体高度恢复、骨水泥渗漏情况、使用抗骨质疏松药物方面对比有明显差异($P<0.05$)。年龄>70岁、骨水泥渗漏、骨密度<-2.5SD、未使用抗骨质疏松药物、Cobb角<15°、椎体高度恢复率>87%均是PVP术后邻近椎体骨折的危险因素($P<0.05$)。结论:PVP治疗OVCFs疗效较好,可缓解患者疼痛、减轻功能障碍、改善活动能力,术后邻近椎体骨折的发生受年龄、骨密度、Cobb角等多种因素影响,临床可针对这些因素给予对应的干预措施。

关键词:骨质疏松性椎体压缩骨折;邻近椎体骨折;疗效;经皮椎体成形术;危险因素

中图分类号:R683 文献标识码:A 文章编号:1673-6273(2021)21-4095-05

The Clinical Effect of Percutaneous Vertebroplasty in the Treatment of Osteoporosis Vertebral Compression Fracture and the Risk Factors of the Adjacent Vertebral Fracture after Operation*

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ABSTRACT Objective: To observe the clinical effect of percutaneous vertebroplasty (PVP) in the treatment of osteoporosis vertebral compression fracture(OVCFs), and to analyze the risk factors of the adjacent vertebral fracture after operation. **Methods:** 180 OVCFs patients in our hospital from June 2018 to September 2020 were selected, PVP was given to treat them. The therapeutic effect, bone cement leakage condition, and the occurrence of adjacent vertebral fractures were observed. The risk factors of adjacent vertebral fractures were analyzed by multivariate Logistic regression analysis. **Results:** Disability index (ODI), visual analogue scale (VAS) and locomotor activity scale (LAS) score of OVCFs patients from before operation to 6 months after operation all showed a decreasing trend ($P<0.05$). During the follow-up, bone cement leakage occurred in 15 (8.33%) of 180 patients, but none required further treatment. 32 cases (17.78%) had a postoperative adjacent vertebral fracture, and 148 patients had no postoperative adjacent vertebral fracture, and were grouped accordingly. There were statistically significant differences in age, fracture history, bone mineral density, Cobb angle, vertebral height recovery, bone cement leakage condition, and use of anti-osteoporosis drugs between the refracture group and no refracture group ($P<0.05$). Multivariate Logistic regression analysis showed that age >70 years old, bone cement leakage, bone mineral density < -2.5SD, no use of anti-osteoporosis drugs, Cobb angle <15°, vertebral height recovery rate>87% were all risk factors for adjacent vertebral fracture after PVP ($P<0.05$). **Conclusion:** PVP has a good effect in the treatment of OVCFs, which can relieve pain, reduce dysfunction and improve mobility of patients. The occurrence of vertebral fracture is affected by age, bone density, Cobb angle and so on, and corresponding interventions can be given clinically for these factors.

* 基金项目:江苏省2017年度卫生计生委医学科研项目(H201761)

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(收稿日期:2021-03-21 接受日期:2021-04-18)

Key words: Osteoporotic vertebral compression fracture; Adjacent vertebral fracture; Curative effect; Percutaneous vertebroplasty;

Risk factors

Chinese Library Classification(CLC): R683 Document code: A

Article ID: 1673-6273(2021)21-4095-05

前言

骨质疏松是一种由多种原因引起的内分泌代谢性骨病,而骨质疏松性椎体压缩骨折(OVCFs)是该病的主要并发症之一,以脊柱胸腰段骨折最为常见^[1]。近年来的资料数据显示^[2],2020年在我国50岁以上人群中约有149万新发OVCFs患者,预计到2050年将超过300万人。经皮椎体成形术(PVP)是通过向椎体内注入骨水泥的方式来恢复和维持患者椎体高度,进而改善疼痛等临床症状的术式,是临幊上治疗OVCFs的主要方法^[3,4]。但有关的随访研究显示PVP术后往往伴随着邻近椎体骨折这一问题,导致术后中远期疗效不佳^[5]。鉴于此,本研究通过观察PVP治疗OVCFs的临床疗效,并分析术后邻近椎体骨折的危险因素,以期为其临床防治提供数据支持,整理报道如下。

1 资料与方法

1.1 基线资料

选取我院2018年6月~2020年9月期间收治的OVCFs患者180例,男性97例,女性83例。纳入标准:(1)骨质疏松的诊断标准参考《原发性骨质疏松症诊疗指南(2017)》^[6];(2)X线、MRI等影像学检查显示椎体压缩骨折;(3)病例资料完整;(4)具备PVP手术指征。排除标准:(1)合并其他部位骨折;(2)随访期间行脊柱内固定术;(3)神经根、脊髓受损;(4)存在原发或继发肿瘤的病理性病变;(5)骨水泥、造影剂过敏;(6)其他原因所致骨折。

1.2 方法

患者术前行肝肾功能、血常规、X线、MRI等检查。手术时患者取卧位,垫高胸部、髋部,悬空腹部,常规心电监护、吸氧,建立静脉通道。C型臂X线机透视定位骨折穿刺点并做好标记,术区消毒铺巾,于椎弓根在患者体表投影偏外侧处进针至骨皮质。穿刺成功后拔除针芯,调和丙烯酸树脂骨水泥[长垣中正医疗器械销售有限公司,国食药监械(准)字2014第

3650624号9(更),规格:10mL/支],开始粘稠后注入患者椎体,观察骨水泥弥散,注意预防外渗。待骨水泥凝固好后退针。穿刺处局部加压无菌敷料包扎,手术结束。患者术后卧床48h后佩戴腰围适当地活动。

1.3 观察指标

(1)于术前、术后3个月、术后6个月采用功能障碍指数(ODI)^[7]、疼痛视觉模拟评分(VAS)^[8]以及活动能力评分(LAS)^[9]评估患者功能障碍、疼痛、活动能力。其中ODI总分50分,分数越高功能障碍越严重;VAS总分10分,分数越高疼痛感越强;LAS总分4分,分数越高活动能力越差。

(2)术后随访半年,随访方式为门诊复查,随访截止日期为2021年3月31日。观察患者术后邻近椎体骨折发生情况,并以此进行分组,记录两组患者的性别、年龄、体质质量指数(BMI)、骨折类型、骨折病史、骨密度、Cobb角、椎体高度恢复率、骨水泥渗漏情况、骨水泥量、抗骨质疏松药物使用情况。其中骨密度采用阿洛卡AOS-100SA型骨密度仪(上海名元实业有限公司)检测获取,Cobb角、椎体高度恢复率经X线片测量、计算获取。

1.4 统计学方法

采用SPSS25.0进行数据分析。单因素及多因素Logistic回归分析PVP术后邻近椎体骨折的危险因素。计数资料以“比或率”表示,行 χ^2 检验。计量资料经K-S检验均符合正态分布,以“ $\bar{x} \pm s$ ”表示,多时间点比较进行重复测量方差分析+时间两两比较差值t检验,两组间比较进行独立样本t检验。 $\alpha=0.05$ 被设置为检验标准。

2 结果

2.1 手术前后VAS、ODI、LAS评分对比

OVCFs患者术前~术后6个月ODI、VAS、LAS评分均呈降低趋势($P<0.05$)。与术前相比,OVCFs患者术后3个月、术后6个月ODI、VAS、LAS评分均降低($P<0.05$),结果见表1。

表1 手术前后VAS、ODI、LAS评分对比($\bar{x} \pm s$,分)

Table 1 Comparison of vas, ODI and Las scores before and after operation($\bar{x} \pm s$, scores)

| Time points | n | VAS | ODI | LAS |
|---|-----------------------|-----------------|-----------------|-----------------|
| Y0: before operation | 180 | 7.43± 0.65 | 40.36± 4.78 | 3.06± 0.25 |
| Y1: 3 months after operation | 180 | 3.27± 0.48 | 18.42± 2.05 | 1.87± 0.24 |
| Y2: 6 months after operation | 180 | 1.48± 0.37 | 13.48± 2.97 | 1.26± 0.27 |
| One-way repeated measure analysis of variance | H-F adjustment factor | 0.8569 | 0.8286 | 0.9712 |
| | After adjustment F, P | 6,366.60, 0.000 | 3,282.07, 0.000 | 2,347.19, 0.000 |
| Pairwise comparison (Difference t test) | Y1 vs Y0 | 65.44, 0.000 | 57.23, 0.000 | 49.71, 0.000 |
| t, P | Y2 vs Y0 | 112.78, 0.000 | 67.18, 0.000 | 65.45, 0.000 |
| | Y2 vs Y1 | 40.34, 0.000 | 19.08, 0.000 | 21.37, 0.000 |

2.2 骨水泥渗漏情况和术后邻近椎体骨折发生情况

随访期间,180例患者中,15例(8.33%)出现了骨水泥渗漏,其中10例椎体静脉丛渗漏,5例椎管内渗漏,但均不需要进一步处理。32例(17.78%)出现了邻近椎体骨折,148例未出现邻近椎体骨折,根据术后是否出现邻近椎体骨折将180例患者分为再骨折组(n=32)和未再骨折组(n=148)。

2.3 PVP术后邻近椎体骨折的单因素分析

再骨折组、未再骨折组在性别、BMI、骨折类型、骨水泥量方面组间对比差异无统计学意义($P>0.05$)。再骨折组、未再骨折组在年龄、骨折病史、骨密度、Cobb角、椎体高度恢复率、骨水泥渗漏情况、使用抗骨质疏松药物方面组间对比差异有统计学意义($P<0.05$),见表2。

表2 PVP术后邻近椎体骨折的单因素分析

Table 2 Univariate analysis of adjacent vertebral fractures after PVP

| Factors | Refracture group(n=32) | No refracture group (n=148) | t(x ²) | P |
|---|------------------------|--------------------------------|--------------------|-------|
| Gender(male/female) | 18/14 | 79/69 | (0.087) | 0.768 |
| Age(years) | 71.57±6.78 | 64.54±7.08 | 5.130 | 0.000 |
| BMI(kg/m ²) | 24.75±0.86 | 24.39±1.03 | 1.842 | 0.067 |
| Fracture type(non wedge/wedge) | 15/17 | 72/76 | (0.033) | 0.856 |
| Fracture history(yes/no) | 23/9 | 57/91 | (11.860) | 0.001 |
| Bone mineral density(SD) | -2.41±0.36 | -1.59±0.29 | 13.865 | 0.000 |
| Cobb angle(°) | 12.76±2.31 | 15.75±2.17 | 6.987 | 0.000 |
| Vertebral height recovery rate(%) | 87.13±6.87 | 80.24±5.14 | 5.358 | 0.000 |
| Amount of bone cement(mL) | 5.98±0.76 | 5.93±0.84 | 0.310 | 0.757 |
| Bone cement leakage condition (leakage/no) | 10/22 | 5/143 | (23.232) | 0.000 |
| Use of anti-osteoporosis drugs (yes/no) | 10/22 | 84/64 | (6.861) | 0.009 |

2.4 PVP术后邻近椎体骨折的多因素Logistic回归分析

以表2中有统计学意义的因素为自变量(赋值见表3),以PVP术后邻近椎体骨折发生情况为因变量(赋值0=未骨折,1=骨折),建立多因素Logistic回归分析模型。回归过程采用逐步

后退法,设定 $\alpha_{入选}=0.05$, $\alpha_{剔除}=0.10$ 。结果显示,年龄>70岁、骨水泥渗漏、骨密度<-2.5SD、未使用抗骨质疏松药物、Cobb角<15°、椎体高度恢复率>87%均是PVP术后邻近椎体骨折的危险因素($P<0.05$)。见表3。

表3 PVP术后邻近椎体骨折的多因素Logistic回归分析
Table 3 Multivariate analysis of adjacent vertebral fractures after PVP

| Indicators / factors | Assignment | Regression coefficient | Standard error | Wald x ² | P | OR | OR 95% confidence interval |
|--------------------------------|----------------------------|------------------------|----------------|---------------------|-------|-------|----------------------------|
| Constant | - | -0.071 | 0.038 | 3.463 | 0.062 | - | - |
| Age | 0≤70 years, 1>70 years | 0.334 | 0.138 | 5.876 | 0.015 | 1.396 | 1.066~1.828 |
| Bone mineral density | 0≥-2.5SD, 1<-2.5SD | 0.845 | 0.240 | 12.399 | 0.000 | 2.327 | 1.454~3.724 |
| Cobb angle | 0≥15°, 1<15° | 0.727 | 0.267 | 7.436 | 0.006 | 2.069 | 1.227~3.489 |
| Vertebral height recovery rate | 0≤87%, 1>87% | 0.514 | 0.240 | 4.590 | 0.032 | 1.672 | 1.045~2.676 |
| Bone cement leakage | 0=no leakage, 1=leakage | 0.684 | 0.258 | 7.016 | 0.008 | 1.981 | 1.195~3.285 |
| Use of anti-osteoporosis drugs | 0=use, 1=no use | 0.433 | 0.199 | 4.745 | 0.029 | 1.542 | 1.044~2.277 |

3 讨论

随着我国步入老龄化社会,我国骨质疏松的发病率逐渐升高,OVCFs的发生率也随之增高^[10]。老年群体身体各项机能减

退,并伴随着机体激素分泌紊乱、内分泌失调,致使血钙下降,而骨质为了弥补血钙的不足,会产生脱钙情况,当钙供应不足时,易引起骨质疏松^[11,12];加上老年群体肌肉力量的下降或者萎缩,对关节的保护作用也会缩减^[13,14];此外,椎体是椎骨负重的

主要部分,呈短圆柱状,借椎间纤维软骨与邻近椎骨相接,管理着脊柱的转向、后伸、前屈^[15];当人体处于骨量丢失状态下,骨折也容易出现不对称性;以上均是导致OVCFs发生的主要原因^[16]。OVCFs的危害较多,绝大多数患者出现持续性或者间歇性的腰背肌酸痛,部分患者发病后伴有神经损伤或者血管损伤,可引起腰背部血肿或躯体移动障碍^[17,18]。

PVP通过注入合适量的骨水泥,帮助椎体恢复强度和刚度,从而促使骨折椎体恢复,是治疗OVCFs的常用方案^[19]。本次研究结果显示,OVCFs患者术前~术后6个月ODI、VAS、LAS评分均呈降低趋势,提示PVP可有效促进患者症状改善,恢复其脊椎功能和活动能力。究其原因,骨水泥被注入患者椎体后,在椎体内发生聚合而产生大量热量,这些热量在阻断感觉神经末梢对于痛觉的传递中发挥重要作用,从而有效降低疼痛刺激;同时,骨水泥可迅速固定患者椎体,恢复椎体高度,进而提升ODI、LAS^[20-22]。虽然PVP可较好的增加椎体的强度和刚度,但有研究表明^[23],骨水泥的大量注入可导致椎间形成刚度级差,致使相邻椎体的力学性能发生改变,使其应变和应力增加,促使骨折风险增加。本次研究中,180例患者中,32例出现了术后邻近椎体骨折情况,提示PVP术后存在一定的再骨折发生风险。经多因素Logistic回归分析可知:年龄>70岁、骨水泥渗漏、骨密度<2.5SD、未使用抗骨质疏松药物、Cobb角<15°、椎体高度恢复率>87%均是PVP术后邻近椎体骨折的危险因素。以往的研究报道显示^[24],年龄是所有骨质疏松并发症发生的最重要因素,年龄越大,体内激素分泌愈发紊乱,骨量丢失加快,骨折风险增加;骨密度是评估骨质疏松的重要指标,骨量的持续丢失,椎体骨质吸收时呈不均一性,致使邻近椎体骨折发生率增加^[25]。Cobb角是脊柱侧弯严重程度的参考标准之一,椎体骨折可导致不同程度的后凸畸形,PVP可促使骨折椎体Cobb角恢复,但无法改变邻近椎体的后凸畸形,重心前移使椎体前方应力集中,增加邻近椎体骨折发生风险^[26];韩晓东等人^[27]研究认为,椎体高度恢复率越高,邻近椎体再骨折发生率也越高,主要是因为椎体高度恢复率越高表示骨水泥的注入量越多,而骨水泥除了可增加脊柱轴向压缩强度外,还可改变相邻非手术椎体生物力学负荷,致使OVCFs患者PVP术后再次骨折的危险增加^[28];骨水泥渗漏是PVP的常见并发症,本研究8.33%的患者出现了骨水泥渗漏,且出现骨水泥渗漏的患者其再次骨折发生率也相对偏高,可能是因为骨水泥渗漏可导致相邻椎间对不良应力的作用增加,降低手术治疗效果,不利于患者术后恢复,导致再骨折发生率提高^[29];未使用抗骨质疏松药物的患者其再骨折发生率高主要是因为PVP仅仅能改善骨折症状,而无法阻止骨质疏松这一疾病的本质进展,未使用抗骨质疏松药物的患者术后骨量存在持续丢失现象,致使其再骨折发生风险增加^[30]。

综上所述,PVP治疗OVCFs患者疗效较好,可促进其症状改善,恢复脊椎功能,影响术后邻近椎体再次骨折的危险因素较多,包括骨水泥渗漏情况、年龄、使用抗骨质疏松药物、Cobb角、骨密度、椎体高度恢复,临床可针对这些因素给予针对性干预措施。

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