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脂肪因子瘦素和内脂素与心房颤动关系的研究*

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摘要 目的:心房颤动(Atrial fibrillation, AF)是最常见的心律失常之一,其发生机制目前尚未完全阐明。多项研究表明脂肪因子(Adipokines)中的瘦素(leptin)、内脂素(Visfatin)与心血管疾病的关系密切,本研究拟探讨瘦素、内脂素与心房颤动的关系。**方法:**本研究通过收集检测 AF 组、窦性心律组外周血及心外膜脂肪组织,检测瘦素、内脂素分泌水平来探讨瘦素、内脂素与 AF 发生的相关性。**结果:**房颤组血清内脂素的平均浓度为 15.95 ± 10.44 ng/mL,窦性心律组为 20.28 ± 12.90 ng/mL ($P=0.169$);房颤组血清瘦素的平均浓度为 1.48 ng/mL,窦性心律组为 2.56 ng/mL ($P=0.0027$),窦性心律组血清瘦素水平明显高于心房颤动组;心外膜脂肪组织中,瘦素在房颤组中的表达量显著低于窦性心律组 ($P=0.032$),内脂素在两组中的表达无显著统计学差异 ($P=0.06$)。**结论:**临床患者外周血血清及心外膜脂肪组织中高水平的瘦素可能降低房颤的发生率,然而,内脂素与房颤可能不具有相关性。

关键词:心房颤动;脂肪因子;瘦素;内脂素;窦性心律

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A Study on The Relationship between Leptin, Visfatin and Atrial Fibrillation*

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ABSTRACT Objective: Atrial fibrillation is one of the most common arrhythmias. The mechanism of atrial fibrillation is not yet clear. A number of previous studies have shown that adipokines, including leptin, visfatin, are closely related to cardiovascular diseases. In this study, the relationship between leptin, visfatin and atrial fibrillation was investigated. **Methods:** In this study, the secretion levels of leptin and visfatin in peripheral blood and epicardial adipose tissue of AF group and control group were detected. To explore the relationship between leptin, visfatin and AF. **Results:** The average concentration of visfatin in peripheral blood serum of atrial fibrillation group was 15.95 ± 10.44 ng/mL, and the sinus rhythm group was 20.28 ± 12.90 ng/mL, and there was not statistically significant ($P=0.169$); The average concentration of leptin in peripheral blood in the atrial fibrillation group was 1.48 ng/mL, and in the sinus rhythm group was 2.56 ng/mL. The comparison between the two was statistically significant ($P=0.0027$). Serum leptin levels in the sinus group were significantly higher than those in the atrial fibrillation group; In epicardial adipose tissue, the expression of leptin in the atrial fibrillation group was significantly lower than that in the control group ($P=0.032$), while the expression of visfatin was not statistically different between the two groups ($P=0.06$). **Conclusions:** The incidence of atrial fibrillation can be reduced by high levels of leptin in peripheral blood serum and epicardial adipose tissue. The levels of visfatin in peripheral blood serum and epicardial adipose tissue in patients with atrial fibrillation was not significantly different from those with sinus rhythm. Therefore there may not be a correlation between visfatin and atrial fibrillation.

Key words: Atrial fibrillation; Adipokines; Leptin; Visfatin; Sinus rhythm

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前言

心房颤动(Atrial Fibrillation, AF)是一种常见的心律失常, AF发病机制复杂,具体机制尚不清楚。既往研究表明 AF时心脏发生结构重构和电重构,电重构可通过药物和导管消融进行治疗,而心肌纤维化导致的结构重构却很难逆转。因此目前 AF的临床治疗效果不满意。对于冠心病我们已经有明确的生物学标志物,如肌红蛋白、肌钙蛋白等,可以初步衡量冠心病的发病时间、进展程度,以及其预后情况。对于 AF却缺乏明确的生物学标志物。近年的研究发现,脂肪因子中的瘦素(Leptin)、内脂素(Visfatin)与 AF关系密切,但是具体作用机制尚不清楚^[1-8]。脂肪因子可通过各种途径对 AF产生影响,进而参与心肌纤维化,发挥促纤维化和抑纤维化的作用,抗心律失常和促心律失常的作用^[9-12]。本研究通过对比 AF患者及窦性心律患者的瘦素和内脂素的分泌表达水平研究脂肪因子中瘦素、内脂素与 AF的关系。

1 材料与方法

1.1 实验材料

试剂盒(美国 Raybiotech 公司的 Human leptin Elisa Kit、

Human visfatin Elisa Kit)、血清、心外膜脂肪组织等。

1.2 实验对象

本研究房颤患者 43 名,窦律患者 45 名。获得研究对象临床资料。常规检查心电图、血常规等。抽取上述实验对象的外周血于普通血清管,1000× g 离心 20 分钟,取上清液置于 EP 管中,-80℃冰箱保存。行心脏外科手术患者,房颤者 5 名,窦律者 5 名,术中留取心外膜脂肪组织 5 mg,迅速放入 -80℃冰箱中保存。研究伦理号:龙华人医伦审(研)[2020]第(021A)号。

房颤患者入选标准:根据 2016 年欧洲心脏病协会房颤指南诊断为 AF,窦律患者入选标准:经系统检查及查阅病史可排除 AF 且为窦性心律。排除标准:扩张型心肌病、肥厚型心肌病、先天性心肌病、风湿性心脏病、急慢性炎症、严重感染性疾病、严重肝肾功能不全(谷丙转氨酶≥60 U/L,肌酐≥120 μmol/L)、恶性肿瘤、卒中、一过性或可逆性原因引起的 AF(饮酒过量、心包炎、甲状腺疾病)、患者拒绝参加或不能参加研究的、前一次入院时已经入选为研究对象的。

入选的 43 例 AF 患者有 21 例为阵发性心房颤动,22 例为持续性心房颤动。持续性房颤患者房颤病史 1 年到 4 年不等。对于留取心外膜脂肪组织的患者,其对照组和房颤组患者基本信息列入表 1 和表 2。

表 1 留取心外膜脂肪组织的房颤组患者基本资料

Table 1 Basic data of patients with atrial fibrillation whose epicardial adipose tissue was retained

NO.	Sex	Age(Y)	Primary diagnosis	Type	Duration	Method
1	Female	58	CHD AF HF	persistence	1Year	CABG
2	Male	49	CHD AF HF	persistence	2Year	CABG
3	Female	58	CHD AF HFPericardial effusion Pulmonary infection	paroxysmal	3-5Day	CABG+RF
4	Female	66	CHD AF Pericardial effusion	persistence	3Year	CABG
5	Female	59	CHD AF Hpertension	persistence	2Year	CABG

Note: Coronary atherosclerotic heart disease(CHD), Radiofrequency ablation (RF), Coronary artery bypass grafting(CABG).

表 2 留取心外膜脂肪组织的对照组患者基本资料

Table 2 Basic data of patients in control group whose epicardial adipose tissue was retained

NO.	Sex	Age(Y)	Primary diagnosis	Method
1	Male	54	CHD T2DM Hpertension	CABG
2	Female	57	CHD Hpertension	CABG
3	Female	54	CHD T2DM	CABG
4	Female	56	CHD HF	CABG
5	Male	59	CHD Hpertension	CABG

Note: Type 2 diabetes(T2DM).

1.3 实验分组

外周血血清:心房颤动组(n=43)和窦性心律组(n=45)。

心外膜脂肪组织:心房颤动组(n=5)和窦性心律组(n=5)。

1.4 ELISA 法检测外周血血清中的瘦素、内脂素水平

使用 Elisas 试剂盒测定房颤组 and 对照组外周血清中的瘦素、内脂素的含量。

1.5 Real time-PCR 检测心外膜脂肪组织中瘦素、内脂素的表达

(1)RNA 提取

(2) cDNA 合成

(3)Real time-PCR 反应体系

① PCR 引物

引物序列通过 GenBank 基因文库检索人瘦素和内脂素基因的 mRNA 序列,根据引物设计原则,利用引物设计软件 Primer5.0 进行设计。

② 反应体系:2× GoTaq® qPCR Master Mix 10 μL,上游引物(10 μM) 0.4 μL,下游引物(10 μM)0.4 μL, cDNA 1 μL,无核酸水 8.2 μL。

(4)Real time-PCR 扩增程序

使用目的基因引物和内参基因 GAPDH 引物对样品进行 Real time-PCR 扩增, 每个样品设置三个重复。① 95℃ 10 min; ② 95℃ 15 s; ③ 60℃ 1 min, 反应 40 个循环。

1.6 统计分析

本文的所有统计学分析, 均采用 SAS9.3 进行。相关性用秩相关分析, 计量资料不服从正态分布的, 用中位数和上下四分位数描述, 组间比较, 采用秩和检验; 对于服从正态分布的, 均数和标准差进行描述, 用 *t* 检验对组间进行比较; 频数和百分比对计数资料进行描述, 卡方检验和 Fisher 精确概率法进行比较; 频数和百分比描述对等级资料进行描述, 组间用秩和检验; 危险因素分析采用 Logistic 回归分析, 变量筛选采用逐步筛选方法, $P < 0.05$ 认为差异有统计学意义。

2 结果

2.1 房颤组与对照组临床资料比较

分别对临床患者外周血中房颤组和窦性心律组的患者进行临床基本资料的采集, 从表 3、表 4 中可以看出房颤组与窦性心律组中的年龄($P=0.0333$)、性别($P=0.0029$)、总胆固醇($P < 0.0001$)、甘油三酯($P < 0.0001$)、LDL-C (Low density lipoprotein cholesterol) ($P=0.0002$)、肌酐($P=0.0429$)、胱抑素 C ($P=0.0053$) 等指标具有统计学差异, HDL-C (High density Lipoprotein cholesterol) ($P=0.97$)、尿酸($P=0.7734$)、高血压($P=0.8311$)、糖尿病($P=0.6741$)、吸烟($P=0.0783$)、BMI ($P=0.0997$) 等指标无显著统计学差异(表 3、表 4)。

表 3 计量资料的比较

Table 3 Comparison of measurement data

Variable	Control group	AF group	Satistic	<i>P</i>
Age(Y)	64.36± 9.97	69.3± 11.46	-2.16	0.0333
Total cholesterol (mol/L)	4.7 (4.22-5.49)	3.81 (3.3-4.74)	17.1443	<0.0001
Triglyceride (mol/L)	1.68 (1.18-2.15)	1.02 (0.79-1.54)	17.2146	<0.0001
HDL-C(mol/L)	1.1 (0.94-1.3)	1.13 (0.9-1.3)	0.0014	0.97
LDL-C(mol/L)	2.92± 0.75	2.33± 0.66	3.91	0.0002
Cystatin C (mg/L)	0.73 (0.66-0.84)	0.88 (0.72-1.01)	7.7778	0.0053
Creatinine (μmol/L)	71.5 (59.4-85.5)	80.7 (68.3-99)	4.0978	0.0429
Uric acid (μmol/L)	353.3 (282.5-384.4)	357.1 (245.6-450)	0.0829	

表 4 计数资料的比较

Table 4 Comparison of counting data

Variable	Classification	Control group	AF group	Satistic	<i>P</i>
Sex	Male	14 (31.11)	27 (62.79)	8.8683	0.0029
	Female	31 (68.89)	16 (37.21)		
Hypertension	No	23 (51.11)	21 (48.84)	0.0455	0.8311
	Yes	22 (48.89)	22 (51.16)		
Diabetes	No	35 (77.78)	35 (81.4)	0.1769	0.6741
	Yes	10 (22.22)	8 (18.6)		
Angina pectoris	No	37 (82.22)	37 (86.05)	0.2404	0.6239
	Yes	8 (17.78)	6 (13.95)		
Myocardial infarction	No	42 (93.33)	40 (93.02)	-	1.0000
	Yes	3 (6.67)	3 (6.98)		
Stroke	No	45 (100)	42 (97.67)	-	0.4886
	Yes	0 (0)	1 (2.33)		
Peripheral vascular disease	No	44 (97.78)	37 (86.05)	-	0.0554
	Yes	1 (2.22)	6 (13.95)		
Smoking	No	35 (77.78)	26 (60.47)	3.0988	0.0783
	Yes	10 (22.22)	17 (39.53)		
Drink alcohol	No	40 (88.89)	30 (69.77)	4.9412	0.0262
	Yes	5 (11.11)	13 (30.23)		
Body Mass Index (BMI)	<25	26 (57.78)	32 (74.42)	2.71	0.0997
	≥ 25	19 (42.22)	11 (25.58)		

2.2 房颤组与对照组超声心动图数据比较

对两组的心脏超声进行分析,其中左室射血分数、左室舒张末内径、左心房内径、右室舒张末内径、右心房内径等具有统

计学差异($P<0.05$),室间隔厚度、左心室后壁厚度等无显著统计学差异($P>0.05$)(表 5)。

表 5 心脏超声数据的比较

Table 5 Comparison of cardiac ultrasound data

Variable	Control group(mm)	AF group(mm)	Satistic	P
Left ventricular ejection fraction	59 (58-60)	55 (45-59)	9.8205	0.0017
Left ventricular end-diastolic diameter	45.13± 6.01	49.37± 7.23	-3.00	0.0036
Right ventricular end-diastolic diameter	23 (21-26)	26 (23-31)	6.7906	0.0092
Ventricular septal thickness	8 (8-10)	8 (8-9.2)	0.6473	0.4211
Left ventricular posterior wall thickness	8 (8-10)	8 (8-9)	1.8681	0.1717
Left atrial diameter	34.91± 4.8	42.44± 7.62	-5.52	<0.0001
Right atrial diameter	33 (31-36)	39 (32-45)	7.3012	0.0069

2.3 瘦素在外周血中检测结果的比较

房颤组血清瘦素的平均浓度为 1.48 ng/mL,窦性心律组血

清瘦素浓度为 2.56 ng/mL,对照组中的血清瘦素水平明显高于心房颤动组($P=0.0027$)(表 6)。

表 6 房颤组和对照组瘦素含量的比较

Table 6 Comparison of leptin content between atrial fibrillation group and control group

Groups	Mean concentration(ng/mL)	Satistic
AF group	1.48(0.37-2.8)	$P=0.0027$
Control group	2.56(1.21-3.62)	

2.4 内脂素在外周血中检测结果的比较

房颤组外周血中内脂素的平均浓度为 15.95± 10.44 ng/mL,

窦性心律组外周血中内脂素浓度为 20.28± 12.90 ng/mL, 两组比较未见明显统计学差异($P=0.169$)(表 7)。

表 7 房颤组和对照组内脂素含量的比较

Table 7 Comparison of visfatin content between atrial fibrillation group and control group

Groups	Mean concentration ($\bar{x} \pm s$)	Satistic
AF group	15.95± 10.44 ng/mL	$P=0.169$
Control group	20.28± 12.90 ng/mL	

2.5 Real time-PCR 检测心外膜脂肪组织中瘦素、内脂素的表达

心外膜脂肪组织中,瘦素在房颤组中的表达量显著低于对

照组 ($P=0.032$),内脂素在两组中的表达无显著统计学差异($P=0.06$)(表 8)。

表 8 心外膜脂肪组织中瘦素、内脂素的表达水平

Table 8 Expression levels of leptin and endolipin in epicardial adipose tissue

Variable	Control group	AF group	Satistic	P
Leptin	0.82± 0.4	0.42± 0.29	3.810	0.032
Endolipin	8.15± 5.83	19.28± 9.77	-2.188	0.06

3 讨论

心房颤动是心内科常见的疾病之一,AF 的患者心房失去了有效的功能,极易形成血栓,栓子脱落容易导致肺栓塞、脑梗

死等不良后果,从而危及生命。关于 AF 的发病机制存在多种假说,主要包括两个经典学说,即异位局灶自律性增强和单折返环激动学说。目前的研究涉及心脏结构重构的信号通路主要包括:丝裂原激活的蛋白激酶/细胞外调节蛋白激酶

(MAPK-ERK1/2)信号通路、磷脂酰肌醇-3 激酶 / 蛋白激酶 B (PI3K/Akt)信号通路,血管紧张素 II/ 血管紧张素 III 型受体通路,腺苷酸活化蛋白激酶(AMPK)信号通路等。目前研究表明脂肪因子瘦素、内脂素对 2 型糖尿病、高血压、冠状动脉粥样硬化等疾病发挥作用主要通过上述作用通路,故我们预测瘦素、内脂素与 AF 的心房结构重构有关,通过检测血液及组织中的瘦素含量有助于 AF 的诊断与治疗^[13-16]。

3.1 瘦素与房颤的关系

瘦素(Leptin)可由脂肪组织及心肌细胞分泌,以自分泌和旁分泌的方式起作用。Barouch 等发现,瘦素可通过一定的通路发挥保护心脏的作用,这些通路包括丝裂原激活的蛋白激酶 / 细胞外调节蛋白激酶(MAPK-ERK1/2)、磷脂酰肌醇-3 激酶 / 蛋白激酶 B(PI3K/Akt)^[17,18]。瘦素水平降低可导致心肌肥大,心功能降低,也可导致其参与的信号转导途径功能的丧失。在对遗传性瘦素缺乏的 ob/ob 小鼠的研究表明^[19,20],瘦素水平越低,小鼠体型更加肥胖,也会产生心肌肥大,心肌收缩力下降,舒张时间延长,收缩 / 舒张速率减慢等心功能低下的影响,而 AF 可导致心肌细胞肥大、纤维化,左心房失去有效的收缩和舒张。心肌肥大、纤维化及收缩力下降也导致 AF 的发生和发展,所以在瘦素水平低下的小鼠中,更容易诱发 AF。

在我们的研究中房颤组和窦律组的病人在年龄、性别和生化指标等基础指标方面没有显著性差异,而在左心房内径和射血分数方面房颤病人和窦律组具有显著性差异,说明房颤促使病人的心脏结构和功能发生变化。外周血清中的瘦素显著低于对照组,心外膜脂肪组织中瘦素表达显著低于对照组。在一项研究中也得到了和我们类似的结果,该实验证明了瘦素及其受体介导的信号转导是血管紧张素 II 诱发的心房纤维化和 AF 的发病机制的基础。对血管紧张素 II 诱发的心房纤维化和 AF 瘦素发挥着保护的作用^[10]。Lin 等研究发现,瘦素处理左心房肌细胞后,可以降低传导阻滞的风险,瘦素对造成心律失常的不良后果具有改善作用^[9]。目前关于瘦素与 AF 的关系研究多数是动物实验,临床上的 AF 病人干扰因素较多,动物实验和临床 AF 病人在内环境上存在差别,我们的研究以临床 AF 病人为研究对象,能更接近真实情况。

本研究中房颤组心外膜脂肪组织及外周血清中分泌的瘦素显著低于对照组,考虑相对于外周血,心外膜脂肪组织更接近心脏,可通过旁分泌作用直接作用于心脏,但是本研究中样本例数较少,仍需要继续积累标本进行进一步的研究。

3.2 内脂素与心房颤动的关系

内脂素(visfatin)于 2004 年发现,存在于多种组织和器官。Moey 等发现,内脂素可通过一定途径诱导心肌肥大^[21];表明内脂素是通过 RhoA/ROCK 通路发挥作用的,高糖作用于大鼠心肌细胞时,发现内脂素 mRNA 表达增加,这一作用是通过三条通路发挥的,包括 p38MAPK、PI3K 和 ERK1/2^[22-24]。这三条通路均为 AF 中的重要通路。在心血管系统疾病中,内脂素最初被认为是动脉粥样硬化、内皮功能障碍、血管损伤的标志物,具有潜在的临床价值。它不仅仅是临床标志物,还是促进血管炎症、促进心肌纤维化、促进动脉粥样硬化的积极参与者。血管紧张素 II 可通过 JAK/STAT 信号通路诱导的心肌细胞肥大,进而使内脂素增加,在其诱导的心肌重塑中,随着心功能的恶化,内

脂素有明显升高^[25-28]。在我们的小样本研究中房颤病人外周血和心外膜脂肪组织的内脂素水平与窦律组的病人无没有显示差异,可能需要进一步的研究来充分理解介导这种脂肪因子的细胞作用的机制。只有这样,我们才能知道内脂素是否是心脏代谢疾病、心律失常的治疗靶点。

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