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· 文献综述 ·

肝移植围手术期甲状腺功能变化与影响的研究进展

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摘要

肝脏是甲状腺素转化为三碘甲状腺原氨酸的场所, 肝移植 (LT) 围手术期必然伴随着甲状腺激素 (TH) 的变化, 而TH对包括肝细胞在内的所有细胞的正常代谢率调节起了至关重要的作用。因此, 甲状腺功能的变化与LT患者的预后密切相关。为此, 笔者对LT围手术期甲状腺功能相关研究做一综述, 以为临床与科研提供参考。

关键词

肝移植; 甲状腺激素类; 围手术期; 综述
中图分类号: R657.3

Research progress review on changes in thyroid function and their impact during the perioperative period of liver transplantation

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Abstract

The liver is the site where thyroxine is converted into triiodothyronine. Liver transplantation (LT) is inevitably associated with changes in thyroid hormones (TH) during the perioperative period, and TH plays a crucial role in regulating the normal metabolic rate of all cells, including liver cells. Therefore, alterations in thyroid function are closely related to the prognosis of LT patients. In this regard, the authors provide a review of research related to thyroid function during the perioperative period of LT, with the aim of providing references for both clinical and research purposes.

Key words

Liver Transplantation; Thyroid Hormones; Perioperative Period; Review
CLC number: R657.3

肝移植 (liver transplantation, LT) 是肝细胞癌、肝硬化、肝衰竭等终末期肝脏疾病最有效的治疗方式^[1-2]。LT围手术期伴随多种激素的变化。甲状腺激素 (thyroid hormone, TH) 是其中的一种

重要激素, 其主要包括甲状腺素 (thyroxine, T4), 三碘甲状腺原氨酸 (triiodothyronine, T3) 和反三碘甲状腺原氨酸 (reverse triiodothyronine, rT3)。T4和T3的作用相似, 但T3的活性更强。rT3则与T3的作用相反, rT3可抑制5'-单脱碘酶 (5'-monodeiodinase, 5-MDI), 从而抑制T4向T3的转化^[3-6]。TH对包括肝细胞在内的所有细胞的正常代谢率调节至关重要^[7]。肝脏可合成并分泌T4球蛋白, 并在5-MDI的作用下促使T4向T3转化^[8]。因

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此, 甲状腺功能的变化与LT患者的预后密切相关^[9-10], 了解LT围手术期的甲状腺功能的意义显得尤为重要, 本文对LT围手术期甲状腺功能相关研究作一综述, 以期为临床与后续的研究提供参考。

1 TH的合成及作用机制

TH的合成主要由下丘脑-垂体-甲状腺轴调节。TH的水平下降引起下丘脑释放促甲状腺激素释放激素(thyrotropin-releasing hormone, TRH), 进而刺激垂体释放促甲状腺激素(thyroid stimulating hormone, TSH), TSH促进甲状腺分泌TH。同时, TSH是甲状腺功能变化的最敏感因素, TH水平的下降也可直接促进TSH的分泌增多。这类调节称为甲状腺功能的负反馈^[11]。TH的合成通常包括以下几步:(1)通过钠/碘转运体主动吸收碘;(2)甲状腺过氧化物酶将进入细胞内的碘氧化为活性碘;(3)活性碘使甲状腺球蛋白酪氨酸残基碘化, 并在过氧化物酶催化下生成T3和T4^[12]。T3和T4通过血浆蛋白运输至靶器官, 从而对靶器官起作用。T3和T4对组织的再生和基础代谢的调节起重要作用^[8,13-14]。T3和T4分别可以转化为游离三碘甲状腺原氨酸(free triiodothyronine, FT3)和游离甲状腺素(free thyroxine, FT4)。FT3和FT4可进入胞内与甲状腺激素受体(thyroid hormone receptors, TRs)结合。TRs包括TR α 和TR β 。TR α 主要存在于心脏, 肾脏和骨骼。TR α 的结合会加重上述器官的损伤。TR β 受体部分存在于肝脏, TR β 的结合促进肝细胞的再生^[15-16]。由于FT3与TR α 的结合力是T4的7倍, 与TR β 的结合力是T4的70倍, 因此其效应远高于FT4^[17]。

2 TH与肝细胞增殖

TH对肝脏功能的维持具有重要意义。T3可以促进完整肝脏的有丝分裂, 还可以促进肝切除术后的肝脏再生^[18-20]。Szydłowska等^[21]发现, 一种拟甲状腺药KB2115, 可促进肝细胞的有丝分裂, 进而促进再生。且相比T3, 此药无明显的肝外副作用, 未来可用于LT术后肝脏的恢复, 但具体机制需要进一步探讨。Perra等^[22]发现, TG68和IS25可结合TR β 受体, 促进肝细胞的增殖。但是主要机制与肝脏损伤无关, 是使静止的肝细胞重新进入

细胞周期。Alvarado等^[23]则发现T3可通过结合TR β 受体, 进而激活 β -catenin通路, 最终促进肝细胞的增殖。凌林等^[24]发现转化生长因子 β (transforming growth factor β , TGF- β)可通过促进肝细胞增殖分化最终促进肝脏的再生, 未来需要进一步探究T3是否与TGF- β 有关联。

3 TH与终末期肝脏疾病

终末期肝脏疾病包括失代偿性肝硬化和肝衰竭等, LT具有较好的疗效, 且是唯一的治愈方法。多位学者^[25-26]发现, FT3可反映肝衰竭患者的预后。程燕等^[27]研究发现, 用恩替卡韦治疗的乙肝失代偿性肝硬化患者, TH及肝功能的水平显著高于对照组。Li等^[28]进一步发现, FT3<3.03 pmol/L时, 肝硬化患者的体质较差。TH是判断终末期肝病肝功能的重要指标, TH水平的提高可以改善患者移植前的肝功能, 可以减轻移植器官短缺的压力。

4 LT围手术期甲状腺功能

4.1 LT术前甲状腺功能

雷联会等^[29]发现, LT受者术前总T3、T4水平低于正常对照者, 且TH与肝功能水平正相关。移植后随着肝功能的恢复, TH也回归正常水平。TH恢复者的病死率显著低于未恢复者, 因此, TH可作为反映LT预后的重要指标。对于TH水平较低的患者, 可使用外源性TH, 但过量使用可破坏甲状腺的负反馈机制, 如何取得平衡值得进一步探究。van Thiel等^[30]发现, 相比T3、T4水平, 受者术前rT3更能反映LT的预后, 即rT3与预后负相关。但未对术后rT3水平与预后关系进行进一步探讨。Fernández等^[31]将T4、n-3长链多不饱和脂肪酸和铁剂的低剂量混合试剂对肝脏进行缺血预处理, 可减轻肝脏的缺血再灌注损伤。后续需要进一步在人体LT中验证。Novitzky等^[32]发现, 对供体进行T3/T4预处理可显著增加肝脏和受者的存活率。其主要机制分为两步:(1)呼吸链成分增加, 细胞色素C氧化酶的激活和轻度的氧化应激的产生;(2)转录因子的激活促进肝细胞和Kupffer细胞增殖, 最终发挥抗氧化应激, 抗凋亡的作用^[31,33]。而Peled等^[34]则发现对供体进行TH的预处理增加了早期器

官功能不全和心血管病的风险。其主要机制则是TH促进ATP的消耗，加重了心肌的氧化应激。进一步研究发现，再灌注期间对供体注射TH可以抵消这种有害作用^[35]。因此，在手术前应及时监测TH水平，并根据监测结果及时补充。

4.2 LT术中甲状腺功能

无肝期是指LT手术中病变肝脏已取下而供体肝脏植入前的一段时间。顾健腾等^[36]发现，无肝期30 min、1 h的FT4血清水平明显高于无肝期前，而1 h的FT4显著高于30 min。无肝期FT4的水平可影响麻醉药物的代谢，但具体联系有待进一步探究。

4.3 LT术后甲状腺功能

张柏等^[37]发现，大鼠LT术后T4水平较术前有明显变化，死亡组与存活组的T4水平又有所不同。死亡组的T4、T3水平均较低。存活组中因冷缺血再灌注损伤，肝细胞释放出大量甲状腺结合蛋白，因此T4水平未见明显下降。移植肝的T3受体不高，因5-MDI活性正常，T4向T3转化增多。因此LT术后TH水平可评价LT的预后。终末期肝病模型(model for end-stage liver disease, MELD)评分是评价终末期肝病的有效指标，MELD评分的大小与病死率呈正相关^[38]。Penteado等^[39]发现MELD评分<18和MELD评分>18两组LT术后的TSH、FT4相比术前均未有明显改变，MELD评分<18组术前的总T4、T3未见明显改变，但MELD评分>18组术后的总T4、T3显著升高。因此，LT可显著提高高危患者的TH水平。

5 LT与甲状腺功能减退

甲状腺功能减退指TH合成与分泌减少(低于正常值)，导致机体代谢降低的一种疾病。D'Ambrosio等^[40]发现，甲状腺功能减退可能参与非酒精性脂肪性肝病的发病，但与脂肪变性的程度和肝纤维化无明显联系。因此当脂肪供LT时，除了关注肝功能的重要指标，还要密切关注TH水平^[41]。Huang等^[42]发现，74例未接受TH的遗传性甲状腺转运蛋白淀粉样变性患者中，有13例(18%)出现甲状腺功能减退。其中的女性患者多于男性患者。与未接受TH的患者相比，接受LT患者的甲状腺淀粉样沉积中含有野生遗传性转T4的比例相对较高。在接受LT的患者中，从发病到LT的时间

和LT时的年龄与血清FT3和TSH水平明显相关。LT可预防遗传性甲状腺转运蛋白淀粉样变患者的甲状腺功能障碍，并可以抑制疾病进展。马景胜等^[43]发现慢性重型肝炎患者LT围手术期甲状腺功能减退，且术前血总胆红素越高，TH水平则越低，因此对于胆红素较高的患者，需要重点关注其TH水平。Zhang等^[44]发现，甲状腺功能减退可以减少肝癌LT术后的生存率，其机制可能与促进癌的复发有关。Salman等^[45]指出甲状腺功能减退是影响肝细胞癌LT术后恢复的重要因素，可显著影响无病生存期。在肝癌LT的围手术期，需定期检查甲状腺功能，根据情况适当补充TH。田秉璋等^[46]发现，白细胞介素34(interleukin 34, IL-34)与肝癌LT的预后正相关，作用机制主要是抑制肿瘤的复发与转移。甲状腺功能减退是否可通过IL-34发挥作用则需进一步探讨。因此在供体或受体伴有相关脏器慢性疾病，需要着重关注甲状腺功能，如合并甲状腺功能减退，需及时补充TH。

6 LT与甲状腺功能亢进

甲状腺功能亢进是指TH合成与分泌增多(高于正常值)，导致机体代谢增加的一种疾病。Graves病又称为毒性弥漫性甲状腺肿，临床上表现为手抖，心悸等甲状腺功能亢进症状。Moura Neto等^[47]发现，男性糖尿病患者在接受LT术后患Graves病的概率增加，主要原因是干扰素和免疫抑制剂的使用。因此在LT前后需加大对男性糖尿病患者甲状腺功能的筛查。免疫抑制剂环孢素可通过抑制钙调磷酸酶，从而抑制调节性T细胞的活化，最终加重Graves病。又有学者^[48-50]发现大剂量的环孢素可降低血浆中的T4含量。环孢素的使用给移植界带来难题，即较低的剂量可引起排斥反应，而较高的剂量则可能通过降低T4含量，增加了感染的风险，严重影响患者的预后。因此免疫抑制剂的不同剂量对甲状腺的具体机制值得后续进一步探讨。

7 展望与小结

甲状腺功能为LT围手术期的重要指标，其既反映机体的基本状况也反映病变肝脏和供体肝脏的功能。因此要进行实时监测，并根据甲状腺功能

能情况适当干预。TH对供体肝脏的预处理具有争议。TH一方面可抑制肝脏细胞的凋亡,减轻肝脏的氧化应激,一方面又可增加心肌的氧化应激。对于脂肪供肝、术前胆红素较高的患者,更需要密切关注其甲状腺功能。总之,LT围手术期不同时段甲状腺功能指标的意义发生的相关机制仍不十分清楚,未来需要大量的实验研究。

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