

急性胰腺炎肠道微生态的研究现状与进展

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Current status and advancements in research of gut microecology in acute pancreatitis

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Abstract

Acute pancreatitis (AP) is one of the most common acute abdominal conditions in clinical practice, with increasing incidence and substantial healthcare burden. In recent years, substantial research with high-throughput sequencing technologies has revealed the imbalance between beneficial and pathogenic microbiomes as well as their metabolites during the clinical course of AP. Furthermore, disruption of the intestinal barrier and microbial translocation have been identified as important factors exacerbating systemic inflammatory response and subsequent infectious complications in AP. Maintaining a stable gastrointestinal microecology in patients may help prevent gut-derived infection and attenuate the "second hit" of inflammation induced by AP, thereby improving patient outcomes. This article provides a systematic review of the role of intestinal microbiota and microbial metabolites in the progression of AP, as well as potential therapeutic strategies, in order to offer insights into the understanding of AP pathogenesis and the identification of novel therapeutic targets.

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Key Words: Acute pancreatitis; Gut microecology; Bacterial translocation

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摘要

急性胰腺炎(acute pancreatitis, AP)是临床最常见的急腹症之一,其发病率正逐年升高,给医疗卫生系统带来沉重的负担.近年来随着高通量测序技术的进步,大量研究数据显示AP病程中益生菌和条件致病菌及其代谢产物失衡,并且肠道屏障破坏和菌群移位是AP全身炎症反应加重和后期感染性并发症的重要原因.维持患者肠道微生态稳定,可能有助于预防AP导致的肠源性感染和“二次打击”,从而改善患者预后.本文对肠道微生态及菌群代谢产物在AP病程中的作用以及潜在治疗策略进行了系统回顾,希望为深入理解AP疾病机制和寻找新的治疗靶点提供参考.

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关键词: 急性胰腺炎; 肠道微生态; 细菌移位

核心提要: 急性胰腺炎病程早期的系统性炎症反应常导致肠道微生态紊乱、肠屏障功能障碍和致病菌移位,许多研究提示患者肠道菌群组成与血清炎症因子水平和疾病严重程度相关.恢复肠道共生菌群稳态可能是缓解急性胰腺炎患者肠道功能衰竭,以及减少“二次打击”的潜在策略.基于肠道微生态治疗的临床转化仍有待严格的因果推断实验和大样本的前瞻性研究加以证实.

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0 引言

急性胰腺炎(acute pancreatitis, AP)是普外科常见的急腹症,其病程往往具有异质性,约20%-30%的患者进展为中度或重度的急性坏死性胰腺炎(acute necrotizing pancreatitis, ANP),常伴随较高死亡率(13%-35%)^[1]. AP患者早期阶段病情加重主要涉及全身性炎症反应综合征和多器官功能障碍综合征,而后期则涉及一系列感染性并发症.最近研究证据显示肠道微生态紊乱、免疫失衡、黏膜屏障功能破坏导致肠道菌群移位是AP病情进展的关键机制^[2]. 肠道微生物与胰腺的相互作用增加了AP机制的复杂性和多样性.一方面,胰腺通过其内、外分泌功能影响肠道菌群的组成并调节肠道稳态^[3];另外AP病程中条件致病菌(如肠杆菌和肠球菌属)移位及其代谢产物改变可能影响局部和全身免疫-炎症反应^[4]. 因此,恢复肠道微生态平衡是AP的潜在治疗策略,近年来逐渐得到关注.然而肠道菌群改变与AP病理机制之间的因果关系仍存在争议,以恢复肠道微生态为目的的一系

列治疗(如益生菌制剂、粪菌移植和免疫营养治疗等)具体疗效仍有待更深入的研究.本文就近期肠道微生态在AP病程中的作用机制进行综述,重点关注菌群代谢物和基于肠道微生态的治疗策略.

1 AP患者的肠道菌群改变

目前已有大量研究显示AP患者病程中常伴随菌群多样性降低和菌群结构改变.动物实验表明AP发病后1 wk-2 wk内常出现肠道通透性增加,促进条件致病菌和内毒素入血,从而导致肠源性感染和全身炎症反应^[5]. Li等^[6]的一项随机对照研究提示AP患者在疾病早期外周血细菌DNA检出率高达68.8%,常见的移位细菌包括埃希-志贺菌属和肠球菌属. Tan等^[7]通过PCR变性梯度凝胶电泳技术发现AP患者病程早期中显著的菌群构成改变,包括肠杆菌、肠球菌属丰度增加,以及双歧杆菌和布劳特氏菌属丰度降低,并且肠道条件致病菌水平与白细胞介素(interleukin, IL)-6和肿瘤坏死因子 α (tumor necrosis factor- α , TNF- α)水平呈正相关. Zhu等^[8]通过16S rDNA基因测序发现AP患者的菌群多样性与健康对照组在不同分类层次均存在显著异质性:在门水平上, AP患者肠道变形菌和拟杆菌门丰度升高,厚壁菌和放线菌门丰度下降;在属水平上,埃希-志贺菌、肠球菌和芽孢杆菌属相对丰度增加,而双歧杆菌和普雷沃氏菌属丰度降低. Yu等^[9]则采用宏基因组测序研究菌群变化,研究显示AP患者肠道链球菌、肠球菌和埃希菌属丰度显著升高,而产短链脂肪酸(short chain fatty acids, SCFAs)功能的细菌(如布劳特氏菌属)显著减少,从而诱导肠道免疫功能和肠屏障功能障碍,促进菌群移位.

在AP病程中,肠道菌群结构改变还与疾病的严重程度相关.研究显示在轻型AP(mild acute pancreatitis, MAP)、中重型AP(moderately severe acute pancreatitis, MSAP)和重型AP(severe acute pancreatitis, SAP)患者的直肠拭子样本中,拟杆菌、大肠杆菌-志贺菌和肠球菌分别是优势菌属,提示肠道微生态紊乱在AP进展中发挥了潜在作用^[10]. Liu等^[11]比较了不同阶段AP大鼠模型中肠道菌群构成的变化,发现SAP组厚壁/拟杆菌门(Firmicutes/Bacteroidetes, F/B)比值在模型诱导后72 h显著升高,而MAP组F/B比值与对照组相比显著降低,提示肠道菌群构成可以作为AP严重程度的潜在预测指标. Zhu等^[8]的研究显示与轻中型AP相比, SAP患者肠道菌群中不动杆菌、地芽孢杆菌和寡养单胞菌属显著富集,并且其丰度与血清炎症因子(IL-6、TNF- α 等)以及肠屏障损伤指标(D-乳酸和二胺氧化酶)水平呈正相关.此外,另一项研究显示^[5],尿肠球菌和芬沟德氏菌能够较好地地区分感染和非感染性ANP,因此肠道菌群构成是预测感染性胰腺坏

死(infected pancreatic necrosis, IPN)的潜在标志物。

常见的AP病因包括胆源性、酒精性和高脂血症,不同病因患者肠道菌群多样性和构成也存在差异。Hu等^[12]的研究显示,与未合并高脂血症的AP患者相比,高脂血症组嗜蛋白胨菌、厌氧球菌和肠球菌属丰度显著升高,拟杆菌属丰度降低,并且高脂血症性AP的菌群改变与潘氏细胞功能障碍有关,提示控制血脂水平和维持潘氏细胞功能可能有助于恢复高脂血症性AP肠道微生态紊乱。最近研究还提示酒精和肠道菌群在AP病程中的复杂交互作用,肠道细菌能够将乙醇代谢为乙醛并破坏肠上皮细胞紧密连接蛋白,增加肠道屏障通透性,从而促进条件致病菌和内毒素进入血液循环。Vonlaufen等^[13]研究显示微生态紊乱和内毒素诱导的TLR4激活促进酒精性胰腺炎大鼠模型的胰腺损伤。因此,深入研究肠道微生态紊乱和AP的因果机制可能有助于改善疾病诊断和寻找新的治疗靶点。

2 肠道微生态紊乱与AP病程进展的关系

近年越来越多的研究表明健康的肠道微生态在预防外源性细菌感染、维持肠黏膜屏障功能和免疫稳态等方面发挥重要的保护作用,而肠道微生态紊乱则可能通过多种机制促进AP进展。Li等^[14]的研究表明,在无菌或抗生素治疗小鼠中肠道微生物耗竭能够缓解胰腺损伤并抑制SIRS,而疾病小鼠粪菌移植(fecal microbiota transplantation, FMT)则潜在逆转其保护作用,提示“肠-胰”轴在AP进展过程的关键作用。AP患者中肠道微生态紊乱的可能机制包括酶原分泌减少、线粒体功能障碍、氧化应激损伤、免疫稳态失衡、肠道微循环和屏障功能障碍^[15]。在AP病程中,受损腺泡细胞和浸润的炎症细胞能够产生过量的活性氧自由基(reactive oxygen species, ROS),并通过TLR4/NF- κ B通路促进肠道屏障功能损伤,导致以变形菌门和放线菌门等为主的条件致病菌过度繁殖^[16]。相反肠道条件致病菌细菌产生的某些代谢产物,例如硫化氢、吡啶-3-乙酸和脂多糖,可能促进了腺泡细胞线粒体功能障碍和ROS产生^[17],而肠道共生菌产生的烟酰胺核苷酸通过促进线粒体去乙酰化酶SIRT3激活,从而减少肠道缺血再灌注损伤和线粒体氧化应激^[18]。因此,调节菌群代谢产物可能是缓解AP过程中肠道上皮细胞和胰腺局部氧化损伤的有效策略。

在AP病程早期循环血容量不足和随后的液体复苏治疗可能导致肠道缺血再灌注损伤(I/R injury),促进肠道黏膜屏障功能障碍和通透性增加^[19],位于小肠隐窝底部的潘氏细胞通过分泌各种抗菌肽(antimicrobial peptides, AMPs)如溶菌酶、 α -防御素等维持正常黏膜屏障功能和肠免疫稳态,对于缓解I/R损伤导致的菌群移

位和免疫-炎症反应可能发挥关键作用^[2]。最近研究显示高脂饮食引起的潘氏细胞功能障碍可以促进肠道通透性增加和病原菌移位,从而加重AP进展^[20],而乳杆菌属可能以NOD2依赖的方式激活潘氏细胞分泌功能,缓解AP小鼠肠道黏膜损伤^[21]。因此,补充AMPs以恢复潘氏细胞部分功能,有望为缓解AP中肠道功能障碍和菌群移位提供新的治疗思路和方法。

肠道免疫对于维持肠道微生态稳定和免疫系统平衡具有重要作用^[4]。李等人的研究提示NLRP3炎症小体与肠道菌群之间的相互作用介导AP病程中炎症反应的严重程度^[14],敲除小鼠NLRP3基因有助于维持肠道微生态平衡,包括恢复乳酸菌和罗斯拜瑞氏菌的丰度,降低埃希-志贺氏菌鼠丰度,促进紧密连接蛋白-1和闭合蛋白等连接分子的表达,进而缓解期间肠黏膜屏障损伤。在AP后期阶段,肠道通透性增加和细菌迁移至坏死区域并继发IPN是病情加重的主要危险因素^[22]。Glaubitz等^[4]最近的研究表明Treg/Th17免疫细胞平衡对于维持宿主-微生态至关重要,清除小鼠CD25⁺/FOXP3⁺ Treg有助于缓解AP期间肠道微生态紊乱,阻止十二指肠来源的条件致病菌移位至胰腺坏死区域。研究还提示ROR γ t⁺ Th17细胞对维持肠道屏障功能完整性发挥重要作用,通过激活Th17细胞能够阻止Treg介导的肠道免疫功能抑制和细菌移位。深入研究肠道菌群与免疫系统的双向调控关系,能够为减轻AP炎症反应和病程进展提供新思路。

3 肠道菌群来源代谢产物对AP的影响

肠道菌群能够通过分解膳食成分产生多种生物活性代谢产物,例如SCFAs、乳酸、胆汁酸(bile acids, BAs)、吡啶类化合物、生物胺等,上述代谢产物吸收后通过肠-肝循环进入全身血液循环系统,从而调节宿主的免疫-炎症反应。AP中多种菌群代谢产物均能够对病程产生影响^[23]。

3.1 短链脂肪酸在AP中的作用 菌群代谢产生的SCFAs是一类含有1-6个碳原子的饱和脂肪酸,主要包括丁酸、乙酸和丙酸等,是肠上皮细胞的重要能量来源。SCFAs通过激活G蛋白偶联受体和抑制组蛋白去乙酰化酶维持肠黏膜屏障功能和免疫稳态^[24]。研究显示SAP患者粪便样本中布劳特氏菌和异普雷沃菌属等产丁酸菌属相对丰度显著降低,表明SCFA可能参与AP病程进展^[10]。Pan等^[25]的研究显示丁酸通过抑制STAT1/API/NLRP3通路减轻雨蛙素诱导AP的严重程度。此外,肠道有益菌产生的丁酸通过促进固有淋巴细胞和CD4⁺T细胞产生IL-22来维持肠道免疫稳态^[26]。田等人的研究显示丙酸通过调节TLR4受体减轻AP相关急性肺损伤^[27]。因此,补充外源性SCFA可能是缓解AP炎症反应的有效策略。

3.2 胆汁酸代谢物在AP中的作用 肠道菌群通过法尼酯

X受体和G蛋白偶联膜受体5调节胆汁酸的合成和代谢, 研究显示不同疏水特征的BAs对AP严重程度具有异质性的调控作用: 菌群代谢产生的疏水性次级BAs能够加重L-精氨酸或胰管结扎诱导AP动物模型的离体原代腺泡细胞损伤, 而缓解雨蛙素引起的胰腺损伤, 亲水性BAs如牛磺熊去氧胆酸则起到相反作用^[28]. 另一项研究显示肠道菌群可以将次级BAs转化为3-氧胆固醇和异胆固醇, 并通过抑制ROR γ t阻断Th17细胞分化, 从而恢复肠道免疫稳态^[29]. 菌群-肠-肝轴肠道免疫平衡和AP炎症反应的调节作用还有待深入探索.

3.3 氨基酸代谢物在AP中的作用 肠道菌群如双歧杆菌、乳杆菌等能够将芳香族氨基酸酵解为吡啶类化合物, 研究显示色氨酸降解生成的3-甲基吡啶及其他衍生物可以通过芳烃受体(Aryl-hydrocarbon receptor, AhR)调节肠道上皮紧密连接相关分子的表达, 增强肠道屏障功能^[30]. 此外, 吡啶衍生物还能够通过AhR调控T细胞向Treg和Th17分化, 并促进IL-22分泌, 从而维持肠道免疫稳态^[31]. 结肠细菌对氨基酸的分解代谢是机体多胺的主要来源, 包括精胺、腐胺和亚精胺等, 上述多胺通过肠粘膜进入循环, 通过多种机制调节肠粘膜屏障和宿主适应性免疫应答. 实验研究显示精胺/腐胺能够使AP模型多胺耗竭, 促进胰腺蛋白酶原的活化和腺泡细胞坏死, 而外源性补充多胺类似物可以缓解胰腺损伤^[32]. 三甲胺N-氧化物是肠道菌群特异性代谢物, 高脂和西方饮食能够促进肠道厚壁和变形菌门代谢产生三甲胺, 通过肝黄素单加氧酶(flavin-containing monooxygenases, FMOs)氧化产生三甲胺N-氧化物, 促进NF- κ B及NLRP3等炎症因子活化参与AP进展^[33]. 总之, 肠道微生物可以通过多种途径发酵食物蛋白, 从而调控AP患者肠粘膜免疫屏障功能, 深入探索其机制有助于开发基于菌群代谢途径的肠内营养干预策略.

3.4 其他代谢物在AP中的作用 双歧杆菌、乳杆菌和乳球菌等有益菌及其代谢产物对肠道免疫平衡的维持也起到关键作用. 最近研究显示肠道共生双歧杆菌代谢产生的乳酸能够通过抑制TLR4/MYD88/NF- κ B通路的激活, 改善胰腺局部和全身炎症^[34]. 此外, 益生菌产生的乳酸和乙酸还能够通过降低结肠pH值抑制病原菌生长和保护肠屏障功能. 还原型谷胱甘肽作为机体重要的抗氧化剂, 通过抑制ROS产生减轻氧化应激损伤. 研究显示乳杆菌属等益生菌能够诱导还原型谷胱甘肽合成, 缓解AP模型肠道屏障功能障碍和腺泡细胞损伤^[35].

4 基于肠道菌群的AP治疗策略

随着对肠道微生态的深入研究, 基于调节菌群及其代谢物的AP治疗策略展现出较好的应用前景, 包括益生菌、

益生元、合生元、后生元等微生态制剂和FMT等. 微生态制剂改善AP炎症反应的机制主要包括: (1)益生菌作为微生态屏障抑制病原菌生长; (2)增强肠道机械屏障功能和促进潘氏细胞分泌AMP; (3)通过产生有益代谢物抑制炎症反应; (4)调节肠道局部和全身免疫反应; (5)与肠道自主神经系统交互促进肠道蠕动^[15]. 尽管益生菌治疗在理论上具有上述效果, 但在实际临床研究中仍存在诸多争议. 早期Oláh等^[36]的单中心RCT研究纳入了45例非胆源性AP患者, 随机分为治疗组(接受活性植物乳杆菌和纤维素多糖载体)和对照组(接受灭活植物乳杆菌), 研究结果显示益生菌治疗组IPN发生率显著低于对照组, 补充益生菌降低了AP患者手术干预风险. 荷兰胰腺炎研究组设计的多中心PROPATRIA研究纳入了296例发病72 h预测为SAP的患者, 以评估预防性复合益生菌治疗的安全性和疗效, 研究结果显示 10^{10} CFU/d的Ecologic 641治疗与SAP患者肠道缺血风险和死亡率增加相关, 而感染并发症的发生率未出现显著下降^[37]. 后续分析显示AP病程中肠道菌群大量繁殖通常在24 h以内, 在72 h后给予乳杆菌属为主的益生菌制剂和多糖未能逆转菌群构成, 反而促进了细菌发酵, 增加肠道耗氧量和炎症反应, 减少肠粘膜血液灌注, 增加菌群移位和肠缺血风险^[38]. 最近的一项荟萃分析显示联合益生菌制剂对SAP患者的临床结局没有显著有益或有害影响^[39]. 考虑到治疗起始时间、益生菌剂量和种类以及患者个体菌群的异质性, 目前尚缺乏高质量的循证医学证据指导临床个体化应用益生菌制剂.

FMT是治疗肠道微生态紊乱相关疾病的另一种较有潜力的策略, 其通过将健康供体的粪便功能转移至患者肠道, 以期重建正常肠道菌群, FMT已被FDA批准应用于复发性艰难梭状芽胞杆菌感染, 并逐步探索应用于其他消化系统疾病^[40]. 与微生态制剂相比, 来自健康供体的功能菌群更符合正常肠道微生态模式, 可能更有效地改变肠道菌群构成. Ding等^[41]最近的一项RCT研究发现FMT对AP患者的感染并发症和腹内高压没有显著影响. Liu等^[18]的研究提示来自健康对照组的正常粪菌移植通过诱导NAD相关代谢产物的产生改善AP的严重程度. 目前, FMT应用于AP的临床研究还处于初步阶段, 其安全性和有效性还有待进一步评估.

目前许多高质量循证证据均提示早期肠内营养(EN)对于维持AP患者肠道微生态平衡和预防细菌移位具有积极的作用^[42]. 最近多项研究显示在EN中添加益生元(如壳寡糖)或后生元(如SCFAs)有助于改善肠道屏障功能和维持免疫稳态^[43]. Mei等^[16]的研究提示在动物模型中早期灌胃给予壳寡糖能够通过抑制氧化应激缓解SAP小鼠炎症反应, van den Berg等^[44]的研究表明口服给

予丁酸盐能够预防ANP小鼠感染并发症, 提高小鼠存活率。因此, 联合微生态制剂的早期EN是治疗AP较有潜力的方案。

5 结论

当前, 肠-胰轴和菌群-代谢-免疫机制开启了AP研究的新前沿, 许多研究证据均显示肠道微生态多样性和构成改变参与AP的病程进展。然而, 目前大部分研究设计都是基于横断面和相关性研究, 多数观察性研究尚不足以确定肠道微生态紊乱是AP的原因或者炎症反应的结果, 也有可能仅反应个体患者的流行病学差异^[45]。因此, 需要严格设计的研究明确肠道菌群及其代谢物与AP机制之间的因果关系, 这对于实现肠道微生态为基础的个体化治疗的临床转化至关重要。肠道微生态领域研究已经进入因果推断的新阶段, 以无菌动物模型、微生物培养组学和宏基因组学为代表的一系列新技术将有助于更深入地理解肠-胰轴的互作机制, 以开发更有效的治疗方案, 改善AP患者的临床预后^[46]。此外, 在进行肠道微生态相关的临床研究设计时, 研究人员应尽可能减少受试者基线菌群特征的异质性, 以减少患者个体差异带来的结果偏倚。通过整合多组学数据分析和严格的因果推断实验设计, 将有助于阐明不同病因和遗传特征AP患者的肠道微生态和代谢图谱, 并设计具有特定免疫和代谢活性的工程改造微生物。未来, 肠道微生态领域将更广泛地应用于AP的个体化预防、诊断和治疗。

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• 消息 •

书讯



本刊讯 由池肇春教授等主编的《代谢相关脂肪性肝病肝外并发症》已由天津科学技术出版社出版发行。

本书的出版为国内首创, 填补了国内有关这方面的空白, 拓宽了对《代谢相关脂肪性肝病》认识的高度和深度。《代谢相关脂肪性肝病肝外并发症》分总论和各论两部分。1-4章为总论, 分别介绍代谢相关脂肪性肝病肝外并发症研究现状与进展, 包括发病风险、发病机制和治疗近展; 脂肪代谢生物化学和分子生物学; 代谢相关脂肪性肝病肝外并发症免疫学; 肠道微生物生态失衡与代谢相关脂肪性肝病肝外并发症。5-18章为各论, 分别介绍代谢相关脂肪性肝病肝外并发症与机体各系统疾病的相关性。可为消化科、肝病科、内分泌代谢科、普外科、肿瘤科、影像科、其他相关科临床医师和从事MAFLD研究的人员学习和参考。

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