

• 临床研究 • doi:10.3969/j.issn.1671-8348.2024.12.003

网络首发 [https://link.cnki.net/urlid/50.1097.R.20240429.1339.019\(2024-04-29\)](https://link.cnki.net/urlid/50.1097.R.20240429.1339.019(2024-04-29))

甲状腺功能亢进合并心房颤动患者的临床特征及危险因素分析*

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[摘要] **目的** 分析甲状腺功能亢进(简称甲亢)合并心房颤动患者的临床特征及预后差异。**方法** 采用回顾性分析, 收集 2004—2022 年成都医学院第二附属医院收治的 1 160 例甲亢患者临床资料, 以是否合并心房颤动为分组依据, 将患者分为心房颤动组($n=581$)和非心房颤动组($n=579$), 分析比较两组的甲状腺功能指标[游离型三碘甲状腺原氨酸(FT3)、游离型四碘甲状腺原氨酸(FT4)、促甲状腺激素(TSH)]和胆固醇、脑钠肽(BNP)、N 末端脑钠肽前体(NT-proBNP)、甘油三酯(TG)水平, 以及高血压史、糖尿病病史、吸烟史、左右心房(室)内径、左心室射血分数(LVEF)、美国纽约心脏病学会(NYHA)分级。对上述可能的危险因素进行多因素 logistic 回归分析。**结果** 两组的年龄、FT3、TSH、左心房内径、LVEF、NYHA 分级、BNP 和 NT-proBNP 比较, 差异均有统计学意义($P<0.05$)。多因素 logistic 回归分析结果显示, 左心房内径偏大、TSH 偏低和 BNP 偏高是甲亢患者发生心房颤动的独立危险因素($P<0.05$)。以上述 3 项指标预测甲亢患者发生心房颤动的受试者工作特征(ROC)曲线结果显示, 左心房内径的曲线下面积明显高于 TSH 和 BNP, 差异有统计学意义($P<0.05$)。**结论** 甲亢患者左心房内径增大、TSH 下降、BNP 上升时, 发生心房颤动的风险增大。

[关键词] 甲状腺功能亢进; 心房颤动; 左心房内径; 促甲状腺激素; 脑钠肽

[中图分类号] R581 **[文献标识码]** A **[文章编号]** 1671-8348(2024)12-1772-06

Clinical features and risk factors analysis of patients with hyperthyroidism complicating atrial fibrillation*

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[Abstract] **Objective** To analyze the clinical characteristics and prognosis differences of the patients with hyperthyroidism complicating atrial fibrillation. **Methods** A retrospective analysis was adopted. The clinical data of 1 160 patients with hyperthyroidism admitted and treated in the Second Affiliated Hospital of Chengdu Medical College during 2004—2022 were collected. The patients were divided into the atrial fibrillation group ($n=581$) and non-atrial fibrillation group ($n=579$) according to whether complicating atrial fibrillation. Then the levels of thyroid functional indicators [free triiodothyronine (FT3), free tetraiodothyronine (FT4), thyroid-stimulating hormone (TSH)], cholesterol, brain natriuretic peptide (BNP), N-terminal brain natriuretic peptide precursor (NT-proBNP) and triglyceride (TG) as well as the hypertension history, diabetic

history, smoking history, inner diameter of left and right atrium (ventricle), ejection fraction and NYHA grade were analyzed and compared between the two groups. The multivariate logistic regression analysis was performed for the above possible risk factors. **Results** There were statistically significant differences in the age, FT3, TSH, left atrial diameter, LVEF, NYHA grade, BNP and NT-proBNP between the two groups ($P < 0.05$). The multivariate logistic regression analysis results showed that left atrial inner diameter rather large, TSH rather low and BNP rather high were the independent risk factors for atrial fibrillation occurrence in the patients with hyperthyroidism. The results of receiver operating characteristic (ROC) curve of above 3 indicator in predicting the occurrence of atrial fibrillation occurrence in the patients with hyperthyroidism showed that the area under the curve of left atrial inner diameter was significantly higher than that of TSH and BNP, and the differences were statistically significant ($P < 0.05$). **Conclusion** When the left atrial inner diameter in the patients with hyperthyroidism is enlarged, TSH is decreased and BNP is increased, the risk of atrial fibrillation occurrence is increased.

[Key words] hyperthyroidism; atrial fibrillation; left atrial enlargement; thyroid-stimulating hormone; brain natriuretic peptide

甲状腺功能亢进症(简称甲亢)是由于甲状腺合成释放过多的甲状腺激素,造成机体代谢亢进和交感神经兴奋,引起心悸、出汗、进食和便次增多、体重减少的病症,多数患者还伴有突眼、眼睑水肿、视力减退等症状^[1-4]。心房颤动是甲亢最常见的心脏并发症,10%~25%的甲亢患者会并发心房颤动,心房颤动的发生率是健康人群的5~10倍^[5-7]。心房颤动是最常见的持续性心律失常,我国心房颤动患病率为0.77%,其占有因心律失常而住院患者的比例约为33.33%^[8-9]。研究显示,截至2030年,美国心房颤动患者将由520万增加到1210万,发生率呈逐年增长趋势^[10-11]。心房颤动发生的危险因素主要为高龄、甲亢、充血性心力衰竭、心脏瓣膜病、呼吸睡眠暂停综合征、肥胖、高血压、糖尿病、接受过心脏手术、隐源性脑卒中/短暂性脑缺血发作、遗传性心律失常等^[12-17],但针对甲亢合并心房颤动患者的发病机制尚待研究。本研究回顾性分析581例甲亢合并心房颤动患者的临床资料,研究甲亢合并心房颤动的危险因素,现报道如下。

1 资料与方法

1.1 一般资料

选取2004—2022年成都医学院第二附属医院收治的1160例甲亢患者临床资料,以是否合并心房颤动为分组依据,将患者分为心房颤动组($n=581$)和非心房颤动组($n=579$)。心房颤动组患者男287例,女294例,平均年龄(57.38 ± 12.56)岁;非心房颤动组患者男315例,女264例,平均年龄(55.25 ± 14.32)岁。本研究已经通过成都医学院第二附属医院伦理委员会批准(KT-2023-008),患者和家属均同意并签订知情同意书。纳入标准:(1)确诊甲亢前未发现心房颤动;(2)首次诊断为心房颤动患者;(3)临床资料完整。排除标准:(1)合并甲状腺癌、甲状腺腺瘤、多

发性内分泌腺瘤病、伴瘤内分泌综合征等疾病;(2)妊娠,有恶性肿瘤、精神疾病;(3)有冠心病、风心病、肺心病、甲状腺功能减退性心脏病、心脏神经症等原因引起的心脏病。

1.2 方法

1.2.1 诊断指标及检测方法

收集两组患者的临床资料,一般临床资料包括性别、年龄、高血压史、糖尿病病史、吸烟史、饮酒史;检测指标包括甲状腺功能指标如游离三碘甲状腺原氨酸(free triiodothyronine, FT3)、游离型四碘甲状腺原氨酸(free thyroxine, FT4)、促甲状腺激素(thyroid stimulating hormone, TSH)、胆固醇、脑钠肽(brain natriuretic peptide, BNP)、N末端脑钠肽前体(precursor pro-brain natriuretic peptide, NT-proBNP)、甘油三酯(triglyceride, TG)、左右心房(室)内径、左心室射血分数(left ventricular ejection fraction, LVEF)和美国纽约心脏病学会(New York Heart Association, NYHA)分级。甲状腺功能指标采用全自动免疫发光分析仪Cobas-E601(瑞士Roche公司)进行酶促化学发光免疫分析;左右心房(室)内径和LVEF采用Siemens S2000型超声心动图仪器(日本Siemens公司)进行测量。

1.2.2 诊断标准

甲亢的诊断标准:血清中FT3和FT4水平升高,TSH水平降低。心房颤动的诊断标准参考2020年欧洲心脏病学会心房颤动诊断管理指南:常规心电图或动态心电图表现为P波消失,代之以不规则的心房颤动波;RR间期绝对不规则(当房室传导存在时)。

1.3 统计学处理

采用SPSS26.0软件进行统计学处理。计量资料以 $\bar{x} \pm s$ 表示,两组间比较采用 t 检验,多组比较采用方差分析;计数资料以例数或百分比表示,组间比较

采用 χ^2 检验。多因素分析采用 logistic 回归分析, 使用受试者工作特征(receiver operating characteristic, ROC) 曲线分析指标的预测价值。以 $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 两组患者临床资料比较

两组患者在性别、FT4、胆固醇、TG、右心房内径、

左心室内径、右心室内径、心率、高血压、糖尿病、吸烟、饮酒等方面比较, 差异无统计学意义($P > 0.05$); 与非心房颤动组比较, 心房颤动组患者年龄偏大, FT3、TSH 水平偏低, 左心房内径、LVEF、BNP、NT-proBNP 水平偏高, 且 NYHA 分级比较差异均有统计学意义($P < 0.05$), 见表 1。

表 1 两组患者一般资料比较

项目	心房颤动组($n=581$)	非心房颤动组($n=579$)	χ^2/t	P
性别(n)			2.912	0.088
男	287	315		
女	294	264		
年龄($\bar{x} \pm s$, 岁)	57.38 ± 12.56	55.25 ± 14.32	8.476	0.004
甲状腺功能指标				
FT3 [$M(Q_1, Q_3)$, pmol/L]	10.18(6.04, 17.04)	11.315(6.77, 17.62)	7.028	0.008
FT4 ($\bar{x} \pm s$, pmol/L)	23.56 ± 6.22	26.46 ± 5.23	0.816	0.367
TSH ($\bar{x} \pm s$, mIU/L)	1.00 ± 0.22	1.87 ± 0.18	4.714	0.031
胆固醇 ($\bar{x} \pm s$, mmol/L)	3.21 ± 1.38	3.13 ± 1.18	1.532	0.216
TG [$M(Q_1, Q_3)$, mmol/L]	0.77(0.60, 1.06)	0.810(0.60, 1.11)	0.432	0.511
房室内径($\bar{x} \pm s$, cm)				
左心房	3.96 ± 0.71	3.69 ± 0.81	4.620	0.032
右心房	4.74 ± 0.91	4.44 ± 1.01	1.416	0.234
左心室	5.87 ± 0.24	6.12 ± 0.27	0.074	0.786
右心室	2.18 ± 0.47	2.19 ± 0.59	0.281	0.596
LVEF ($\bar{x} \pm s$, %)	59.45 ± 15.38	54.74 ± 17.20	7.250	0.007
心率 ($\bar{x} \pm s$, 次/min)	100.83 ± 25.38	90.57 ± 24.46	0.485	0.486
NYHA 分级(n)			7.960	0.047
I 级	258	305		
II 级	141	119		
III 级	147	126		
IV 级	35	29		
BNP [$M(Q_1, Q_3)$, pg/mL]	335.50(176.63, 624.93)	321.38(170.25, 620.80)	5.010	0.030
NT-proBNP [$M(Q_1, Q_3)$, pg/mL]	3 058.66(229.13, 6 420.19)	1 537.25(72.81, 3 847.39)	6.560	0.010
既往史(n)				
高血压	73	60	1.385	0.239
糖尿病	42	43	0.017	0.897
吸烟	110	124	1.111	0.292
饮酒	74	91	2.111	0.146

2.2 甲亢合并心房颤动的多因素 logistic 回归分析

以是否发生心房颤动为因变量, 以年龄、FT3、TSH、左心房内径、LVEF、NYHA、BNP 和 NT-proBNP 为自变量(自变量赋值: NYHA I 级 = 1, NYHA II 级 = 2, 3 = NYHA III 级 = 3, 4 = NYHA IV 级 = 4; 其他自变量均为连续型变量, 原值代入), 进行多因素

logistic 回归分析。结果显示, 左心房内径偏大、TSH 偏低和 BNP 偏高是甲亢患者合并发生心房颤动的独立危险因素($P < 0.05$), 见表 2。

2.3 左心房内径、TSH 及 BNP 预测甲亢合并心房颤动的价值分析

采用 ROC 曲线预测左心房内径、TSH 和 BNP

预测甲亢合并心房颤动的价值。结果显示左心房内径的灵敏度和特异度高于 TSH 和 BNP,且左心房内

径和 BNP 的 ROC 曲线均位于机会线之上,差异有统计学意义($P < 0.05$),见表 3、图 1。

表 2 发生心房颤动的多因素 logistic 回归分析

项目	B	SE	Wald	自由度	P	OR	95%CI
年龄	0.021	0.016	1.674	1.000	0.196	1.021	0.989~1.053
FT3	0.036	0.028	1.589	1.000	0.207	1.036	0.980~1.095
TSH	-0.086	0.091	0.909	1.000	0.034	0.917	0.768~1.095
左心房内径	0.085	0.034	6.408	1.000	0.011	1.089	1.019~1.163
LVEF	-0.020	0.019	1.094	1.000	0.296	0.980	0.944~1.018
NYHA 分级	0.340	0.098	1.216	3.000	0.749	0.786	0.288~2.148
BNP	0.000	0.001	0.014	1.000	0.016	1.000	0.999~1.001
NT-proBNP	-3.042	2.139	2.022	1.000	0.416	0.948	0.875~1.003

表 3 左心房内径、TSH 及 BNP 预测甲亢合并心房颤动的价值分析

项目	AUC	95%CI	SE	P	灵敏度	特异度	Cut-off 值
左心房内径	0.628	0.561~0.696	0.035	<0.001	0.864	0.932	3.921 cm
TSH	0.436	0.367~0.504	0.035	0.069	0.145 ^a	0.857 ^a	0.002 mIU/L
BNP	0.585	0.516~0.653	0.035	0.017	0.512 ^a	0.679 ^a	491.000 pg/mL

^a: $P < 0.05$,与左心房内径比较。

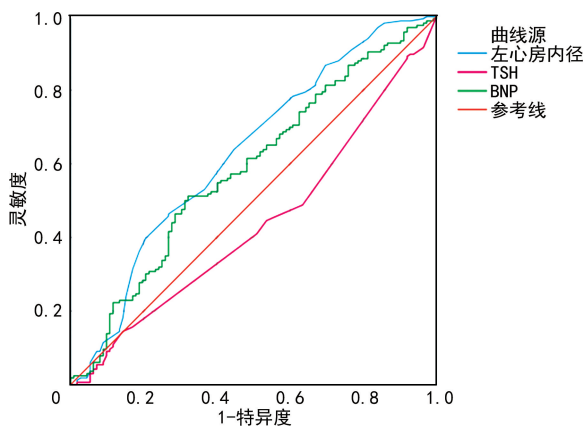


图 1 左心房内径、TSH 及 BNP 预测甲亢合并心房颤动的 ROC 曲线

3 讨论

心房颤动的发病率和患病率在全球范围呈不断增加的趋势。弗莱明翰心脏研究(Framingham Heart Study, FHS)的研究数据显示,心房颤动的发病率在过去 50 年中增加了 3 倍,2016 年全球心房颤动患者约为 4 630 万例。心房颤动在年轻人中的患病率非常低,40 岁以下人群发病率低于 1%,但心房颤动患病率会随着年龄的增长而增加,80 岁人群发病率为 10%~17%。随着全球人口老龄化,心房颤动可能会为全球带来沉重的生理健康和经济负担。

心房颤动是甲亢最常见的心脏并发症,10%~25%的甲亢患者会并发心房颤动,同时在新发的心房颤动患者中约有 13%的患者患有甲亢。丹麦一项针

对 40 628 例甲亢患者的研究显示:3 362 例(8.3%)甲亢患者在确诊 30 d 后出现心房颤动;年龄增长、男性、缺血性心脏病、充血性心力衰竭和心脏瓣膜疾病是甲亢患者并发心房颤动的风险因素。另一项针对 1 426 例正常甲状腺功能的受试者研究证实,在正常的甲状腺功能参数范围内,甲状腺功能处于正常高限者发生心房颤动的风险增加。因此,对甲亢并发心房颤动患者采取药物或介入治疗前,积极分析病因并控制甲亢已成为临床共识。

本研究回顾性分析 1 160 例甲亢患者的临床资料,以是否合并心房颤动为分组依据,分为心房颤动组($n=581$)和非心房颤动组($n=579$)。结果显示,心房颤动组患者的年龄偏大,FT3、TSH 水平偏低,左心房内径、LVEF、BNP、NT-proBNP 水平偏高,差异有统计学意义($P < 0.05$)。多因素 logistic 回归分析结果显示,左心房内径偏大、TSH 偏低和 BNP 偏高是甲亢患者合并心房颤动的独立危险因素($P < 0.05$)。ROC 结果显示,左心房内径的预测甲亢合并心房颤动的灵敏度和特异度高于 TSH 和 BNP,且左心房内径和 BNP 的 ROC 曲线均位于机会线之上。以上结果证实,左心房内径增大是甲亢合并心房颤动的独立危险因素,且其对甲亢患者发生心房颤动的预测价值最大。

心房颤动的发病机制非常复杂。研究显示,大部分患者会出现心脏结构及心功能改变等,其可以通过而心脏超声评价心脏结构及功能状态。心房颤动的

病变程度与左心房内径有关,左心房内径增大 30%,心房颤动风险会增加 43%^[18]。进一步研究显示,左心房重构与炎症标志物密切相关,其可能与细胞凋亡、心房肌纤维化、钙离子传递异常、间隙连接失调、连接蛋白失调等有关^[19-21]。

甲状腺生成和分泌甲状腺激素是受下丘脑促甲状腺激素释放激素和垂体分泌的 TSH 调节,在三者的共同作用下调节甲状腺激素水平,任何一个因素受损都会影响甲状腺功能^[22]。一项针对 2 007 例 60 岁以上的甲亢患者的 10 年随访结果显示,TSH<0.1 mIU/L 患者心房颤动发病率为 28%,而 TSH 正常人群中心房颤动发病率仅为 11%^[23-24]。另一项针对 3 233 例 65 岁以上老人的研究证实,TSH<0.44 mIU/L 的患者在 13 年随访中心房颤动发生率增加^[25]。这些研究结论和本研究一致,证实 TSH 水平与心房颤动风险呈负相关。

综上所述,当甲亢患者存在年龄偏大,FT3、TSH 水平偏低,左心房内径增大,NYHA 分级严重,BNP、NT-proBNP 水平偏高时应警惕心房颤动的发生。尤其是患者的左心房内径增大和 TSH 偏低时应及时采取干预治疗,以减少远期并发症。

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(收稿日期:2023-10-08 修回日期:2024-03-27)

(编辑:张芄捷)

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(收稿日期:2023-11-05 修回日期:2024-03-05)

(编辑:唐 璞)