

· 综 述 · doi:10.3969/j.issn.1671-8348.2025.04.034

网络首发 [https://link.cnki.net/urlid/50.1097.r.20250208.0830.004\(2025-02-08\)](https://link.cnki.net/urlid/50.1097.r.20250208.0830.004(2025-02-08))

动脉瘤性蛛网膜下腔出血后认知障碍的研究进展*

祝毓帅¹, 刘运运¹, 钱 牧¹, 符传艺², 牟青春², 赵建农^{1△}

(1. 海南医学院临床学院, 海口 571199; 2. 海南医学院附属海南医院/

海南省人民医院脑血管病科, 海口 570311)

[摘要] 动脉瘤性蛛网膜下腔出血(aSAH)是一类具有高致残率、高致死率的出血性卒中。经过治疗后, 大多数 aSAH 患者可完全恢复神经功能, 约 50% 的 aSAH 患者会出现认知障碍, 主要表现为执行功能、语言和记忆功能障碍, 半数以上 aSAH 患者认知功能无法恢复, 给个人及其家庭带来巨大压力。该文旨在讨论 aSAH 后认知障碍的特征、影响因素、评估工具、潜在机制及药物治疗, 以期为临床 aSAH 后认知障碍提供预防和治疗策略。

[关键词] 动脉瘤性蛛网膜下腔出血; 认知障碍; 痴呆; 颅内动脉瘤; 影响因素

[中图法分类号] R743.35 **[文献标识码]** A **[文章编号]** 1671-8348(2025)04-0983-06

Research progress of cognitive impairment after aneurysmal subarachnoid hemorrhage*

ZHU Yushuai¹, LIU Yunyun¹, QIAN Mu¹, FU Chuanyi², MU Qingchun², ZHAO Jiannong^{1△}

(1. Clinical College, Hainan Medical University, Haikou, Hainan 571199, China;

2. Department of Cerebrovascular Disease, Hainan Medical University Hainan Hospital/Hainan General Hospital, Haikou, Hainan 570311, China)

[Abstract] Aneurysmal subarachnoid hemorrhage (aSAH) is a type of hemorrhagic stroke with high morbidity and mortality. After treatment, most aSAH patients can completely recover their neurological function, about 50% of aSAH patients will have cognitive disorder, mainly manifested as executive function, language and memory dysfunction, more than half of aSAH patients can not recover cognitive function, which brings great pressure to individuals and their families. This article aims to discuss the characteristics, influencing factors, assessment tools, potential mechanisms and drug therapy of post-ASA cognitive disorder, in order to provide prevention and treatment strategies for clinical post-ASA cognitive disorder.

[Key words] aneurysmal subarachnoid hemorrhage; cognitive disorder; dementia; intracranial aneurysms; influencing factor

动脉瘤性蛛网膜下腔出血 (aneurysmal subarachnoid hemorrhage, aSAH) 是自发性蛛网膜下腔出血最常见的原因, 多发于 40~60 岁人群^[1]。尽管多数患者术后神经功能恢复, 但至少一半的患者会出现认知障碍。认知是信息处理与知识应用的能力, 涵盖记忆、语言、视空间等核心功能, 认知障碍是脑部疾病预后的关键指标, 涵盖从轻度心理障碍到痴呆的广泛谱系, 表现为执行功能、语言、记忆及视觉空间能力缺陷^[2], 且心理社会行为明显改变^[3-4]。研究表明, 超过 50% 的患者因社会心理障碍难以重返工作岗位, 加重个人家庭及社会负担。且 aSAH 患者认知能力下

降速度比其他神经血管损伤 (包括缺血性卒中) 更快, aSAH 患者术后 10 年内患痴呆风险是普通人群的 2.6 倍^[5]。因此, 系统探讨 aSAH 后认知障碍的风险因素, 建立早期诊断和评估标准, 并制订有效的早期干预和药物治疗策略, 对于预防和治疗 aSAH 后认知障碍具有重要的临床意义。

1 aSAH 患者认知障碍的特征

1.1 认知障碍

aSAH 引发的认知障碍是弥漫性脑损伤的结果, 主要由颅内压升高、血流减少、血脑屏障破坏及脑水肿导致。研究显示, 50 岁以下患者神经心理功能更易

* 基金项目: 国家自然科学基金项目(82360366); 海南省心脑血管疾病防治及急诊急救关键技术研究与应用项目(ZDKJ202004)。△ 通信作者, E-mail: zjn@vip.163.com。

受损^[4]。而异氟醚、七氟醚等吸入麻醉剂可能加剧术后认知衰退^[6],脑血管痉挛引起的脑缺血会损害前额叶、海马体等认知相关区域,表现为记忆力减退、注意力障碍及执行功能下降^[7]。迟发性脑缺血的机制包括脑灌注不足、神经炎症、细胞凋亡及氧化应激等,这些因素共同导致脑组织损伤和认知衰退^[8]。此外,动脉瘤破裂位置与特定认知领域障碍相关,大脑中动脉穿支血管痉挛引发的梗死与术后 3 个月蒙特利尔认知评估量表(Montreal cognitive assessment, MoCA)评分降低明显相关^[9]。

1.2 执行障碍

执行功能是涵盖计划、工作记忆、注意力等复杂认知过程的核心能力,主要由前额叶控制^[10]。据统计,aSAH 患者执行障碍的患病率为 3%~75%,年龄、继发性损伤是 aSAH 后执行障碍的重要预测因素,而前交通动脉、左前循环及椎基底动脉系统的动脉瘤位置与不良认知结局明显相关^[11]。

1.3 语言障碍

语言功能涵盖理解、表达及书面沟通能力,aSAH 患者语言障碍患病率差异明显(0%~76%),主要因评估标准不统一^[12-13]。年龄、受教育程度及前循环动脉瘤等因素也与 aSAH 语言功能恶化有关^[14]。

1.4 记忆障碍

aSAH 患者常出现记忆障碍,涉及言语、视觉及短/长期记忆功能,其中言语记忆缺陷最普遍^[15]。发病率受记忆类型、评估工具及检测时间影响,且随时间推移,言语及视觉记忆有所恢复。年龄、教育程度、入院神经功能分级及前循环动脉瘤位置是主要风险因素^[12]。

2 影响 aSAH 患者认知障碍的因素

2.1 年龄和受教育年限

研究显示,年龄 ≥ 50 岁患者认知障碍风险明显增高,且年龄增长与 aSAH 后认知衰退呈正相关,可能与神经功能衰退相关,受教育年限 < 12 年亦是独立危险因素,此类患者 MoCA 评分中视空间/执行功能损害尤为突出^[16]。

2.2 高血压

aSAH 患者血压管理需综合考量年龄、基础疾病及颅内压等多因素,但目前指南推荐阈值尚存争议^[17]。适度控压可减少动脉瘤再出血风险,但需避免低血压引发脑灌注不足导致的认知损害。入院高收缩压可能提示较好认知预后^[18],亦有证据表明高血压本身是认知障碍的独立危险因素^[1],其具体调控阈值仍待高质量临床研究明确。

2.3 脑积水

aSAH 患者急性脑积水发生率高达 15%~87%,临床表现为意识下降伴脑室扩大^[19]。脑室扩张可致

皮层受压萎缩,是认知障碍的核心诱因之一,急性脑积水被视为认知损害的最强风险因素,常需紧急行脑室外引流干预,但需注意单次引流量 $> 2\ 000$ mL 会使认知障碍风险激增 6 倍^[20],且脑室外引流本身存在感染及症状性出血风险^[21]。尽管如此,脑室外引流通过控制颅高压可降低脑疝风险,在挽救生命与预防认知损害间需平衡决策阈值。值得注意的是,约 1/3 患者脑室外引流拔管后可能进展为慢性脑积水,进一步加重认知障碍^[22]。

2.4 迟发性脑缺血与脑梗死

aSAH 后迟发性脑缺血发生率为 20%~30%,与认知障碍明显相关,病灶数量/体积与认知损害的相关性存在争议,可能因缺血负荷较低,但病灶位置是核心影响因素^[23-25]。研究表明,迟发性脑缺血进展为脑梗死者认知障碍风险增加 11 倍,尤其左侧半球梗死与语言/记忆缺陷强相关^[20]。尽管尼莫地平及“3H”疗法改善脑缺血,但有学者认为仅梗死灶形成时才会直接导致认知障碍。

2.5 红细胞指数

研究表明,铁代谢异常及维生素 B₁₂/叶酸缺乏可能参与 aSAH 后认知障碍的病理过程^[26-27]。GONG 等^[28]发现平均红细胞血红蛋白量和红细胞平均体积升高与术后 1 年远期认知障碍独立相关,即平均红细胞血红蛋白量反映红细胞铁负荷,其升高与铁沉积致神经元损伤相关^[29];红细胞平均体积增大提示维生素 B₁₂/叶酸缺乏,通过升高同型半胱氨酸引发脑血管内皮损伤、脑白质病变及海马体萎缩^[30]。此外,红细胞平均体积增大可致红细胞破裂引发铁过载,加剧氧化应激及神经元损伤^[31]。上述机制间的交互作用需进一步验证。

2.6 脑白质异常

MRI 联合扩散张量成像显示,aSAH 后白质水肿及脱髓鞘改变^[32]。发病 2 周时平均弥散率等指标异常可达峰值,6 个月后恢复,提示白质损伤具有时程特异性。相较于 aSAH 后脑梗死和 Hijdra 评分,该时期白质异常与 3 个月后认知障碍独立相关^[33]。前瞻性研究进一步证实,灰质与白质体积比降低和认知损害存在独立关联^[34]。

3 aSAH 患者认知障碍的评估工具

目前国际上针对于 aSAH 的患者认知障碍的筛查,最常用评定量表有 MoCA 与简明精神状态量表(mini-mental state examination, MMSE)。MoCA 在评估 aSAH 患者认知障碍方面显示出更高的灵敏度和特异度,适用于早期检测和评估轻度认知障碍。MoCA 能够识别微小的认知变化,并为个体化治疗提供数据支持。相比之下,尽管 MMSE 应用广泛,但在检测轻度认知障碍方面存在灵敏度较低的问题,适合

作为辅助评估工具。最新研究表明,推荐在 aSAH 患者的认知功能评估中优先使用 MoCA,以实现更准确的早期识别和干预^[14]。

4 aSAH 患者认知障碍的机制

红细胞裂解导致氧合血红蛋白释放,进而产生活性氧^[19]。裂解红细胞的副产物作为危险相关分子模式被 Toll 样受体 4 识别,随后白细胞和小胶质细胞被招募,诱导促炎分子的释放并增强炎症反应^[35]。内皮细胞的损伤会激活凝血级联和血小板聚集,进一步加剧炎症反应。这种炎症反应被认为是导致血管痉挛并发病的重要原因,并可能影响最终的神经系统结局^[35]。aSAH 后的血流动力学变化和颅内压变化也明显影响患者预后。第 1 天的脑血流量减少,加上大脑自动调节功能的改变,恶化了细胞环境,促进水肿、缺血和细胞死亡的发生。这些过程共同导致急性期和亚急性期的神经损伤和认知障碍。

研究表明,急性期 aSAH 患者的记忆和执行功能受到明显影响。在对 51 例 aSAH 患者的研究中,根据整体认知障碍指数将患者分为认知功能较差和较好两组,结果显示,记忆延迟是两组中受影响最大的功能,急性脑积水和新生脑梗死被识别为增加认知障碍风险的因素^[36]。既往研究分析了长期 aSAH 后患者的解剖学变化,通过对 aSAH 患者和健康者进行静息状态下的功能性磁共振成像检查,发现前额叶皮层的激活减少,这是工作记忆任务的关键区域,同时顶叶区域的激活也发生了改变,可能表明存在代偿机制或功能缺陷。此外,aSAH 患者的工作记忆任务表现指标明显低于健康者,进一步证实了其认知功能受损^[31]。有研究回顾了与自发性蛛网膜下腔出血相关的脑损伤的影响,发现认知障碍可能受影响的区域包括扣带回、穹窿、海马体、背外侧前额叶区、皮质脊髓束、乳头丘脑束、皮质网状通路、上行网状激活系统、帕佩兹环路、视辐射和皮质下白质。此外,这些作者在修订中报道了通过扩散张量图像识别的某些区域,这些区域可能与 aSAH 后的记忆障碍特别相关,这些区域包括海马体、帕佩斯环路及其相关结构(丘脑皮质束、穹窿、乳头丘脑束和扣带回)。而前连合穹窿可能与短期记忆有关,而后连合穹窿则与情景记忆有关^[37]。

5 aSAH 后认知障碍的预防

为了防止 aSAH 后出现认知障碍,主要是针对 aSAH 患者能够影响认知功能的并发症进行干预,如脑积水和迟发性脑缺血等。2023 年美国卒中协会在 aSAH 处理指南中提出,对 aSAH 相关的急性症状性脑积水应通过脑脊液分流(脑室外引流或腰大池引流)以改善神经系统预后,但目前尚不清楚推荐的特定脑脊液引流方法(即连续或间歇)是否能提供任何

临床益处,且缺乏关于最佳方法的共识,而对于慢性脑积水则可行永久性脑脊液引流以改善神经系统预后^[1]。aSAH 后迟发性脑缺血在最早期血流动力学的管理中,从低血容量和低血压到随后被高血容量和高血压取代,最近正常血容量(伴或不伴高血压)为目标导向治疗的理念逐渐受到青睐^[38],观念的改变因素主要在于高血容量可增加心肺并发症发生率。但正常血容量的标准并不同,且单靠中心静脉压评估血容量状态并不可靠。2023 年美国卒中协会在 aSAH 处理指南建议维持正常血容量和高血压并使用每天 6 次尼莫地平 60 mg 持续肠内给药预防迟发性脑缺血,而处在迟发性脑缺血风险峰值或是有症状的迟发性脑缺血期间,通过静脉输注米力农是可取的^[1]。

6 aSAH 后认知障碍的治疗

6.1 当前治疗

金刚烷胺兼具多巴胺 D2 受体激动与 NMDA 受体拮抗作用,可通过抑制谷氨酸兴奋毒性减轻神经损伤,促进创伤性脑损伤后认知功能恢复(改善注意力、警觉性及执行功能)^[39]。动物实验证实,20 mg/kg 剂量可明显提升脑损伤大鼠的平衡能力及空间学习能力^[40],突显其神经修复潜力。

多奈哌齐对 MRI 显示轻度脑萎缩(脑/脑脊液容积比及海马体/皮质比升高)的轻度认知障碍患者疗效更佳^[41]。此外,卡巴拉汀 3 mg/d 治疗 12 周可明显改善 aSAH 后认知功能,但存在样本量小、缺乏对照组及剂量/疗程优化不足等局限,需进一步研究确定最佳用药方案。

6.2 基础研究

当前 aSAH 后认知障碍治疗缺乏系统方案,基础研究聚焦多靶点干预,如硫化氢激活 Akt/ERK 抗凋亡通路并上调 BDNF-CREB 表达^[42],抗 ly6G 抗体通过耗竭中性粒细胞以改善小鼠认知^[43],尼莫地平可通过 lncRNA NEAT1/miR-27a/MAPT 轴下调 tau 蛋白以改善大鼠的认知障碍^[44],去铁胺通过有效减少大鼠脑内铁沉积以改善认知障碍^[45],大鼠吸入 H₂ 以改善其记忆能力^[46],胃内灌注山茶花总黄酮可改善大鼠的认知障碍,大鼠腹腔内注射 MCC950 可改善其认知障碍^[47]等。尽管多数研究采用大鼠枕大池注血 aSAH 模型(非动脉瘤破裂模型),但其病理机制与治疗启示仍具参考价值。而现有研究多依赖 Morris 水迷宫评估空间记忆,未能全面反映认知障碍的复杂性,急需构建多维认知评价体系并推进转化医学研究。

7 小 结

aSAH 后认知障碍的核心危险因素为新发脑梗死,其余危险因素(如血管痉挛、脑积水等)可通过早期干预以降低 aSAH 的发生率,但具体防控策略仍存

争议。目前临床治疗手段有限,多数研究仍处于机制探索阶段,急需阐明铁代谢紊乱、氧化应激及神经网络重塑等关键病理环节,以制订针对性干预措施改善远期预后。

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(收稿日期:2024-10-28 修回日期:2025-01-28)
(编辑:袁皓伟)

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(收稿日期:2024-08-28 修回日期:2024-11-28)
(编辑:袁皓伟)