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血小板/淋巴细胞比值与心房颤动相关性的研究进展*

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[摘要] 心房颤动是临床上最常见的心律失常,易发生血栓栓塞、脑卒中、心力衰竭等并发症,具有较高的发病率和病死率。血小板/淋巴细胞比值(PLR)是血栓/炎症通路的综合反映,且通过血常规很容易计算。而血栓和炎症与心血管疾病的发生、发展密切相关。国内外多项研究发现,PLR与心房颤动的发生、预后、并发症及冠心病并发心房颤动着有密切关系,现就PLR与心房颤动的相关性作一综述。

[关键词] 心房颤动;血小板/淋巴细胞比值;炎症反应;血栓;并发症;综述

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Research progress on the correlation between platelet/lymphocyte ratio and atrial fibrillation*

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[Abstract] Atrial fibrillation is the most common arrhythmia in clinical practice, which is prone to thromboembolism, stroke, heart failure and other complications, with high morbidity and mortality. The platelet to lymphocyte ratio (PLR) is a comprehensive reflection of the thrombotic/inflammatory pathway, and is easily calculated by blood routine test. Thrombosis and inflammation are closely related to the occurrence and development of cardiovascular diseases. Many studies at home and abroad have found that PLR is closely related to the occurrence, prognosis, complications of atrial fibrillation, and coronary heart disease complicated with atrial fibrillation. This article reviewed the correlation between PLR and atrial fibrillation.

[Key words] atrial fibrillation; platelet to lymphocyte ratio; inflammatory reaction; thrombus; complications; review

心房颤动是临床常见的一种心律失常疾病,其发病率会随着年龄的增长而逐渐升高,主要危害有易发生血栓栓塞、脑卒中、心力衰竭等并发症,具有致残、致死的风险^[1-2]。心房颤动的产生、维持和复发机制目前尚未完全明确,当前研究发现与炎症反应、氧化应激等机制相关^[3-5]。血小板/淋巴细胞比值(platelet to lymphocyte ratio, PLR)近年来被证明在某些情况下是一种有用的指标^[6]。PLR通过血常规很容易计算出来,是血栓/炎症通路的综合反映^[7]。而血栓和炎症与心血管疾病的发生与病程进展密切相关^[8-9]。国内外多项临床研究发现,PLR与多种心血管疾病的发生、发展密切相关^[10-12]。此外,PLR与心房颤动的发生、预后、并发症及其他疾病并发心房颤动着有密

切的关系,本文就PLR与心房颤动的相关性作一综述。

1 心房颤动的发生和维持机制

心房颤动的发生和维持机制尚未完全明确,但有一部分学说和共识已得到国内外专家的认可,其中电生理机制及病理生理学机制被认为在心房颤动的发生和维持中的扮演着重要的角色^[13]。心房颤动的电生理机制主要包括触发机制和维持机制。其中触发机制主要指肺静脉异位兴奋灶发放的快速冲动;而维持机制尚未完全明确,主要包括多发子波折返、转子样激动学说、局灶激动等多个假说。多种因素参与心房颤动的发生、发展,且心房颤动的发作需要触发因素,维持需要相应的基质。心房颤动的病理生理学机制

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较为复杂,主要包括心房的结构重构及电重构、炎症反应、氧化应激反应、自主神经系统的作用、肾素-血管紧张素-醛固酮系统的激活等。TSIACHRIS等^[5]认为炎症和氧化应激的相互作用,可进一步加剧心房肌细胞的损伤、坏死、凋亡和纤维化,导致心房的结构重构和电重构,从而促进房颤的发生和维持。SCHIFFRIN等^[14]发现炎症可通过免疫系统、炎症介质进一步导致血管重塑、动脉粥样硬化、高血压的发生,从而增加心房颤动的发生风险。

2 PLR的血栓/炎症学说

血小板释放血栓素、促炎趋化因子、生长因子(如转化生长因子b1、血管内皮生长因子、胰岛素生长因子、血小板衍生生长因子)和细胞因子等,参与血管炎症和血栓形成^[15-17]。血小板活化在冠状动脉疾病的所有步骤中起着重要作用^[18]。活化的血小板参与动脉粥样硬化斑块破裂或内皮细胞侵蚀的血栓形成,促进动脉粥样硬化血栓性疾病的发展或不良心血管事件的发生^[19]。另一方面,淋巴细胞计数是生理应激的一个指标^[20],并且与炎症呈负相关;较低的淋巴细胞计数表明生理应激和总体健康状况较差^[21-22],也代表心血管风险和病死率的增加^[23-24]。

3 PLR与心房颤动本身的相关性

AKDAG等^[25]在一项96例非瓣膜性心房颤动患者与52例窦性心律患者的对照研究中发现,PLR在非瓣膜性心房颤动患者中明显升高。此外,有研究认为,PLR升高表现为血小板体积增加和淋巴细胞计数减少,实际上可能通过血液黏度引发炎症恶化,增加心肌组织缺血引起心房颤动的风险^[26]。而国内外早已有多项研究表明平均血小板体积与心房颤动有着密切关系。国内学者研究发现,心房颤动患者的平均血小板体积水平较高,其中有研究发现平均血小板体积增高与心房颤动患者的伴随疾病(如高血压、冠心病、心力衰竭等)密切相关^[27],也有研究证实心房颤动本身可以导致血小板活化和平均血小板体积增高^[28]。国外学者TEKIN等^[29]在一项107例非瓣膜性心房颤动患者和112例窦性心律患者的对照研究中发现,平均血小板体积在非瓣膜性心房颤动患者中明显升高。因此,PLR与心房颤动本身有着密切的关系。

4 PLR与心房颤动预后及并发症的相关性

在DERELI等^[30]的一项研究中,对直流电转复成功后的非瓣膜性持续性心房颤动患者进行6个月的随访,发现PLR升高是炎症进展的标志,PLR越高非瓣膜性持续性心房颤动患者电复律后复发的风险越高,PLR可以作为一个实用且廉价的复发预测指标。AKDAG等^[25]还发现高CHA2DS2-VASc评分患者PLR水平明显升高,PLR与非瓣膜性心房颤动患者的血栓栓塞风险有着密切的关系。ALTINTAS等^[31]在一项关于48例新诊断的合并无症状性脑栓塞的非瓣膜性心房颤动患者PLR水平的研究中发

现,高水平PLR组出现栓塞的概率明显升高,且认为高水平PLR可能是低CHA2DS2-VASc评分非瓣膜性心房颤动患者发生血栓栓塞的危险因素。因此,PLR与心房颤动发生血栓栓塞有着密切的关系,PLR越高心房颤动患者并发脑卒中的风险越高。

5 PLR与冠心病并发心房颤动的相关性

心房颤动是冠状动脉搭桥术后最常见的心律失常,其发生率在25%~40%,是血栓栓塞、心力衰竭、肾功能不全、病死率和住院时间延长的预测因子^[32-33]。冠状动脉搭桥术后并发心房颤动被认为是各种促炎细胞因子介导的全身炎症的作用,如白细胞介素-6(IL-6)和肿瘤坏死因子 α (TNF- α)^[34]。近年来不乏PLR与冠状动脉搭桥术后并发心房颤动的相关性研究。在一项回顾性研究中,GUNGOR等^[35]发现,术前PLR和年龄与冠状动脉外科术后心房颤动的发生独立相关,术前PLR越高术后并发心房颤动的风险越大。在另一项研究中,SASKIN等^[36]对916例冠状动脉搭桥术后患者进行回顾性分析发现,术前PLR是冠状动脉搭桥术后并发心房颤动的独立预测因子。在一项国内研究中发现,PLR对老年男性急性心肌梗死患者入院后新发心房颤动具有良好的独立预测能力,PLR越高新发心房颤动的风险越大^[37]。

6 PLR与其他心血管疾病的相关性

PLR与多种心血管疾病的发病机制和病程进展密切相关。在冠心病方面,国外学者LARMANN等^[10]研究发现PLR与冠心病患者围手术期心血管不良事件的发生相关,计算术前PLR可以使护理人员更准确地预测接受非心脏手术的冠心病患者围手术期心血管事件。国内学者陆志锋等^[38]研究发现,PLR是急性ST段抬高型心肌梗死(ST segment elevation myocardial infarction,STEMI)患者直接经皮冠状动脉介入治疗(percutaneous coronary intervention,PCI)术后发生心肌微循环障碍的预测因素,并具有良好的灵敏度和特异度。在心力衰竭方面,有研究发现较高水平的PLR与急性心力衰竭患者不良的临床结局相关,可能是急性心力衰竭治疗中的一个新指标^[39]。在高血压病方面,刘莉等^[40]研究发现PLR水平有助于判断高血压的昼夜节律,非杓型高血压患者PLR水平明显高于杓型高血压患者,而且 $PLR \geq 107$ 是非杓型高血压的独立预测因子;GOGOI等^[41]通过比较先兆子痫妇女和血压正常孕妇的中性粒细胞与淋巴细胞比值(neutrophil-to-lymphocyte ratio,NLR)、PLR和血小板指数,发现子痫前期妇女的炎症标志物NLR、PLR、红细胞分布宽度(red blood cell distribution width,RDW)和平均血小板体积(mean platelet volume,MPV)较高,测量NLR和PLR可能有助于预测产前后随访期间高危女性的先兆子痫。在心脏瓣膜病方面,国外的一项研究中发现,人工瓣膜血栓形成(prothetic valve thrombosis,PVT)是一种潜在的危及生命的并

发病,具有较高的发病率和病死率,与功能正常的假体患者相比,PVT 患者 NLR、PLR 和 C 反应蛋白(C-reactive protein,CRP)水平升高,PLR 升高是二尖瓣 PVT 的独立预测因素^[42];此外,从 SAHIN 等^[43]的研究中可知,左房云雾影(left atrial spontaneous echo contrast,SEC)是一种烟状回声,伴有典型的左心房腔或左心耳内血液的漩涡运动,是血栓形成前状态的标志,PRL 水平与二尖瓣狭窄患者 SEC 有一定的相关性,PRL ≥ 123 预测二尖瓣狭窄患者 SEC 的灵敏度为 71%,特异度为 52%。以上研究表明,PLR 与多种心血管疾病有着密切关系。

7 小结与展望

PLR 是近年来新发现的炎症指标,该指标简便易得且稳定性较强。血小板释放血栓素、促炎趋化因子、生长因子和细胞因子等,参与血管炎症和血栓形成,淋巴细胞计数是生理应激的一个指标,与炎症呈负相关。心房颤动的产生、维持和复发机制尚未完全明确,但与炎症反应、氧化应激等机制密切相关。而 PLR 与心房颤动关系的探索是目前一个较新的领域。虽然 PLR 与心房颤动的产生、维持、复发有着密切的关系,但其具体机制尚未完全明确,高 PLR 水平增加心房颤动患者发生血栓栓塞及脑卒中的风险,对患者预后有一定的影响;同时,高 PLR 水平也易导致冠心病患者并发心房颤动。因此,密切监测 PLR 水平,有助于减少心房颤动的发生,改善心房颤动患者的预后,减少心房颤动并发症和冠心病并发心房颤动的发生。

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