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化疗对淋巴瘤患者心电活动的影响及危险因素分析*

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[摘要] **目的** 分析化疗对淋巴瘤患者心率变异性(HRV)时域指标及心脏电生理活动的影响。**方法** 选取 2020 年 9 月至 2021 年 12 月在该院确诊为初治淋巴瘤并接受化疗的 76 例患者作为淋巴瘤组,另选取年龄、性别匹配的 76 例健康者作为对照组。观察化疗前后两组 HRV 时域指标,包括正常窦性 RR 间期的总体标准差(SDNN)、每 5 分钟窦性 RR 间期均值标准差(SDANN)、正常连续窦性 RR 间期差值均方根(rMSSD)、相邻 RR 间期差值 >50 ms 百分比(pNN50),淋巴瘤组化疗前后心肌缺血、房室传导阻滞、窦性心动过缓、快速性心律失常等心血管不良事件发生情况并进行比较分析。观察淋巴瘤患者化疗前后性别、体重指数、24 h 平均心率、淋巴瘤疾病分期、危险度分层、国际预后指数(IPI)、美国东部肿瘤合作组表现状态(ECOG-PS)评分及 Ki67 增殖指数等指标,采用单因素及多因素 logistic 回归模型分析 HRV 降低的影响因素。**结果** 化疗前淋巴瘤组 SDNN、SDANN、pNN50 均明显低于对照组($P < 0.05$),化疗后淋巴瘤组 SDNN、SDANN、rMSSD、pNN50 均较化疗前明显降低($P < 0.05$);淋巴瘤组化疗后心肌缺血、房室传导阻滞、快速性心律失常发生率均较化疗前明显升高($P < 0.05$)。单因素分析结果显示:淋巴瘤疾病分期、危险度分层、Ki67 增殖指数、IPI 评分和 ECOG-PS 评分均是淋巴瘤患者化疗前基线 HRV 降低及化疗后 HRV 降低的影响因素($P < 0.05$);多因素分析结果表明:高 ECOG-PS 评分[OR = 2.46, 95%CI(1.44~4.21), $P = 0.001$]是淋巴瘤患者基线 HRV 降低的独立危险因素,高 Ki67 增殖指数[OR = 1.12, 95%CI(1.05~2.20), $P < 0.001$]和高 ECOG-PS 评分[OR = 3.35, 95%CI(1.68~6.69), $P = 0.001$]是淋巴瘤患者化疗后 HRV 降低的独立危险因素。**结论** 淋巴瘤患者与健康人群相比存在一定程度的心脏自主神经功能障碍且在化疗后呈现加重,同时心血管不良事件风险在化疗后明显升高。

[关键词] 淋巴瘤;化学治疗;心肌缺血;心律失常;心率变异性;危险因素**[中图分类号]** R733.1**[文献标识码]** A**[文章编号]** 1671-8348(2023)09-1309-05

Effect of chemotherapy on cardiac electrical activity in patients with lymphoma and its risk factors*

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[Abstract] **Objective** To analyze the effects of chemotherapy on time-domain indexes of heart rate variability (HRV) and cardiac electrophysiological activity in patients with lymphoma. **Methods** From September 2020 to December 2021, a total of 76 patients with newly diagnosed lymphoma and underwent chemotherapy were selected as the lymphoma group, and 76 healthy individuals matched in age and gender were selected as the control group. The time-domain indexes for HRV in the two groups including the standard deviation of 24 h normal RR interval (SDNN), the standard deviation of average RR interval every five minutes (SDANN), root-mean square differences of successive RR intervals (rMSSD) and percentage of adjacent RR intervals >50 ms (pNN50) were observed before and after chemotherapy, and the incidence of cardiovascular adverse events such as myocardial ischemia, atrioventricular block, sinus bradycardia, and tachyarrhythmia was compared in the lymphoma group before and after chemotherapy. The gender, body mass index, 24-hour average heart rate, lymphoma disease stage, risk stratification, international prognostic index (IPI), Eastern Cooperative Oncology Group performance status (ECOG-PS) score and Ki67 proliferation index in lymphoma patients were observed before and after chemotherapy, and the influencing factors of HRV reduction were analyzed

by univariate and multivariate logistic regression models. **Results** SDNN, SDANN, and pNN50 in the lymphoma group were significantly lower than those in the control group before chemotherapy ($P < 0.05$). SDNN, SDANN, rMSSD, and pNN50 in the lymphoma group after chemotherapy were significantly lower than those before chemotherapy ($P < 0.05$). The incidence rates of myocardial ischemia, atrioventricular block and tachyarrhythmia in the lymphoma group after chemotherapy was significantly higher than those before chemotherapy ($P < 0.05$). Univariate analysis showed that the stages of lymphoma, risk stratification, Ki67 proliferation index, IPI score and ECOG-PS score were all factors influencing the reduction of HRV before and after chemotherapy in lymphoma patients ($P < 0.05$). Multivariate analysis suggested that high ECOG-PS score [$OR = 2.46, 95\%CI (1.44-4.21), P = 0.001$] was an independent risk factor for HRV reduction before chemotherapy; while high Ki67 proliferation index [$OR = 1.12, 95\%CI (1.05-2.20), P < 0.001$] and high ECOG-PS score [$OR = 3.35, 95\%CI (1.68-6.69), P = 0.001$] were independent risk factors for HRV reduction after chemotherapy in patients with lymphoma. **Conclusion** Lymphoma patients have a certain degree of cardiac autonomic dysfunction as compared with healthy individuals, which tends to worsen after chemotherapy, and the risk of adverse cardiovascular events is significantly increased after chemotherapy.

[Key words] lymphoma; chemotherapy; myocardial ischemia; arrhythmia; heart rate variability; risk factor

淋巴瘤是血液系统常见的恶性肿瘤,在我国发病率逐年增高。标准一线化疗及放化疗综合治疗可以使超过 80% 的淋巴瘤患者达到缓解并获得长期疾病控制,然而伴随抗肿瘤治疗的药物毒副作用,尤其是心血管毒性,严重影响淋巴瘤患者远期预后及生活质量^[1-2]。心律失常作为肿瘤治疗相关心血管毒性的主要表现之一,可诱发力衰竭、加重心肌损伤,严重影响淋巴瘤患者预后。

心脏自主神经功能反映心脏交感/迷走神经的紧张性平衡状态,其功能障碍与心律失常发生密切相关^[3]。心率变异性(HRV)反映逐次心跳周期差异的变化情况,是评价心脏自主神经活动的独立指标^[4]。研究证实,在接受抗肿瘤治疗的乳腺癌、胃癌等患者中,存在不同程度的心脏自主神经功能障碍,且与抗肿瘤治疗相关的心律失常发生存在一定关联^[5-6]。本研究旨在应用动态心电图技术检测接受化疗的淋巴瘤患者心律失常情况,应用 HRV 分析探讨化疗对淋巴瘤患者心脏自主神经功能的影响。

1 资料与方法

1.1 一般资料

淋巴瘤组为 2020 年 9 月至 2021 年 12 月在本院血液内科确诊为初治弥漫大 B 细胞淋巴瘤并接受化疗的 76 例患者,男 36 例,女 40 例,平均年龄(52.7 ± 15.9)岁,排除伴有冠心病、糖尿病、高血压、甲状腺功能亢进等对 HRV 有明显影响的疾病患者;根据年龄、性别配比 76 例健康者为对照组,平均年龄(53.9 ± 16.2)岁。本研究已通过本院伦理审批(伦理号:2020-819),所有受试者均签署相应知情同意书。

1.2 方法

所有患者在完成基线资料评估后,开始接受标准 R-CHOP 方案[第 1 天:利妥昔单抗 375 mg/m²;第 2 天:环磷酰胺 750 mg/m²,长春新碱 1.4 mg/m²(最大剂量 2 mg),多柔比星 50 mg/m²;第 1~5 天:泼尼松

100 mg]化疗,化疗周期 21 d,在每 3 个疗程 R-CHOP 化疗后进行常规实验室指标检测(血常规、肝肾功、电解质、血脂、血糖)及动态心电图随访。

使用 Philips24 h 动态心电图仪进行 24 h 实时心电图监测,由本院心电图室出具检测及诊断报告,获得 24 h 平均心率、HRV、心律失常、心肌缺血情况。计算机自动分析电信号,获取 HRV 24 h 时域指标:正常窦性 RR 间期的总体标准差(SDNN)、每 5 分钟窦性 RR 间期均值标准差(SDANN)、正常连续窦性 RR 间期差值均方根(rMSSD)、相邻 RR 间期差值 > 50 ms 百分比(pNN50)。其中 SDANN、rMSSD 及 pNN50 反映心脏迷走神经活性;SDNN 反映自主神经总活性,SDNN 减低提示 HRV 减低,HRV 减低提示交感神经活性增强。24 h SDNN < 100 ms 表明 HRV 降低,提示交感神经张力增高,常用于预测不良心脑血管事件的发生和发展^[7-8]。

1.3 观察指标

(1)淋巴瘤组化疗前后及对照组 HRV 指标:SDNN、SDANN、rMSSD、pNN50;(2)淋巴瘤组化疗前后心肌缺血、房室传导阻滞、窦性心动过缓、快速性心律失常等心血管不良事件发生情况。动态心电图心肌缺血诊断标准^[7]:ST 段水平或下垂型下移 ≥ 0.1 mV,持续 ≥ 1.0 min,两次缺血发作间隔时间 ≥ 1.0 min。(3)淋巴瘤组化疗前、后 HRV 降低患者的性别、体重指数、24 h 平均心率、淋巴瘤疾病分期、危险度分层、国际预后指数(IPI)评分、美国东部肿瘤合作组表现状态(ECOG-PS)评分及 Ki67 增殖指数,相关判定标准参照文献^[9-10]。

1.4 统计学处理

采用 SPSS26.0 软件进行数据统计分析。计量资料用 $\bar{x} \pm s$ 表示,比较采用配对样本 t 检验;计数资料用例数或百分比表示,组间比较采用 χ^2 检验或 Fisher 确切概率法;单因素及多因素 logistic 回归用于探

讨论淋巴瘤患者 HRV 的影响因素。双侧检验,以 $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 淋巴瘤组患者化疗前后与对照组 HRV 指标比较

化疗前淋巴瘤组 SDNN、SDANN、pNN50 均明显低于对照组 ($P < 0.05$);在 R-CHOP 方案化疗 6 个疗程后,淋巴瘤组 SDNN、SDANN、rMSSD、pNN50 较化疗前降低,差异有统计学意义 ($P < 0.05$),见表 1。

表 1 淋巴瘤组与对照组 HRV 指标比较 ($n = 76, \bar{x} \pm s$)

组别	SDNN (ms)	SDANN (ms)	rMSSD (ms)	pNN50 (%)
对照组	133.05±29.90	120.95±31.83	34.13±16.08	13.16±0.88
淋巴瘤组				
化疗前	120.91±33.56	109.62±32.62	33.68±19.65	8.94±1.13
化疗后	93.96±28.20	85.56±31.35	21.75±11.55	4.15±0.65
P_1	0.005	<0.001	0.842	0.002
P_2	<0.001	<0.001	<0.001	0.002

P_1 :淋巴瘤组化疗前与对照组比较; P_2 :淋巴瘤组化疗前、后比较。

2.2 淋巴瘤组化疗前后心血管不良事件发生率比较

淋巴瘤组患者接受 R-CHOP 方案化疗 6 个疗程后,心肌缺血、房室传导阻滞、快速性心律失常发生率均较化疗前明显升高 ($P < 0.05$),见表 2;约 86.2% (25/29) 的心肌缺血主要部位为心肌前侧壁、下壁,房室传导阻滞以一度 I 型(4 例)、二度 I 型(3 例)多见,快速性心律失常主要包括窦性心动过速(7 例)、房性

心动过速(4 例),未观察到室性或室上性心律失常、心源性休克、心源性猝死发生,无患者因心血管不良事件中中断化疗。

表 2 淋巴瘤组化疗前后心血管不良事件发生率比较 [$n = 76, n(\%)$]

心血管不良事件	化疗前	化疗后	P
心肌缺血	11(14.47)	29(38.16)	0.001
房室传导阻滞	3(3.95)	10(13.16)	0.042
窦性心动过缓	3(3.95)	7(9.21)	0.191
快速性心律失常	4(5.26)	12(15.79)	0.034

2.3 淋巴瘤患者 HRV 的影响因素分析

以 24 h SDNN < 100 ms 为标准,化疗前淋巴瘤组 25 例患者基线 HRV 降低。以 HRV 降低为因变量,患者 24 h 平均心率、疾病分期、危险度分层、Ki67 增殖指数、IPI 评分及 ECOG-PS 评分为自变量,单因素分析显示:上述因素均与基线 HRV 降低有关 ($P < 0.05$);多因素分析显示:高 ECOG-PS 评分是淋巴瘤患者基线 HRV 降低的独立危险因素,见表 3。

以 24 h SDNN < 100 ms 为标准,接受 R-CHOP 方案化疗 6 个疗程后,淋巴瘤组 HRV 降低患者增至 49 例。以 HRV 降低为因变量,患者性别、体重指数、疾病分期、危险度分层、Ki67 增殖指数、IPI 评分及 ECOG-PS 评分为自变量,单因素分析显示:淋巴瘤疾病分期、危险度分层、Ki67 增殖指数、IPI 评分及 ECOG-PS 评分与化疗后 HRV 降低有关 ($P < 0.05$);多因素分析显示:高 Ki67 增殖指数和 ECOG-PS 评分是淋巴瘤患者化疗后 HRV 降低的独立危险因素,见表 4。

表 3 淋巴瘤患者基线 HRV 降低的影响因素分析 ($n = 76$)

项目	单因素分析		多因素分析	
	OR(95%CI)	P	OR(95%CI)	P
平均心率(次/min)	1.08(1.02~1.14)	0.008	1.06(1.00~1.14)	0.071
疾病分期(I~II期 vs. III~IV期)	0.21(0.06~0.71)	0.014	1.85(0.22~15.40)	0.568
危险度分层(低危 vs. 中高危)	8.75(2.29~27.49)	<0.001	2.91(0.42~20.05)	0.278
Ki67 增殖指数(%)	1.04(1.02~1.07)	0.002	1.02(0.98~1.07)	0.258
IPI 评分(分)	1.70(1.12~2.59)	0.014	0.93(0.51~1.72)	0.822
ECOG-PS 评分(分)	2.56(1.64~4.01)	<0.001	2.46(1.44~4.21)	0.001

表 4 淋巴瘤患者化疗后 HRV 降低的影响因素分析 ($n = 76$)

项目	单因素分析		多因素分析	
	OR(95%CI)	P	OR(95%CI)	P
疾病分期(I~II期 vs. III~IV期)	6.91(2.43~19.63)	<0.001	0.64(0.10~3.92)	0.627
危险度分层(低危 vs. 中高危)	7.58(2.44~23.49)	<0.001	0.19(0.02~1.77)	0.144
Ki67 增殖指数(%)	1.08(1.05~1.12)	<0.001	1.12(1.05~2.20)	<0.001
IPI 评分(分)	2.07(1.32~3.26)	0.002	1.17(0.56~2.41)	0.681
ECOG-PS 评分(分)	2.72(1.65~4.50)	<0.001	3.35(1.68~6.69)	0.001

3 讨论

随着肿瘤早期诊断技术的提高及治疗方案的不断改进,淋巴瘤患者接受规范抗肿瘤治疗后获益明显。但是,伴随治疗时间和生存期延长,抗肿瘤治疗导致的心血管毒性也逐渐显露,主要包括心肌缺血缺氧损伤和心脏传导系统功能障碍^[11-12]。心律失常即为心脏传导系统功能受损的主要表现,无论在抗肿瘤药物应用早期或是在抗肿瘤治疗结束后数年均可能出现^[13]。HRV是窦性心律快慢变异指标,其大小能反映自主神经系统的活动状态,而自主神经功能障碍与心律失常发生密切相关。生理情况下,机体通过交感-肾上腺系统及迷走-胰岛素系统实现对心血管功能的调节,副交感神经使心率慢速化,交感神经使心率快速化,实现昼夜心率不断变化^[14]。而肿瘤微环境及化疗药物均可影响人体神经体液调节系统,此种内在调节平衡机制可在人体罹患肿瘤时被打破,导致HRV降低。

已有研究证实,接受蒽环类药物化疗后的乳腺癌患者HRV分析的时域指标(SDNN、SDANN、RMSSD、pNN50)均较对照组明显降低,提示蒽环类药物化疗导致乳腺癌患者的心脏自主神经功能恶化,心脏损伤更严重,心律失常发生率更高^[15-16]。本研究结果与前述研究一致,与对照组相比,淋巴瘤患者HRV指标明显降低,且在抗淋巴瘤治疗后,随访HRV时域指标较化疗前明显下降;对淋巴瘤患者心电图情况进行分析,发现抗肿瘤治疗后心肌缺血、房室传导阻滞、快速性心律失常发生率均较治疗前升高,其可能的机制是化疗引起血管紧张素II分泌异常,改变心肌细胞膜钙通道的通透性,钙离子内流增多,细胞内钙超载,导致膜电位振荡,继而诱发各种类型心律失常^[17]。

为了进一步探讨淋巴瘤患者HRV降低的影响因素,本研究对淋巴瘤患者的实验室指标、疾病状态等进行分析,单因素分析结果表明:淋巴瘤疾病分期、危险度分层、Ki67增殖指数、IPI评分和ECOG-PS评分均是淋巴瘤患者化疗前基线HRV降低及化疗后HRV降低的影响因素;多因素分析结果表明:高ECOG-PS评分是淋巴瘤患者基线HRV降低的独立危险因素,高Ki67增殖指数和ECOG-PS评分是淋巴瘤患者化疗后HRV降低的独立危险因素。临床上分期越晚越高危,Ki67增殖指数越高的淋巴瘤往往预示着更高的肿瘤负荷,此种情况下,由恶性肿瘤引起的免疫风暴、全身性炎症反应、氧化应激也更强;大量肿瘤细胞自发或者在化疗药物作用下短期快速溶解,使细胞内物质及其代谢产物迅速释放入血,可能导致严重的代谢障碍,临床上可能出现各种类型的电解质或

内分泌紊乱、心律失常及器官损伤^[18]。针对晚期中高危及淋巴瘤患者,采用经典环磷酰胺-阿霉素-长春新碱-泼尼松龙(CHOP)方案治疗对患者预后并无积极意义,现有的治疗策略主要包括剂量密集型即缩短化疗间歇期的治疗方式、利妥昔单抗的应用、高剂量化疗及造血干细胞移植,可使治疗缓解率及生存率得到明显提高,但随之而来的心血管毒性也随药物剂量呈线性增长,尤其以蒽环类药物为代表^[19-20]。同时,由于受疾病及治疗药物影响,绝大部分患者会出现进食减少、消化系统功能紊乱等症状,导致机体营养不良、体能状态变差,上述因素综合作用下造成交感神经和迷走神经之间相互制约机制不均衡,使心脏节律调节能力降低,继而出现各种心血管不良事件^[21]。

随着肿瘤心脏病学的发展,对肿瘤治疗患者心脏功能的评估及干预治疗日益规范化,临床出现明显心功能受损或严重心力衰竭者较少见,绝大部分仍表现为射血分数保留的无症状心力衰竭,称为亚临床心脏毒性^[22]。目前,国际抗肿瘤治疗相关心脏毒性的诊断主要依赖于左心室射血分数(left ventricular ejection fraction, LVEF)的动态变化,即LVEF较基线降低 $\geq 5\%$,且绝对值降低至 $< 55\%$,伴充血性心力衰竭(congestive heart failure, CHF)症状或体征;或LVEF值降低 $\geq 10\%$ 且绝对值降低至 $< 55\%$,无症状或体征^[23]。尽管LVEF监测有效,但其无法反映心肌组织超微结构功能,且LVEF降低通常在疾病后期出现,此时多发生明显心肌功能损伤^[24]。现有研究表明,由斑点追踪成像技术测量的整体纵向应变(global longitudinal strain, GLS)可以评估心内膜损伤,其下降往往发生于LVEF降低之前,临床可用于早期识别亚临床心肌功能障碍,并预测随后的心力衰竭,但对于GLS检测肿瘤治疗相关亚临床心脏毒性的诊断标准尚不明确^[25]。本研究利用动态心电图分析结果显示,淋巴瘤患者在化疗后心肌缺血发生率明显升高(38.16%),表明动态心电图技术对于淋巴瘤治疗相关亚临床心脏毒性的早期检测仍具有较高的应用价值,但为了提高检出率及尽早开始心脏保护治疗,仍建议结合超声心动图、血清学标志物等多种检测技术进行综合心脏评估。

综上所述,动态心电图是一种方便、快捷、无创,用以了解淋巴瘤患者心电活动的检查方法,通过HRV分析可评估患者心脏自主神经功能状态,同时明确心律失常及心肌缺血情况,有助于识别高危患者,筛查亚临床心脏毒性患者,为早期临床干预提供依据。但本研究存在一定局限性:(1)单中心、小样本量前瞻性研究;(2)由于本院动态心电图结果缺乏HRV频域参数,研究中未进行HRV频域分析;(3)HRV

对肿瘤预后及疗效评价具有重要意义^[26],因随访时间有限,未纳入预后生存数据进行分析。制订确切的肿瘤治疗相关心律失常及自主神经功能障碍诊断标准还需要更大规模、多中心、多人群的随机对照试验。

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