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## 5羟色胺与钙化性主动脉瓣疾病研究进展

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**摘要:** 钙化性主动脉瓣疾病 (calcified aortic valve disease, CAVD) 是一组与年龄相关的瓣膜疾病, 治疗方法有限, 除对晚期瓣膜钙化患者进行瓣膜置换术外, 尚无有效的药物干预措施。因此, 深入了解瓣膜重塑和疾病进展早期的分子机制, 是今后预防甚至逆转此类疾病的关键环节。5羟色胺 (5-HT) 作为一种调节中枢和外周功能的内源性单胺类激素, 与类癌心脏病、药物性瓣膜病和老年小型犬类的瓣膜退化都有十分密切的联系, 并且参与了瓣膜炎症、纤维化、钙化等病理进程中的每个环节。该文综述了 5-HT 系统与心脏瓣膜的关系, 为今后深入研究该系统与钙化性主动脉瓣疾病的关系提供了可能。

**关键词:** 钙化性主动脉瓣疾病; 5羟色胺系统; 衰老; 炎症; 纤维化; 钙化

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## Research progress on 5-hydroxytryptamine and calcified aortic valve disease

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**Abstract:** Calcific aortic valve disease is a group of age-related valvular diseases. Currently, there are no effective medical interventions. The treatment is limited to percutaneous or surgical valve replacement for patients with advanced valve calcification. Therefore, in-depth understanding of the early molecular mechanism of valve remodeling and disease progression is the key to prevent or even reverse such diseases in the future. Serotonin (5-HT), as an endogenous monoamine hormone regulating central and peripheral functions, is closely associated with carcinoid heart disease, drug-induced valvular disease and valvular degeneration in elderly small dogs, and is involved in every step of the pathological process such as valvular inflammation, fibrosis and calcification. This paper reviewed the relationship between 5-HT system and heart valve, providing the possibility for further research on the relationship between 5-HT system and calcified aortic valve disease.

**Key words:** calcified aortic valve disease; 5-HT system; aging; inflammation; fibrosis; calcification

钙化性主动脉瓣疾病 (calcified aortic valve disease, CAVD) 是临床常见的一类心脏瓣膜疾病 (heart valve disease, HVD), 根据疾病演变进程分为主动脉瓣钙化 (aortic valve calcification, AVC) 和钙化性主动脉瓣狭窄 (calcified aortic stenosis, CAS), 其中 CAS 是该病进展的最严重形式。调查发现, 美国主动脉瓣疾病的患病率为 2.5%<sup>[1]</sup>, 且该病的患病率随年龄增长而增加。75 岁的 CAVD 患者中, 重度 CAS 的发生率为 2.8%, 中、重度主动脉反流的发生率为 2.0%<sup>[2]</sup>。2013 年, 美国调查发现, 因瓣膜病死亡的 5 万多人中, 67.5% 死于主动脉瓣疾病<sup>[1]</sup>。我国作为世界人

口最多的国家, 加之人口老龄化加剧, CAVD 的发病率和患病率可能逐年上升。目前对于此类疾病的主要干预手段是控制合并的危险因素, 尚无直接针对 AVC 及无症状 CAS 的有效治疗手段。对于症状性 CAS 或极重度的无症状 CAS, 原则上可行经导管主动脉瓣置换术或外科手术行主动脉瓣置换。经导管主动脉瓣置换术的侵入性比外科手术小, 但由

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于缺乏与宿主组织的整合和生长, 低龄患者的预后仍然较差; 导管置入过程中血管壁受损, 手术后患者中风的风险也随之增加<sup>[3]</sup>。

## 1 潜在的药物治疗

目前有希望的治疗靶点包括脂蛋白(a)、肾素-血管紧张素系统、RANKL/RANK/OPG(细胞核因子 $\kappa$ B受体活化因子配体-细胞核因子 $\kappa$ B受体活化因子-护骨素)系统和ectonucleotidases(外核苷酸酶)等, 但它们尚无针对延缓主动脉瓣钙化的明确的临床疗效, 仅为理论上可行的药物。

### 1.1 他汀类药物(HMG-CoA还原酶抑制剂)

近年来, 脂质沉积被认为是触发炎症, 诱发CAVD的关键事件之一<sup>[4-6]</sup>。轻度主动脉瓣钙化早期病变以瓣膜内皮细胞炎症性浸润、脂质沉积等病理学表现为特征。他汀类药物为临床上用于降低血脂水平和减轻动脉粥样硬化的常用药物, 兼具抗炎、抗氧化、调节内皮功能作用, 因此, 人们推测他汀类药物可以延缓主动脉瓣退行性变化的进程。同时, 该类药物可抑制瓣膜细胞表型的病理改变, 并对延缓主动脉钙化的发展有一定的疗效<sup>[7]</sup>。但一项关于他汀类药物对主动脉瓣狭窄(aortic valve stenosis, AS)患者瓣膜功能和钙化影响的荟萃分析显示: 尽管他汀类药物对调节低密度脂蛋白-胆固醇水平具有持续的有益作用, 但其对主动脉瓣结构、功能或钙化的改善没有影响, 对临床结果也没有益处<sup>[8]</sup>。

### 1.2 肾素-血管紧张素系统(RAS)

RAS在实验模型和人体试验中被证明参与了瓣膜钙化和进展<sup>[9-11]</sup>, 从理论上讲, 抑制RAS有助于延缓瓣膜钙化进展<sup>[12]</sup>。血管紧张素转换酶(ACE)/血管紧张素II(AngII)/血管紧张素受体1(AT-1)轴在血管钙化中已被广泛研究, 并成为药物治疗CAVD的临床研究热点之一。临床研究发现, 与非ACE抑制剂组相比, ACE抑制剂的使用与主动脉瓣钙累积率明显降低有关<sup>[11]</sup>; 使用血管紧张素受体拮抗剂(ARBs)可减少主动脉瓣小叶的纤维钙化重塑, 延缓瓣膜狭窄<sup>[13-14]</sup>。AngII破坏主动脉瓣内皮细胞, 使肌成纤维细胞增多, 重度CAS患者尿液中AngII显示出较高水平。使用AngII受体阻滞剂有助于保护主动脉瓣小叶内皮细胞完整性<sup>[15]</sup>。AT-1是AngII的主要受体之一, 与Gaq/11蛋白偶联, 它的激活已被证明能促进炎症、心肌肥厚、胶原合成、氧化应激和瓣膜增厚<sup>[16-17]</sup>。AT-1通常不存在于健康的瓣膜组织中, 但在表达血管紧张素转换酶(ASMA)

的血管内皮细胞中被上调, 这意味着AT-1的表达可能是病理分化成纤维细胞的特征之一。ARBs和血管紧张素转换酶抑制剂(ACEI)为治疗CAVD的主要药物, 但在几项临床试验中均被证明不能减缓CAVD的进展<sup>[18]</sup>。

### 1.3 RANKL/RANK/OPG系统

1997年, Simonet等<sup>[19]</sup>鉴别出一种能调节骨吸收的糖蛋白OPG(osteoprotegerin), 其在心脏组织中也有较高表达。RANKL是TNF配体超家族成员之一。RANKL及其受体RANK共同代表了一种新的细胞因子, 在骨代谢、免疫系统和内分泌系统等方面存在多重多效的影响<sup>[20]</sup>。研究发现, RANKL/OPG轴可能调节主动脉瓣钙化进展<sup>[21]</sup>; OPG缺陷小鼠出现骨质疏松和瓣膜钙化<sup>[22]</sup>; Kaden等<sup>[23]</sup>发现, RANKL存在于人主动脉狭窄瓣膜中, 瓣膜钙化的细胞和分子机制与骨代谢相似。几项流行病学研究也强调了骨质疏松症与血管/瓣膜钙化之间的联系<sup>[24-25]</sup>。一些激素或细胞因子, 如雌激素等, 被认为是促进人类主动脉瓣瓣膜间质细胞(VICs)钙化和促进成骨的细胞成分, 且通过OPG/RANK/RANKL系统参与骨代谢的调控, 理论上雌激素治疗可能具有抗钙化作用。在骨骼中, RANKL由成骨细胞表达并促进破骨细胞对矿物质吸收。因此, 用于治疗骨质疏松症的抗RANKL单克隆抗体可能具有抗钙化作用。总之, RANKL/RANK/OPG的失调可能解释了骨质疏松与瓣膜钙化之间的联系, 但由于这些治疗方法具有复杂的生物学作用, 可能引起副作用, 它们在预防钙化方面的应用是有限的, 尚需要进一步的研究。

### 1.4 外核肽酶家族和嘌呤能信号

促钙化和抗钙化机制的平衡, 使瓣膜得以维持正常的组织学形态和生理功能。外核肽酶家族成员通过核苷酸的水解作用调控细胞外促进钙化的无机磷酸盐(Pi)和抑制钙化的焦磷酸(PPi)的平衡<sup>[26]</sup>, Pi和PPi的生成在瓣膜钙化的发病机制中起着关键作用<sup>[27]</sup>。外核肽酶家族, 包括外核肽焦磷酸酶/磷酸二酯酶(ENPPs)、外核苷三磷酸二氢酶(ENTPDs)、5-核苷酸酶(NT5E)和碱性磷酸酶(ALPL)<sup>[28]</sup>, 在人CAS中均可见过度表达<sup>[29-30]</sup>。使用外核肽酶抑制剂ARL67156能够有效防止华法林诱导的大鼠主动脉瓣钙化<sup>[21]</sup>。对CAVD患者主动脉瓣转录组学分析显示, 与未钙化组相比, CAVD患者瓣膜中ENPP1 mRNA转录增加3.9倍, ENPP酶含量显著增加<sup>[29]</sup>。外核肽酶在人钙化主动脉瓣中的过度激活可使细胞

外 ATP 耗竭。嘌呤能信号在外核肽酶的调控下, 可能对促进主动脉瓣钙化起到关键作用, 但相关临床药物研究甚少, 有待于进一步研究。

## 2 5-HT系统

5-HT 既是一种激素, 又是一种神经递质, 在中枢和外周具有不同作用, 几乎调节了人类所有行为过程。95% 的 5-HT 来源于体内, 其中 90% 来源于外周的肠嗜铬样细胞<sup>[31]</sup>。5-HT 的合成需要两步<sup>[32]</sup>: 前体通过关键酶——色氨酸羟化酶 (TPH) 进行羟化处理形成 5-羟色氨酸, 然后快速脱羧得到 5-HT。5-HT 通过激活多种受体, 介导中枢和外周的多种生理功能。前人利用逆转录聚合酶链反应的研究表明, 主动脉瓣细胞表面主要表达 5-HT (2A/2B) 受体<sup>[33]</sup>。在大脑中, 5-HT 在许多行为和情绪功能中发挥着重要作用。在外周, 5-HT 受体遍布全身各个组织器官, 在维持内环境稳态、调节胃肠运动、控制疾病的发生发展中发挥着重要作用<sup>[34]</sup>。被合成的 5-HT 一部分与受体结合发挥生理或病理作用, 另一部分由血小板和神经元细胞通过 5-羟色胺转运体 (SERT) 摄取, 分别储存在血小板致密颗粒中或神经元突触小泡中<sup>[35]</sup>。5-HT 主要通过单胺氧化酶 (MAO-A) 被灭活。当 5-HT 由血小板释放时, 它通过与膜受体的相互作用而触发生物学效应; 也可以通过细胞内机制发挥作用, 如通过线粒体 MAO-A 的代谢和谷氨酰胺转氨酶 2 的 5-羟色胺化产生氧化应激<sup>[36]</sup>。5-HT 被单胺氧化酶和醛脱氢酶进一步氧化为 5-羟基吲哚乙酸 (5-HIAA), 被称为 5-HT 的外源性灭活。

### 2.1 5-HT系统与心脏瓣膜疾病

HVD 是由不同病理过程所形成的复杂疾病, 最终使细胞外基质蛋白的结构异常和紊乱, 导致小叶功能障碍。一些瓣膜退化的过程, 如类癌性心脏病、药物性瓣膜病和小型犬退行性二尖瓣疾病, 都与外周 5-HT 系统的激活有密切关系。

#### 2.1.1 类癌心脏病

类癌是一种主要发生于胃肠道, 分泌包括 5-HT、肽类等生物活性物质的肿瘤<sup>[37]</sup>。类癌心脏病是类癌的主要并发症, 其释放的 5-HT 通过体循环在右心系统及肺部被代谢, 从而使左心受到保护, 因此, 类癌心脏病的典型特征是右侧瓣膜关闭不全<sup>[38]</sup>。若出现右向左分流, 左心瓣膜同时受累<sup>[39]</sup>。类癌心脏病中瓣膜病变与否可能主要取决于血液循环中 5-HT 的水平。受累的二尖瓣常表现为瓣膜增厚、关闭不全,

偶有钙化; 当退变过程出现在肺动脉瓣时, 通常会观察到三尖瓣关闭不全的形态学改变<sup>[37]</sup>。从组织学的角度看, 类癌斑块似乎是由大量肌成纤维细胞在富含胶原和糖胺聚糖的细胞外基质中形成的。此类患者血 5-HT 和尿 5-HIAA 升高<sup>[40]</sup>, 提示类癌心脏病的出现与 5-HT 系统水平的变化具有密切相关性。

#### 2.1.2 药物性瓣膜病

药物性瓣膜病的发生为进一步探讨 5-HT 系统在心脏瓣膜变性中的作用提供可能。1966 年, Graham 等<sup>[41]</sup>首次报到了使用麦角衍生物治疗偏头痛的 36 例患者出现主动脉瓣和二尖瓣关闭不全的情况; 1997 年, Connolly 等<sup>[42]</sup>在服用治疗肥胖症的辅助药物芬氟拉明-苯丁胺的患者身上也观察到了相似改变。包括以上两种药物类似物和衍生物在内的化合物均为 5-HT<sub>2B</sub> 受体激动剂<sup>[43]</sup>。此类药物主要引起瓣下结构增厚和腱索缩短等形态学改变<sup>[44]</sup>, 从而出现主动脉瓣和二尖瓣返流。从组织学角度看, 这些药物通过激活 5-HT<sub>2B</sub> 受体引起瓣膜间质细胞增殖, 导致瓣膜黏连增厚、5-HT<sub>2B</sub> 受体阳性细胞数表达增多<sup>[45]</sup>, 提示瓣膜的结构和功能异常与 5-HT 系统相关, 并且与 5-HT 水平及 5-HT<sub>2B</sub> 受体表达水平关系密切。

#### 2.1.3 小型犬退行性二尖瓣疾病

5-HT 及其受体不仅对人类心脏瓣膜产生影响, 在小型犬中也可观察到相似现象。退化性二尖瓣病是小型犬最常见的获得性心血管疾病<sup>[46]</sup>。从形态学和功能学角度观察发现, 犬类二尖瓣瓣叶活动度降低, 表面积增大, 出现黏液瘤的特征性表现, 且腱索增厚伸长, 出现瓣膜脱垂及二尖瓣返流等<sup>[47]</sup>。从组织学角度看, 在不同严重程度的犬类退行性瓣膜病组织中均可见蛋白多糖的积累和基底膜成分的改变, 其中胶原成分表达增加是退行性心瓣膜病的特征性表现<sup>[48]</sup>。Arndt 等<sup>[49]</sup>在骑士查理王猎犬 (Cavalier King Charles Spaniels, CKCS) 体内发现较健康犬更高的血小板 5-HT 含量和血清 5-HT 浓度; CKCS 二尖瓣组织中 5-HT<sub>2B</sub> 受体基因过度表达<sup>[50]</sup>。这提示小型犬类退化性二尖瓣疾病可能是 5-羟色胺能系统激活的结果。病变晚期, 瓣膜间质细胞中 SERT 表达下调<sup>[51]</sup>, 可能原因是 5-HT<sub>2B</sub> 受体受游离 5-HT 慢性刺激导致瓣膜组织重塑, 进而抑制 SERT 功能<sup>[52]</sup>, 使 SERT 表达减少。这提示 5-HT 系统影响小型犬瓣膜的退行性改变, 病变晚期局部组织可对 5-HT 系统产生影响。



### 3 5-HT系统与心脏瓣膜疾病

#### 3.1 5-HT系统与炎症

5-HT 不仅是一种神经递质, 也是一种强大的免疫调节剂。CAVD 组织可见炎性细胞浸润。Essmann<sup>[53]</sup> 指出, 组织中 5-HT 的含量可能由这些组织中存在的血小板决定。几乎所有循环中的 5-HT 都储存在血小板致密颗粒中, 在衰老、脂质沉积等促炎因素的作用下, 血小板活化释放 5-HT, 以应对瓣膜内皮受损或缺血<sup>[54]</sup>; 同时, 瓣膜开关时对血液的剪切力可能进一步促进血小板活化<sup>[55]</sup>, 加重炎症反应。单核细胞、巨噬细胞等免疫细胞的表面也存在 5-HT 受体位点, 5-HT 水平的变化可以调节免疫细胞的功能, 如刺激人类巨噬细胞表面 5-HT 受体, 使其向 M2 样表型方向发展<sup>[56]</sup>, 促进组织细胞增殖修复; 产生多种细胞因子, 如在免疫反应早期, 可以刺激 CD8<sup>+</sup>T 细胞、内皮细胞、外周血淋巴细胞等产生细胞因子, 协调多种不同细胞的炎症浸润。炎症是外周 5-HT 水平增加的重要始动因子, 外周血中高水平 5-HT 以正反馈的方式加重瓣膜等组织炎症, 部分活化的免疫细胞在炎症反应过程中以纤维化的方式促进组织修复<sup>[57]</sup>。

#### 3.2 5-HT系统与瓣膜纤维化

已有大量研究证实, 炎症刺激可以加速纤维化的形成。下文重点综述 5-HT 促进瓣膜组织纤维化的机制。Rouzaud-Laborde 等<sup>[58]</sup> 观察到, 老年 CAVD 患者体内 5-HT 高表达, 认为 5-HT 是引起心脏瓣膜纤维化的原因之一。SD 大鼠皮下注射 5-HT, 3 个月后出现器质性心脏瓣膜关闭不全、主动脉尖变短变厚、细胞外基质内肌成纤维细胞聚集<sup>[59]</sup>。转录分析比较犬和人二尖瓣病变组和对照组基因表达, 发现二尖瓣病变组中转化生长因子- $\beta$  (TGF- $\beta$ ) 超家族成员、细胞外基质和 5-HT 信号过度表达<sup>[60-61]</sup>。TGF- $\beta$  在心脏瓣膜发育和发病机制中起着关键作用。在绵羊主动脉间质细胞培养中, 5-HT 诱导 TGF- $\beta$ 1 表达, 促进硫酸化糖基聚糖和透明质酸的产生<sup>[60]</sup>。另一项研究证实, 5-HT2A 受体的激活介导了 G $\alpha$ q-PLC-PKC 典型信号通路中 TGF- $\beta$ 1 的上调, 5-HT 既可以通过 G $\alpha$ q-PLC-PKC 信号通路促进细胞胶原的产生, 也可激活细胞外信号调节激酶 1/2 (ERK 1/2)<sup>[61]</sup>。Xu 等<sup>[62]</sup> 在羊主动脉瓣膜间质细胞研究中发现, 5-HT 和 ERK 1/2 磷酸化在主动脉瓣膜间质细胞中有很强相关性, 5-HT 可通过 MAPK 途径介导 ERK 1/2 信号通路。在猪瓣膜间质细胞中,

5-HT 诱导的 ERK 1/2 磷酸化和 [<sup>3</sup>H] 脯氨酸掺入 (ECM 胶原纤维合成指数) 被 5-HT2A 和 5-HT2B 受体拮抗剂所阻断<sup>[63]</sup>。以上这些研究证实了 5-HT 及其 5-HT2B 和 (或) 5-HT2A 受体激活对瓣膜的纤维化作用。

#### 3.3 5-HT系统与瓣膜钙化

主动脉瓣叶钙化导致的瓣膜狭窄是发达国家最常见的瓣膜疾病<sup>[64]</sup>。瓣叶由致密的细胞外基质组成, 分为纤维层、海绵体层和肌层。这 3 层均为瓣膜间质细胞 (VICs), 整个结构被瓣膜内皮细胞 (VECs) 所覆盖<sup>[65]</sup>。Disatian 等<sup>[66]</sup> 认为, 瓣膜钙化的早期事件之一是小叶主动脉侧内皮细胞的破坏。随着年龄的增长, 金属蛋白酶缓慢重组瓣膜基质, 导致无症状的主动脉瓣增厚 (即硬化)。随后, 小叶受到免疫细胞浸润, 新生血管形成, 脂质、蛋白聚糖和细胞碎片沉积, 使小叶发生变形, 最终导致主动脉狭窄, 血流受阻。Rabkinf 等<sup>[67]</sup> 认为, 瓣膜钙化成骨与生物力学刺激密切相关。在剪切应力的作用下, VICs 向成骨细胞表型分化, 后天获得细胞骨架或成骨基因的表达, 从而沉积富含钙的矿物质, 促使瓣膜钙化。TGF- $\beta$  是参与组织器官病理性细胞外基质 (ECM) 重构的重要细胞因子<sup>[68]</sup>。有研究表明, 5-HT 可能通过依赖 TGF- $\beta$  机制诱导瓣膜重塑<sup>[69]</sup>。心脏中, TGF- $\beta$  通过促进分化、迁移、基质缩合、血管生成和 NADPH 氧化酶活性等作用激活 VICs<sup>[70-72]</sup>。许多成年瓣膜病变表现为细胞外基质和肌成纤维细胞聚集, 这与胚胎时期瓣膜形成中的内皮-间充质转化 (EMT) 过程相似。5-HT 可能通过诱导 TGF- $\beta$ 1, 推动 EMT 过程。一部分诱导培养的瓣膜内皮细胞 (VECs) 向瓣膜间质细胞 (VICs) 转化<sup>[73]</sup>: 静止的 VICs 是健康瓣膜中的主要细胞类型, 参与了胶原纤维紊乱、小叶增厚和钙化的病理过程<sup>[74-75]</sup>; 在体外可分化为成骨细胞的成骨 VICs 被认为是病理性主动脉瓣在体内钙化的来源<sup>[76-77]</sup>。另一部分 VECs 向成骨或软骨生成表型分化<sup>[78]</sup>。5-HT1B/1C 和 5-HT2A/2B 受体亚型在人主动脉瓣细胞中均有表达<sup>[62]</sup>, 当血液中 5-HT 水平升高, 5-HTR 过度激活或 SERT 功能减退时, 都不可避免地推动瓣膜纤维化钙化进程。

### 4 总结与展望

随年龄增长, 瓣膜纤维化和钙化逐渐加剧, 但迄今为止尚无有效延缓瓣膜退化进程的药物。外源性 5-HT 作为人体内的重要激素, 与年龄成明显正相关, 其高表达可导致多处组织器官出现钙化。研

究 5-HT 受体抑制剂对心脏瓣膜钙化的改善作用,可能同时推动延缓其他脏器的纤维化或钙化的研究,但目前为止对该物质的相关作用知之甚少。5-HT 作为心脏瓣膜疾病形成和进展的重要驱动因素,对其进一步研究可能为 CAVD 的药物治疗提供新的理论基础及研究方向。

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