

氧化应激与脑血管病危险因素

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【摘要】 氧化应激系指机体活性氧产生过多和(或)机体抗氧化能力减弱,产生与清除失衡,导致活性氧在体内聚积并引起细胞氧化损伤的病理过程。这一病理过程与脑血管病关系密切,吸烟、血糖水平波动、高脂血症、高血压和高同型半胱氨酸血症等多种脑血管病危险因素均可使活性氧的产生增加。

【关键词】 卒中; 活性氧; 氧化性应激; 危险因素; 综述

Oxidative stress and risk factors for cerebrovascular diseases

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【Abstract】 Oxidative stress refers to the pathological process of cell oxidative damage that caused by increased reactive oxygen species (ROS) aggregation *in vivo*, due to the excessive generation of ROS and/or decreased anti-oxidant ability, resulting in imbalance between ROS producing and scavenging mechanism. Oxidative stress, which is closely related with cerebrovascular diseases, is involved in the pathological process of many diseases. Several cerebrovascular disease risk factors, such as smoking, blood glucose fluctuation, hyperlipemia, hypertension and hyperhomocysteinemia, can cause the increasing of ROS.

【Key words】 Stroke; Reactive oxygen species; Oxidative stress; Risk factors; Review

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脑血管病是发病率和病残率较高的神经科常见疾病,随着我国社会的快速发展和人民生活水平的提高,人们的生活规律已经发生重大改变,脑血管病发病率不断增加。大量证据表明,氧化应激在脑血管病发病机制中不可或缺,诸多危险因素如吸烟^[1]、血糖波动^[2]、高脂血症^[3]或高血压^[4-5]等均可使活性氧(ROS)增加。笔者拟就氧化应激与临床常见心脑血管病危险因素之间的相互作用进行概述。

一、氧化应激概念

氧化应激系体内活性氧产生过多和(或)机体抗氧化能力减退,产生和清除机制失衡,使其在体内蓄积并引起细胞氧化损伤的病理过程。活性氧主要包括超氧阴离子(O_2^-)、过氧化氢(H_2O_2)、羟基

(OH^-)、次氯酸(HClO)、一氧化氮(NO)和过氧亚硝基阴离子($ONOO^-$),是具有氧化还原潜能的自由基和非自由基氧化物^[6]。已知氧化应激是胰岛素抵抗、糖尿病和心脑血管病的共同基础,即2004年欧洲糖尿病研究协会(EASD)年会上Ceriello和Motz^[7]提出的“共同土壤学说”。

血管内皮细胞、平滑肌细胞、血管外膜纤维母细胞均可产生活性氧^[8]。生成活性氧的酶主要包括线粒体电子传递系统中的烟酰胺腺嘌呤二核苷酸磷酸(NADPH, 血管活性氧的主要来源)氧化酶、黄嘌呤氧化酶、髓过氧化物酶(MPO)、脂质氧化酶、一氧化氮合酶(NOS)、细胞色素P450氧化酶、过氧化酶等^[9-10];吞噬细胞中的NADPH氧化酶可以产生大量具有细胞毒性的活性氧,而血管内皮细胞和纤维母细胞也存在类似还原型烟酰胺腺嘌呤二核苷酸(NADH)/NADPH氧化酶。

活性氧是有氧代谢的副产物,其所具备的强氧化性是吞噬细胞消灭入侵机体的微生物的重要武器^[10]。活性氧的产生和代谢平衡破坏所致的氧化

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应激,与糖尿病、动脉粥样硬化、肿瘤等多种疾病的病理学过程相关;而这些疾病反之亦可使活性氧产生增加。血管、心脏、肾脏、神经系统等均是活性氧的靶器官,有研究证实,超氧阴离子在血管壁生成增加,使内源性一氧化氮(NO)减少、血管舒张能力减退,并参与血管重建。其机制主要涉及对氧化还原敏感的信号分子和第二信使,如丝裂原活化蛋白激酶(MAPK)、蛋白酪氨酸磷酸酶(PTP)、蛋白酪氨酸激酶(PTK)、促炎基因、离子通道等多方面^[11]。

二、氧化应激与脑血管病危险因素

因糖尿病控制措施的改进,8-异前列腺素F2 α (8-iso-PGF2 α)尿液排出率降低^[12]。其他危险因素,如高血压、吸烟、高脂血症或肥胖均认为与8-异前列腺素F2 α 尿液排出率增加有关。

1. 吸烟与氧化应激 吸烟能够使机体氧化应激水平提高,参与脑血管病和动脉粥样硬化的发生与发展,是公认的脑血管病危险因素。烟草通常为两种状态,分别是气相和颗粒相,均含有高浓度的活性氧、一氧化氮、过氧亚硝基阴离子和超氧阴离子等成分,此外,液相烟草焦油提取物也含有促氧化物质^[13]。因此,烟草产生的水溶性成分可以进入体循环而直接促进血管内皮细胞和平滑肌细胞,以及血液中各种细胞的氧化应激。因吸烟而显著改变的血清氧化应激标志物有3-硝基络氨酸(3-NT)、硫代巴比妥酸(TBA)和低密度脂蛋白(LDL),但吸烟对血清总胆固醇和甘油三酯几乎无影响^[14]。吸烟产生氧化应激的具体机制目前尚不十分明确,大致体现在两方面^[13]:(1)增加活性氧的生成。可通过促进磷脂氧化产物(oxPAPC)的生成而引起NADPH氧化酶活化,随之活性氧生成增加。尚可通过促进磷脂氧化产物的生成而致外周血单个核细胞(PBMC)发生氧化应激,激活核因子- κ B(NF- κ B),后者进一步负反馈调节核因子-E2相关因子2/抗氧化反应元件(Nrf2/ARE)通路。该通路可促进抗氧化基因表达,降低氧化应激反应,是调节细胞内氧化应激的关键通路。(2)降低抗氧化酶[如谷胱甘肽(GSH)]活性。Shimosato等^[15]于大鼠皮下注射去烟碱香烟烟雾提取物(CSE),连续注射4周后血管内皮依赖性舒张功能明显减弱,若经超氧化物歧化酶(SOD)预处理则能够恢复血管内皮舒张功能。表明去烟碱香烟烟雾提取物损害血管内皮功能是通过血管壁来源的过氧化物实现的。Ray等^[16]的动物实验结果也证实,烟草可以导致动脉粥样硬化,而予

抗氧化剂维生素C和E则可发挥预防作用。

2. 糖尿病与氧化应激 8-异前列腺素F2 α 是由活性氧介导的花生四烯酸氧化产物,为一项反映氧化应激的有效指标^[17-18]。有资料证实,2型糖尿病患者尿液8-异前列腺素F2 α 表达水平明显高于正常对照者^[19]。高血糖可通过细胞内葡萄糖氧化、蛋白糖基化和糖基化终末产物形成等不同途径产生活性氧^[20]。糖尿病持续高血糖可进一步加重氧化应激,而活性氧的大量堆积反馈性进一步加重病情,长期高血糖可使各种蛋白质变性即蛋白质糖基化作用,长期高血糖还可引起胰岛B细胞功能损伤^[21]。与此同时,由于胰岛B细胞内活性氧清除酶水平较低,因此对活性氧较为敏感;尤其糖尿病时,超氧化物歧化酶、谷胱甘肽、维生素E和C水平降低,削弱机体清除活性氧的能力^[22]。此外,高血糖还具有促进抗氧化蛋白灭活和糖化作用,如使超氧化物歧化酶活性降低、抗氧化能力降低。与持续性高血糖相比,血糖波动对血管内皮的损伤可能更严重,日间血糖波动和漂移对氧化应激的作用强于持续高血糖^[23]。血糖波动系指血糖水平在其峰值与谷值之间变化的不稳定状态。一项采用平均血糖波动幅度(MAGE)评价糖尿病患者血糖波动的临床研究,对糖尿病患者平均血糖波动幅度与氧化应激敏感指标8-异前列腺素F2 α 、硫代巴比妥酸反应物(TBARS)、8-羟基脱氧鸟苷(8-OHdG)及炎症敏感指标超敏C-反应蛋白(hs-CRP)之间的相关性进行分析,结果显示:平均血糖波动幅度与氧化应激敏感指标和超敏C-反应蛋白均呈显著正相关关系^[2]。表明平均血糖波动幅度较大的糖尿病患者表现出高氧化应激状态和更为严重的慢性炎症。亦有研究显示,血糖波动可降低谷胱甘肽等抗氧化剂和脂联素水平^[24]。提示糖尿病患者血糖波动参与氧化应激的发生与发展,是重要危险因素。血糖波动通过不同代谢途径产生活性氧,进而诱导细胞内氧化应激反应、启动和调节炎性因子的基因转录。有研究表明,糖尿病前期患者血糖水平波动是引起氧化应激增加的主要因素;初诊的2型糖尿病患者血糖波动对氧化应激的作用较糖化血红蛋白(HbA1c)更为显著^[25],而控制血糖并有效改善血糖波动可显著降低氧化应激反应^[26-27]。血糖波动可能是通过蛋白激酶C活化、氧化应激触发、钙离子通道激活等途径触发或参与包括内皮细胞、视网膜毛细血管周细胞、肾系膜细胞等的凋亡过程,从而促进糖尿病相关并

发症的发生^[28]。

3. 脂质代谢异常与氧化应激 脂质代谢异常是动脉粥样硬化的重要危险因素。动物实验表明,高脂饮食喂养12周的家兔主动脉8-异前列腺素F2 α Ⅲ、NADPH氧化酶亚单位gp91phox显著高于正常对照组^[29]。低密度脂蛋白可以诱导过氧化物酶活性升高、增加次氯酸生成,作用于酪氨酸残基产生酪酰基自由基,并诱发次氯酸氧化的链式反应,产生氧化修饰低密度脂蛋白(ox-LDL)。后者具有促进动脉粥样硬化的作用,同时作为一种炎性因子,还具有抑制内皮型一氧化氮合酶(eNOS)、促血管收缩、增强IL-1等细胞因子聚集使血小板聚集之作用。ox-LDL的产物亦具有细胞毒性,可以引起细胞凋亡。此外,ox-LDL也可以通过其免疫源性促进巨噬细胞在血管壁沉积,加速动脉粥样硬化的病理进程^[30]。次氯酸除具有氧化低密度脂蛋白之作用,还可氧化高密度脂蛋白(HDL),后者则可将胆固醇从巨噬细胞中移出、抗低密度脂蛋白氧化,进而延缓动脉粥样硬化之病理进程。与此同时,次氯酸氧化尚能够破坏高密度脂蛋白的盘状结构^[31],加速其结构重建和融合,对球形结构的高密度脂蛋白也有类似的破坏作用,从而大大减弱了高密度脂蛋白的抗动脉粥样硬化能力。高密度脂蛋白分为多种亚型,但各亚型均呈现相似的次氯酸氧化易感性^[32]。动物实验结果提示,低密度脂蛋白受体缺陷的大鼠经高脂饮食饲养8周后,血管即呈现高水平脂质浸润,以及活性氧水平显著升高^[33]。有研究显示,与低密度脂蛋白受体缺陷成年大鼠相比,老年大鼠动脉粥样硬化病理进程加速的机制可能是缺乏抗氧化基因的诱导。与成年大鼠相比,中年大鼠动脉粥样硬化病理进程更为迅速、损伤过程更为复杂、氧化应激水平更高。伴随这种氧化应激的加剧,多种抗氧化酶的表达水平降低,如谷胱甘肽过氧化物酶、超氧化物歧化酶和过氧化氢酶^[34]。

4. 高血压与氧化应激 氧化应激可导致高血压,而诱发高血压的因素也可能引起氧化应激反应增强^[35-36]。活性氧对高血压的影响表现为对血管张力和重建的影响,从不同时间和空间,包含血管壁细胞、血管内皮细胞、平滑肌细胞和细胞外基质(EM),构成较为复杂和多样化的系统调节网络。血管紧张素Ⅱ通过调节肾素-血管紧张素系统而上调血压,刺激血管壁血管紧张素Ⅱ1型受体(AT1),使小动脉平滑肌收缩,刺激肾上腺皮质球状带分泌醛

固酮,通过交感神经末梢突触前膜的正反馈使去甲肾上腺素分泌增加,从而升高血压。伴随血压的升高,血管紧张素Ⅱ1型受体还能刺激血管平滑肌细胞内的NADPH氧化酶活化,产生活性氧,但其具体机制尚不清楚。许多研究业已证实,血管紧张素Ⅱ是激活NADPH氧化酶的主要因子,其与1型受体相结合,通过蛋白激酶C、受体型蛋白酪氨酸激酶(PTK)和非受体型蛋白酪氨酸激酶(C-Src)途径激活NADPH氧化酶,产生活性氧,作用于肾脏、血管和心血管中枢而升高血压^[37-39]。动物实验结果显示,通过注射血管紧张素Ⅱ使大鼠血压升高可伴NADPH氧化酶水平升高,而予NADPH氧化酶抑制剂则可降低血管紧张素Ⅱ引起的血压升高和血管内活性氧水平^[40]。血管紧张素Ⅱ与诸多细胞因子和血管壁牵张力均可调节血管壁NADPH氧化酶系统,显著增加超氧阴离子和过氧化氢的生成,导致血管损伤和炎症反应,血管张力改变,阻力增加使血管重构,导致血压持续升高。有研究证实,高血压患者血浆氧化应激指标8-异前列腺素F2 α 水平显著高于正常对照者,并与血压相关^[41],表明氧化应激与高血压相关。Zalba等^[42]发现,成年自发性高血压大鼠主动脉p22phox mRNA水平显著高于正常对照者,NADPH氧化生成的活性氧水平显著升高,提示高血压可以通过上调NADPH氧化酶表达而致大鼠自发性血管壁氧化应激反应增强。此外,一氧化氮合成或利用度减少也是氧化应激致高血压的可能途径之一,其与高血压互为因果关系。一般认为,内皮型一氧化氮合酶失耦联,主要机制是一氧化氮合酶不能正常合成一氧化氮而转为生成超氧阴离子。目前对于氧化应激能否诱导实验性高血压,尚存争议,而抗氧化剂能否降低血压也有待进一步研究。

5. 同型半胱氨酸与氧化应激 同型半胱氨酸(Hcy)是动脉粥样硬化的独立危险因素,其作用机制是多方面的,包括内皮功能紊乱、促血栓形成等。同型半胱氨酸参与的病理过程可能与氧化应激相关,较低水平时,可引起内皮细胞释放一氧化氮,后者与血浆同型半胱氨酸反应,生成S-亚硝基同型半胱氨酸。后者是一种血管舒张剂和血小板抑制剂,能够抑制同型半胱氨酸自身氧化反应,减少过氧化氢的生成^[43],保护血管内皮细胞。当血浆同型半胱氨酸水平轻至中度升高时,同型半胱氨酸巯基可发生自身氧化反应,生成同型胱氨酸、同型半

胱氨酸混合性二硫化物和同型半胱氨酸硫内酯，并同时释放活性氧。同型半胱氨酸可使内质网和线粒体发生氧化应激反应。内质网氧化应激不仅可使许多蛋白质分子如血栓调节蛋白发生错误折叠，不能顺利地从内质网转运至高尔基体，导致蛋白质功能异常、分泌障碍；同时还能活化应激蛋白应答，导致血管内皮细胞高表达固醇调节元件结合蛋白1(SREBP1)等，使胆固醇和甘油三酯合成、摄取增加，促进泡沫细胞形成^[44]。线粒体损伤可通过呼吸链氧化磷酸化，释放更多的活性氧，导致细胞色素C释放至细胞质，激活凋亡信号 Caspases 途径，诱导血管内皮细胞凋亡^[45]。同型半胱氨酸还可通过激活核因子-κB 导致血管中过氧化物生成增加、氧化应激反应增强^[46]；而且还可抑制抗氧化酶，减弱抗氧化作用，特别是谷胱甘肽过氧化物酶的表达，造成体内过多的脂质过氧化物和过氧化氢聚积，从而减弱其阻止一氧化氮氧化失活的作用，增强脂质过氧化物与过氧化氢的细胞损伤效应^[47]。

三、小结

脑血管病是多种危险因素共同作用导致的高病残率和病死率疾病，氧化应激在脑血管病的发生和发展中发挥重要作用。笔者综述的几种危险因素通过不同途径加重氧化应激损伤，同时各种危险因素之间也存在错综复杂的相关性。另外，如年龄、酗酒、肥胖等因素也被证实与氧化应激相关，在此不再赘述。了解这些危险因素，并加以预防，例如有效控制高血压、糖尿病等原发病，提倡低钠低脂饮食、戒烟戒酒等，以减少氧化应激损伤，是脑血管病预防的重大举措。

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