

## ·神经系统遗传性疾病·

# 误诊为慢性炎性脱髓鞘多发性神经根神经病的正己烷中毒性周围神经病两例临床分析

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**【摘要】目的** 总结误诊为慢性炎性脱髓鞘多发性神经根神经病(CIDP)的正己烷中毒性周围神经病患者的临床表现与组织病理学特点。**方法与结果** 2例密切接触含有正己烷成分粘合剂的患者均于6~8个月后出现亚急性或慢性周围神经病变,以始于双下肢远端的肢体麻木、无力为首发症状,逐渐进展至下肢近端和上肢,脱离有毒作业环境后临床症状呈延迟恶化现象。神经传导检测提示四肢运动和感觉神经传导速度减慢、波幅降低,下肢重于上肢。腓肠神经活检有髓纤维密度呈轻至中度减少,可见有髓纤维形成巨大轴索和Wallerian变性,偶见再生簇结构,巨大轴索内充满神经微丝和颗粒物质。治疗原则为迅速脱离有毒作业环境和B族维生素营养神经,预后良好。**结论** 正己烷中毒性周围神经病的临床症状和脑脊液改变与CIDP相似,周围神经组织活检术可明确诊断。

**【关键词】** 周围神经系统疾病; 中毒; 己烷类

## Clinical analysis on two patients with N-hexane toxic peripheral neuropathy misdiagnosed as chronic inflammatory demyelinating polyradiculoneuropathy

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**【Abstract】Objective** To investigate the clinical and neuropathological features of N-hexane toxic peripheral neuropathy which was misdiagnosed as chronic inflammatory demyelinating polyradiculoneuropathy (CIDP). **Methods and Results** Two patients presented with subacute or chronic peripheral neuropathies after close exposure of N-hexane for 6 to 8 months, starting from weakness and numbness of bilateral distal lower limbs and gradually progressing to proximal lower limbs and upper limbs.

The worsening of clinical symptoms was delayed after keeping out of toxic working environment. Decreased motor nerve conduction velocity (MNCV) and sensory nerve conduction velocity (SNCV) of all limbs as well as marked decrease of amplitude, with lower extremities predominantly, were detected in both cases. Sural nerve biopsies revealed mild to moderate loss of myelinated fibers, formation of giant axons, Wallerian degeneration and rare regenerating clusters. The giant axons were filled with neurofilaments and granular materials. The patients were required to keep away from toxic working environment and were treated with vitamin B, and the prognosis was good. **Conclusions** The clinical symptoms and cerebrospinal fluid (CSF) findings of N-hexane toxic peripheral neuropathy are similar to CIDP. Peripheral nerve biopsy can play a key role in the diagnosis of the disease.

**【Key words】** Peripheral nervous system diseases; Poisoning; Hexanes

**Conflicts of interest:** none declared

正己烷是一种化学溶剂,广泛用于工业生产,如制鞋、触摸屏生产、印刷、钟表制造等行业<sup>[1-3]</sup>。正

己烷中毒性周围神经病全球范围内均有发病,无地域差异<sup>[2,4-6]</sup>,可散发或集中发病,以工作中接触正己烷的职业高发,特别是制鞋业和印刷业工人,其中高达82%的印刷业工人存在临床或亚临床症状<sup>[4]</sup>;亦可见于吸食“强力胶”的吸毒人群<sup>[7]</sup>。正己烷经呼吸道吸入或皮肤接触进入人体,其代谢产物2,5-己二酮具有神经毒性作用<sup>[8]</sup>,可导致中枢神经系统和

doi: 10.3969/j.issn.1672-6731.2019.06.006

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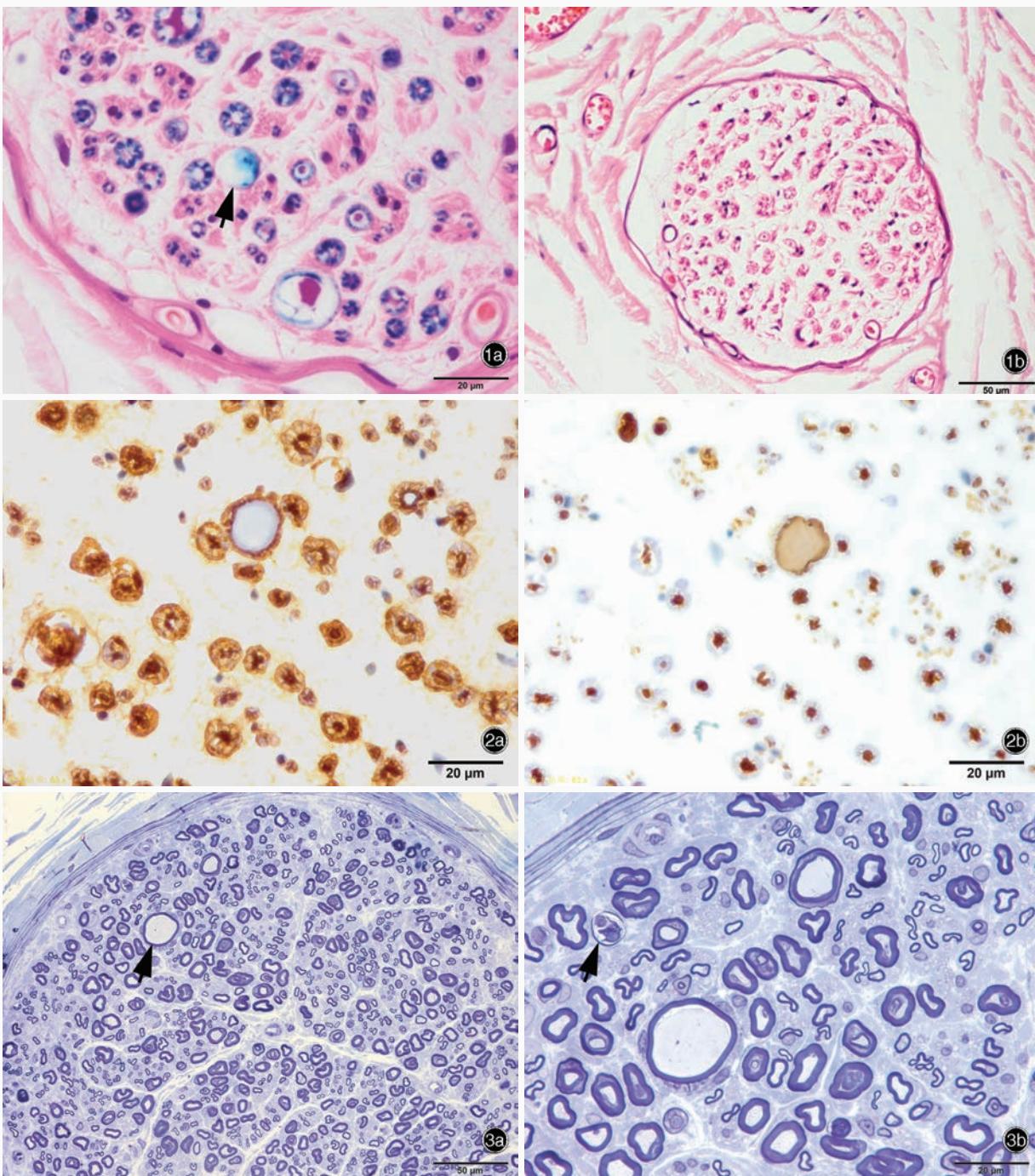
周围神经系统损害,如短期高剂量接触可以导致周围神经轴索损害伴继发性脱髓鞘改变,出现肌萎缩和肌无力等症状<sup>[8]</sup>;长期低剂量接触可导致明显的周围神经轴索缺失表现,自四肢远端开始出现感觉障碍<sup>[8]</sup>;超长期低剂量接触还可诱发帕金森综合征等中枢神经系统损害症状<sup>[9]</sup>。接触正己烷2~3个月即可出现中毒症状,脱离有害作业环境2~3年恢复正常<sup>[8]</sup>。神经传导检测发现四肢远端潜伏期延长和神经传导速度(NCV)减慢,严重者甚至出现传导阻滞和波形离散;同时,腰椎穿刺脑脊液检查显示蛋白定量升高,易误诊为慢性炎性脱髓鞘性多发性神经根神经病(CIDP)<sup>[10-11]</sup>;神经组织活检术有助于鉴别诊断。正己烷中毒性周围神经病的典型病理改变是周围神经大有髓纤维缺失,伴巨大轴索和继发性脱髓鞘改变<sup>[12]</sup>。本文对2例误诊为CIDP的正己烷中毒性周围神经病患者的临床表现以及组织病理学特点进行分析总结,以期减少误诊和漏诊。

### 临床资料

**例1** 女性,47岁,为制鞋厂工人。主因四肢无力、麻木1年,于2014年3月24日入院。患者1年前无明显诱因出现双下肢无力、行走困难,双手无力、持物困难,伴四肢麻木、发冷感,病程中无头晕头痛、恶心呕吐等症状,脱离工作环境休息1个月后症状明显好转;8个月前返回制鞋厂继续同种工作,再次出现四肢无力、麻木,并逐渐进展至不能独立行走,外院诊断为“CIDP”,予泼尼松60 mg/d口服1个月,自觉症状无明显改善。遂至我院就诊,以“四肢无力、麻木待查,疑似周围神经病”收入院。患者既往身体健康,无烟酒嗜好,饮食均衡,发病前8个月开始从事刷鞋胶工作,个人史及家族史无特殊。入院后体格检查:高级皮质功能未见异常,脑神经检查无异常;双上肢肌力4级,双下肢近端肌力2级、远端4级,四肢肌张力正常,无明显肌萎缩和肌束震颤;双侧指鼻试验、快复轮替动作、跟-膝-胫试验稳准;双上肢呈“手套”样(腕关节上5 cm)、双下肢呈“长袜套”样(膝关节上10 cm)痛温觉减退,双下肢远端震动觉减退;四肢远端皮肤发凉、干燥、无汗;双侧腹壁反射未引出,四肢腱反射未引出,双侧病理征阴性。实验室检查:血尿常规、肝肾功能试验、甲状腺功能试验、血糖、肌酸激酶(CK)、维生素B<sub>12</sub>、红细胞沉降率(ESR)、免疫球蛋白、抗核抗体(ANA)谱、抗神经节苷脂抗体(AGA)谱、肿瘤标志物筛查

均于正常值范围;血清叶酸4.40 nmol/L(4.50~34.00 nmol/L)。腰椎穿刺脑脊液压力、常规、生化均无异常。神经电生理学检查:双侧胫骨前肌、蹲短展肌呈神经源性损害;右侧正中神经感觉神经传导速度(SNCV)减慢(38.70 m/s)、波幅降低(2.91 μV),运动神经传导速度(MNCV)减慢(25.50 m/s),波幅正常;双侧胫后神经感觉神经传导不能引出;左侧胫神经运动神经传导速度减慢(28 m/s)、波幅降低(1.66 mV),右侧胫神经运动神经传导速度减慢(25.10 m/s)、波幅降低(1.47 mV);可见左侧腓总神经运动神经传导速度减慢(22.40 m/s)、波幅降低(2.31 mV),右侧腓总神经运动神经传导速度减慢(16.90 m/s)、波幅降低(3.27 mV);右侧正中神经无传导阻滞。组织病理学观察:腓肠神经活检有髓纤维密度呈中度减少,可见少量有髓纤维轴索变性形成的草绿色均质团块样结构(图1a),神经纤维束内可见个别有髓纤维轴索直径显著增大,最大直径达25 μm,未见炎性细胞浸润(图1b)和刚果红阳性物质沉积。免疫组织化学染色可见巨大轴索髓鞘变薄(图2a),轴索内充满神经微丝(图2b)。进一步行半薄切片,可见有髓纤维形成巨大轴索(图3a),其内充满低密度均质样物质,亦可见有髓纤维Wallerian变性(图3b),偶见有髓纤维呈簇状排列形成的再生簇结构。电子显微镜观察显示,有髓纤维形成巨大轴索和轴索变性,巨大轴索内充满呈致密排列的神经微丝和颗粒物质(图4)。进一步询问患者工作环境,确认有“强力胶”接触史,并从强力胶说明书中证实含有正己烷成分,最终确诊为正己烷中毒性周围神经病。遂脱离有毒作业环境,予以腺苷钴胺1.50 mg/d肌肉注射,连续治疗14 d后改为维生素B<sub>12</sub>500 μg/次(3次/d)口服,同时予以维生素B<sub>1</sub>10 mg/次(3次/d)、叶酸5 mg/次(3次/d)口服,连续治疗2个月,四肢无力、麻木症状逐渐改善,共住院14 d。出院后1年通过电话进行随访,症状与体征消失,恢复正常生活。

**例2** 男性,33岁,相框厂工人。主因四肢麻木、双下肢无力3个月,于2015年9月21日入院。患者3个月前无明显诱因出现四肢麻木,双下肢无力伴踩棉花感,症状呈进行性加重;1个月前出现行走不稳易摔倒,但仍可独立行走,否认双上肢无力,无头痛头晕、恶心呕吐等症状,外院诊断为“CIDP”,予地塞米松10 mg/d静脉滴注,治疗7 d后症状无明显改善,遂至我院就诊,以“双下肢无力待查、疑似



**图1** 光学显微镜观察 1a 可见有髓纤维轴索变性形成的草绿色均质团块样结构(箭头所示) Luxol快蓝染色(LFB) × 400  
**1b** 纤维束内未见炎性细胞浸润 HE染色 × 200 **图2** 光学显微镜观察 免疫组织化学染色(EnVision二步法) × 400  
**2a** 巨大轴索髓鞘变薄 2b 巨大轴索内充满神经微丝 **图3** 光学显微镜观察 甲苯胺蓝染色 3a 可见有髓纤维形成巨大轴索(箭头所示) × 200 3b 有髓纤维发生Wallerian变性(箭头所示) × 400

**Figure 1** Optical microscopy findings Green homogeneous mass-like structure could be found due to axonal degeneration of myelinated fibers (arrow indicates, Panel 1a). LFB staining × 400 No inflammatory cell infiltration was found within the fasciculi (Panel 1b). HE staining × 200 **Figure 2** Optical microscopy findings Immunohistochemical staining (EnVision) × 400 Giant axon with thinned myelin sheath could be seen (Panel 2a). Giant axons were filled with neurofilaments (Panel 2b). **Figure 3** Optical microscopy findings Toluidine blue staining Giant axons of myelinated fibers could be seen (arrow indicates, Panel 3a). × 200 Wallerian degeneration of myelinated fibers could be seen (arrow indicates, Panel 3b). × 400

周围神经病”收入院。既往身体健康,偶尔少量饮酒,均衡饮食,个人史及家族史无特殊。入院后体

格检查:高级皮质功能无明显异常,脑神经检查未见异常;双上肢呈“手套”样(腕关节以下)、双下肢

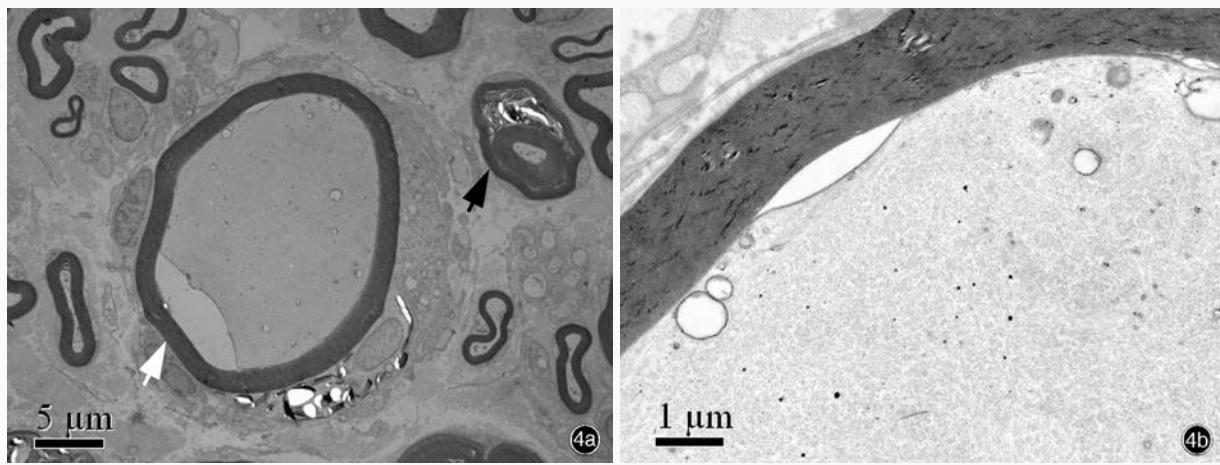


图4 电子显微镜观察 柚橼酸铅与醋酸铀双重染色 4a 可见有髓纤维形成巨大轴索(白箭头所示)和有髓纤维Wallerian变性(黑箭头所示, Bar = 5 μm) 4b 巨大轴索内充满呈致密排列的神经微丝和颗粒物质(Bar = 1 μm)

**Figure 4** Electron microscopy findings Lead citrate and uranyl acetate double staining Giant axons (white arrow indicates) and Wallerian degeneration of myelinated fibers (black arrow indicates) could be seen (Panel 4a, Bar = 5 μm). Giant axons were filled with dense neurofilaments and granular materials (Panel 4b, Bar = 1 μm).

呈“袜套”样(膝关节以下)痛觉减退,双下肢远端震动觉减退;双上肢肌力5级,双下肢近端肌力4级、远端2级,四肢肌张力正常,无明显肌萎缩和肌束震颤;四肢远端皮肤干燥、无汗;四肢腱反射减弱,双侧病理征阴性。实验室检查:血尿常规、血糖、肝肾功能试验、甲状腺功能试验、血清叶酸和维生素B<sub>12</sub>、免疫球蛋白、抗核抗体谱、抗神经节苷脂抗体谱、免疫固定电泳、男性肿瘤标志物筛查均于正常值范围,血清肌酸激酶为402 U/L(18~198 U/L)。腰椎穿刺脑脊液白细胞计数正常、蛋白定量770 mg/L(150~450 mg/L),呈蛋白-细胞分离现象,压力、葡萄糖和氯化物均未见异常。神经电生理学检查:右侧胫骨前肌呈神经源性损害;右侧正中神经感觉神经传导速度减慢(40.30 m/s)、波幅降低(5.70 μV),运动神经传导速度减慢(36.90 m/s),波幅正常;右侧腓浅神经感觉神经传导速度减慢(43.20 m/s)、波幅降低(7.50 μV);左侧腓肠神经感觉神经传导速度减慢(38.10 m/s)、波幅降低(4.60 μV);可见左侧胫神经运动神经传导速度减慢(34.70 m/s)、波幅降低(1.95 mV);右侧腓总神经运动神经传导速度减慢(30.40 m/s)、波幅降低(2.10 mV)。组织病理学观察:腓肠神经活检有髓纤维密度轻度减少,可见少量有髓纤维轴索变性形成的草绿色均质团块样结构,神经纤维束内可见个别有髓纤维轴索直径显著增大,最大直径达25 μm,未见炎性细胞浸润和刚果红阳性物质沉积。免疫组织化学染色可见巨大轴

索髓鞘变薄,轴索内充满神经微丝。半薄切片可见有髓纤维形成巨大轴索,其内充满低密度均质样物质,亦可见有髓纤维Wallerian变性,偶见有髓纤维簇状排列形成的再生簇结构。电子显微镜观察显示,有髓纤维形成巨大轴索和轴索变性,巨大轴索内充满呈致密排列的神经微丝和颗粒物质。再次询问病史,确认日常工作需频繁接触“强力胶”,该化学品中含正己烷,遂确诊为正己烷中毒性周围神经病。治疗原则为脱离有毒作业环境,应用腺苷钴胺1.50 mg/d肌肉注射,治疗10 d后改为维生素B<sub>12</sub>500 μg/次(3次/d)口服,同时予维生素B<sub>1</sub>10 mg/次(3次/d)、叶酸5 mg/次(3次/d)口服,连续治疗2个月,四肢无力、麻木症状逐渐改善,共住院10 d。出院后1年电话随访,恢复正常生活与工作。

## 讨 论

本文2例患者分别从事制鞋粘合和相框粘合工作,工作中密切接触含有正己烷的粘合剂,在接触正己烷6~8个月后出现亚急性或慢性周围神经病变,与文献报道相符<sup>[5,13-14]</sup>,停止接触后出现临床症状延迟恶化<sup>[5]</sup>,从而导致慢性病程。例1病程中脱离工作环境后症状自行缓解,恢复相同工作后复发,类似CIDP的缓解-复发病程;例2脑脊液呈现蛋白-细胞分离现象,恰是CIDP的特征性表现,故2例患者在外院首诊均误诊为CIDP<sup>[15]</sup>。

本文病例肢体麻木、无力症状始于双下肢远

端,随后进展至下肢近端和上肢,相似表现亦见于文献报道的正己烷中毒性周围神经病<sup>[5,13]</sup>。正己烷中毒性周围神经病以运动神经损害为主<sup>[7]</sup>,并可出现下肢近端无力<sup>[10]</sup>,本文例1肢体近端无力即重于远端,个别患者还可见四肢远端肌萎缩症状<sup>[5,13]</sup>。本文2例患者感觉障碍均呈现长度依赖性、对称性末梢分布规律,也有表现为疼痛和异常性冷痛症状伴水肿的报道<sup>[16]</sup>。正己烷中毒性周围神经病与CIDP均无前驱感染史,临床表现为感觉和运动神经同时受累,二者极易混淆,通过询问病史,以及发病至正己烷接触时间可资鉴别。

本文2例患者神经电生理学检测提示感觉和运动神经同时受累,下肢远端运动神经损害症状较上肢严重,类似表现亦见于文献报道的正己烷中毒性周围神经病<sup>[11]</sup>。而这种均一性周围神经损害并非CIDP的特点,中毒性周围神经病患者脱离有毒作业环境后神经传导速度仍延迟恶化<sup>[11]</sup>,且需相当长时间方可逐渐恢复<sup>[14]</sup>。本文2例患者神经电生理学检查所见的周围神经运动神经传导速度减慢伴波幅下降,提示轴索和髓鞘同时受累,且2例患者均未发现神经传导阻滞现象。多项研究显示,在病情较重的正己烷中毒性周围神经病患者中存在神经传导阻滞现象<sup>[10,14,16-17]</sup>,由此可见,神经传导阻滞并非CIDP所特有。

尽管强调毒物接触史对中毒性周围神经病的早期诊断与治疗至关重要<sup>[13,16]</sup>,但在众多职业接触者中仅个别患者发病,因此病因诊断较为困难,腓肠神经组织活检术对明确诊断具有重要意义<sup>[18]</sup>,其特征性病理改变表现为周围神经活动性轴索损害,伴有髓纤维轴索节段性肿胀致巨大轴索<sup>[10,12,14]</sup>,鲜见于其他获得性周围神经病<sup>[19-22]</sup>和遗传性巨轴索神经病<sup>[23-25]</sup>。有文献报道,中毒性周围神经病存在区域性有髓纤维脱髓鞘改变<sup>[18]</sup>,本文2例患者半薄切片可见有髓纤维Wallerian变性,提示存在脱离有毒作业环境后组织病理损害延迟恶化现象,此与正己烷代谢产物2,5-己二酮通过抑制轴索内自噬活性而降低神经微丝的降解,从而对神经系统产生毒性作用的机制有关<sup>[8,26]</sup>。

本文2例患者脱离有毒作业环境并经B族维生素营养神经治疗后,症状明显好转,感觉功能亦恢复良好<sup>[11]</sup>,而运动功能的恢复则是相对缓慢的过程,在停止接触有毒物质后9个月仍在康复中<sup>[13,27]</sup>,因此有必要进行长期综合治疗。

综上所述,正己烷中毒性周围神经病可以表现为与CIDP相似的临床症状和脑脊液特点,对不明原因的周围神经病应进一步行组织病理学检查以明确病因。

志谢 感谢北京大学第一医院电镜室柴立军技师对本文的帮助  
利益冲突 无

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(收稿日期:2019-05-14)

## · 小词典 ·

## 中英文对照名词词汇(三)

- 经颅多普勒超声 transcranial Doppler ultrasonography(TCD)
- 痉挛性共济失调 spastic ataxia(SPAX)
- 静脉注射免疫球蛋白 intravenous immunoglobulin(IVIg)
- 静息态fMRI resting-state functional magnetic resonance imaging (rs-fMRI)
- 局域一致性 regional homogeneity(ReHo)
- 巨细胞病毒 cytomegalovirus(CMV)
- 聚合酶链反应 polymerase chain reaction(PCR)
- 抗核抗体 anti-nuclear antibody(ANA)
- 抗神经节苷脂抗体 anti-ganglioside antibody(AGA)
- 抗中性粒细胞胞质抗体 anti-neutrophil cytoplasmic antibody(ANCA)
- 可读框 open reading frame(ORF)
- 可提取性核抗原 extractable nuclear antigen(ENA)
- 肯尼迪病 Kennedy's disease(KD)
- 快速眼动睡眠期行为障碍 rapid eye movement sleep behavior disorder(RBD)
- 扩散加权成像 diffusion-weighted imaging(DWI)
- 扩散张量成像 diffusion tensor imaging(DTI)
- 老年焦虑问卷 Geriatric Anxiety Inventory(GAI)
- 类风湿关节炎 rheumatoid arthritis(RA)
- 类风湿因子 rheumatoid factor(RF)
- 颅脑创伤 traumatic brain injury(TBI)
- 慢性进展型神经白塞综合征 systemic vasculitic neuropathy: executive summary [J]. Peripheral Nerv Syst, 2010, 15:176-184.
- 慢性炎性脱髓鞘多发性神经根神经病 chronic inflammatory demyelinating polyradiculoneuropathy (CIDP)
- 梅毒螺旋体明胶凝集试验 Treponema pallidum particle agglutination assay(TPPA)
- 美国国立卫生研究院卒中量表 National Institutes of Health Stroke Scale(NIHSS)
- 美国食品与药品管理局 Food and Drug Administration(FDA)
- 美国医学遗传学和基因组学会 American College of Medical Genetics and Genomics (ACMG)
- 蒙特利尔认知评价量表 Montreal Cognitive Assessment(MoCA)
- 免疫固定电泳 immunofixation electrophoresis(IFE)
- 面-肩-肱型肌营养不良症 facioscapulohumeral muscular dystrophy(FSHD)
- 脑干听觉诱发电位 brain stem auditory-evoked potential(BAEP)
- 脑桥中央髓鞘溶解症 central pontine myelinolysis(CPM)
- 脑实质性神经白塞综合征 parenchymal neuro-Behcet's syndrome(p-NBS)
- 脑血流量 cerebral blood flow(CBF)
- 脑源性神经营养因子 brain-derived neurotrophic factor(BDNF)