

2022 年癫痫领域十大研究进展

王群 单伟 杨华俊

【摘要】 2022 年有关癫痫的基础与临床研究取得了引人注目且具有重要意义的成果,主要集中在癫痫的诊断与评估、神经重症患者脑电活动的干预、抗癫痫发作药物和疾病修饰治疗药物的应用、神经调控、基因治疗等领域。本文拟结合我国当前癫痫科研与临床需求,梳理 2022 年各相关领域的最新研究进展,并以此展望癫痫诊断与治疗发展的新方向。

【关键词】 癫痫; 抗惊厥药; 综述

Research progress on epilepsy in 2022

WANG Qun^{1,2}, SHAN Wei^{1,2}, YANG Hua-jun³

¹Department of Epilepsy, Center of Neurology, Beijing Tiantan Hospital, Capital Medical University; China National Clinical Research Center for Neurological Diseases, Beijing 100070, China

²Beijing Institute for Brain Disorders, Beijing 100069, China

³Department of Neurology, Sanbo Brain Hospital, Capital Medical University, Beijing 100093, China

Corresponding author: WANG Qun (Email: wangq@ccmu.edu.cn)

【Abstract】 In 2022, scholars in the field of epilepsy at home and abroad have contributed many significant research achievements in both the basic and clinical aspects of epilepsy, mainly focusing on the diagnosis and evaluation of epilepsy, the intervention of electroence (EEG) activity in severe neurological disease, the application of antiepileptic seizure medicine (ASM) and disease modifying therapy (DMT) drugs, neuromodulation, gene therapy, etc. This article combined the current needs of epilepsy research in China with the author's own understanding, summarized the new progress in the field of epilepsy mentioned above in 2022, and looks forward to the new development direction of epilepsy research.

【Key words】 Epilepsy; Anticonvulsants; Review

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2022 年癫痫领域的科研成果收获颇丰,临床研

究方面,癫痫网络机制研究、多模态定量分析、深度学习等仍是国内外研究热点^[1-6];癫痫诊断与癫痫发作监测^[7-11]、新的遗传学标志物的发现^[12-16]、疾病修饰治疗(DMT)药物^[17-19]和新型抗癫痫发作药物(ASM)的研发^[20-27]、癫痫外科诊断^[28]、术前评估时机^[29]及评估手段的更新^[30-34]不断为癫痫诊断与治疗提供新的选择。癫痫基础研究也取得较为瞩目的进展,对临床多有启发作用和转化意义^[35-38]。基于此,笔者拟结合当前中国癫痫科研与临床需求,并根据自身经验对 2022 年癫痫领域颇具影响力的基础与临床研究进行梳理,甄选出十大进展,以把握癫痫发展的新方向。

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作者单位:100070 首都医科大学附属北京天坛医院神经病学中心癫痫科 国家神经系统疾病临床医学研究中心(王群,单伟);100069 北京脑重大疾病研究院(王群,单伟);100093 北京,首都医科大学三博脑科医院神经内科(杨华俊)

通讯作者:王群,Email:wangq@ccmu.edu.cn

一、5-SENSE 评分系统用于定位致痫灶

2022 年,加拿大蒙特利尔神经病学研究所于 *JAMA Neurol* 发表一项单中心队列研究,即 5-SENSE 评分系统,包括 MRI 病变范围、发作期痫样放电范围、发作间期痫样放电范围、定位症状学强度、定位神经心理缺损共 5 项可预测变量,主要用于定位局灶性癫痫致痫灶^[39]。其结果显示,该系统定位局灶性癫痫致痫灶的曲线下面积为 0.83、特异度和灵敏度分别为 76.3% 和 83.3%,相比立体定向脑电图 (SEEG) 评估致痫灶的有创性和高昂费用更简单、有效,可减少不必要的侵入性诊断负担和医疗资源的过度使用^[39]。5-SENSE 评分系统对 SEEG 定位致痫灶的价值既是一种挑战,同时亦提供一种多维度、多数据定位致痫灶的有效方法。

二、高频振荡定位致痫灶

癫痫外科手术对致痫灶的定位一般依靠皮质脑电图发作间期尖波放电和尖波放电模式,随着致痫灶定位标志物研究的不断进展,经临床筛选高频振荡 (HFO, 80 ~ 500 Hz) 已经成为目前精确定位致痫灶的生物学标志物^[40]。荷兰癫痫手术中心 (UMC Utrecht) 报告的一项随机、单盲、适应性非劣效性临床试验中,78 例颞叶外侧癫痫患者随机分为高频振荡指导手术组 (39 例) 或脑电图尖波指导手术组 (39 例),术后 1 年高频振荡指导手术组有 26 例 (66.67%)、脑电图尖波指导手术组有 35 例 (89.74%) 达到完全无发作;共 8 例发生手术相关严重不良事件,其中高频振荡指导手术组 5 例、脑电图尖波指导手术组 3 例,无死亡病例^[40];调整混杂因素后,高频振荡对颞叶外侧癫痫致痫灶的定位效果呈非劣效性,即与脑电图尖波放电模式定位致痫灶指导手术的安全性和有效性相当^[40]。该项研究获得的临床数据证实,高频振荡定位颞叶外侧癫痫致痫灶是脑电图尖波放电模式较好的替代。

三、妊娠期抗癫痫发作药物血药浓度监测

妊娠引起的抗癫痫发作药物药代动力学变化,如蛋白质结合减少、肝脏代谢改变、肾血流量增加等可使妊娠期癫痫患者的药物治疗变得更加复杂。目前,临床有 30 余种抗癫痫发作药物,但仅有少数药物可用于妊娠期,且较少有高质量的临床研究关注育龄期癫痫女性所面临的临床问题,以及服用抗癫痫发作药物对其后代的影响。MONEAD (Maternal Outcomes and Neurodevelopmental Effects of Antiepileptic Drugs) 研究改变了这一现状^[41]。该

项研究共纳入 289 例妊娠期癫痫患者,分别接受拉莫三嗪、左乙拉西坦单药或联合治疗,与健康女性 (89 例) 相比,癫痫患者所育后代 3 岁时的语言指数和一般适应能力评分无显著差异,且与妊娠中期和晚期抗癫痫发作药物最大血药浓度无关联性;但单独对患者后代语言指数进行分析则显示评分降低,且与左乙拉西坦暴露剂量增加具有相关性 ($P = 0.028$)。进一步对患者妊娠期血药浓度变化进行分析,与妊娠前相比,妊娠期抗癫痫发作药物血药浓度均不同程度下降,下降程度依次为拉莫三嗪 56.1%、左乙拉西坦 36.8%、卡马西平 17.3%、奥卡西平 32.6%、拉科酰胺 39.9%、唑尼沙胺 29.8%,但托吡酯的变化较小 (2.3%)。这是由于妊娠期肝脏血流量增加,在孕激素的作用下对抗癫痫发作药物的清除率增加,进而使血药浓度降低,当抗癫痫发作药物血药浓度低于基线 (尚未妊娠) 的 65% 时,癫痫发作风险显著增加^[42]。因此,对妊娠期癫痫的管理需要平衡治疗不当与癫痫恶化的“收益/风险”,以及不合理增加药物剂量使抗癫痫发作药物暴露致畸风险明显增加可能带来的危害。药代动力学组学提示,拉莫三嗪和左乙拉西坦是妊娠期癫痫患者安全用药的首选,妊娠早期即应对抗癫痫发作药物进行血药浓度监测,并根据血药浓度变化调整药物种类或剂量。

四、心脏骤停后昏迷患者节律性和周期性脑电图模式的治疗

临床有 10% ~ 35% 心脏骤停后昏迷患者出现节律性和周期性脑电图模式,据认为这是一种脑电图显示的痫样放电,其中以全身周期性放电常见,多与神经功能预后不良有关^[43]。对于这部分患者,是否应用抗癫痫发作药物以改善神经功能预后,目前众说纷纭。Ruijter 等^[44]就此问题进行探索,在其研究中共招募 172 例于心脏骤停后 35 小时 (中位值) 监测到节律性或周期性脑电活动的患者,随机分为抗癫痫治疗组 (88 例) 和对照组 (84 例,仅予以标准护理),观察两组患者脑电图节律性变化和神经功能预后,其结果显示,抗癫痫治疗组有 56% 患者节律性和周期性脑电活动连续 48 小时被完全抑制,对照组同一时间内仅有 2% 被完全抑制,随访 3 个月进行脑功能分类量表 (CPC) 评估,神经功能预后不良者抗癫痫治疗组占 90%、对照组占 92%,表明应用抗癫痫发作药物抑制节律性和周期性脑电活动至少 48 小时的方法,对改善此类患者的神经功能无

益。全身周期性放电是临床最为常见的异常脑电模式,通常以低频(<0.50 Hz)开始,演变过程可以持续数小时,与癫痫持续状态下的普通演变过程不同,其特征性脑电图呈现迅速发作,数秒内即开始演变,表明缺氧缺血性脑病的全身周期性放电可能是严重缺血性脑损伤的直接表现,而非癫痫的直接表现^[44]。

五、左乙拉西坦预防脑出血急性期癫痫发作

脑出血急性期癫痫发作多发生于脑出血后 7 天内,发生率高达 30%,一般认为,疾病早期即出现癫痫发作预示血肿扩大和神经功能结局不良,虽然目前的脑卒中指南并不建议脑出血急性期进行预防性抗癫痫治疗^[45],但仍有学者对此进行探索。法国开展的一项左乙拉西坦预防脑出血急性期癫痫发作的 PEACH 试验^[46],是一项在 3 个卒中单元进行的双盲、随机、安慰剂对照 III 期临床试验,旨在观察预防性抗癫痫治疗的有效性和安全性,历时近 3 年(2017 年 6 月 1 日至 2020 年 4 月 14 日),50 例符合纳入标准的轻至中度脑出血患者随机分为左乙拉西坦组(24 例)或安慰剂组(26 例),入组后 72 小时左乙拉西坦组即有 3/19 患者出现癫痫发作,安慰剂组为 43.48%(10/23),组间差异具有统计学意义($P=0.043$),且两组癫痫发作均为脑电图发作;随访过程中常见的不良反应包括头痛或其他躯体疼痛和跌倒,严重不良事件为脑出血引起的神经功能缺损恶化和重症肺炎(组间差异无统计学意义),均无死亡病例。该项研究证实左乙拉西坦可有效预防自发性脑出血患者急性期癫痫发作,由于样本量小和数据缺失,其研究结论能否在临床推广尚不确定,未来需要通过大样本随机对照临床试验进一步验证预防性抗癫痫治疗改善神经功能结局的可能性。

六、左乙拉西坦与磷苯妥英作为成人癫痫持续状态的二线治疗药物

强效苯二氮草类药物是癫痫持续状态的一线治疗药物,但药效维持时间较短,因此需要其他长效抗癫痫发作药物作为终止癫痫持续状态和预防复发的二线药物。磷苯妥英是癫痫持续状态二线治疗的推荐药物,左乙拉西坦则是应用最频繁且疗效和安全性较高的药物。既往开展的 ESETT 研究针对二者治疗癫痫持续状态的疗效进行对比分析,入组患者予以地西泮后,随机分为静脉注射左乙拉西坦组或静脉注射磷苯妥英组,结果显示,两组给药后 30 分钟癫痫发作终止率、24 小时内癫痫复发率和

插管率无明显差异,疗效相当;但磷苯妥英组老年患者严重不良心脏事件较为常见,因此推荐高龄癫痫持续状态患者应用左乙拉西坦治疗,提示静脉注射左乙拉西坦可以纳入癫痫持续状态的二线药物治疗指南,左乙拉西坦和磷苯妥英可一并推荐作为成人癫痫持续状态的二线治疗药物^[47]。Nakamura 等^[48]的研究与 ESETT 研究的区别在于,该项研究设计是针对成人癫痫持续状态的非劣效性设计,是左乙拉西坦和磷苯妥英治疗成人癫痫持续状态的较大随机对照临床试验之一,纳入了更多老年患者,其结果显示,磷苯妥英具有与左乙拉西坦相似的疗效,并强调磷苯妥英可用于治疗存在轻症药物相关不良事件的癫痫持续状态患者,因此推荐左乙拉西坦作为继磷苯妥英后的癫痫持续状态二线治疗药物。

七、芬氟拉明治疗 Lennox-Gastaut 综合征

芬氟拉明(fintepla)是一种液态氟苯丙胺,通过调节血清素机制和 Sigma-1 受体活性减少癫痫发作频率。2020 年 6 月,芬氟拉明率先在美国上市,主要用于治疗 2 岁以上的 Dravet 综合征患者。近日,美国食品与药品管理局(FDA)已授予芬氟拉明治疗 Lennox-Gastaut 综合征(LGS)的优先审评资格^[49]。2022 年,一项全球随机、双盲、安慰剂对照 III 期临床试验报告芬氟拉明治疗 2~35 岁 Lennox-Gastaut 综合征患者的疗效和安全性:263 例患者按照 1:1:1 的比例随机分配至芬氟拉明 0.20 mg/(kg·d)组、0.70 mg/(kg·d)组或安慰剂组,与治疗前相比,芬氟拉明 0.70 mg/(kg·d)组每 28 天的跌倒性癫痫发作频率(中位值)减少 23.7%,而安慰剂组仅减少 8.7%($P=0.0037$),芬氟拉明治疗 2 周内即可观察到跌倒性癫痫发作频率减少,且在为期 14 周的治疗周期内持续有效,常见不良反应主要为腹泻、食欲下降、疲劳、嗜睡和呕吐,此外,还存在增加心脏瓣膜病和肺动脉高压的风险^[50]。Lennox-Gastaut 综合征是癫痫治疗领域最具挑战性的癫痫性脑病之一,尽管有多种治疗方案,但绝大多数患者仍未得到很好控制,期待未来 FDA 更新芬氟拉明治疗全面性发作临床应用的适应证。

八、加奈索酮治疗 CDKL5 缺乏症相关癫痫发作

CDKL5 缺乏症(CDD)是一种临床罕见的严重遗传性癫痫,由定位于 X 染色体的 CDKL5 基因变异引起。Ztalmy 的活性药物成分即为加奈索酮,是一种 γ -氨基丁酸 A 型受体(GABA_AR)的正向变构调节

剂,可通过对突触和突触外 GABA_AR 作用以发挥抗癫痫和抗焦虑作用。发表于 2022 年 *Lancet Neurol* 的一项关于加奈索酮治疗遗传性脑病相关癫痫的随机对照 III 期临床试验,以 2~21 岁携带 *CDKL5* 基因致病性或可能致病性变异的运动痉挛患者为研究对象,随机接受加奈索酮或安慰剂治疗,共治疗 17 周,加奈索酮组患者治疗 28 天内运动性癫痫发作频率(中位值)降低 30.7%,而安慰剂组仅降低 6.9% ($P=0.0036$);在扩展开放标签研究中,接受加奈索酮治疗至少 12 个月的患者运动性癫痫发作频率平均降低 49.6%;药物安全性评价,加奈索酮组和安慰剂组分别有 43 例(86%)和 45 例(88%)患者发生嗜睡、发热和上呼吸道感染等不良事件,此外,加奈索酮组和安慰剂组分别有 2 例(4%)和 4 例(8%)患者中断试验,无死亡病例^[51]。总之,与安慰剂相比,加奈索酮可使 *CDKL5* 缺乏症相关癫痫发作频率显著降低,且耐受性良好。2022 年, FDA 批准加奈索酮用于治疗 *CDKL5* 缺乏症相关癫痫发作,结合上述研究结果,可以认为该药作为 *CDKL5* 缺乏症相关癫痫性脑病的候选治疗药物颇具应用前景。

九、丘脑中央中核电刺激术治疗 Lennox-Gastaut 综合征

目前批准的脑深部电刺激术(DBS)治疗耐药性癫痫的刺激靶点主要是丘脑底核。而 ESTEL (Electrical Stimulation of Thalamus for Epilepsy of Lennox-Gastaut Phenotype) 研究则针对双侧丘脑中央中核电刺激术治疗 Lennox-Gastaut 综合征的疗效开展临床观察,治疗组(10 例)患者在植入电极后第 4 个月开始接受 3 个月的电刺激治疗(盲期),对照组(9 例)患者术后第 4~6 个月则不接受电刺激治疗,两组患者从完成脑深部电刺激术后第 7 个月开始进入非盲期,全部接受为期 3 个月的电刺激,盲期结束时,治疗组日记记录和脑电图癫痫发作频率减少 $\geq 50\%$ 比例高于对照组;试验结束时,19 例日记记录和 17 例脑电图癫痫发作频率均低于基线水平,其中 12 例出现短暂性术后嗜睡、1 例治疗期间发生装置相关性感染,未出现死亡或自发性出血,表明双侧丘脑中央中核电刺激术可用于治疗难治性全面性发作,且对双侧丘脑中央中核的反应性神经刺激术(RNS)用于缓解全面性发作颇具前景^[52]。

十、创新细胞基因疗法

细胞基因疗法(CGT)系通过人工改造的病毒递送靶向功能基因替代突变基因,从而缓解疾病进

程。癫痫的本质是由过度活跃的神经元活动所致,而如何对活跃的神经元进行癫痫特征性归纳和特异性调控一直是学术界的难点问题,也限制了细胞基因疗法在癫痫领域的产业转化。近期由英国伦敦大学创新的细胞基因疗法攻克了这一技术难关。该项研究尝试对癫痫小鼠模型和类脑器官模型进行分析和测试,最终选择 *cfos* 基因启动子表达钾离子通道 *KCNA1* 基因作为替代基因,结果显示,替代基因可以迅速平复异常兴奋的神经元,癫痫小鼠模型经治疗后自发性痫样放电减少约 80% 且不影响认知行为;进一步采用人源诱导型多能干细胞(iPSCs)诱导分化人脑类组织器官,通过二次施加惊厥剂以诱发神经元过度兴奋模拟癫痫发作,在首次添加惊厥剂时人脑神经元便成功表达钾离子通道 *KCNA1* 基因,再次添加时神经元遂停止痫样放电,成功复现癫痫小鼠模型的研究结论^[53]。虽然目前判断该疗法是否能够转化为临床应用为时过早,但基于上述动物模型的应用结果,可以推测颇具应用前景。与既往报道的其他类型细胞基因疗法将模型小鼠的癫痫发作频率降至 35%~50% 相比^[54],该项研究报告的癫痫发作缓解程度明显高于预期。此外,近年兴起的 CRISPR (Clustered Regularly Interspaced Short Palindromic Repeats) 细胞基因编辑疗法,可通过纠正错误的基因编辑序列达到从根源上治愈疾病^[55],期待其在癫痫领域的应用效果。

综上所述,2022 年报道的癫痫相关研究涵盖了癫痫的诊断与评估、神经重症患者脑电活动的干预、抗癫痫发作药物和疾病修饰治疗药物的应用、神经调控、基因治疗等近年颇受关注的领域,具有一定的代表性,希望癫痫研究领域的同道及广大青年学者可以从中受到启发,结合自身研究方向和领域深入探索、继续耕耘,造福患者。

利益冲突 无

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· 小词典 ·

中英文对照名词词汇(一)

- γ-氨基丁酸 γ-aminobutyric acid(GABA)
- γ-氨基丁酸 A 型受体
γ-aminobutyric acid receptor type A(GABA_AR)
- γ-氨基丁酸 B 型受体
γ-aminobutyric acid receptor type B(GABA_BR)
- α-氨基-3-羟基-5-甲基-4-异噁唑丙酸受体
α-amino-3-hydroxy-5-methyl-4-isoxazole propionic acid receptor(AMPA)
- 白天过度嗜睡 excessive daytime sleepiness(EDS)
- 白质抑制 white matter suppression(WMS)
- 不对称性强直性肢体姿势
asymmetric tonic with limbs postural(ATLP)
- 部分各向异性 fractional anisotropy(FA)
- 侧方扩散反应 lateral spread response(LSR)
- 长程视频脑电图
long-term video electroencephalography(LT-VEEG)
- 常染色体显性遗传夜间发作性额叶癫痫
autosomal dominant nocturnal frontal lobe epilepsy(ADNFLE)
- 超氧化物歧化酶 superoxide dismutase(SOD)
- 迟发性癫痫 late seizure(LS)
- 抽动秽语综合征 Tourette's syndrome(TS)
- 磁共振波谱 magnetic resonance spectrum(MRS)
- 磁敏感加权成像 susceptibility-weighted imaging(SWI)
- 促肾上腺皮质激素 adrenocorticotrophic hormone(ACTH)
- 大田原综合征 Ohtahara's syndrome(OS)
- 单分子测序 single molecule sequencing(SMS)
- 低波幅快活动 low-voltage fast activity(LVF)
- 低级别胶质瘤 low-grade glioma(LGG)
- 第二代测序技术 next generation sequencing(NGS)
- 癫痫持续状态 status epilepticus(SE)
- 癫痫猝死 sudden unexpected death in epilepsy(SUDEP)
- 癫痫性脑病 epileptic encephalopathy(EE)
- 电压门控性钙离子通道
voltage-gated calcium channel(VGCC)
- 电压门控性钾离子通道
voltage-gated potassium channel(VGKC)
- 多导睡眠图 polysomnography(PSG)
- 额颞叶痴呆 frontotemporal dementia(FTD)
- 发育迟缓、癫痫和新生儿糖尿病
developmental delay, epilepsy and neonatal diabetes(DEND)
- 发作间期痫样放电 interictal epileptiform discharges(IEDs)
- 发作性运动诱发性运动障碍
paroxysmal kinesigenic dyskinesia(PKD)
- 反义寡核苷酸 antisense oligonucleotide(ASO)
- C-反应蛋白 C-reactive protein(CRP)
- 反应性神经刺激 responsive neurostimulation(RNS)
- 泛素-蛋白酶体系统 ubiquitin proteasome system(UPS)
- 非甾体抗炎药 non-steroid anti-inflammatory drug(NSAID)
- 腓骨肌萎缩症 Charcot-Marie-Tooth disease(CMT)
- 峰度各向异性 kurtosis fractional anisotropy(KFA)
- 副肿瘤综合征 paraneoplastic syndrome(PNS)
- 富亮氨酸胶质瘤失活蛋白 1
leucine rich glioma inactivated 1(LGI1)