

# 癫痫患者认知功能障碍相关危险因素研究进展

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**【摘要】** 认知功能障碍是癫痫的常见并发症,严重影响患者日常生活活动能力,及时采取针对性措施可以避免认知损害进一步加重。癫痫患者认知功能障碍的危险因素较多,本文从癫痫因素和非癫痫因素两方面对癫痫患者认知功能障碍相关危险因素进行总结,为癫痫的精准治疗提供理论依据。

**【关键词】** 癫痫; 认知障碍; 危险因素; 综述

## Research progress on risk factors of cognition disorders in epilepsy patients

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**【Abstract】** Cognition disorders is a common complication of epilepsy, which seriously affects patients' activities of daily living. Timely measures can avoid further impairment of patients' cognitive function. There are many risk factors for cognition disorders in patients with epilepsy. This paper summarizes the risk factors related to cognition disorders in patients with epilepsy, and classifies them according to epileptic factors and non-epileptic factors, so as to provide a theoretical basis for accurate treatment of epilepsy.

**【Key words】** Epilepsy; Cognition disorders; Risk factors; Review

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癫痫是神经元高度同步化异常放电导致的常见神经系统疾病,全球约有 7000 万例癫痫患者,约 80% 生活在医疗、社会等资源有限的发展中国家<sup>[1]</sup>。截至 2021 年,我国约有癫痫患者 1000 万例<sup>[2]</sup>,近 2/3 未得到有效治疗<sup>[3]</sup>。据全球疾病负担(GBD)研究估计,2019 年中国癫痫导致的伤残调整寿命年(DALY)约占全球伤残调整寿命年的 10%,占东亚地区的 94%<sup>[2]</sup>。认知功能障碍是癫痫常见并发症,表现为注意力、记忆力、命名、视空间能力、执行功

能等不同认知域完全或部分损害<sup>[4-5]</sup>,严重影响患者生活质量,多种因素可促进癫痫患者认知功能障碍的发生与发展<sup>[6]</sup>。本文拟从癫痫因素和非癫痫因素两方面对癫痫患者认知功能障碍相关危险因素研究进展进行综述,以为癫痫的精准治疗与预防提供理论依据。

### 一、癫痫因素

1. 癫痫发病年龄及病程 发病年龄及病程是影响癫痫患者认知功能的重要因素<sup>[7]</sup>。发病年龄较小且病程较长的癫痫患儿对面部情绪感知及心理推测能力较差,其原因可能是癫痫发作导致低龄患儿的社会认知技能初始获取能力降低,且反复癫痫发作阻碍其社会认知功能发展<sup>[8]</sup>。癫痫患儿随病程进展出现进行性认知功能下降,疾病早期下降速度较快,此后逐渐减慢<sup>[9]</sup>,且出现特定认知域损害,如记忆力、注意力、执行功能、命名和语言流畅性等损害程度随病程进展逐渐恶化<sup>[10]</sup>。Sen 等<sup>[11]</sup>发现,老年

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癫痫患者随病程进展认知功能持续下降,这可能是由于持续性癫痫发作或者发作间期持续性痫样放电诱发神经元损伤或丢失,并产生慢性累积效应,进而导致脑结构和代谢异常,逐渐加重认知功能障碍。注意力和记忆力是受癫痫影响最显著的两个认知域,发病年龄较小的癫痫患儿主要表现为注意力减退和严重学习记忆障碍<sup>[12]</sup>,而病程较长的患者注意力、语言记忆、视觉记忆和逻辑记忆损害更加严重<sup>[13]</sup>。

2. 发作频率 癫痫发作频率对认知功能也存在显著影响<sup>[14]</sup>。Feldman 等<sup>[15]</sup>研究发现,癫痫发作频率 >4 次/月是癫痫患者认知功能障碍的重要危险因素( $OR = 5.770, P < 0.01$ )。Arinzechi 等<sup>[16]</sup>采用计算机化认知功能评价测试中 FePsy 测验和社区痴呆筛查量表(CSI-D)评价癫痫患者的认知功能,发现低发作频率组( $\leq 2$ 次/月)和高发作频率组(>2次/月)均存在所有认知域损害,而高发作频率组记忆功能障碍发生率显著增加。一项针对难治性单侧颞叶癫痫的研究也发现,较高的发作频率使患者记忆功能下降<sup>[17]</sup>,长期或反复癫痫发作可引起永久性神经元损伤,导致或加重认知功能障碍<sup>[18-19]</sup>。

3. 发作类型 2017 年,国际抗癫痫联盟(ILAE)对癫痫发作类型进行修订,分为局灶性发作、全面性发作和不明起始部位发作 3 种类型<sup>[20]</sup>。痫样放电对皮质下结构的影响不同,使得其对认知功能的影响存在一定差异。Englot 等<sup>[21]</sup>发现,单纯局灶性发作患者单侧内侧颞叶癫痫(mTLE)并不破坏皮质下睡眠-觉醒系统,对新皮质功能和意识状态无显著影响;而复杂局灶性发作患者发作期内侧颞叶痫样放电快速扩散至外侧颞叶和对侧颞叶,对中线处皮质下睡眠-觉醒系统产生抑制作用,可导致新皮质功能抑制。新皮质是哺乳动物大脑皮质的最大部分,约占大脑皮质表面的 96%,是思维和语言等高级认知功能相关脑区<sup>[22]</sup>,其功能损害可导致认知功能障碍。颞叶癫痫患者出现局灶性进展为双侧强直-阵挛发作(FBTCS)时,丘脑激活减少,丘脑-皮质通路改变,由于丘脑可以调节颞叶癫痫的痫样放电扩散,并通过促进皮质同步作用和皮质-皮质相互作用促进运动计划、语言和记忆,丘脑-皮质通路改变可以导致认知功能障碍<sup>[23-25]</sup>。此外,表现为失神发作的全面性发作患者认知功能障碍较其他发作类型更严重,可能与其影响的脑组织解剖位置更深、范围更大有关<sup>[26]</sup>。

4. 发作部位 局灶性癫痫患者可能存在相应脑区调控障碍导致的认知功能障碍<sup>[27]</sup>。Postma 等<sup>[28]</sup>采用高分辨率磁共振成像(HRMRI)以及成人记忆和信息处理成套量表(AMIPB)分别对颞叶癫痫患者和健康志愿者的海马形状和认知功能进行对比分析,发现左侧颞叶癫痫和右侧颞叶癫痫患者语言和视觉记忆评分均显著低于健康志愿者;他们还发现,左侧上外侧海马头部萎缩可导致语言记忆障碍,而双侧下内侧海马头部萎缩可导致视觉记忆障碍,萎缩越明显、语言记忆和视觉记忆越差,提示不同发作部位导致的认知功能障碍类型可能不同。致痫灶位置不同造成的认知损害类型及程度通常存在差异,颞叶癫痫作为成人最常见的局灶性癫痫,通常与记忆力减退相关,且对记忆力损害程度较额叶癫痫更严重<sup>[29]</sup>,额叶癫痫则主要影响执行功能<sup>[30]</sup>。正确识别致痫灶位置对预测癫痫患者可能出现的认知功能障碍类型具有重要意义。

5. 发作间期痫样放电 发作间期痫样放电(IEDs)是癫痫患者常见脑电图特征,表现为发作间期尖波,被认为与短暂性认知功能障碍有关<sup>[31]</sup>。发作间期痫样放电可损害难治性癫痫患者短期记忆,且致痫灶位于左侧的患者致痫灶外发作间期痫样放电可影响记忆编码<sup>[32]</sup>。Reed 等<sup>[33]</sup>发现,海马区发作间期痫样放电可增加内侧颞叶抑制性中间神经元活性,且抑制性中间神经元放电频率增加显著高于兴奋性中间神经元,这种增加阻碍内侧颞叶局部网络和区域内信息传递,从而导致记忆功能减退。多项研究业已证实,发作间期痫样放电可干扰致痫灶和大脑网络接连区域的功能,导致整体认知损害<sup>[34]</sup>。频繁和广泛性发作间期痫样放电还可通过干扰清醒时学习和记忆过程以及睡眠时记忆巩固以损害认知功能<sup>[35]</sup>。

## 二、非癫痫因素

1. 药物治疗 目前,抗癫痫发作药物(ASM)是癫痫的主要治疗方案,通过抑制神经元兴奋性或增强神经元抑制性以抑制痫样放电。但由于抗癫痫发作药物不加区别地发挥作用,使其他认知功能正常的神经网络也可能受到影响,进而损害认知功能,尤其是注意力和执行功能<sup>[12]</sup>。其中,第一代抗癫痫发作药物如卡马西平、苯巴比妥、苯妥英钠等对认知功能的影响最为严重;而新型抗癫痫发作药物如拉莫三嗪、左乙拉西坦等则对认知功能的损害相对较小,甚至部分药物可以改善认知功能<sup>[36-37]</sup>。

托吡酯作为一种新型抗癫痫发作药物,对语言表达能力和记忆力的损害较其他抗癫痫发作药物更严重<sup>[38]</sup>。一项研究共纳入 36 例最新诊断或停用抗癫痫发作药物 ≥ 6 个月的癫痫患者,予以不同剂量托吡酯规律治疗,分为 50 mg/d 组(10 例)、75 mg/d 组(12 例)、100 mg/d 组(10 例)和 200 mg/d 组(4 例),分别于入组时和治疗 1 年时行神经心理学测验,结果显示,虽然托吡酯可减少癫痫发作频率,但有 44.44%(16/36)的患者出现认知功能障碍,提示托吡酯可能导致癫痫患者出现认知功能障碍,其中 6 例停用托吡酯并改用传统抗癫痫发作药物后认知功能显著改善<sup>[39]</sup>。尽管认知功能障碍是托吡酯停药的最主要原因,但大多数患者仍选择在出现认知功能障碍后继续接受至少 6 个月的托吡酯治疗,且认为托吡酯治疗后癫痫发作频率减少<sup>[40]</sup>,表明托吡酯对认知功能的损害在一定程度上可以被患者所接受。并非所有第一代抗癫痫发作药物的认知损害作用均强于新型药物,已有研究证实前者对语言功能的损害作用轻于后者<sup>[41]</sup>。患者服用抗癫痫发作药物的种类越多,神经细胞受损风险越大,导致出现认知功能障碍的风险越高<sup>[41]</sup>。通过抗癫痫发作药物的作用机制可以预测联合用药的不良反应,应用 2 种或以上钠通道调节药的患者头晕、站立不稳和复视等神经毒性作用发生率显著增加<sup>[42]</sup>。抗癫痫发作药物初始剂量越高、认知功能障碍越严重,具有急性剂量相关效应,如头晕、视力模糊、复视、眼震,以及认知功能障碍和精神行为异常,这种效应可通过减少初始药物剂量并缓慢增量而得以缓解<sup>[42]</sup>。主观认知下降(SCD)主要表现为患者自觉记忆力减退,而客观神经心理学测验提示整体认知功能正常<sup>[43]</sup>。Foster 等<sup>[36]</sup>发现,抗癫痫发作药物无法独立预测客观或主观认知下降,年龄和癫痫发作频率是客观认知下降的最佳预测指标,而抑郁症状则是主观认知下降的最佳预测指标。合理选择治疗药物,并根据病情动态调整药物剂量,必要时联合用药对改善癫痫患者的认知功能具有重要意义。

2. 手术治疗 手术切除或离断致痫灶可以使耐药性局灶性癫痫患者发作频率减少甚至完全无发作<sup>[44]</sup>,还可降低猝死风险、延长预期寿命、提高生活质量、改善情绪、恢复认知功能,疗效优于神经调控技术、射频消融术(RFA)或者持续性药物治疗等方案<sup>[45]</sup>。耐药性颞叶癫痫患者的前颞叶切除术是最常见的癫痫外科手术,但少数患者可出现切除优势

半球导致的情绪障碍、记忆障碍或语言障碍<sup>[42]</sup>。Helmstaedter 等<sup>[46]</sup>发现,手术切除致痫灶的患儿虽然运动功能、注意力、语言功能和视空间能力均显著提高,但语言记忆、形象记忆和智商无显著改善,甚至部分患儿出现语言记忆功能恶化,提示致痫灶切除术可能导致癫痫患者部分认知损害。对手术后认知功能障碍的担忧,尤其是前颞叶切除术后可能出现的记忆和语言障碍,经常导致具有较好手术适应证的患者拒行致痫灶切除术<sup>[47]</sup>。术前行 fMRI 等功能成像可识别参与特定认知功能和感觉运动功能的皮质区,并在术中 MRI 辅助下安全切除致痫灶,避免手术造成重要脑区损伤<sup>[42]</sup>。此外,术后适应性和认知功能与病变范围和癫痫病程密切相关,癫痫病程是唯一可予以干预的危险因素<sup>[48]</sup>,提示早期手术干预至关重要。虽然癫痫外科手术可能造成一定程度的认知功能障碍,但随着影像技术的进步, MRI、电生理源成像(ESI)和 fMRI 结合等可以在术中辅助定位致痫灶,实现精准切除,达到对神经解剖通路和解剖结构的损害最小化<sup>[49]</sup>。

3. 心理、受教育程度及生活习惯 Jarčušková 等<sup>[50]</sup>发现,约 15% 的癫痫患者存在抑郁症状,约 37% 患者存在焦虑症状,且 Beck 抑郁量表(BDI)和 Beck 焦虑量表(BAI)评分越高、认知功能障碍越严重,记忆和执行功能障碍是伴抑郁的癫痫患者最常见的认知损害<sup>[51]</sup>。癫痫患儿监护人过度保护以及对癫痫认知不足,导致学龄期癫痫患儿辍学,从而影响其受教育程度,而文化教育则可通过扩充知识和技能提高认知功能<sup>[52]</sup>。动脉粥样硬化危险因素,如高血压、糖尿病、肥胖、吸烟,以及社交减少和缺乏体育锻炼等生活方式均可能损害癫痫患者的认知功能<sup>[11]</sup>,例如,颈动脉粥样硬化可以导致颈动脉搏动负荷增加,引起微血管重塑,导致脑低灌注,使大脑结构改变,最终导致认知功能障碍<sup>[53]</sup>。因此,改善癫痫患者认知功能障碍不仅在于治疗癫痫本身,更应关注癫痫患者的心理、受教育程度、生活习惯、基础疾病等,特别是儿童和青少年患者,及早发现并采取针对性措施,尽量减少对其学业的影响。

大多数癫痫发作或痫样放电导致认知功能障碍的患者,经适当干预可恢复正常或接近正常认知功能<sup>[54-55]</sup>。积极控制癫痫发作的同时,辅以饮食疗法、认知行为疗法(CBT)、心理治疗等可减轻癫痫患者认知功能障碍程度。神经调控技术作为一种新兴治疗手段,已用于难治性局灶性癫痫的临床治



疗,并可降低部分癫痫患者发作频率<sup>[56]</sup>,进而改善认知功能。定期进行体育锻炼可上调海马脑源性神经营养因子(BDNF)水平、诱导神经发生、抑制氧化应激反应,在一定程度上避免认知功能障碍<sup>[57]</sup>。癫痫患者认知功能障碍的危险因素较多,应综合考虑多因素协同作用的影响,早期干预可以最大程度减轻认知损害。然而遗憾的是,众多临床研究尚未明确指出各项危险因素权重关系以及在多项危险因素中优先干预哪项因素,未来有待更大规模的多中心随机对照临床试验,并对危险因素进行联合分析,构建预测模型,明确各项危险因素的权重。

利益冲突 无

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**下期内容预告** 本刊 2023 年第 5 期报道专题为小儿神经外科, 重点内容包括: 积极促进我国小儿神经外科的发展; 下肢痉挛性瘫痪选择性神经背根切断术治疗进展; 儿童遗传性脑海绵状血管瘤临床及发病机制研究进展; 颅咽管瘤分型研究; 选择性神经后根离断术手术适应证初探; 基于分流术后影像学特征对 Dandy-Walker 综合征再认识; 神经内镜下矢状缝早闭临床疗效分析; 儿童脑动静脉畸形治疗及预后分析; 不同年龄段儿童终丝脂肪浸润/脂肪瘤型脊髓拴系综合征临床特点及手术疗效分析; 单中心儿童颅咽管瘤术后下丘脑性肥胖危险因素分析; 儿童幕上肿瘤手术后脑室-腹腔分流术危险因素分析