

# 抗神经节苷脂 GD3 抗体阳性慢性炎性脱髓鞘性 多发性神经根神经病一例

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【关键词】 神经节苷脂类； 周围神经系统疾病； 病例报告

【Key words】 Gangliosides; Peripheral nervous system diseases; Case reports

## Chronic inflammatory demyelinating polyradiculoneuropathy with anti-GD3 antibody positive: one case report

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患者 男性,70岁,主诉四肢麻木、无力3月余,加重2天,于2022年4月30日入院。患者3个月前无明显诱因出现四肢远端麻木、无力,上肢可持物,下肢可行走,行走呈踩棉花感,当地医院行头部CT显示双侧陈旧性腔隙性梗死,脑白质疏松(图1);心脏超声显示左心房增大,左心室顺应性降低;双下肢血管超声显示双下肢静脉血流缓慢瘀滞;肌电图和神经传导检查显示双侧正中神经运动神经传导损害,双侧正中神经、腓肠神经感觉神经传导损害,考虑“周围神经病”,予以甲钴胺0.50 mg/次(3次/d)口服营养神经治疗后未见好转。症状进行性加重,2个月前开始出现上肢抬举费力,行走不稳,当地医院仍以“周围神经病”继续予以甲钴胺(剂量同前)治疗,症状未好转。2天前“感冒”后出现短暂性呼吸困难,四肢远端麻木、无力加重无法独立行走,痛

温触觉减退,病程中无头晕、头痛,无复视、言语不清。为求进一步诊断与治疗,遂至我院就诊,门诊以“周围神经病”收入院。患者自发病以来,精神、睡眠、饮食尚可,大小便正常,体重无明显变化。既往史、个人史及家族史无特殊。

诊断与治疗经过 入院后体格检查:患者体温36.5℃,心率70次/min,呼吸14次/min,血压为150/90 mm Hg(1 mm Hg=0.133 kPa),心、肺、腹部检查无异常。神经系统检查:神志清楚,语言流利,定向力、记忆力、计算力正常;双侧瞳孔等大、等圆,直径约3.50 mm,对光反射灵敏,各向眼动充分,无眼震;双侧额纹及鼻唇沟对称,伸舌居中;感觉性共济失调步态,双上肢肌力5级、双下肢4级,四肢肌张力正常,双上肢腱反射减弱、双下肢腱反射消失,双肘及双膝以下痛温触觉减退,双髌以下振动觉减退,双侧指鼻试验、快复轮替动作、跟-膝-胫试验欠稳准,Romberg征阳性,双侧病理征未引出,脑膜刺激征阴性。实验室检查:血清抗神经节苷脂抗体GD3-IgG和IgM阳性,血尿常规、凝血功能、心肌酶谱、红细胞沉降率、C-反应蛋白、类风湿因子、传染病四项、肿瘤标志物筛查、副肿瘤综合征相关抗体、中枢神经系统炎性脱髓鞘疾病相关抗体等均于正常值范围;腰椎穿刺脑脊液外观清亮、透明,初压为

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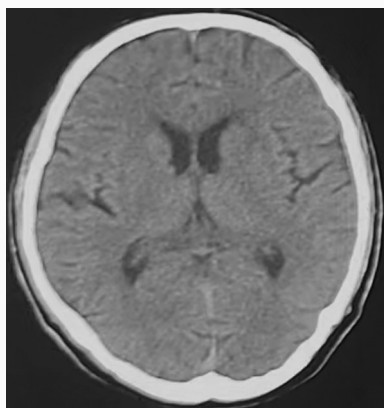


图1 头部横断面CT显示散在陈旧性腔隙性梗死  
Figure 1 Axial head CT showed lacunar infarction.

110 mm H<sub>2</sub>O (1 mm H<sub>2</sub>O =  $9.81 \times 10^{-3}$  kPa, 80 ~ 180 mm H<sub>2</sub>O), 末压 50 mm H<sub>2</sub>O, 白细胞计数为  $3 \times 10^6/L$  [(0 ~ 5)  $\times 10^6/L$ ], 蛋白定量 1472 mg/L (150 ~ 450 mg/L), 微量白蛋白 2040 mg/L (0 ~ 350 mg/L), 葡萄糖 3.84 mmol/L (2.30 ~ 3.66 mmol/L), 氯化物 129.60 mmol/L (119 ~ 129 mmol/L), 免疫球蛋白 IgA 21.70 mg/L (0 ~ 6 mg/L)、IgM 4.05 mg/L (0 ~ 13 mg/L)、IgG 241 mg/L (10 ~ 40 mg/L), 乳酸 2.40 mmol/L (0.999 ~ 2.775 mmol/L), Pandy 试验阳性, 真菌、细菌培养阴性, 墨汁染色、抗酸杆菌涂片阴性。肺部CT、腹部超声、双下肢血管超声、男性泌尿系统超声、心电图均无明显异常。神经传导显示, 右侧正中神经感觉神经传导速度(SNCV)减慢(43.30 m/s)、波幅降低(0.84  $\mu V$ ), 运动神经传导速度(MNCV)减慢(41.10 m/s)、波幅降低(8.00  $\mu V$ ); 右侧尺神经感觉神经传导速度减慢(35.40 m/s)、波幅降低(0.87  $\mu V$ ), 运动神经传导速度减慢(40.30 m/s)、波幅降低(6.40  $\mu V$ ); 右侧足底内侧感觉神经传导速度减慢(38.30 m/s), 波幅降低(0.42  $\mu V$ ); 右侧腓总神经运动神经传导速度减慢(31.90 m/s), 波幅正常; 双下肢胫神经运动神经传导潜伏期延长, 左侧为 6.79 ms、右侧为 7.15 ms, 波幅正常。F波、H反射显示, 右上肢F波传导速度减慢, 波形宽大离散, 出现率正常(图2a); 右下肢F波潜伏期延长(图2b); 双下肢H反射潜伏期延长(图2c, 2d)。针极肌电图未见异常。临床诊断为抗神经节苷脂GD3抗体阳性慢性炎性脱髓鞘性多发性神经根神经病(CIDP)。予以静脉注射免疫球蛋白(IVIg)0.40 g/(kg·d)治疗5天, 甲泼尼龙 1000 mg/d 静脉滴注3天后减至 500 mg/d

继续治疗2天, 及维生素B<sub>1</sub> 10 mg/次(3次/d)和甲钴胺 0.50 mg/次(3次/d)口服营养周围神经治疗。患者共住院8天, 出院时在家属搀扶下可缓慢行走, 出院后遵医嘱口服泼尼松 60 mg/d(序贯减量, 每月减10 mg直至停药)和吗替麦考酚酯 0.50 g/次(3次/d)。出院后1个月电话随访, 患者可正常行走; 4个月后电话随访, 无复发, 患者基本恢复正常, 可正常工作和生活。

## 讨 论

CIDP是一种免疫介导的周围神经病, 病理改变包括多灶性脱髓鞘、周围神经和神经根继发性轴索变性等, 主要表现为对称性肢体感觉异常、运动障碍、肌无力<sup>[1]</sup>, 全球患病率为(0.67 ~ 10.30)/10万, 男性比例高于女性, 高峰发病年龄为30 ~ 60岁, 若不及时治疗, 可导致永久性残疾, 复发率较高<sup>[2-3]</sup>。1956年, Austin将CIDP描述为一组激素反应性复发性多发神经病; 1975年, Dyck在3例进行性和复发性神经病患者中发现神经炎症和慢性脱髓鞘改变, 总结其临床表现、电生理学和病理学特征, 并于1982年将其定义为CIDP<sup>[4]</sup>。CIDP病因尚未阐明, 可能与糖尿病、丙型肝炎、获得性免疫缺陷综合征(AIDS)、器官移植、淋巴瘤、黑色素瘤及结缔组织病(CTDs)等疾病有关<sup>[3-4]</sup>。

CIDP的病理生理学机制复杂, Nagamatsu等<sup>[5]</sup>为评价CIDP患者有髓纤维和脊髓运动神经元损伤程度, 对9例CIDP死亡患者坏死脊髓运动神经元和71例CIDP患者腓肠神经进行病理学研究, 结果显示, 9例CIDP死亡患者脊髓运动神经元严重缺失, 脊髓星形胶质细胞增生, 其中4例可见局灶性淋巴细胞浸润, 以脊神经根和背根神经节最明显; 71例CIDP患者腓肠神经活检可见有髓纤维密度减少、轴突变性, 且与病程呈正相关关系, 亦可见脱髓鞘、髓鞘再形成、神经内膜水肿、血管周围炎性细胞膨胀、“洋葱球”形成等病理改变<sup>[6]</sup>。虽然CIDP被定义为炎性脱髓鞘性多发性神经病变, 但腓肠神经活检偶见微小的T淋巴细胞聚集于整个神经内膜和神经内血管周围<sup>[4]</sup>, 尤以巨噬细胞最常见, 巨噬细胞作为重要的炎性细胞, 是脱髓鞘过程的最终效应细胞<sup>[7]</sup>。CIDP患者紧密连接蛋白Claudin-5和闭锁小带蛋白1(ZO-1)水平降低, 提示血神经屏障损害<sup>[8]</sup>, T淋巴细胞活化后可透过血神经屏障, 在神经内膜内被T

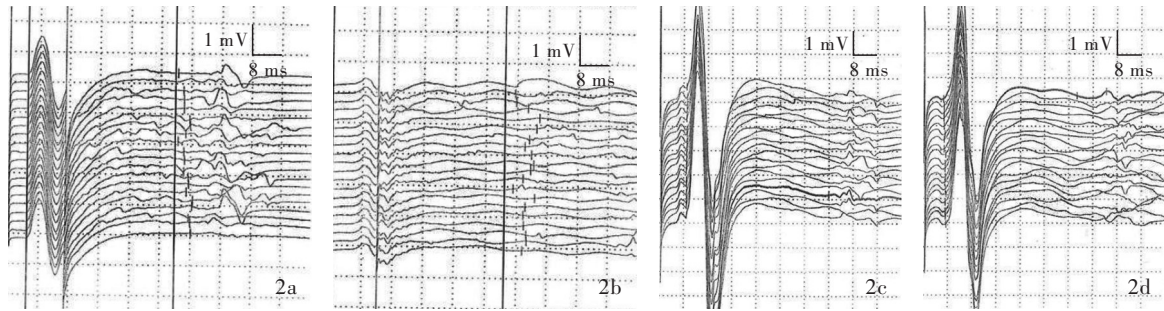


图2 神经电图检查所见 2a 右上肢F波传导速度减慢,波形宽大且离散,出现率正常 2b 右下肢F波潜伏期延长 2c 右下肢H反射潜伏期延长 2d 左下肢H反射潜伏期延长

**Figure 2** Electroneurography findings The F-wave conduction velocity of the right upper limb was slowed down, the F-wave shape was wide and discrete, and the F-wave occurrence rate was normal (Panel 2a). Prolonged latency of F-wave in right lower limb (Panel 2b). Prolonged latency of the H-reflex in right lower limb (Panel 2c) and left lower limb (Panel 2d).

淋巴细胞刺激分子CD58重新激活并使巨噬细胞活化,穿透施万细胞基底膜,取代细胞质、分裂髓鞘层,可导致局部髓鞘改变<sup>[2]</sup>。侵入神经的巨噬细胞分泌多种炎症因子,例如白细胞介素-1(IL-1)、IL-6、IL-12和肿瘤坏死因子- $\alpha$ (TNF- $\alpha$ ),直接引起炎症性神经病变的周围神经损伤<sup>[9-10]</sup>。巨噬细胞作为抗原呈递细胞(APC)表达主要组织相容性复合物(MHC)、共刺激分子CD80和CD86,触发自身免疫反应<sup>[11-12]</sup>。亦有研究显示,CIDP还与郎飞结旁抗体有关<sup>[13]</sup>,郎飞结旁抗体可破坏神经细胞黏附分子(NCAM)和神经胶质,尤其是神经束蛋白155(NF155)、NF186、接触蛋白1(CNTN1)、接触蛋白相关蛋白-1(CASPR1),破坏髓鞘,导致轴突变性<sup>[14]</sup>。

CIDP临床表现具有异质性,应注意与多灶性运动神经病(MMN)、进行性脊髓性肌萎缩(PSMA)、遗传性运动感觉神经病(HMSN)、慢性酒精中毒性多发性神经病,以及其他伴自身免疫性疾病的CIDP相鉴别。多灶性运动神经病通常为非对称性肢体远端为主的肌无力、肌萎缩,主要累及上肢,无感觉异常<sup>[15]</sup>;进行性脊髓性肌萎缩多表现为不对称性运动障碍,伴肌束震颤,无感觉异常<sup>[16]</sup>;遗传性运动感觉神经病属于遗传性神经系统疾病,存在明确家族史,常伴手足畸形<sup>[17]</sup>;慢性酒精中毒性多发性神经病多存在B族维生素缺乏,可累及运动、感觉、自主神经,戒酒及补充维生素后即可恢复<sup>[18]</sup>;部分CIDP患者还可伴有类风湿关节炎(RA)、干燥综合征(SS)<sup>[19]</sup>和系统性红斑狼疮(SLE)<sup>[20]</sup>等系统性免疫性疾病,实验室检出疾病相关抗体可资鉴别。本文患者发病隐匿,病程进展缓慢,对称性肢体远端感觉障碍、腱反射减弱或消失、共济失调,肌无力程度

较轻,补充B族维生素未见好转,无家族史,自身免疫抗体阴性,结合脑脊液检查以及神经电生理检测,无脑神经损害表现,根据2021年《欧洲神经病学联盟/周围神经病学会CIDP诊断与治疗指南》<sup>[21]</sup>最终诊断为CIDP。神经节苷脂是一类高表达于脊椎动物神经系统的含唾液酸的鞘糖脂<sup>[22]</sup>,位于神经细胞表面<sup>[23]</sup>,通过调节细胞信号转导调控细胞功能,维持大脑正常发育<sup>[24]</sup>。神经可塑性对神经发育、修复和维持正常神经功能具有重要作用,神经节苷脂可通过影响神经发生、神经传递和轴突生长等在神经可塑性中发挥重要作用<sup>[25-26]</sup>。生理状态下,神经节苷脂不受免疫系统的攻击;病理状态下,神经节苷脂抗原成分暴露,B淋巴细胞产生抗神经节苷脂抗体,后者以神经节苷脂为靶点介导细胞损伤<sup>[27-28]</sup>。神经节苷脂在哺乳动物早期胚胎中的主要表达类型是GM3和GD3,发育后期则以GM1、GD1a、GD1b和GT1b为主<sup>[29]</sup>。GD3是一种含有3个糖基的二唾液酸神经节苷脂,是大脑发育早期的特异性标志物,在细胞信号识别、转导、相互作用、黏附等方面具有重要作用<sup>[30]</sup>,还可以维持细胞骨架稳定。GD3作为轴突-神经胶质细胞相互作用的受体,对轴突再生具有重要意义<sup>[31]</sup>,GD3缺失可损伤神经营养因子诱导的干细胞增殖,改变树突结构,减少成人齿状回新生神经元突触数目,导致神经元功能障碍<sup>[32]</sup>。血清抗神经节苷脂抗体滴度较高的患者可出现脑脊液免疫球蛋白水平升高,提示血脑屏障破坏、神经根受损;此外,抗GD3抗体还可破坏血脑屏障进入中枢神经系统,引起神经传导减慢或阻滞<sup>[33-34]</sup>。抗GD3抗体异常增多可激活小胶质细胞,诱导少突胶质细胞凋亡,引起神经炎症、抑制神经修复<sup>[35]</sup>,还



可通过破坏线粒体功能,导致细胞凋亡<sup>[36]</sup>。

研究显示,合并系统性红斑狼疮、黑色素瘤的CIDP患者血清抗GD3抗体水平显著升高<sup>[37-38]</sup>。Usuki等<sup>[39]</sup>报告1例急性炎性脱髓鞘性多发性神经根神经病(AIDP)和1例CIDP病例,二者血清抗GM3、GD3和GT3抗体水平均升高,尤以CIDP患者GD3-IgG升高最为明显(1:10 000),并认为抗GD3抗体可能通过损伤施万细胞导致脱髓鞘改变。此外不完全Miller-Fisher综合征(MFS)<sup>[40]</sup>、吉兰-巴雷综合征(GBS)<sup>[25]</sup>等周围神经病中亦可见GD3-IgG的报道。抗GD3、GD1b、GT1b和GQ1b抗体与共济失调相关神经病变有关<sup>[41]</sup>,其中GD3-IgG可见于急性共济失调性神经病变,GD3-IgM可见于慢性神经病变<sup>[26-29]</sup>,本文患者存在共济失调和周围神经病变表现,考虑与GD3-IgG/IgM有关。

2021年,《欧洲神经病学联盟/周围神经病学会CIDP诊断与治疗指南》<sup>[21]</sup>指出CIDP的治疗主要包括以下几方面:(1)静脉注射免疫球蛋白、口服或静脉注射激素是一线治疗。(2)血浆置换疗法同样是一线治疗,但考虑到临床便捷性及长期维持治疗,建议静脉注射免疫球蛋白或激素治疗欠佳时方考虑血浆置换疗法。(3)对于一线治疗和(或)血浆置换疗法无效以及激素依赖、无法耐受的患者,可应用环磷酰胺、硫唑嘌呤、环孢素A、吗替麦考酚酯等免疫抑制剂,但目前尚无临床研究证实其疗效,考虑潜在不良反应如致畸、肝功能损害、肺纤维化、头痛、高血压等,不建议应用甲氨蝶呤、干扰素-1 $\alpha$ 、芬戈莫德等。(4)对于同时存在神经性疼痛的患者推荐将三环类抗抑郁药、普瑞巴林、加巴喷丁、选择性5-羟色胺和去甲肾上腺素再摄取抑制剂(度洛西汀、文拉法辛)作为一线治疗。考虑到CIDP患者预后较差<sup>[42]</sup>、病残率较高以及抗神经节苷脂抗体阳性患者对静脉注射免疫球蛋白较敏感<sup>[43]</sup>,为尽可能改善本文患者临床症状,予以静脉注射免疫球蛋白和激素联合治疗,同时加用吗替麦考酚酯以维持免疫抑制作用,治疗4个月后四肢远端麻木无力症状消失,可正常工作和生活。

本文总结1例抗神经节苷脂GD3抗体阳性CIDP患者的诊断与治疗过程,提示对于高度怀疑多发神经根及周围神经损害的患者应尽早完善脑脊液检查和神经电生理检测等,尽早诊断、积极治疗,予以静脉注射免疫球蛋白和激素联合治疗并辅以免疫抑制剂疗效较好,但仍需要积累病例进行临床

研究,进一步明确该治疗方案的有效性和安全性,以为抗神经节苷脂GD3抗体阳性CIDP的治疗提供依据。

利益冲突 无

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