

• 综 述 •

## 生物制剂诱导所致自身免疫系统性疾病的研究进展\*

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**[摘要]** 生物制剂是具有明确靶向性的单克隆抗体或抗体融合蛋白类生物大分子药物。现已广泛用于自身免疫性风湿、消化、皮肤病和全身性疾病, 其具有显著的疗效, 可降低疾病并发症及死亡率。然而矛盾的是, 越来越多的报道却证实接受生物制剂治疗后可出现自身免疫性疾病, 包括各种全身性(狼疮、血管炎、结节病、抗磷脂综合征和炎症性肌病)和器官特异性(间质性肺病、葡萄膜炎、视神经炎、周围神经病、多发性硬化症、牛皮癣、炎症性肠病和自身免疫性肝炎)疾病。目前国内相关文献报道较少, 该文综述主要目的为阐述生物制剂诱导自身免疫系统性疾病的临床特征、结果及可能的发病机制。

**[关键词]** 生物制剂; 自身免疫系统性疾病; 肿瘤坏死因子 $\alpha$ 抑制剂; 综述

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**Research progress of autoimmune diseases induced by biological agents\***WU Pengjia, YANG Lei, ZENG Jiashun<sup>△</sup>

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**[Abstract]** Biological agents are biological macromolecular drugs with clear targeting of monoclonal antibodies or antibody fusion proteins. It has been widely used in autoimmune rheumatism, digestion, skin diseases and systemic diseases. It has remarkable curative effect and can reduce the disease complications and mortality. However, paradoxically, more and more reports have confirmed that autoimmune diseases can occur after treatment with biological agents, including various systemic (lupus, vasculitis, sarcoidosis, antiphospholipid syndrome and inflammatory myopathy) and organ-specific diseases (interstitial lung disease, uveitis, optic neuritis, peripheral neuropathy, multiple sclerosis, psoriasis, inflammatory bowel disease and autoimmune hepatitis). At present, there are few relevant literature reports in China. The main purpose of this review is to elaborate the clinical characteristics, results and possible pathogenesis of autoimmune diseases induced by biological agents.

**[Key words]** Biological agents; Autoimmune system diseases; TNF- $\alpha$  inhibitor; Review

生物制剂是一类通过阻断某种特定炎症细胞因子或细胞表面分子而发挥作用的药物。随着生物制剂的发展, 风湿免疫系统性疾病的治疗发生了革命性的变化。生物制剂改善病情抗风湿药主要包括肿瘤坏死因子 $\alpha$ (TNF- $\alpha$ )抑制剂(英夫利昔单抗、依那西普、阿达木单抗、赛妥珠单抗、戈利木单抗)、CD20 单抗(利妥昔单抗)、抗白细胞介素-6 受体抗体(抗 IL-6R: 托珠单抗, sarilumab)、抗 IL-17R(苏金单抗、依奇珠单抗、布罗利尤单抗)、抗 IL-1R(阿那白滞素)、B 淋巴细胞刺激因子(BLyS)抑制剂(贝利尤单抗)和选择性 T 细胞共刺激抑制剂(阿巴西普)。生物制剂具有不良反应, 包括最常见的注射部位反应和罕见但严重

的并发症<sup>[1]</sup>。随着生物制剂应用范围的扩大, 其诱导发生自身免疫系统性疾病的报道也越来越多。尽管这些疾病绝大多数与抗 TNF 药物有关, 但也有报道提示与其他类型生物制剂, 包括针对其他细胞因子(如 B 或 T 细胞)的治疗也有关<sup>[2]</sup>。大多数病例出现在开始使用生物制剂治疗后 1 个月至 1 年, 近 75% 的病例在停止治疗后出现了完全缓解<sup>[2]</sup>。本文将回顾既往文献, 阐述生物制剂治疗导致自身免疫系统性疾病的临床特征、结果及可能的发病机制。

**1 红斑狼疮**

生物制剂所致自身抗体阳性很常见, 但药物诱导所致红斑狼疮(DILE)却是罕见的<sup>[3]</sup>。在 2000 年,

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CHARLES 等<sup>[4]</sup>报道了在类风湿关节炎患者中使用英夫利昔单抗发生狼疮样综合征的病例,这是首个在使用生物制剂后出现自身免疫疾病的报道。随后在 2006 年,西班牙内科学会自身免疫性疾病研究小组(GEAS)创建了 BIOGEAS 项目,这是一项致力于收集有关自身免疫性疾病患者使用生物制剂数据的多中心研究<sup>[5]</sup>。2017 年的一项荟萃分析通过该项目回顾了约 13 000 例在接触生物制剂的患者中报道的自身免疫性疾病病例的信息,发现 369 例由生物制剂所致狼疮,其中大多数与 TNF- $\alpha$  抑制剂有关,英夫利昔单抗风险最高<sup>[6]</sup>。这与英国风湿病学会生物制剂-类风湿关节炎数据库(BSRBR-database)的前瞻性队列研究结果一致<sup>[7]</sup>。据报道,与抗 TNF- $\alpha$  抑制剂相关的 DILE 发生率很低,即 0.19%~1.60%<sup>[8-11]</sup>。DILE 的平均发病时间为 14~16 个月(1~52 个月),且似乎在女性中更为常见<sup>[12-14]</sup>。原发性系统性红斑狼疮最常见的表现为典型的颧疹、盘状皮疹、脱发、光敏和口腔溃疡,并可能累及肾脏和(或)中枢神经系统<sup>[12]</sup>。而 DILE 患者通常表现为关节痛或关节炎、肌痛、浆膜炎、发热和皮疹,肾脏和神经系统很少受累<sup>[13]</sup>。但 TNF- $\alpha$  抑制剂诱发的狼疮在血清学特征上与传统的 DILE 不同,传统 DILE 通常表现为抗组蛋白抗体阳性,而在抗 TNF- $\alpha$  抑制剂诱导的狼疮中,更常表现为抗 dsDNA 抗体及抗 ENA 抗体阳性和补体降低<sup>[15-17]</sup>。近期也有一些研究表明,用药前就存在抗体阳性[如抗核抗体(ANA)、抗 DNA 抗体]或有系统性红斑狼疮家族史是诱发狼疮发生增加的潜在风险因素<sup>[5-6,18-21]</sup>。DILE 可分为 3 种临床变异:药物诱导的系统性红斑狼疮、药物诱导的亚急性皮肤红斑狼疮和药物诱导的慢性皮肤红斑狼疮<sup>[22]</sup>。大多数 DILE 患者不符合美国风湿病学会对 SLE 的诊断标准,而且对于抗 TNF- $\alpha$  抑制剂诱导的狼疮,目前也没有正式的诊断标准。因此,DE BANDT 等<sup>[10]</sup>提出了关于药物治疗继发 DILE 的诊断标准,即(1)药物诱发狼疮的建议标准;(2)患者目前正在接受抗 TNF- $\alpha$  抑制剂治疗;(3)临床表现与抗 TNF- $\alpha$  抑制剂治疗之间的时间关系;(4)根据美国风湿病学会,至少有 1 个系统性红斑狼疮的血清学标准(ANA 或抗 dsDNA);(5)根据美国风湿病学会,至少有 1 个系统性红斑狼疮的非血清学标准,临床表现为关节炎、浆膜炎、血液病、颧疹<sup>[3]</sup>。DILE 的主要治疗方法是停止使用抗 TNF- $\alpha$  抑制剂,如果症状持续存在,可使用糖皮质激素或免疫抑制剂治疗<sup>[12-14]</sup>。

## 2 血管炎

生物制剂已成功应用于难治性血管炎的治疗,但矛盾的是,由生物制剂引起的血管炎也越来越多。并且血管炎在抗 TNF- $\alpha$  抑制剂诱导自身免疫性疾病中

似乎是最常见的<sup>[23-24]</sup>。据报道,在使用抗 TNF- $\alpha$  抑制剂治疗期间,血管炎的发生率为 0.02%~3.90%<sup>[25-26]</sup>。血管炎最常见的表现是发生以紫癜为特征的皮肤病变,尤其是在远端肢体、面部和耳朵,以及甲周毛细血管扩张<sup>[24]</sup>。皮肤病变的组织病理学通常显示为皮肤白细胞破碎性血管炎,这是一种在过敏性血管炎中发现的类型,涉及浅表和深层真皮血管,通常伴纤维蛋白血栓阻塞血管<sup>[27]</sup>。大部分血管炎表现为皮肤受累,但也可出现其他脏器或系统受累,如周围神经病变、肾血管炎、中枢神经系统病变、肺或心脏受累等<sup>[5,18,23-24,28-30]</sup>。SOKUMBI 等<sup>[30]</sup>对梅奥诊所的一项回顾性分析,报道了 8 例明确诊断为抗 TNF- $\alpha$  抑制剂诱发的血管炎,这些患者的基础疾病为类风湿关节炎及炎症性肠病,从治疗开始到血管炎发作的平均时间间隔为 34.5 个月,皮肤小血管炎是最常见的类型,也可出现全身性血管炎,包括周围神经系统和肾血管炎。几乎所有患者在停止抗 TNF- $\alpha$  抑制剂治疗后症状缓解或消失,且没有患者在停止治疗后出现血管炎复发。在 2004—2005 年法国进行的一项全国性调查中,确定了 39 例在抗 TNF- $\alpha$  抑制剂治疗期间发生的血管炎<sup>[28]</sup>。其中大多数病例发生在类风湿关节炎患者,依那西普是最常见的抗 TNF- $\alpha$  抑制剂,平均治疗时间为 9.6 个月,血管炎的表现累及皮肤、周围神经系统、肾脏、中枢神经系统、胸膜、心包、肺及胆囊。56%的患者出现 ANA 阳性,31%的患者病理组织学检查显示为非坏死性血管炎。大部分患者通过中断抗 TNF- $\alpha$  抑制剂治疗或糖皮质激素联合免疫抑制剂治疗在数周内症状可得到缓解,少部分患者(18%)死于多器官衰竭。西班牙的一项多中心研究记录了 291 例由生物制剂引起的血管炎,其中 65%为孤立性皮肤受累,12%为孤立性神经受累,只有 10%为系统性血管炎,主要是抗中性粒细胞胞浆抗体(ANCA)相关性血管炎和大动脉炎,18%的患者 ANCA 呈阳性<sup>[6]</sup>。尽管有文献报道抗 TNF- $\alpha$  抑制剂可诱导血管炎发生,但类风湿关节炎本身也可出现皮肤血管炎,故鉴别是否为药物所致血管炎十分困难。故 SOKUMBI 等<sup>[30]</sup>提出有以下情况的患者考虑诊断为与抗 TNF- $\alpha$  抑制剂相关的血管炎:(1)患者在接受抗 TNF- $\alpha$  抑制剂治疗期间出现 1 种或多种血管炎临床表现(如周围神经、皮肤、肾脏、中枢神经系统或肺部受累);(2)至少一个受累部位的组织病理学证实;(3)正在接受抗 TNF- $\alpha$  抑制剂治疗的潜在疾病(如类风湿关节炎或炎症性肠病等)处于稳定期;(4)没有其他更可能的血管炎原因,如感染、恶性肿瘤或更可能的药物治疗。

## 3 结节病

结节病是一种多系统疾病,其特征是在受累器官

中存在非干酪样肉芽肿<sup>[31]</sup>。近年来,关于生物制剂诱导发生结节病的文献越来越多<sup>[2,3,6,23-24,32-44]</sup>。有研究报道,由 TNF- $\alpha$  抑制剂引起的结节病患病率约为 0.04%<sup>[34]</sup>。通常累及的部位为肺、肺门淋巴结和皮肤<sup>[32]</sup>。但也可出现肾脏<sup>[39]</sup>、肝脏<sup>[40]</sup>、咽部<sup>[41]</sup>及口腔<sup>[32]</sup>的受累。生物制剂治疗相关的新发结节病最初临床表现是非特异性的,包括呼吸困难、干咳、结节性红斑、腮腺肿大,影像学上最常见的表现为纵隔和肺门淋巴结肿大,通过组织病理学检查发现非坏死性肉芽肿确诊<sup>[33,36]</sup>。2017 年,PÉREZ 等<sup>[6]</sup>分析了 139 例由生物制剂所致结节病,大部分患者的主要基础疾病为类风湿关节炎/幼年特发性关节炎,80% 的患者主要采用 TNF 靶向治疗,依那西普约占 52%,其中 66% 的患者累及一个孤立器官,34% 的患者累及 2 个或 2 个以上的器官,累及肺部患者约 70%,皮肤受累约 35%。生物制剂诱导所致结节病为一种排他性疾病,在经过体格检查、影像学检查及组织病理学检查综合评估后,还需排除其他肉芽肿性疾病才能诊断<sup>[32]</sup>。停用生物制剂且联合或不联合糖皮质激素是治疗的主要方式,其次是药物替代和联合糖皮质激素治疗<sup>[34]</sup>。与原发性结节病相比,抗 TNF- $\alpha$  抑制剂诱导的结节病大多数结局良好,包括临床症状和影像学特征的好转<sup>[45]</sup>。

#### 4 抗磷脂综合征(APS)

APS 是一种自身免疫性疾病,以动脉和(或)静脉血栓形成和(或)反复妊娠损失(RPL)<sup>[46]</sup>为特征。抗磷脂抗体[aPL 抗体,包括抗心磷脂(aCL)抗体、抗  $\beta$ 2 糖蛋白 I(a $\beta$ 2gpI)]和狼疮抗凝物(LA)是 APS 的实验室诊断标准。抗 TNF- $\alpha$  抑制剂可能刺激不同的自身抗体的产生,包括 aPL 抗体<sup>[47]</sup>。国外多位学者均报道,抗 TNF- $\alpha$  治疗可诱导 aCL 抗体的出现,但并未出现 APS 相关临床表现(如血栓形成)<sup>[48-50]</sup>。NASBAUM 等<sup>[51]</sup>也报道在接受抗 TNF- $\alpha$  药物治疗后,出现 aPL 抗体的血栓事件很少。VERECKEI 等<sup>[47]</sup>在 2010 年报道了 1 例英夫利昔单抗诱导的 APS 患者,其主要表现为四肢指(趾)端的坏死性血管炎。2013 年 HEMMATI 等<sup>[52]</sup>报道了第 1 例脊柱关节炎患者使用阿达木单抗治疗后出现 aCL 抗体阳性的 APS 和血管炎,予以肝素抗凝及静脉注射糖皮质激素后病情改善。一项回顾性研究总结了 32 例自身免疫性疾病患者与抗 TNF- $\alpha$  治疗相关的 APS/APS 样特征报道,其中最常见的基础疾病为韦格纳肉芽肿病(56.25%)、克罗恩病(15.62%)及类风湿关节炎(12.50%),使用的生物制剂为依那西普(50.00%)、英夫利昔单抗(43.75%)及阿达木单抗(6.25%),而在 APS 的临床特征方面,主要表现为深静脉血栓(37.50%)、肺栓塞(9.37%)及两者同时出现

(15.62%),但仅在 4 例患者中检测到 aPL 抗体阳性(未明确抗体类型)<sup>[24]</sup>。但也有研究显示,接受抗 TNF- $\alpha$  药物治疗的类风湿关节炎患者的静脉血栓事件并未增加<sup>[53]</sup>。此外,MAKOL 等<sup>[54]</sup>报道了 3 例类风湿关节炎、银屑病关节炎和血清阴性炎症性关节炎患者在开始使用依那西普治疗后 1~3 年发生深静脉血栓和(或)肺栓塞。类风湿关节炎和血清阴性炎症性关节炎患者 aCL 和 LA 均呈阳性,持续 12 周,而银屑病关节炎患者 LA 和 a $\beta$ 2gpI 呈阳性。目前生物制剂与 APS 的关系仍需探讨,期待未来有大型的前瞻性研究进行进一步的验证。

#### 5 其他自身免疫系统性疾病

生物制剂还可诱发其他自身免疫系统性疾病,如类风湿关节炎<sup>[55]</sup>、炎症性肌病及风湿性多肌痛等<sup>[6]</sup>。随着生物制剂的快速发展及使用范围的扩大,其诱导发生自身免疫系统性疾病的类型及数量也会越来越多。

#### 6 诱导性自身免疫系统性疾病的可能机制

生物制剂诱导自身免疫系统性疾病的机制尚未完全阐明。针对生物制剂诱导狼疮的病理生理机制,目前提出了以下几种假说:(1)抗 TNF 治疗可能引起细胞因子的失衡,当阻断一种细胞因子时,可能会转化为其他主要的促炎性细胞因子,如 IL-1、IL-6 或 IL-1、IL-23,这一理论也解释了一些自身免疫性疾病患者首次使用生物制剂后为什么会出现反跳现象;(2)降低 CD44 表达,干扰细胞凋亡,影响吞噬细胞清除凋亡的中性粒细胞和核碎片,导致凋亡细胞中的中性粒细胞和核小体积聚,促进其他核抗原和自身抗体产生;(3)TNF- $\alpha$  抑制剂抑制免疫会导致感染率升高,进而激活多克隆 B 淋巴细胞,活化的 B 淋巴细胞可能反过来驱动自身抗体的产生;(4)另一种假说暗示了“细胞因子转移”,抗 TNF- $\alpha$  抑制辅助性 T 细胞 1 型(Th1)的免疫反应,促进 Th2、IL-10 和干扰素- $\alpha$ (INF- $\alpha$ )的产生,促进体液免疫和自身抗体产生,并抑制细胞毒性 T 淋巴细胞<sup>[23,58-60]</sup>。至于生物制剂诱导产生的血管炎,目前尚不清楚为什么部分患者出现局限性皮肤血管炎,而部分患者会出现器官受累。这种不同的病程发展似乎也表明了个体遗传易感性的潜在作用,同时也解释了为什么一些生物制剂能够成功地治疗系统性血管炎,但是相同的药物却会在治疗其他的自身免疫系统性疾病的过程中引发血管炎<sup>[30]</sup>。关于其机制有研究报道抗 TNF- $\alpha$  的免疫复合物沉积在小毛细血管上,导致补体激活,从而触发血管周围的 III 型超敏反应。另一种可能的机制是 TNF 抑制剂从主要的 Th1 细胞因子反应转变为 Th2 反应,Th2 反应可能与抗体介导的免疫机制的激活有关<sup>[61]</sup>。而药物诱导的结节病可能是由于 TNF 抑制剂导致树突状细胞中

INF- $\gamma$  的过量所致。TNF- $\alpha$  和 INF- $\alpha$  的失衡可能会促进自身抗原的产生,从而发生矛盾反应<sup>[32]</sup>。此外,尽管抗 TNF- $\alpha$  单克隆抗体可以与 TNF- $\alpha$  的可溶形式及跨膜形式以高亲和力结合,并可能导致细胞毒性补体诱导的表达膜连接 TNF- $\alpha$  的细胞裂解,但可溶性 TNF-受体仅结合可溶形式,不诱导细胞裂解,这可能导致肉芽肿的形成<sup>[39]</sup>。总体来说,目前人们对生物制剂诱导自身免疫性疾病发病机制的了解还十分有限,需要进一步研究来解释这种现象的发病机制。与此同时,值得注意的是,也不能排除其他伴随药物在诱导性自身免疫性疾病发病机制的潜在作用。期待未来有更大型的前瞻性研究为生物制剂的用药安全性提供更可靠的依据。

## 7 结 论

随着生物制剂的快速发展及使用人群的增多,诱导性自身免疫性疾病的数量和多样性预计还会增加。虽然生物制剂的安全性已得到证实,但仍需在谨慎的临床判断下给药,并与患者就与药物相关的潜在风险和益处进行明确的讨论,且在使用过程中需密切监测是否存在任何可能的不良事件。建议在开始生物制剂治疗前进行详细的基线实验室检测、仔细的临床及免疫学评估。内脏器官受累严重的患者需停止生物治疗。只有加强对这些不良事件的认识和了解,才能早期诊断并正确管理。未来期待找到可以预测发生这些自身免疫性不良事件风险的特定遗传或生物标志物,并通过这些标志物来识别潜在的高风险患者亚群,尽可能减少严重不良事件的发生。

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