

• 综 述 •

短链脂肪酸在妊娠相关疾病中的研究进展

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[摘要] 妊娠相关疾病指在妊娠期间或妊娠相关的特定疾病所致,其复杂的发病机制和多种病因可能导致孕妇和新生儿出现各种不良后果,目前尚无有效的治疗方法。短链脂肪酸作为肠道微生物群的重要代谢产物,不但维持肠黏膜上皮的完整,而且在调节糖脂代谢、免疫炎症等方面发挥着重要作用。近年来,妊娠相关疾病与肠道菌群相关的机制已被广泛研究。肠道菌群及代谢产物可作为新的生物标志物为妊娠相关疾病的诊治提供新的思路。该文对短链脂肪酸与妊娠相关疾病的关系及机制进行了综述,为妊娠不良结局达到早诊断、早干预的目的,改善母婴预后。

[关键词] 妊娠相关疾病; 短链脂肪酸; 妊娠期糖尿病; 综述

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Research progress of short-chain fatty acids in pregnancy-related diseases

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[Abstract] Pregnancy-related diseases refer to specific diseases during or related to pregnancy. Their complex pathogenesis and multiple etiologies may lead to various adverse consequences for pregnant women and newborns, and there is no effective treatment at present. As an important metabolite of intestinal microbiota, short-chain fatty acids (SCFAs) not only maintain the integrity of intestinal mucosal epithelium, but also play an important role in regulating glucose and lipid metabolism, immune inflammation and so on. In recent years, the mechanisms by which pregnancy-related diseases are associated with gut microbiota have been extensively studied. Intestinal flora and metabolites can be used as new biomarkers to provide new ideas for diagnosis and treatment of pregnancy-related diseases. This article reviewed the relationship and mechanism between SCFAs and pregnancy-related diseases, so as to achieve the purpose of early diagnosis and intervention of adverse pregnancy outcomes and improve the prognosis of mothers and children.

[Key words] Pregnancy-related diseases; Short-chain fatty acids; Gestational diabetes; Review

肠道系统拥有丰富多样的肠道微生物环境^[1-2]。尤其是益生菌菌株,用来发酵复合碳水化合物并产生短链脂肪酸(SCFAs)。SCFAs是含有1~6个碳原子的有机直链羧酸,同样生殖道的微生物群也可产生SCFAs^[3]。其中乙酸盐、丙酸盐、丁酸盐是最丰富的SCFAs^[4]。膳食纤维是肠道中SCFAs的主要来源。大多数膳食纤维在上消化道中不被消化,在进入盲肠和结肠后由不同肠道微生物发酵。主要根据饮食、微生物组成和在肠道中的停留时间肠道中每天产生500~600 mmol的SCFAs^[5]。其中革兰氏阴性菌(拟杆菌)主要产生乙酸盐和丙酸盐,革兰氏阳性菌(厚壁菌门)主要产生丁酸盐^[4]。其在维持肠道稳态方面具有至关重要的作用。乙酸盐是包括结肠细胞在内的各种细胞的重要能量来源,支持肠道屏障的完整性。

丁酸盐是结肠细胞的关键能量底物,具有抗炎作用,增强肠道屏障功能,调节免疫反应,促进结肠细胞的分化和凋亡。丙酸盐调节肝糖异生和脂质代谢,有助于机体代谢^[6]。妊娠相关疾病主要包括先兆子痫(PE)、妊娠期糖尿病(GDM)、妊娠期肝内胆汁淤积症(ICP)等,三者发病机制尚不明确,目前,也只是采用对症治疗^[7]。近年来,妊娠相关疾病与肠道菌群相关的机制已被广泛研究。有研究表明,SCFAs在维持肠道稳态、调节机体免疫能力,以及对脂肪酸、葡萄糖和胆固醇代谢过程中均发挥作用,可能作为妊娠相关疾病的新生物标志物^[8]。现将目前关于SCFAs与孕期末母体代谢相关疾病的潜在机制及影响综述如下。

1 SCFAs的生理作用

1.1 SCFAs维持肠道环境稳态及免疫功能 肠道上

皮被黏液层覆盖和保护,从而将细菌与之分隔开^[9]。机体用来防止微生物入侵和降低易感性的机制之一是保持结构良好且完整的黏液层。肠道微生物群和饮食是维持肠道黏液正常结构和产生的 2 个重要组成部分。低纤维饮食导致的肠道微生物群改变导致黏液层严重恶化,并可能增强对感染和慢性炎症性疾病的易感性^[10-13]。而高膳食纤维和 SCFAs 可刺激黏液的产生和分泌,其中乙酸盐和丁酸盐保持黏液产生和分泌的平衡。此外膳食纤维也可机械地刺激肠上皮分泌黏液^[14]。同时,健康的肠道菌群有助于免疫系统的成熟和发育^[15]。其中一种机制是通过 SCFAs。已知 SCFAs 以 G 蛋白偶联受体 43(GPR43)依赖性方式促进结肠调节性 T 淋巴细胞(Tregs)的产生,通过诱导组蛋白 H3 乙酰化^[16-17]。因此,孕期母体高纤维膳食可调节胸腺微环境并诱导自身免疫调节因子的表达,这是胸腺(原发性淋巴组织)中表达的一种因子,对 T 淋巴细胞的成熟至关重要。母体纤维摄入量增加了后代血液中丁酸盐水平,并以 GPR43 依赖性方式有助于提高外周和胸腺 Tregs 计数^[18]。表明 SCFAs 在调节肠道稳态和维持先免疫系统正常功能方面均具有重要作用。

1.2 SCFAs 对脂肪酸代谢的调节 SCFAs 调节体内脂肪酸氧化、合成和分解之间的平衡。脂肪酸氧化被 SCFAs 激活,而脂肪酸从头合成和脂肪分解均受到抑制,最终血浆游离脂肪酸水平降低^[19]和体重减轻^[20-23]。在肌肉和肝脏中 SCFAs 通过增加一磷酸腺苷/三磷酸腺苷比值直接磷酸化和激活一磷酸腺苷活化的蛋白激酶,并通过白色脂肪组织中的 SCFAs 受体-瘦素途径间接磷酸化及激活一磷酸腺苷活化的蛋白激酶。在白色脂肪组织中,SCFAs 通过游离脂肪酸受体降低胰岛素敏感性,从而减少脂肪储存。此外 SCFAs 与 SCFAs 受体结合导致释放 GI/O 蛋白,随后抑制腺苷酸环化酶,并增加三磷酸腺苷/环磷酸腺苷比值,最终导致脂肪分解减少和血浆游离脂肪酸减少^[24]。

1.3 SCFAs 对葡萄糖代谢的调节 血浆葡萄糖水平由食物摄取、糖异生和多个器官摄取决定。有研究表明,血浆葡萄糖水平可通过多种机制降低^[24]。其中 SCFAs 在肠道激素肽 YY(PYY)和胰高血糖素样肽-1(GLP-1)之间起着相互通讯的重要作用。PYY 被称为饱腹激素,其可增强胰岛素对肌肉和脂肪组织中葡萄糖处理的作用^[25-27]。有研究证明,SCFAs 受体基因敲除小鼠结肠 PYY 表达和全身葡萄糖耐量均降低^[28]。在大鼠和猪结肠内输注 SCFAs 增加了 PYY 的血液水平^[29-30]。在结肠内输注 SCFAs 和纤维摄入均看增加血浆 GLP-1 水平及脂肪组织对机体葡萄糖的摄取^[30-33]。此外缺乏 SCFAs 受体的小鼠在体内均表现出 SCFAs 触发的 GLP-1 分泌减少,并且葡萄

糖耐量平行受损^[28]。因此,SCFAs 可能通过激活其受体增加 PYY 和 GLP-1,从而影响血浆葡萄糖水平。

1.4 SCFAs 调节胆固醇代谢 SCFAs 已被证明可降低啮齿动物和人类机体胆固醇含量^[34-36]。胆固醇由其前体单位-乙酰辅酶 A 通过复杂的代谢途径合成,其中 3-羟基-3-甲基戊二酰辅酶 A 还原酶是限速酶^[37]。体外研究表明,丙酸盐通过降低肝脏 3-羟基-3-甲基戊二酰辅酶 A 合酶、3-羟基-3-甲基戊二酰辅酶 A 还原酶活性降低胆固醇合成速率^[37]。此外 FUSHIMI 等^[34]研究表明,血清胆固醇水平受乙酸盐影响,当饮食补充 1.0%乙酸盐时接受含有 3%胆固醇的饮食的大鼠血清胆固醇水平明显降低。在肝脏中加入乙酸盐后 3-羟基-3-甲基戊二酰辅酶 A 合酶蛋白质水平降低,胆固醇 7 α -羟化酶 mRNA 水平升高,而胆固醇 7 α -羟化酶参与了胆固醇向胆汁酸的转化^[36]。根据这一观察结果进一步说明补充乙酸盐可降低胆固醇水平。

2 SCFAs 与妊娠相关疾病

2.1 SCFAs 与 PE 的相关机制 PE 是导致孕产妇死亡的重要原因,全球发病率为 2%~8%^[38]。其发病机制尚未阐明,但与内皮功能障碍、炎症等有关^[39]。PE 可导致肠道菌群失衡和肠道屏障功能障碍,包括有害细菌增加、有益细菌和 SCFAs 减少等,导致肠道发生炎症,肠道通透性增加。肠道菌群失衡与 PE 的发生和发展密切相关^[40]。有研究表明,SCFAs 可通过激活 GPR 调节血压。SCFAs 可与至少 4 个 G 蛋白偶联受体相互作用以调节血压^[41],包括 GPR41、GPR43、GPR109A 和嗅觉受体 78。动物实验表明,外源性补充丙酸盐可有效降低血管紧张素 II 诱导的高血压大鼠血压。GPR41、GPR43 是 SCFAs 的受体,丙酸盐是其激动剂,二者可促进细胞内钙离子的释放,从而降低血压^[42]。丁酸盐是另一种具有抗高血压活性的关键 SCFAs。丁酸盐通过保护肾小球基底膜上的足细胞和减少肾小球硬化和组织炎症,有效改善蛋白尿并降低血压,这种效果取决于 GPR109A 水平^[43]。KAYE 等^[44]研究表明,在存在轻度高血压刺激的情况下,缺乏益生元纤维的小鼠易患高血压,而将 SCFAs 重新补充到纤维耗尽的小鼠中发现,对其高血压、心脏肥大和纤维化发展均具有保护意义。此外调节免疫炎症反应是 SCFAs 调节血压的另一种途径。动物实验表明,SCFAs 促进 GPR43 介导的白细胞介素-10 增加,从而减少肠道炎症^[45]。补充 SCFAs 还可通过调节辅助性 T 淋巴细胞 17(Th17)、Tregs 等调节血压。ROBLES-VERA 等^[46]发现,双歧杆菌和发酵乳杆菌通过产生丁酸盐数量降低血压,并且通过恢复肠系膜淋巴结中 Th17/Tregs 的平衡并使内毒素正常化^[46]。与健康孕妇比较,PE 孕妇血清 Th1 和 Th17 水平明显升高,而 Tregs 水平降低^[47]。将 PE

孕妇粪便微生物移植到孕前小鼠中导致妊娠小鼠 Th17/Tregs 失衡并增加炎症因子,进而升高血压^[48];而外源性补充 SCFAs 便可缓解 Th17/Tregs 介导的炎症反应^[49-50]。因此,SCFAs 是一类关键的肠道微生物代谢物,可通过激活 G 蛋白偶联受体、调节免疫细胞和炎症因子水平调节血压。

2.2 SCFAs 与 GDM 的相关机制 GDM 作为一种常见妊娠并发症,在妊娠中期的肠道菌群失调非常明显且具有特征性,可作为 GDM 的预测指标^[51]。GDM 的高脂饮食会破坏肠道微生物群,导致产生丁酸盐的细菌(主要是厚壁菌和粪杆菌菌株)生长,过量会导致 SCFAs 增加并超过脂肪组织中的正常脂质容量,从而产生能量正平衡^[52]。与体重正常者比较,肥胖者 SCFAs 总量更高,而接受肥胖治疗者粪便 SCFAs 减少^[53]。表明 SCFAs 调节宿主碳水化合物和脂质代谢,并可能导致肥胖表型。SCFAs 可通过增强糖酵解/糖异生途径和抑制外周组织中的胰岛素信号传导发挥作用,从而导致妊娠期和糖尿病期的高血糖症。表明饮食类型、肠道微生物(SCFAs)和脂质代谢均可能通过影响葡萄糖水平而联系在一起。糖代谢失调(糖酵解/糖异生增加和脂肪酸代谢减少)是 GDM 的特征^[54]。总之,SCFAs 可能是在 GDM 治疗中新突破。

2.3 SCFAs 与 ICP ICP 是最常见的妊娠相关性肝病,主要发生在妊娠中晚期,表现为母体瘙痒,以及血清胆汁酸和肝转氨酶水平升高^[55]。ICP 主要与围产期不良结局增加有关,如自然性早产、胎儿窘迫、宫内死亡和生长受限^[56-57]。ICP 的病因和机制仍知之甚少,治疗主要是经验性的。近年来,有学者提出,胆汁酸代谢失调和胆汁淤积发展的一种解释可能是肠道微生物群中 SCFAs 的改变^[7]。有研究发现,与健康妊娠组比较,ICP 组患者异丁酸水平是健康妊娠组的 65.73 倍,乙酸、丙酸、丁酸、戊酸、己酸水平均明显低于健康妊娠组,差异均有统计学意义($P < 0.05$)。另外 ICP 患者血红蛋白、白细胞计数、清蛋白、胎儿出生体重、身体质量指数与己酸水平均呈正相关。总胆汁酸、谷丙转氨酶、谷草转氨酶与己酸水平均呈负相关。表明肠道菌群产生的 SCFAs(包括戊酸和己酸)可能参与了 ICP 的发生和发展,但具体通路机制还未知。另有研究表明,SCFAs(主要戊酸和己酸)可通过巨噬细胞激活炎症机制促进胆汁淤积介导的细胞死亡和炎症^[58-59]。因此,来自 SCFAs 的己酸可能与 ICP 患者的炎症有关。然而 SCFAs 在 ICP 中的潜在的分子机制仍不清楚。

3 小结与展望

目前,SCFAs 在妊娠期相关疾病中的作用已取得较大进展。来自临床和动物研究的证据表明,SCFAs 参与了机体多种生命活动,如维持肠道环境稳态、糖

脂代谢及抗炎免疫的调节。且已被证明是 PE、GDM、ICP 的一个新的生物标志物。但目前对 SCFAs 在妊娠期相关疾病中的具体机制作用及功能尚无完整、系统的认识,还需大量临床和动物研究进一步探究其作用机制,为通过 SCFAs 介导的通路诊疗产科常见疾病具有潜在的研究意义。

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