

## • 肺动脉高压专题研究 •

# 内皮和平滑肌的病理性改变在肺动脉高压中作用的研究进展

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**【摘要】** 肺动脉高压是一种危及生命的严重心肺疾病,其特征表现为内膜和中膜增厚,当前其主要治疗方式为使用血管扩张药物来抑制肺血管收缩,但长期用药会使患者对药物的敏感性降低,导致后期疾病的复发。该病的发生与内皮和平滑肌关系密切。本文总结了内皮与平滑肌的病理性改变(内皮-间质转化、内皮细胞分泌的血管舒缩因子失衡、内皮细胞过度凋亡以及平滑肌细胞过度增殖、平滑肌细胞线粒体功能障碍)在肺动脉高压中的作用,以期为肺动脉高压的发病机制研究提供依据,进而为肺动脉高压的治疗提供参考。

**【关键词】** 肺动脉高压;内皮;平滑肌;病理性改变;综述

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## Research Progress on the Role of Pathological Changes of Endothelium and Smooth Muscle in Pulmonary Arterial Hypertension

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**【Abstract】** Pulmonary arterial hypertension is a life-threatening and serious cardiopulmonary disease characterized by thickening of the endothelium and mesothelium, its main treatment is the use of vasodilator drugs to inhibit pulmonary vasoconstriction, but the sensitivity of patients to the drugs decreases after long-term use, leading to recurrence of the disease at a later stage. The development of this disease is closely related to endothelium and smooth muscle. This paper summarizes the role of pathological alterations of endothelium and smooth muscle (endothelial-mesenchymal transition, imbalance of vasodilator molecules secreted by endothelial cells, excessive apoptosis of endothelial cells and excessive proliferation of smooth muscle cells, mitochondrial dysfunction of smooth muscle cells) in pulmonary hypertension, in order to provide a basis for the study of the pathogenesis of pulmonary hypertension, and then for the treatment of pulmonary hypertension.

**【Key words】** Pulmonary arterial hypertension; Endothelium; Smooth muscles; Pathological changes; Review

肺动脉高压(pulmonary arterial hypertension, PAH)的特征是肺血管重塑和肺动脉压升高,最终可导致患者右心衰竭和死亡,其死亡率很高且至今无有效的治疗方法,目前发现其致病因素与内皮和平滑肌的病理性改变有关<sup>[1]</sup>。对于肺血管进行性重塑而言,内皮功能障碍是其关键起始触发因素<sup>[2]</sup>。功能失调的内皮细胞在接触到新生血管中膜平滑肌细胞时会过度激活血小板而导致原位血栓形成,还会促进外膜成纤维细胞增殖、胶原蛋白破坏以及炎症细胞浸润,进而导致血管重塑<sup>[3]</sup>。血管重塑是PAH的典型病理特征,其表现为血管内膜和中膜的厚度增加,而内皮和平滑肌在其中发挥了重要作用,二者被认为是治疗PAH的潜在靶标<sup>[4-5]</sup>。本文旨在分析内皮和平滑肌的病理性改变在PAH中的作用,以期为PAH的发病机制研究提供依据,进而为PAH的治疗提供参考。

### 1 内皮的病理性改变在PAH中的作用

位于血管内膜的内皮可以保护血管中膜和外膜免受外

来刺激,从而起到维持血管稳态的作用,但各种病理性因素如炎症反应、缺氧和机械刺激等会直接刺激内皮,导致其发生病理性改变,即内皮稳态失衡,进而诱发内皮功能障碍<sup>[6]</sup>。内皮的病理性改变包括内皮-间质转化(endothelial-mesenchymal transition, EndMT)、内皮细胞分泌的血管舒缩因子失衡、内皮细胞过度凋亡等。其中EndMT被发现普遍存在于PAH患者和动物模型中,在内皮细胞逐渐转变为间质细胞的过程中,原有的细胞极性、细胞间接触及细胞骨架等均发生了复杂的改变<sup>[7]</sup>。此外,此时的内皮细胞通常会从静止状态转变为过度活跃状态,其特征是内皮细胞分泌的血管舒缩因子失衡,导致血管舒张和收缩之间的平衡被破坏,进而导致血管重塑的发生,最终导致PAH<sup>[8]</sup>。同时,内皮细胞过度凋亡在PAH发展中也起到一定作用,因为内皮的缺失会造成内膜的保护作用丧失<sup>[9]</sup>。

1.1 EndMT 研究显示,骨形态发生蛋白受体2(bone morphogenetic protein receptor 2, BMPR2)是内皮稳态的主要调节因子,其基因突变会导致EndMT<sup>[10]</sup>。研究显示,由遗传因素导致的PAH患者肺组织中存在BMPR2信号转导功能异

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常, 这会导致锌指转录因子蛋白表达水平增加, 从而使高迁移率族蛋白A1 (high mobility group protein A1, HMGA1) 表达上调, 进而诱导EndMT的发生<sup>[11-12]</sup>。而EndMT发生时, 内皮的过度迁移、炎症和代谢受损等情况会导致PAH的发生<sup>[7]</sup>。此外, PAH患者在缺氧和氧化应激条件下会释放亲环蛋白A (cyclophilin A, CypA), 而CypA可通过促进白介素6、单核细胞趋化蛋白1等细胞因子的释放和线粒体功能障碍等来诱导EndMT的发生, 从而导致PAH<sup>[13]</sup>。综上, EndMT对PAH有促进作用。

**1.2 内皮细胞分泌的血管舒缩因子失衡** 研究显示, 肺血管张力是由血管收缩因子和血管舒张因子之间的平衡调节的, 而PAH患者体内的这种平衡被打破了, 即血管舒张因子水平降低, 而血管收缩因子水平升高<sup>[14]</sup>。其中血管舒张因子包括前列环素 (prostacycline, PGI<sub>2</sub>) 和一氧化氮 (nitric oxide, NO), 而血管收缩因子主要为内皮素1 (endothelin 1, ET-1)。正常情况下, PGI<sub>2</sub>可通过激活全身相应的PGI<sub>2</sub>受体而发挥舒张血管作用<sup>[15]</sup>, 即PGI<sub>2</sub>与平滑肌中的PGI<sub>2</sub>受体结合后可导致环磷酸腺苷 (cyclic adenosine monophosphate, cAMP) 中G蛋白偶联受体增加, 从而促进蛋白激酶A的活化, 导致平滑肌内Ca<sup>2+</sup>含量减少, 进而促进血管舒张, 因此PGI<sub>2</sub>水平降低可加重血管收缩程度, 进而促进PAH的发生<sup>[14]</sup>。正常情况下, 内皮细胞分泌的NO会在接触到平滑肌细胞后激活可溶性鸟苷酸环化酶 (soluble guanylate cyclase, sGC) 以促进cGMP的产生<sup>[16]</sup>, 而cGMP可激活蛋白激酶G, 后者可通过促进Ca<sup>2+</sup>外排并降低收缩蛋白的Ca<sup>2+</sup>敏感性来促进平滑肌松弛, 因此NO水平降低可加重血管收缩程度, 进而促进PAH的发生<sup>[14]</sup>。ET-1受体主要分为内皮素受体A (endothelin receptor type A, ETRA) 和内皮素受体B (endothelin receptor type B, ETRB), 其中ETRA主要发挥血管收缩作用, 且随着ET-1水平升高, 平滑肌上ETRA表达水平增加, ET-1与ETRA结合后会加重PAH患者血管收缩, 因此ET-1水平升高可加重血管收缩程度, 进而促进PAH的发生<sup>[8]</sup>。综上, 内皮细胞分泌的血管舒缩因子失衡可促进PAH的发生。

**1.3 内皮细胞过度凋亡** 研究显示, PAH患者常存在内皮损伤, 这会使肺血管壁增厚, 从而导致PAH的发生<sup>[17]</sup>。分析原因, 一方面可能是因为表观遗传修饰所致, 表观遗传修饰可激活或沉默内皮细胞中染色质的特定基因, 从而调控内皮细胞凋亡相关信号通路<sup>[18]</sup>; 另一方面, 骨形态发生蛋白 (bone morphogenetic protein, BMP) 信号传导的紊乱可阻碍血管生成并破坏血管完整性<sup>[19]</sup>。近年来还有研究发现, 伴有BMP2突变的患者其内皮细胞更易发生凋亡<sup>[19]</sup>。研究发现, 博莱霉素诱导的PAH动物模型的BMP9/BMP2/母亲DPP同源物 (mothers against decapentaplegic homolog, SMAD) 信号通路中BMP2蛋白表达降低, 这可导致内皮损伤<sup>[20]</sup>。各种原因导致的内皮细胞过度凋亡是肺血管损伤的最初诱因, 而后会诱导平滑肌和内皮细胞过度增殖, 最终导致肺血管壁增厚和PAH的发生<sup>[21]</sup>。综上, 内皮细胞过度凋亡会诱导PAH的发生。

## 2 平滑肌的病理性改变在PAH中的作用

PAH患者平滑肌的病理性改变包括平滑肌细胞过度增

殖、平滑肌细胞线粒体功能障碍等。其中平滑肌细胞过度增殖会导致肺小动脉管壁增厚与管腔狭窄, 进而诱发肺血管重塑<sup>[22]</sup>。而平滑肌细胞过度增殖的原因与血小板衍生生长因子 (platelet derived growth factor, PDGF) 增加密切相关<sup>[23]</sup>。线粒体功能障碍是PAH病情进展的重要因素, 研究显示, PAH患者线粒体的能量代谢不会倾向于有氧呼吸途径, 而是更加倾向于通过厌氧呼吸途径来供能, 这会导致平滑肌细胞过度增殖, 促进中膜增厚, 进而诱导PAH的发生<sup>[24]</sup>。还有研究发现, PAH患者平滑肌细胞线粒体的形态发生了异常改变, 即线粒体的裂变形态与融合形态比例失衡, 线粒体更倾向于裂变, 这会导致平滑肌细胞过度增殖<sup>[25]</sup>。

**2.1 平滑肌细胞过度增殖** PDGF作为一种强大的促分裂原, 是肺血管重塑的主要调节因子, 其在PAH患者体内表达增加, 可促进平滑肌细胞过度增殖, 导致血管中膜增厚, 从而促进PAH的发生<sup>[26]</sup>。PDGF家族中的PDGF-BB可通过上调低密度脂蛋白受体相关蛋白1 (low-density lipoprotein receptor-related protein 1, LRP1) 的表达而加速平滑肌细胞的增殖, 导致肺血管中膜增厚, 从而促进PAH的发生<sup>[27]</sup>。值得注意的是, 当PDGF-BB水平过高时, 并不会促进平滑肌细胞增殖, 这可能是因为PDGF-BB促进平滑肌细胞增殖的过程中产生了大量的活性氧, 导致毛细血管扩张性共济失调突变蛋白 (ataxia telangiectasia mutated, ATM) 被大量激活, 进而抑制平滑肌细胞增殖<sup>[28]</sup>。此外, PAH患者常会发生缺氧, 而缺氧诱导因子 (hypoxia-inducible factor, HIF) 在这个过程中发挥了重要作用, 其中HIF-1 $\alpha$ 是低氧信号传导过程中的主要参与因子, 其可以通过调控靶基因的表达来发挥促进平滑肌细胞增殖的作用<sup>[29]</sup>。例如, HIF-1 $\alpha$ 是钙蛋白酶1基因的下调控因子, 其可以通过促进钙蛋白酶1的表达来促进平滑肌细胞增殖, 进而促进血管重塑, 导致PAH的发生<sup>[30]</sup>。综上, 平滑肌细胞过度增殖可促进肺血管壁增厚, 从而促进PAH的发生。

**2.2 平滑肌细胞线粒体功能障碍** 研究显示, PAH患者线粒体中发生了葡萄糖从有氧氧化到有氧糖酵解的代谢转变, 这被称为“Warburg效应”, 其可导致平滑肌细胞过度增殖, 进而导致PAH的发生, 同时这种效应受HIF-1 $\alpha$ 的调控<sup>[31]</sup>。众所周知, 丙酮酸转化成乙酰辅酶A需丙酮酸脱氢酶 (pyruvate dehydrogenase, PDH) 的催化, 而丙酮酸转化成乳酸则需乳酸脱氢酶 (lactic dehydrogenase, LDH) 的催化<sup>[32]</sup>。而HIF-1 $\alpha$ 可以通过上调LDH-A和丙酮酸脱氢酶激酶 (pyruvate dehydrogenase kinases, PDK) 来诱导“Warburg效应”, 进而加快平滑肌细胞增殖, 最终导致PAH, 其具体机制为: 一方面, 增多的LDH-A可将更多的丙酮酸转化为乳酸; 另一方面, 增加的PDK1可磷酸化PDH并使其失活, 阻止丙酮酸转化成乙酰辅酶A, 从而诱导“Warburg效应”并促进平滑肌细胞增殖<sup>[33]</sup>。除此之外, 有研究发现, PAH患者线粒体融合形态与裂变形态的比例失衡, 即线粒体裂变形态增加, 这会导致平滑肌细胞过度增殖, 促使血管中膜增厚, 从而导致PAH的形成<sup>[34]</sup>, 其原因是线粒体动力相关蛋白1 (dynamins-related protein 1, Drp1) 的激活及其结合伴侣的上调<sup>[35]</sup>。综上, 平

滑肌细胞线粒体功能障碍会导致平滑肌细胞过度增殖、血管中膜增厚,从而导致PAH的发生。

### 3 小结及展望

综上所述,内皮和平滑肌的多种病理性改变如EndMT、内皮细胞分泌的血管舒缩因子失衡、内皮细胞过度凋亡以及平滑肌细胞过度增殖、平滑肌细胞线粒体功能障碍等在PAH的发生发展过程中发挥了重要作用。目前PAH患者的治疗方案还不完善,且相关研究主要集中在细胞实验和动物实验,虽然获得了许多成果,但还有许多问题亟待解决。相信未来随着对内皮和平滑肌的深入研究,可以进一步阐明二者与PAH之间的关系,并发现PAH潜在的治疗靶点。

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(上接第39页)

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