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• 综述 •

## 慢性肾脏病-矿物质和骨代谢异常与能量代谢

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**[摘要]** 慢性肾脏病-矿物质和骨代谢异常(CKD-MBD)的危害近年来日益受到重视,除传统致病因素外,能量代谢因子瘦素、胰岛素、脂联素等也参与了CKD-MBD的发生与发展。高瘦素血症可以通过直接和间接途径影响骨重塑;CKD患者伴有糖尿病会损伤成骨细胞功能,易发生低甲状旁腺素(PTH)动力不良性骨病;CKD患者脂联素水平升高的意义也与生理状态不同,可作为骨病严重程度的标记物。CKD-MBD与能量代谢的相互影响仍需要更多的基础和临床研究阐明,针对其分子机制的干预可能会给CKD-MBD带来新的治疗手段。本文将就CKD-MBD与能量代谢的相互影响作一综述。

**[关键词]** 肾疾病;肾性骨病;能量代谢;瘦素

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### Chronic kidney disease-mineral and bone disorder and energy metabolism

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**[Abstract]** The damage of chronic kidney disease-mineral and bone disorder (CKD-MBD) has drawn increasing attention in recent years. In addition to traditional pathogenic factors, energy regulatory factors such as leptin, insulin, and adiponectin also participate in the development and progression of CKD-MBD. Hyperleptinaemia can directly or indirectly affect bone formation. CKD patients with diabetes have injured osteoblast function and are liable to have low dynamic osteopathy with low parathyroid hormone (PTH). Adiponectin is increased in CKD patients, which can be used as a marker for severity of osteopathy. More basic and clinical researches are needed to elucidate the mutual influence between CKD-MBD and energy metabolism. The interventions targeting molecular mechanisms may bring new treatments to CKD-MBD. This paper reviewed the mutual influence of CKD-MBD and energy metabolism.

**[Key words]** kidney diseases; renal osteopathy; energy metabolism; leptin

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慢性肾脏病(chronic kidney disease, CKD)常伴有矿物质和骨代谢异常(mineral and bone disorder, MBD),可导致患者发生骨质疏松与骨折,并且会提高心血管疾病、血管钙化的发病率和患病率,严重影响患者的生活质量。近年来研究发现CKD能量代谢紊乱也参与CKD-MBD的发生,可以调节CKD患者骨重塑、钙磷代谢紊乱、血管钙化等进程。CKD患者常合并食欲下降、蛋白分解增强及能量代谢不足,严重者会伴发微炎症状态和心血管病变,形成营养不良-炎症-动脉粥样硬化综合征<sup>[1]</sup>。此外,CKD患者合并高瘦素血症、糖尿病、脂联素(adiponectin)

水平升高、胰岛素抵抗等能量代谢调控因素的变化均会影响CKD-MBD的发生和发展。本文将就CKD-MBD与能量代谢调控因子的相互影响作一综述。

### 1 CKD-MBD与瘦素(leptin)

瘦素是能量代谢影响骨重塑的重要因子。瘦素主要由白色脂肪细胞分泌,通过作用于下丘脑的受体调控骨形成。CKD患者多合并高瘦素血症。肾小球滤过率(glomerular filtration rate, GFR)下降导致瘦素排泄障碍是CKD患者高瘦素血症的主要原因,同时CKD状态下氧化应激和炎症状态进一步促

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进瘦素的分泌<sup>[2]</sup>。瘦素水平明显升高促进了CKD患者骨量的丢失和肾性骨病的发展。

1.1 瘦素中枢调控CKD-MBD机制 CKD患者的交感神经系统(sympathetic nervous system, SNS)多表现为过度活化, SNS兴奋可以激活成骨细胞中生物钟转录因子 c-Myc 和 cAMP 反应元件结合蛋白(cAMP response element binding protein, CREB)抑制成骨细胞增殖, 同时可以刺激破骨细胞分化因子(RANKL)的表达, 从而抑制骨形成, 促进骨吸收, 加速了骨质疏松、骨折等的发生<sup>[3]</sup>。瘦素可以通过影响中枢 5-羟色胺分泌增强 SNS 兴奋, 发挥对肾性骨病的调节作用<sup>[4]</sup>(图 1)。Ob/ob 小鼠(瘦素缺乏小鼠)多表现为过度肥胖和骨量增多。Ob/ob 小鼠脑室内注射瘦素可以逆转骨量增加<sup>[5]</sup>。然而瘦素对骨重塑的调节不是通过作用于下丘脑中的下丘脑瘦素受体, 而是通过抑制 5-羟色胺间接发挥对下丘脑核区的调节作用。中枢 5-羟色胺减少后, 使下丘脑腹内侧核(VMH) CREB 表达减少, 并促进 SNS 兴奋<sup>[4]</sup>。研究表明, 透析前和透析的 CKD 患者血清瘦素水平均显著升高<sup>[6]</sup>, CKD 状态下高瘦素血症可进一步活化 SNS, 导致 MBD 的发生。

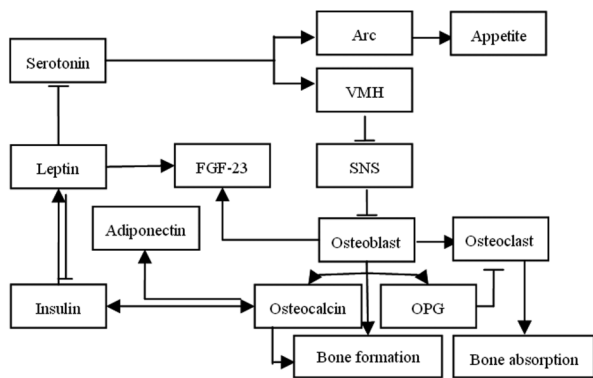


图 1 瘦素调控骨重塑机制

Fig 1 Mechanism by which leptin regulates bone remodeling

Black arrows mean acceleration; transverse lines mean inhibition. Arc: Arcuate hypothalamus; VMH: Ventromedial hypothalamus; SNS: Sympathetic nervous system; OPG: Osteoprotegerin; FGF-23: Fibroblast growth factor 23

1.2 瘦素刺激CKD患者成纤维细胞生长因子23(fibroblast growth factor 23, FGF-23)水平升高 FGF-23是影响CKD-MBD的核心因子, 是由成骨细胞分泌的一种内分泌激素, 负责降低人体内血磷水平和调节维生素D代谢。在体外实验中, 瘦素可以刺激大鼠成骨细胞分泌 FGF-23<sup>[7]</sup>。Tsuiji 等<sup>[7]</sup>发现, 瘦素刺激 ob/ob 小鼠 FGF-23 的合成分泌, 并

使小鼠骨化三醇[1,25(OH)<sub>2</sub>D<sub>3</sub>]合成减少、甲状旁腺素(parathyroid hormone, PTH)水平升高、血钙和血磷水平降低。Grethen 等<sup>[8]</sup>研究发现, 瘦素对 FGF-23 具有内分泌或旁分泌的促进作用, 肥胖患者高瘦素状态下多伴有高 FGF-23。CKD 患者的瘦素和 FGF-23 水平均显著升高, 瘦素可通过促进 FGF-23 水平的升高影响 CKD 患者钙磷代谢紊乱的发生, 促进低骨量事件的发生<sup>[9]</sup>(图 2)。

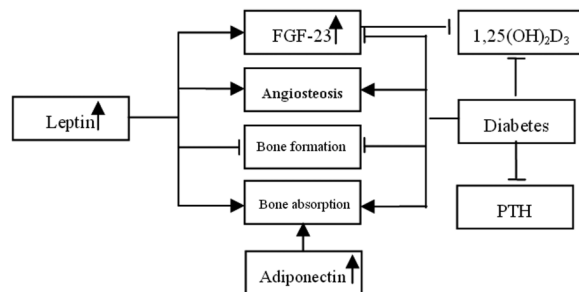


图 2 CKD-MBD 与能量代谢

Fig 2 CKD-MBD and energy metabolism

Black arrows mean acceleration; transverse lines mean inhibition. 1,25(OH)<sub>2</sub>D<sub>3</sub>: 1alpha,25-dihydroxyvitamin D<sub>3</sub>; PTH: Parathyroid hormone; FGF-23: Fibroblast growth factor 23

1.3 瘦素促进血管钙化 血管钙化是CKD-MBD患者的重要临床表现之一, 50%的CKD患者的死亡均与血管钙化有关<sup>[10]</sup>。在CKD患者高磷状态下, 瘦素可以促进血管平滑肌细胞向成骨细胞分化, 促进钙磷灰石晶体在血管的沉积, 从而导致血管钙化<sup>[11]</sup>(图 2)。Parhami 等<sup>[12]</sup>发现瘦素主要通过血管中层和外壁上的瘦素受体发挥促钙化作用。Zeadin 等<sup>[13]</sup>发现, 瘦素可刺激血管平滑肌细胞骨唾液酸糖蛋白和骨桥蛋白分泌升高, 并证实 Wnt 通路是瘦素刺激血管平滑肌细胞分化为成骨细胞的主要信号转导通路之一。

## 2 CKD-MBD 与糖尿病(diabetes mellitus)

CKD-MBD 和糖尿病之间具有多方面的相互影响(图 2)。糖尿病 CKD 患者常伴有钙磷代谢紊乱、脂质代谢紊乱、炎症、氧化应激等, 易发生动力不良性骨病。

2.1 糖尿病对CKD骨病的影响 糖尿病CKD患者由于胰岛素抵抗或分泌减少, 会通过多种途径直接或间接损伤成骨细胞功能, 使骨钙素分泌减少, 导致骨形成减弱。糖尿病中骨胶原晚期糖基化终末产物(advanced glycation end products, AGEs)修饰升

高可抑制骨形成,降低成骨质量,并且增加破骨细胞活性,导致骨吸收增加<sup>[14]</sup>。糖尿病患者常伴有微血管病变,使骨周围循环微血管通透性增加,基底膜变厚,进而影响骨重塑。氧化应激是糖尿病进展中重要的致病因素之一,Hamada等<sup>[15]</sup>证明氧化应激可以导致糖尿病小鼠成骨细胞功能紊乱,使成骨能力减弱。在链脲佐菌素(STZ)诱导的糖尿病小鼠中8-羟基脱氧鸟苷(DNA氧化损伤标记物)在骨组织和成骨细胞中均显著升高,并与骨形成标记物水平负相关<sup>[15]</sup>。氧化应激主要通过细胞外信号调节激酶(ERK)和NF- $\kappa$ B通路抑制成骨细胞的分化<sup>[16]</sup>。CKD中氧化应激的异常活化加剧了糖尿病患者的骨代谢障碍。高血糖还可以通过减少成骨细胞骨化三醇受体水平,降低成骨细胞对骨化三醇的反应性,减少活性骨钙素分泌,从而导致糖尿病CKD患者的骨量减少<sup>[17]</sup>。临床研究发现,糖尿病CKD患者更易发生股骨颈骨折及低骨量事件<sup>[18]</sup>。糖尿病透析患者血清活性骨钙素水平低于非糖尿病患者<sup>[19]</sup>,反映了糖尿病中成骨细胞活性的降低。透析患者伴有糖尿病可增加骨盆骨折的发生率<sup>[20]</sup>。Elder等<sup>[21]</sup>发现糖尿病与CKD患者骨密度降低密切相关。诸多临床研究进一步证明了糖尿病是CKD-MBD重要的影响因素之一。

**2.2 糖尿病对CKD钙磷代谢因子的影响** 糖尿病CKD 4~5期的患者中分泌PTH较非糖尿病CKD患者减少,常出现相对性PTH不足<sup>[22]</sup>。胰岛素缺乏可引起骨转运降低,使血清钙离子水平相对性升高,继而抑制PTH的分泌和骨重建<sup>[23]</sup>。糖尿病CKD患者多伴有低白蛋白血症,这与甲状旁腺功能减退同样密切相关<sup>[24]</sup>。Inaba等<sup>[19]</sup>证明,糖尿病透析患者中PTH分泌相对性受损是导致患者低动力性骨病的主要原因。Tanaka等<sup>[25]</sup>发现,112例糖尿病CKD患者与112例非糖尿病CKD患者相比,骨化三醇和25羟基维生素D水平均显著降低,血钙磷乘积升高,CKD 1~2期糖尿病患者的FGF-23水平升高程度低于对照组,至CKD 3~5期,FGF-23水平升高程度相仿。2型糖尿病患者中成骨和破骨细胞对外源性骨化三醇反应性较非糖尿病患者减弱<sup>[26]</sup>。相对性低PTH、低骨化三醇、高磷、低钙均促进了糖尿病时CKD-MBD的发生和发展,是糖尿病CKD患者易发生动力不良性骨病的主要原因。

**2.3 糖尿病促进CKD血管钙化** 胰岛素抵抗、高糖血症和血磷水平的升高与血管钙化的发生发展密

切相关。糖尿病CKD患者广泛存在血管钙化,血管钙化的发生率和心血管病死率显著高于非糖尿病CKD及透析患者<sup>[27]</sup>。CKD患者中胰岛素抵抗是CKD-MBD尤其是冠状动脉钙化的独立危险因素<sup>[28]</sup>。Kramer等<sup>[29]</sup>研究发现,糖尿病中高钙磷乘积水平是引起透析前CKD患者高冠状动脉钙化指数的重要原因。糖尿病CKD患者低骨化三醇和25羟基维生素D水平也可导致血管钙化及血管内皮功能障碍。糖尿病CKD患者AGEs蓄积也促使了血管钙化的发生,AGEs能够诱导氧化应激,导致血管损伤<sup>[30]</sup>。Tada等<sup>[30]</sup>发现AGEs能剂量依赖性刺激糖尿病血管内皮细胞钙沉积,且细胞骨钙素、骨桥蛋白等表达均升高,其中NAD(P)H氧化酶在细胞向成骨细胞分化过程发挥了重要作用。此外,骨化三醇缺乏、维生素D受体敏感性下降对糖尿病CKD血管钙化的进展均起到了促进作用<sup>[31]</sup>。

### 3 CKD-MBD与脂联素水平升高

与生理状态下脂联素改善胰岛素抵抗、抗炎、抗粥样硬化的正向代谢调节活性不同,CKD-MBD患者脂联素水平升高反映了机体能量损耗、微炎症状态及GFR的下降,与骨骼矿物质密度下降有关,能独立预测低骨量事件的发生。CKD患者及肾移植患者中血清脂联素水平均与患者的死亡率正相关<sup>[32-33]</sup>。Kamimura等<sup>[34]</sup>对CKD患者观察1年后发现,脂联素水平与GFR负相关,与蛋白尿水平正相关。高脂联素水平和CKD患者炎症因子IL-6、C反应蛋白(CRP)、TNF- $\alpha$ 等正相关<sup>[35]</sup>。Bacchetta等<sup>[36]</sup>发现,血清脂联素水平与CKD患者皮质体积、骨密度、皮质厚度负相关,而与血清骨钙素水平正相关。Okuno等<sup>[37]</sup>对血透男性患者分析后发现,脂联素水平与患者1/3远端桡骨、腰椎骨密度显著负相关,并与骨吸收标记物I型胶原N末端肽正相关。脂联素水平的升高程度可反映CKD-MBD患者骨吸收的增强程度。因此,在CKD-MBD中,脂联素水平的升高可作为骨病发生和发展的一个重要预警因子。

### 4 CKD-MBD与TNF- $\alpha$

TNF- $\alpha$ 可由脂肪细胞分泌,在脂类代谢、胰岛素抵抗、炎症及骨重塑方面发挥着重要调控作用。在CKD患者中血清TNF- $\alpha$ 普遍呈高水平,这是CKD机体微炎症状态和能量代谢紊乱共同导致的结果。

研究发现,透析患者 TNF- $\alpha$  水平与骨折发生率显著正相关<sup>[38]</sup>。TNF- $\alpha$  在 CKD 患者中对血管钙化也起到了促进作用,Koleganova 等<sup>[39]</sup>发现 TNF- $\alpha$  水平在存在血管钙化的 CKD 患者中明显升高。即使在此类患者未发生钙化的血管中,TNF- $\alpha$  水平与血管内皮细胞中骨形成蛋白 2 的升高程度也密切相关。Al-Aly<sup>[40]</sup> 的研究则证实 TNF- $\alpha$  是通过 Msx2-Wnt3a/Wnt7a 通路促进了 CKD 的血管钙化进程。

### 5 小结

能量代谢对 CKD-MBD 的调控涉及到机体的内分泌、神经、免疫、骨骼、泌尿等多个系统,形成了复杂有序的调控网络,CKD-MBD 患者广泛存在能量代谢紊乱、代谢因子失调,同时又加剧了 CKD-MBD 的发展。肾脏-骨-能量代谢内分泌轴与 CKD-MBD 相互影响的研究尚处于起步阶段。瘦素、胰岛素、脂联素、TNF- $\alpha$  调控 CKD-MBD 的机制仍需要更多的基础和临床研究阐明。CKD-MBD 与内脂素、抵抗素、内源性配体 apelin、饥饿素等代谢因子的相关性尚未见报道,这可能成为今后的研究热点,同时也给 CKD-MBD 诊治带来新的选择。

### 6 利益冲突

所有作者声明本文不涉及任何利益冲突。

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