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· 专题报道 ·

创伤性颅颈部动脉夹层的诊治进展

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[摘要] 创伤性颅颈部动脉夹层(TCAD)是在外伤性因素作用下颅颈部动脉内膜撕裂, 血液流入血管壁内导致壁间血肿形成或管腔移位。其最常引发的临床病变是缺血性卒中, 但往往因缺乏首发症状被忽视。影像学检查对TCAD的诊断有重要意义, 其中计算机断层扫描血管造影(CTA)为首选检查, 当CTA无法确诊时可行数字减影血管造影(DSA)。TCAD目前主要的治疗方法包括抗栓治疗和手术治疗。近年来, 以血管内治疗为主的新型治疗手段不断涌现, 相比传统开放手术血管内治疗操作难度小、风险低、并发症少。本文就TCAD诊断和治疗的相关研究进展进行综述。

[关键词] 创伤; 夹层; 颈动脉; 椎动脉; 诊断; 治疗

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Diagnosis and treatment of traumatic craniocervical arterial dissection: an update

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[Abstract] Traumatic craniocervical arterial dissection (TCAD) refers to a traumatic rupture of the intima of craniocervical artery, resulting in the formation of intramural hematoma or displacement of the lumen. Ischemic stroke is the most common lesion, and often overlooked due to the lack of onset symptoms. Imaging examination is of great value in the diagnosis of TCAD, and computed tomography angiography (CTA) is a preferred method. Digital subtraction angiography (DSA) is feasible when the diagnosis cannot be confirmed by CTA. The main treatments of TCAD were antithrombotic therapy and surgery. In recent years, new therapeutic options, mainly endovascular treatment, have been developed. Compared with traditional open surgery, endovascular treatment has less operational difficulty, lower risk, and less complications. This paper reviews the progress in the diagnosis and treatment of TCAD.

[Key words] trauma; dissection; carotid artery; vertebral artery; diagnosis; treatment

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创伤性颅颈部动脉夹层(traumatic craniocervical arterial dissection, TCAD)是头颈部外伤所致的颅颈部动脉内膜撕裂、壁间血肿形成或管腔移位。血管夹层形成后可激活血栓级联反应, 进而导致血管狭窄、闭塞及假性动脉瘤形成^[1-3]。造成TCAD的创伤类型包括头颈部非穿透性损伤、直接血管创伤、颈部按摩及医源性因素(如血管造影时发生的管腔内器械损伤等), 其中外力因素以机动车事故最常见^[4-6]。TCAD多见于年轻患者^[7-8], 其中颈内动脉夹层发生率约为0.86%, 椎动脉夹层发生率约为0.53%^[9], 颅内段动脉夹层发生率尚不明确。TCAD的好发部位与

血管走行节段的可移动性有关, 颈动脉夹层多位于C₁~C₂颈椎水平, 椎动脉夹层多位于C₂颈椎至枕骨大孔之间^[8,10]。本文对TCAD的诊断和治疗研究进展进行综述。

1 TCAD 的诊断及风险评估

TCAD常因缺乏首发症状被忽视^[11], 其辅助检查方法主要有超声、计算机断层扫描血管造影(computed tomography angiography, CTA)、磁共振血管成像(magnetic resonance angiography, MRA)及数字减影血管造影(digital subtraction angiography, DSA)。

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超声操作简便且应用广泛,但其灵敏性相对较低和检查结果的准确性依赖于医师的操作经验,可能对夹层动脉瘤造成漏诊^[7],在重大损伤所致TCAD的诊断中超声的使用相对受限。需要指出的是,经颅多普勒超声可评估动脉狭窄程度,监测血流动力学及微血栓信号有助于评估缺血事件发生的风险^[12]。作为TCAD诊断的首选检查,CTA具有无创、便捷、高分辨率等优点,更适用于小血管损伤的诊断,同时其也是最常用的复查手段^[13]。MRA可明确夹层、壁间血肿形成及动脉粥样硬化斑块等病变,也用于筛查软组织病变、脊髓损伤和缺血性脑卒中,然而MRA检查耗时较长,不适用于重型外伤患者。此外,部分患者由于自身植入材料而不宜行MRI检查。因此不推荐单一行MRA检查,其可作为补充方法^[12,14]。DSA是TCAD诊断的金标准,当CTA无法确诊时可行DSA检查^[15-16]。有学者指出,对于CTA检查结果阳性的TCAD患者也推荐DSA检查,若DSA检查结果阴性则可避免不必要的抗血栓治疗;若DSA确诊TCAD,及时治疗能降低脑卒中的发生率,但其临床意义尚不明确,有待进一步研究证实^[12,17]。

TCAD极易引发缺血性脑卒中^[18-19],对于具有以下临床表现的TCAD患者需诊断性评估脑卒中^[6,20]:(1)头颈部潜在动脉性出血;(2)进行性增大的颈部血肿;(3)伴有颈部血管杂音的50岁以上患者;(4)脑灌注成像提示急性脑梗死;(5)不明原因的神经功能障碍;(6)Horner综合征和头颈部疼痛。此外,许多脑血管病诊疗中心将颅颈部钝性创伤的无症状患者也列为筛查对象。TCAD早期若未接受治疗可能导致脑卒中,脑卒中发生的风险随血管损伤严重程度的上升而增加,且与患者死亡密切相关^[21-22]。TCAD患者发生脑卒中和死亡的高危因素主要包括^[7,23]:(1)意识反应和影像学检查不符;(2)颈部软组织重度损伤;(3)重度颌面部骨折;(4)神志不清,格拉斯哥昏迷量表(Glasgow coma scale, GCS)评分<6分。

2 缺血性TCAD的治疗

缺血性TCAD的治疗方法主要有抗血小板、抗凝、溶栓、外科手术及血管内治疗等,但尚无随机对照试验证明以上各治疗方法之间的相对有效性。采用药物治疗时,选择抗凝还是抗血小板治疗

存在争议。外科手术很大程度上已被血管内治疗替代。一般认为,当患者出现神经系统症状时需行抗凝或抗血小板治疗,当药物保守治疗情况下症状持续恶化时需考虑血管内治疗^[2,24]。

2.1 急性缺血性脑卒中的治疗 早期重组组织型纤溶酶原激活剂(recombinant tissue plasminogen activator, rtPA)静脉溶栓是治疗急性缺血性脑卒中的首选方法。TCAD所致脑卒中约80%发生于外伤后1周^[7,25],自症状出现至临床干预的间隔时间越长获益越小,及时静脉溶栓对于神经功能恢复尤为重要^[12]。静脉溶栓治疗可防止血栓栓塞性脑损伤的发生,但对于伴有多发伤的重型外伤患者而言风险极高。在溶栓治疗过程中,壁间血肿扩大可致夹层动脉瘤形成、血管破裂、管腔狭窄及闭塞,并明显增加蛛网膜下腔出血的风险^[26-27]。对于有颅内血肿及伴有主动脉夹层的TCAD致缺血性脑卒中患者,应禁用rtPA静脉溶栓^[12]。

对于初发症状在6h内、伴随远端血管急性闭塞尤其是前循环大血管的二次闭塞及合并外伤而不能行静脉溶栓的TCAD致缺血性脑卒中患者,机械取栓具有独特优势,其治疗有赖于初发症状的迅速识别及大血管闭塞的影像学证据^[11-12,28],但安全性及临床获益需进一步研究论证。

2.2 抗血栓治疗 血栓栓塞是缺血性脑卒中发病的主要原因^[29],由于尚无关于TCAD最佳药物治疗的随机对照研究,目前多采用自发性夹层的治疗方案对TCAD进行干预,最常用的是抗凝治疗(如肝素、华法林),其次是抗血小板治疗^[30]。Harrigan等^[30]对创伤性颅颈部血管损伤的治疗方式进行了调查,该调查纳入了美国785名医师,其中42.8%的医师选择抗凝治疗,32.5%的医师选择抗血小板治疗,17.1%的医师认为两者应同时进行。药物治疗多在缺血症状出现之后使用^[5],由于外伤后高凝状态多出现在伤后72h内,有学者认为若无禁忌证抗血栓治疗应早期进行,早期抗血栓治疗可显著降低脑卒中的发生率^[31-32]。对于合并多发伤及活动性出血的TCAD患者,若病情稳定或出血得到了控制早期抗血栓亦可获益,且不增加出血性并发症的发生率。尽管抗血栓药物应用广泛,但对其剂型、剂量及给药持续时间等尚未达成共识^[12]。

2.2.1 抗凝治疗 应用最广泛的抗凝药物是肝

素,肝素半衰期短,具有良好的可逆性,宜早期使用^[11-12]。抗凝起始时宜使用普通肝素或低分子肝素,静脉给药至部分凝血活酶时间延长至50~70 s后口服华法林(维持国际标准化比值为2~3)至少3个月^[33]。肝素治疗可能与缺血性脑卒中的出血转化、壁间血肿引起的血管狭窄加重及全身性出血有关^[34-36]。抗凝治疗的禁忌证有出血倾向(包括重度外周创伤)、消化道出血表现、重型肝病及已知的器官缺血性出血转化^[37]。由于肝素可拮抗性好且半衰期短,对于可能需要手术干预的外伤患者,有学者选择肝素作为初始治疗方法^[12]。

2.2.2 抗血小板治疗 抗血小板药物主要包括阿司匹林和氯吡格雷^[12],前者更为常用。抗血小板治疗的时间取决于血管损伤程度及愈合情况,轻中度损伤需长期抗血小板治疗以维持夹层稳定,若损伤修复可停止抗血小板治疗。重度损伤患者需终身抗血小板治疗,若神经症状持续或加重可联用氯吡格雷或改为抗凝治疗^[13]。对于出血风险较高的颅内动脉夹层及脑侧支循环不发达患者,推荐抗血小板治疗^[33,38]。一方面,抗血小板药物的剂量容易维持且对多发伤患者耐受;另一方面,外伤所致的脑卒中主要由动脉血栓形成引起,抗血小板药物更适用于血小板富集的动脉环境。有证据表明,对于外伤性夹层,抗血小板治疗能改善患者的神经功能预后^[32]。另有研究表明,对于脑卒中的预防,阿司匹林和肝素是等效的,但阿司匹林的远期出血性并发症发生率低于肝素^[12-13];而对于动脉重度狭窄、闭塞及假性动脉瘤患者,抗凝治疗的效果优于抗血小板治疗^[39-40]。

2.3 血管内治疗 血管内治疗作为TCAD更优选的治疗方式已被普遍接受。血管内治疗的指征包括脑血流动力学改变致脑循环受损、急性或迟发性缺血性脑损伤、抗血栓治疗后仍有持续性神经系统症状、进行性扩大的夹层动脉瘤及存在抗凝治疗禁忌证(如颅内夹层及血肿形成、破裂的夹层动脉瘤等)^[37]。

对于TCAD患者,血管内支架成形术在短期内是安全可行的。Pham等^[37]的回顾性研究纳入了140例颈动脉夹层患者,其中134例记录了夹层形成原因,包括外伤性(48%, $n=64$)、自发性(37%, $n=49$)和医源性(16%, $n=21$);支架植入术成功率为99%,手术并发症发生率为1.3%;平均影

像学随访12.8(2~72)个月,2%的患者出现支架内狭窄或闭塞;平均临床随访17.7(1~72)个月,神经系统不良事件的发生率为1.4%。血管内治疗一般要求术前、术后抗血小板及术中抗凝,多采用术后双抗1~6个月后改为单抗^[41],但尚无统一标准,对血管内治疗长期抗血小板的风险及获益需进一步评估。

2.4 手术治疗 开放手术方法主要包括颅内外血管搭桥、血栓动脉内膜切除术、受损部位动/静脉移植术等。创伤性颈动脉损伤多发生于颅底,手术具有极大的难度和风险,如损伤血管难以到达可选择近端闭塞或节段性隔离。传统手术术后并发症包括脑卒中、早期或迟发移植血管再闭塞及颅神经损伤^[6]。Müller等^[42]开展的一项回顾性研究显示,48例接受手术治疗的颈动脉夹层患者缺血性脑卒中的发生率为10%,颅神经损伤相关并发症发生率为58%,其中2例患者发生术后早期移植静脉闭塞。总之,传统开放手术由于难度大、风险高,较血管内治疗有更高的术中及术后并发症发生率,现已基本为血管内治疗所替代。

3 出血性TCAD(夹层动脉瘤)的治疗

颅外段动脉夹层及夹层动脉瘤很少引起颅内出血,颅内段动脉夹层动脉瘤的出血主要以自发性蛛网膜下腔出血为主^[3]。夹层动脉瘤首选血管内治疗已成为共识,治疗方式主要包括重建性治疗(支架植入、单纯弹簧圈栓塞、支架辅助弹簧圈栓塞及血流导向装置植入)和破坏性治疗(载瘤动脉闭塞)^[43]。对于不能重建的血管,可行颅内外血管搭桥联合载瘤动脉闭塞^[30]。由于缺乏大宗病例,以上治疗方法尚无大规模对照研究评估。我中心开展的一项回顾性研究纳入了57例行血管内重建治疗的颅内破裂自发性椎动脉夹层动脉瘤病例,技术成功率为100%,围手术期并发症发生率为5%,晚期并发症发生率为2%;长期随访证实血管内重建治疗有效,多支架重建治疗能预防术后复发及再出血^[44]。血流导向装置已逐渐成为治疗复杂夹层动脉瘤的重要方法。当前血流导向装置治疗技术已在国内广泛开展,相关临床研究也不断推进,但血流导向装置治疗大多用于颅内动脉瘤,治疗颅外段血管病变的报道甚少。

综上所述,TCAD的发病率低且起病隐匿,应

格外重视该疾病的筛查及诊断评估。对于确诊的TCAD, 排除出血相关性禁忌证后, 抗血栓治疗宜早期进行。血管内治疗在手术风险及术后并发症发生方面优于传统开放手术, 对于无禁忌证的患者应首选血管内治疗, 但缺乏针对血管内治疗风险评估的随机对照研究。关于TCAD的抗血小板、抗凝及手术治疗依然缺乏系统性方案, 亟需进一步的指南共识明确。此外, 由于TCAD病因及病理过程的复杂性, 有待开展其临床干预的多学科研究以形成包含多学科参与的临床诊疗规范。

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