

• 综述 •

## T细胞亚群在射血分数保留的心力衰竭中的研究进展

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**[摘要]** 射血分数保留的心力衰竭(heart failure with preserved ejection fraction, HFpEF)是心血管领域急需解决的重大难题之一。系统性炎症、心肌纤维化及冠脉微循环功能障碍等被认为是HFpEF发生发展的核心病理生理机制。T细胞亚群作为适应性免疫应答的关键一环,可通过多种机制参与上述过程,进一步加重心肌结构、功能的损伤并最终导致HFpEF的发生发展。文章回顾了免疫与炎症在HFpEF中的作用,总结了不同T细胞亚群在HFpEF中的作用及特点,并尝试以T细胞亚群来探寻HFpEF的新型生物标志物及潜在的治疗靶点。

**[关键词]** 射血分数保留的心力衰竭; T细胞亚群; 免疫; 炎症

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### Advances in T cell subsets in heart failure with preserved ejection fraction

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**[Abstract]** Heart failure with preserved ejection fraction (HFpEF) is a significant challenge in the field of cardiovascular diseases. Inflammation, myocardial fibrosis, and coronary microcirculation dysfunction are the core pathophysiological mechanisms of HFpEF. As a key part of adaptive immune response, T cell subsets widely participate in the above process through various mechanisms, further aggravating the damage of myocardial structure and function, and ultimately leading to the development of HFpEF. This article provides a comprehensive review on the roles of immunity and inflammation in HFpEF, summarizes the characteristics and functions of different T cell subsets involved in HFpEF, and aims to explore novel biomarkers and potential therapeutic targets by targeting T cell subsets.

**[Key words]** heart failure with preserved ejection fraction; T cell subsets; immunity; inflammation

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射血分数保留的心力衰竭(heart failure with preserved ejection fraction, HFpEF)是一种复杂且具有异质性的临床综合征,约占心力衰竭(以下简称心衰)的50%。目前,其患病率不断上升,且尚缺乏较有效的治疗方式<sup>[1]</sup>。HFpEF患者多为高龄,常合

并肥胖、高血压、糖尿病等代谢异常,而上述合并症可诱发机体的促炎反应<sup>[2]</sup>;类似地, HFpEF患者循环促炎因子及T细胞数量增多,提示主动性免疫应答在其中发挥着重要作用<sup>[3]</sup>。与射血分数降低的心力衰竭(heart failure with reduced ejection fraction, HFrEF)不同, HFpEF的炎症反应多为代谢应激相关的“由外而内”的系统性炎症反应。与之对应, T细胞在外周细胞中扩增并发挥免疫炎症调控作用<sup>[4]</sup>。文章就T细胞亚群在HFpEF中的作用机制及潜在应用价值作一综述,以期HFpEF的临床诊疗提供新思路。

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## 1 免疫炎症与 HFpEF

HFpEF 是一种累及多系统的临床综合征,全身炎症性反应及代谢紊乱是其发病的核心机制,而氧化应激(oxidative stress, OS)和内皮功能障碍被认为是其代谢风险的特征性病理改变<sup>[5]</sup>。具体来说,共病状态可通过诱发机体促炎状态、微血管内皮炎症反应及 OS 等促进心肌纤维化、冠脉微循环功能障碍及心室僵硬增加,最终导致心功能恶化并诱发心衰<sup>[6]</sup>。机制上,一氧化氮(nitric oxide, NO)-环磷酸鸟苷(cyclic guanosine monophosphate, cGMP)-蛋白激酶 G(protein kinase G, PKG)途径的生物利用度可改变冠状动脉循环和心肌细胞之间的旁分泌串扰信号转导<sup>[7]</sup>,同时损伤线粒体功能及干扰清除异常蛋白的过程,使得心肌腺嘌呤核苷三磷酸(adenine nucleoside triphosphate, ATP)的供需失衡<sup>[8]</sup>;而 cGMP 和 PKG 信号转导对心肌胶原和肌联蛋白的稳态有调节作用,从而影响左心室的功能。此外,最近研究显示冠脉微血管炎症与冠脉微血管稀疏有关,由此导致的毛细血管密度降低可能损害冠脉血流储备(fractional flow reserve, FFR),从而导致左心室收缩和舒张功能障碍<sup>[9]</sup>。

## 2 免疫应答参与 HFpEF 的发生发展

研究显示,免疫细胞在妊娠期浸润心脏,主要包括单核细胞、巨噬细胞、中性粒细胞、B 细胞及 T 细胞等<sup>[10]</sup>。尽管 T 细胞通常在感染或心肌损伤时被激活,但越来越多的证据表明其参与了机体的整个生命过程,如心脏发育、生理功能稳态和衰老相关的免疫反应等<sup>[11]</sup>。然而,在病理条件下,固有免疫应答和适应性免疫应答均被认为参与了 HFpEF 的发病。

### 2.1 固有免疫应答

固有免疫应答是人体防御的第一道屏障,巨噬细胞等固有免疫细胞被认为与 HFpEF 的发生发展相关。然而,巨噬细胞功能改变是 HFpEF 发病的原因还是结果,目前尚缺乏统一的结论<sup>[12]</sup>。随着研究的深入及技术的发展, Panico 等<sup>[13]</sup>利用单细胞 RNA 测序(single cell RNA sequencing, scRNA-seq)技术,在高脂血症诱导的 HFpEF 模型中发现,脂质过载通过内质网应激途径介导巨噬细胞炎症基因激活,其分泌的多种炎性细胞因子可通过心肌肥厚、纤维化和自噬等途径影响心肌细胞功能。此外,巨噬细胞介导的炎症通过白介素(interleukin, IL)-1 $\beta$ 和线粒体活性氧(mitochondrial reactive oxygen species, mitoROS)引

起高脂肪饮食相关的心脏舒张功能不全<sup>[14]</sup>。

### 2.2 适应性免疫应答

T 细胞介导的适应性免疫应答在不同分型的心衰中已有体现。例如, T 细胞参与心肌梗死后的心肌炎症反应,并存在“双相模式”:早期 T 细胞的活化有利于心肌梗死或缺血性损伤小鼠心肌损伤的恢复,但也有证据表明 T 细胞的过度活化可加重心肌损伤并导致心衰<sup>[15]</sup>;在年龄相关的心功能不全患者中, T 细胞被证明与老年性心肌炎症及心脏老化相关<sup>[16]</sup>;在高血压心衰动物模型中,抑制调节性 T 细胞(regulatory T cell, Treg)的表达可延缓心室重构<sup>[17]</sup>。类似地, Brassington 等<sup>[18]</sup>发现,通过抑制心肌细胞 CD8<sup>+</sup> T 细胞激活,可限制高血压相关的心肌纤维化。此外,在血压和肥胖双重打击模型构建的 HFpEF 临床前模型中,临床前 HFpEF 的舒张功能障碍及心肌细胞肥大等病理性改变为 T 细胞依赖性,且 T 细胞肌醇必需酶 1 $\alpha$ (inositol-requiring enzyme 1 $\alpha$ , IRE1 $\alpha$ )/X-box 结合蛋白 1(X-box-binding protein 1, XBP1)轴可逆性失调是 T 细胞参与 HFpEF 的特征之一<sup>[19]</sup>。

## 3 T 细胞亚群在 HFpEF 中的作用

### 3.1 CD4<sup>+</sup> T 细胞

缺血事件发生后,受损的心肌细胞释放自身抗原蛋白。一旦抗原提呈细胞(antigen presenting cell, APC)识别出这些自身抗原, CD4<sup>+</sup> T 细胞就可通过 MHC II 类分子协调抗原特异性免疫反应<sup>[20]</sup>。研究显示,  $\beta$ -羟基丁酸( $\beta$ -hydroxybutyrate, BHB)可通过调节 NADPH 氧化酶 2(NADPH oxidase 2, NOX2)/糖原合成激酶-3 $\beta$ (glycogen synthase kinase-3 $\beta$ , GSK3 $\beta$ )旁路增加心脏 Treg 细胞的表达从而阻止 HFpEF 的进展<sup>[21]</sup>。一项临床研究表明,左室心肌肥厚的患者向 HFpEF 进展,可能与 T 细胞的 CD 分子表达失衡及单核细胞计数增加有关<sup>[22]</sup>。此外, Laroumanie 等<sup>[17]</sup>在接受横向主动脉收缩术(transverse aortic constriction, TAC)的非缺血小鼠中观察到, CD4<sup>+</sup> T 细胞增多会导致代偿性左心室肥大,最终导致心力衰竭,而 MHC II 类分子敲除小鼠中 CD4<sup>+</sup> T 细胞(而不是 CD8<sup>+</sup> T 细胞)的减少阻止了 TAC 诱导的心脏纤维化和心力衰竭,这表明在压力超负荷条件下, CD4<sup>+</sup> T 淋巴细胞是心肌肥厚向心力衰竭发展的关键因素之一。

### 3.2 辅助性 T 细胞(helper T cell)

辅助性 T 细胞可以辨识 APC 的 MHC II 类分子提呈的抗原片段,其主要表面标志是 CD4,包括 Th1、Th2 及 Th17 等<sup>[23]</sup>。Liang 等<sup>[24]</sup>转录组研究数据

发现,与对照组相比,心衰患者中Th1和Th17细胞的比例增加,而Th2细胞的比例下降;类似地,Th1细胞数量与血清脑钠肽(brain natriuretic peptide, BNP)和高敏C反应蛋白(high-sensitivity C-reactive protein, hs-CRP)水平呈正相关,并显示出较好的一致性<sup>[25]</sup>。机制上,心肌纤维化是心脏舒张功能障碍并向HFpEF发展的重要临床特征之一。研究显示,系统性炎症反应使得促炎巨噬细胞、Th1及Th17等进入心肌,加重心肌纤维化<sup>[26]</sup>。值得注意的是,血管紧张素Ⅱ(angiotensin Ⅱ, Ang Ⅱ)可通过影响巨噬细胞极化来调节Th1/Th2平衡,提示免疫功能与神经激素存在交互影响<sup>[27]</sup>。此外,Th2细胞分泌的IL-10发挥抗炎功能,以抑制APC的成熟和T细胞的刺激能力<sup>[28]</sup>。

### 3.3 Treg

Treg具有抑制持续免疫和维持自身免疫耐受的功能,表达转录因子Foxp3<sup>+</sup>是Treg的特征性表现之一<sup>[29]</sup>。临床研究发现,心衰患者的外周Treg数量减少,提示其效应器功能存在缺陷<sup>[30]</sup>。动物研究显示,在接受转移Treg的大鼠中,心肌基质金属蛋白酶(matrix metalloproteinase, MMP)-2活性和间质纤维化降低,提示Treg可有效延缓心室重构并进一步改善心功能<sup>[31]</sup>。值得注意的是,利用靶向T细胞的脂质纳米颗粒(lipid nanoparticle, LNP)调节Treg迁移到活动性纤维化区域,并通过旁分泌的方式抑制炎症反应,可抑制心肌纤维化<sup>[32]</sup>。未来,进一步识别和开发一种刺激Treg并中和Th17细胞的选择性免疫调节疗法,可能会提供一种切实可行的治疗策略,以限制T细胞亚群的致病功能,同时保留部分免疫调节功能<sup>[30]</sup>。

### 3.4 CD8<sup>+</sup>T细胞

既往研究较多关注CD8<sup>+</sup>T细胞在缺血性心肌病中的作用<sup>[33-34]</sup>,近来研究亦逐渐重视其在HFpEF发生中的机制。系统性炎症被认为是HFpEF发病重要的病理生理机制之一。研究显示,IL-12 $\alpha$ 可降低CD4<sup>+</sup>T和CD8<sup>+</sup>T细胞的活化,从而减轻压力超载介导的心脏炎症以及肥厚所致的心功能不全<sup>[35]</sup>。心肌纤维化与免疫细胞浸润密切相关,T细胞是其免疫微环境的核心成员之一,CD8<sup>+</sup>T细胞也被认为广泛参与心肌纤维化的病理过程<sup>[36]</sup>。此外,HFpEF也以显著的冠脉微循环障碍(coronary microvascular dysfunction, CMD)为特征,而局灶性和弥漫性心外膜冠状动脉粥样硬化可能参与了CMD的发病<sup>[37]</sup>。多项研究显示,CD8<sup>+</sup>T细胞在冠状动脉粥样硬化中发挥关键作用<sup>[38-39]</sup>。例如,Cochain等<sup>[40]</sup>报道,在小

鼠中,CD8<sup>+</sup>T细胞通过调节单核细胞的产生和外周高表达Ly6C的单核细胞的数量来促进动脉粥样硬化。综上,CD8<sup>+</sup>T细胞可通过多个病理生理机制参与HFpEF的发病(图1)。

## 4 T细胞亚群: HFpEF潜在的生物标志物及治疗靶点

### 4.1 生物标志物

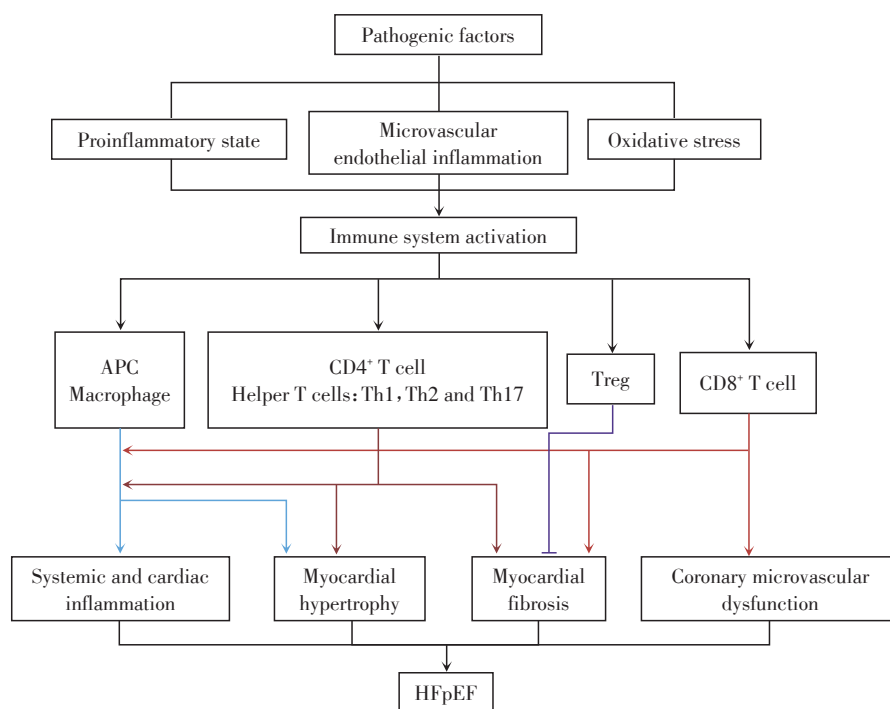
一直以来,不同T细胞亚群之间的比值在心衰患者中的价值及应用一直在研究中。例如,Th1/Th2的比值异常被认为在心肌炎症及心肌纤维化中发挥重要作用<sup>[41-42]</sup>。类似地,促炎作用的Th17及保护作用的Treg的比值变化能较准确地反映心衰患者的预后<sup>[43-44]</sup>。值得注意的是,CD4<sup>+</sup>T/CD8<sup>+</sup>T的比值升高已被认为是糖尿病心肌病(diabetic cardiomyopathy, DCM)诊断及预后的一项无创性标志物。DCM中CD4<sup>+</sup>T/CD8<sup>+</sup>T比值的升高是由于CD4<sup>+</sup>T细胞活化并处于主导地位<sup>[45]</sup>。矛盾的是,Cao等<sup>[46]</sup>的一项前瞻性研究结果显示,在96例因心衰住院的老年患者中,CD4<sup>+</sup>T/CD8<sup>+</sup>T比值下降,而免疫调节肽可通过调节T细胞亚群分布维持促炎/抗炎细胞因子的平衡,并使CD4<sup>+</sup>T/CD8<sup>+</sup>T比值恢复正常,从而提高心功能和患者的生活质量。此外,考虑到心衰患者多为高龄,细胞毒性T细胞及抑制性T细胞大多随着年龄的增长而下降,相关的免疫衰老特征不容忽视<sup>[47]</sup>。

值得注意的是,scRNA-seq作为新型测序技术,显著促进了新细胞或罕见细胞类型的鉴定<sup>[48-49]</sup>。例如,Rao等<sup>[50]</sup>通过scRNA-seq及单T细胞受体测序后发现,心衰患者纤维化心肌内可见大量白细胞浸润,尤其是细胞毒性CD8<sup>+</sup>T细胞和促炎性CD4<sup>+</sup>T细胞;且CXCL8<sup>hi</sup>CCR2<sup>+</sup>HLA-Dr<sup>hi</sup>巨噬细胞亚群在重度心肌纤维化区域被发现,可能通过Duffy抗原趋化因子受体(Duffy antigen receptor for chemokines, DARC)与活化的内皮细胞相互作用,从而促进白细胞的募集和浸润。类似地,Martini等<sup>[51]</sup>在压力过载的小鼠心衰模型中,利用scRNA-seq集中分析CD45<sup>+</sup>T细胞获得了更高分辨的亚群鉴定,为进一步研究靶向调节T细胞亚群的特异性分子打下了初步的基础。此外,scRNA-seq联合转基因T细胞受体(transgenic T cell receptor, TCR-M)模型亦揭示了心肌梗死小鼠肌球蛋白特异性Treg抑制心肌梗死后的炎症反应及邻近T细胞活化,并与心功能改善有关<sup>[52]</sup>。

### 4.2 治疗

截至目前,多个研究从不同角度研究了利用T细





APC: antigen presenting cell; HFpEF: heart failure with preserved ejection fraction; Treg: regulatory T cell.

图1 T细胞亚群在射血分数保留的心力衰竭中的作用

Figure 1 The role of T-cell subsets in heart failure with preserved ejection fraction

胞亚群的新型心衰治疗途径。例如,Rurik等<sup>[53]</sup>通过在靶向T细胞LNP中传递修饰的信使RNA(messenger RNA, mRNA),在体内产生瞬时抗纤维化嵌合抗原受体(chimeric antigen receptor, CAR)T细胞,后者被认为有改善心肌纤维化的潜力。类似地,Huang等<sup>[54]</sup>研究发现,标准化中药芪肾益气汤可抑制HFpEF期间的炎症反应和免疫细胞募集。例如,芪肾益气汤处理后,小鼠心肌中CD8<sup>+</sup>、CD4<sup>+</sup>及CD11b/c<sup>+</sup>单核细胞浸润明显减轻,且肿瘤坏死因子 $\alpha$ (tumor necrosis factor  $\alpha$ , TNF- $\alpha$ )、单核细胞趋化蛋白-1(monocyte chemotactic protein-1, MCP-1)、核因子 $\kappa$ B(nuclear factor  $\kappa$ B, NF- $\kappa$ B)及NOD样受体蛋白3(NOD-like receptor protein 3, NLRP3)等炎症因子水平降低。当然,未来仍需进一步的大规模临床研究来证实上述研究结果的准确性。

## 5 小结

越来越多的研究结果支持免疫与炎症在心衰,尤其是HFpEF中的关键作用。探讨T细胞亚群从生理稳态免疫反应向慢性病理性炎症阶段发展的过程,可为探究HFpEF的发病机制提供新的视角<sup>[55]</sup>。一般而言,生理条件下T细胞亚群有助于维持机体免疫环境的稳态,而上述免疫系统的平衡状

态被打破则会导致自身免疫和/或炎症反应的异常,从而损伤心脏血管内壁及心肌组织<sup>[56]</sup>。具体来说,Th1/Th2、Th17/Treg以及CD4<sup>+</sup>T/CD8<sup>+</sup>T比值均有作为HFpEF预后标志物的潜力;以纳米材料为载体靶向递送T细胞亚群的方法有减轻心脏炎症、抑制心肌纤维化从而治疗HFpEF的潜力。然而,目前对于T细胞亚群在HFpEF中的具体发病机制、特异性分子通路以及不同亚群间的相互影响仍未完全清晰,未来仍需大量的进一步研究来佐证上述发现并明确更具体的治疗方法。

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