

• 综述 •

肠道菌群与HPV感染及宫颈病变关系的研究进展

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[摘要] 宫颈病变主要是由高危型人乳头瘤病毒(human papilloma virus, HPV)持续性感染引起的。宫颈癌作为全球女性第四大常见恶性肿瘤, 严重危害女性的生命健康。近年来, 大量研究表明肠道菌群可以通过免疫调节、炎症反应和代谢产物生成等机制产生抗肿瘤作用。肠道菌群与宫颈癌的相关研究显示, 宫颈癌患者与健康对照者的肠道菌群组成和多样性存在显著性差异, 并且提示一些肠道菌群可作为生物标志物应用于宫颈癌的早期诊断和预防。此外, 肠道菌群可以通过雌激素介导的“肠道-阴道轴”与阴道微生物组相互作用, 间接影响阴道微生态、HPV感染和宫颈病变的发生。然而, 现有研究主要基于横断面分析, 样本量较小且缺乏纵向研究和实验性干预证据, 其中的具体关系和作用机制仍需要更进一步的深入研究来明确。文章通过总结现有研究成果, 对肠道菌群与HPV感染和宫颈病变关系的研究进展进行综述。

[关键词] 肠道菌群; 人乳头瘤病毒; 宫颈病变; 宫颈癌

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Research progress on the relationship between intestinal flora and HPV infection and cervical lesions

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[Abstract] Persistent high-risk human papilloma virus (HPV) infection is the main cause of cervical lesions. Cervical cancer is the fourth most frequent malignancy among women globally, posing a severe threat to women's health and lives. Intestinal flora can have anti-tumor effects through immunomodulation, inflammatory response, and metabolite synthesis, according to numerous research conducted in recent years. Research on the relationship between intestinal flora and cervical cancer has revealed notable variations in the diversity and composition of intestinal flora between patients with the disease and healthy controls. These findings have also raised the possibility that certain intestinal flora may serve as biomarkers for cervical cancer prevention and early detection. Furthermore, through the estrogen-mediated "gut-vaginal axis", intestinal flora can interact with the vaginal microbiome, thereby affecting vaginal microecology, HPV infection, and cervical lesions. However, existing studies are mainly based on cross-sectional analyses with small sample sizes and a lack of longitudinal studies and experimental evidence. More thorough research is still required to elucidate the precise linkages and mechanisms of action. The article reviews the research progress on the relationship between intestinal flora and HPV infection and cervical lesions by summarizing the existing research results.

[Key words] intestinal flora; HPV; cervical lesion; cervical cancer

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宫颈病变是一种常见的女性疾患,通常由人乳头瘤病毒(human papilloma virus, HPV)感染引起。宫颈上皮内瘤变(cervical intraepithelial neoplasia, CIN)一般分为轻度上皮内瘤变(CIN1)、中度上皮内瘤变(CIN2)、重度上皮内瘤变和原位癌(CIN3)。临床上一般将CIN1归类为低级别鳞状上皮内病变(low-grade squamous intraepithelial lesion, LSIL), CIN2和CIN3归类为高级别鳞状上皮内病变(high-grade squamous intraepithelial lesion, HSIL)。宫颈癌是全球女性第四大常见恶性肿瘤。国际癌症研究机构的数据显示,2022年全球约有66.1万宫颈癌新发病例以及近34.8万死亡病例^[1]。宫颈癌的发生机制复杂,通常由高危型HPV(high-risk human papilloma virus, HR-HPV)的持续感染引起。从宫颈病变发展为宫颈癌要经历一个较长的癌前病变阶段,一般需要长达10余年。因此,通过接种HPV疫苗、进行宫颈癌早期筛查以及对癌前病变进行早期诊治等方法,可以有效预防宫颈癌的发生,降低发病率^[2]。

近年来,肠道菌群的相关研究受到越来越多的关注。肠道菌群是人体肠道内存在的各种微生物的群落,包括细菌、真菌、病毒以及其他微生物等^[3]。肠道菌群作为人体的“第二基因组”,在人体中起到多种重要功能,包括营养吸收、免疫调节、保护肠道屏障以及合成代谢产物等^[4]。在此背景下,一些研究显示肠道菌群的组成和功能可以影响宿主免疫系统,作为促癌或抑癌因素,影响肿瘤的发生发展过程^[5-6]。此外,有研究发现宫颈癌患者与健康对照者的肠道菌群组成存在显著性差异,并且认为一些肠道菌群可以作为潜在的生物标志物,用于宫颈癌的早期筛查和预防^[7-8]。肠道菌群可以通过免疫、代谢、肠道-阴道轴等途径影响宿主健康,这可能对HPV感染和宫颈病变的进展产生影响。文章通过总结现有研究成果,探讨肠道菌群与HPV感染和宫颈病变进展之间的关系,为预防和治疗宫颈病变提供新的思路、方法和策略。

1 肠道菌群的组成和功能

根据肠道菌群与宿主之间的利弊关系,可以将其分为3大类:①益生菌,为人体健康所必需的微生物,如双歧杆菌和乳酸菌;②病原菌,一旦过度生长会引起多种疾病,如有核梭杆菌和幽门螺杆菌;③机会性病原体,主要是革兰氏阳性菌,通常对健康有益,但在某些情况下会诱发疾病^[9-10]。肠道菌群是维持人体健康的重要组成,被视为人类“遗忘的器

官”,人体肠道有超过 10^{14} 数量级的微生物^[11-12]。肠道菌群携带大量遗传信息,其含量至少是人类基因组的150倍^[13]。因此,它也被称为人体中的“第二基因组”。常见的肠道菌群包括厚壁菌门(Firmicutes)、拟杆菌门(Bacteroidetes)、放线菌门(Actinobacteria)、变形菌门(Proteobacteria)和梭杆菌门(Fusobacteria),占肠道总微生物群的90%^[14]。肠道菌群与宿主是互利共生的关系,其主要功能包括消化和营养吸收、免疫系统调节、抗菌作用、代谢调节、维护肠道黏膜和屏障等^[4]。肠道微生态是一个动态的组成,除遗传因素外,人类的生存环境、生活方式、饮食习惯和服用抗生素等因素也会影响其平衡。菌群失调通常是指宿主微生物生态系统的组成或功能出现异常,超出自身的恢复能力,并且对宿主产生一定的负面影响。肠道菌群失调会导致病菌过度生长、炎症、代谢综合征以及免疫系统紊乱等危害,可以在多种恶性肿瘤中观察到肠道菌群紊乱^[15]。

2 HPV感染和作用机制

HPV是一种双链环状DNA病毒,呈球形,无包膜,目前已知的HPV包含396种亚型^[16]。HPV可以分为低危型HPV(low-risk human papilloma virus, LR-HPV)和HR-HPV 2种类型。LR-HPV一般引起肛门和生殖道的皮肤疣性病变或CIN1的发生,而HR-HPV则与CIN2、CIN3以及宫颈癌的发生有关^[17]。在女性生殖道感染中,常见的HR-HPV包括HPV16、18、31、33、35、39、45、51、52、56、58、59、68。其中,HPV16和HPV18致癌性最强,约70%的宫颈癌病例由HPV16或HPV18持续性感染引起^[18]。

HPV基因组分为3个功能区:早期区(E区)、晚期区(L区)和长控制区(LCR)^[19]。E区编码7种病毒非结构蛋白(E1、E2、E1*E4、E5、E6、E7、E8*E2),这些蛋白参与HPV的复制、转录、翻译和转化;L区编码2种病毒帽状蛋白L1和L2;LCR区不参与任何蛋白的编码^[20]。宫颈的鳞状上皮和柱状上皮交界处是HPV入侵的主要部位,也是宫颈癌的主要发生部位。HPV入侵后便将其DNA整合到宿主细胞的基因组中,并在基底细胞分化过程中增殖,最终在浅表上皮细胞内聚集并释放病毒颗粒^[18]。在这一过程中,E6和E7蛋白可以分别通过抑制肿瘤抑制基因p53和视网膜母细胞瘤蛋白(retinoblastoma protein, Rb)促进受感染宿主细胞的复制,防止细胞凋亡,进而促进HPV持续感染^[21]。

HR-HPV的持续性感染会导致宫颈病变和宫颈

癌的发生。多数 HPV 感染可以在 1~2 年内通过机体免疫反应自发清除,只有小部分发展为持续感染。HPV 可以通过各种免疫逃避机制引起持续性感染,进而导致宫颈病变的发生^[22]。例如,Toll 样受体(Toll-like receptor, TLR)是先天性免疫机制的重要组成部分。在 HR-HPV 感染的情况下可以观察到 TLR4 的表达明显上调,而 TLR2 和 TLR7 的表达明显下调,从而影响先天性免疫并引起免疫逃避^[23]。干扰素反应也是先天性免疫反应的一个关键环节。HPV16 可以通过模式识别受体 NLRX1 介导干扰素基因刺激因子(stimulator of interferon genes, STING)降解,进而影响干扰素反应,驱动肿瘤免疫逃逸^[24]。此外,抗原提呈细胞(antigen presenting cell, APC)在启动适应性免疫方面发挥着重要作用。研究表明,HPV 可以通过下调 MHC I 分子影响 APC 的功能,使细胞毒性 T 淋巴细胞(cytotoxic T lymphocytes, CTL)无法识别 MHC I 上的抗原片段,进而无法杀死受感染的细胞^[25-26]。

3 肠道菌群影响 HPV 感染和宫颈病变发生的潜在机制

3.1 免疫调节和炎症反应

肠道菌群与肠黏膜免疫密切相关。肠黏膜免疫是由黏液层、肠上皮细胞、肠道相关淋巴组织和肠神经系统组成的复杂系统^[27]。肠黏膜免疫的主要功能包括保护肠道上皮和抵御病原体入侵,介导免疫细胞反应和免疫介质分泌,抑制炎症反应和加强肠道屏障的防御等^[28-31]。

肠道微生态平衡有利于维持肠黏膜屏障的完整性,并对免疫应答产生调节作用^[32]。肠道菌群及其代谢产物可以影响先天性和适应性免疫细胞的分化和功能,如巨噬细胞(macrophage, Mac)、树突状细胞(dendritic cell, DC)、髓样衍生抑制细胞(myeloid derived suppressor cell, MDSC)、调节性 T 细胞(regulatory T cell, Treg)、B 细胞和自然杀伤 T 细胞(natural killer T cell, NKT)等^[33]。一些肠道菌群可以通过刺激不同的免疫细胞发挥促炎或者抗炎作用。例如,脆弱拟杆菌具有一种荚膜多糖 A(polysaccharide A, PSA),PSA 能够满足 CD4⁺ T 细胞的功能需求,驱动 Treg 细胞的分化,促进白介素(interleukin, IL)-10 的分泌,进而预防炎症反应(图 1)^[34]。梭状芽孢杆菌可诱导 Treg 在结肠固有层中积累,进而促进 Foxp3 转录因子的表达,维持免疫平衡^[35]。梭状芽孢杆菌还可引起转化生长因子 β 1(transforming growth factor β 1, TGF- β 1)高表达,进而影响免疫抑制性肿瘤微环境的产生^[36]。此外,Jounai 等^[37]在研究中发现某些非致病性球型乳酸菌对浆细胞样树突细胞(plasmacytoid dendritic cell, pDC)具有免疫调节作用。此类球型乳酸菌可刺激 pDC 免疫调节受体的表达,增强 pDC 对 Treg 的诱导作用,刺激 pDC 产生 α 干扰素(interferon α , IFN- α),进而增强抗病毒免疫,减弱慢性炎症反应(图 1)。

肠道菌群与肠道黏膜系统的相互作用是实现免疫功能稳态和肠道生态平衡的基础^[32]。一方面,肠道菌群及其代谢产物有利于维持正常的肠黏膜免疫功能;另一方面,肠黏膜免疫的调节和限制作

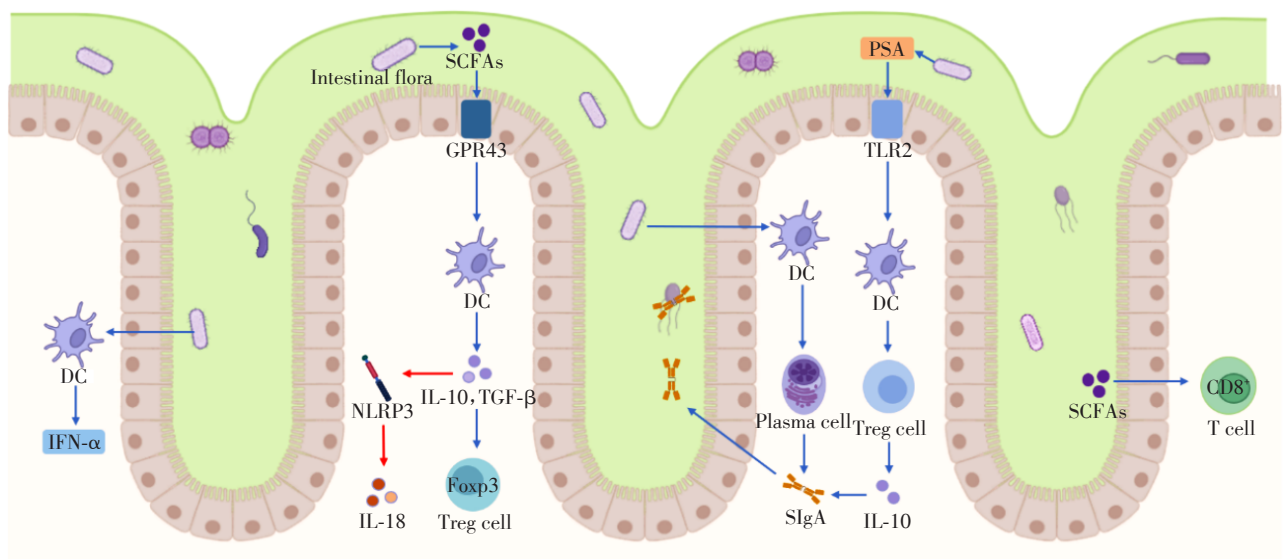


图1 肠道菌群与免疫

Figure 1 Intestinal flora and immunity

用有利于维持肠道菌群的稳态和平衡。此外,肠道屏障可以避免肠道菌群和宿主细胞之间的直接接触,进而防止免疫系统的过度反应,这是菌群持续定植和共生的基础^[38-39]。

3.2 代谢产物和基因毒性

常见的肠道菌群代谢产物有短链脂肪酸(short-chain fatty acid, SCFA)和次级胆汁酸。SCFA具有多种功能,包括抗致病菌定植、维护肠黏膜屏障、增强抗炎反应以及产生抗肿瘤活性等^[40-42]。例如,SCFA可以影响活化的CD8⁺T细胞的代谢,解除糖酵解中三羧酸循环的耦合,增强脂肪酸的摄取和氧化,从而促进细胞分化,提高CD8⁺T细胞的记忆潜能^[43]。SCFA通过GPR43信号可以调节NLRP3炎症小体以及IL-18促炎细胞因子的分泌来维护屏障完整性(图1)^[44]。此外,SCFA还可以抑制HeLa宫颈癌细胞增殖,且益生菌的使用可增加SCFA的水平,进而在宫颈癌的发展过程中发挥抗肿瘤作用^[45]。次级胆汁酸可以通过与其受体间的结合发挥抗肿瘤作用^[46]。Sarenac等^[47]在研究中阐明了次级胆汁酸触发宫颈癌细胞系凋亡的3种主要机制:①c-jun氨基末端激酶/转录因子激活蛋白-1信号通路的激活;②核因子 κ B的激活;③Bax促凋亡基因的激活。此外,产梭梭菌的代谢产物吲哚丙酸可以清除自由基,起到保护肠黏膜屏障的作用^[48]。

肠道菌群失调时,一些致病菌会导致基因毒性产物的生成,进而增加肿瘤的发生风险。研究表明,一些细菌毒素会影响肿瘤微环境,促进肿瘤的发生和引起肿瘤免疫逃逸^[49]。例如,大肠杆菌和空肠弯曲杆菌均可产生细胞致死性扩张性毒素(cytolethal distending toxin, CDT),CDT可以通过脱氧核糖核酸酶(deoxyribonuclease, DNase)活性诱导DNA双键断裂^[50]。卟啉单胞菌产生的活性氧(reactive oxygen species, ROS)会破坏宿主细胞的DNA,进而诱导肿瘤细胞的增殖^[51]。伤寒沙门氏菌会分泌多种毒力因子,造成肿瘤细胞DNA损伤并诱发炎症^[52]。此外,胆汁酸的早期解离过程可以诱导自由基和基因毒素的释放,进而引起炎症反应,对DNA造成损伤,最终诱导转录变化并且激活致癌信号^[53]。

3.3 雌激素

雌激素参与绝大多数妇科肿瘤的致癌过程,如宫颈癌、子宫内膜癌、卵巢癌等。有流行病学研究发现,在HPV感染的妇女中,多次生育和使用口服避孕药的妇女宫颈癌患病风险相对增加^[54]。此外,

雌激素受体(estrogen receptor α , ER α)在宫颈癌细胞中起肿瘤抑制因子的作用,ER α 的缺乏和其变体ER α -36过度表达可以增强HPV E6/E7基因的表达,进而促进宫颈癌的发展^[55]。有趣的是,雌激素水平与肠道菌群的组成和多样性有关。研究发现,雌二醇水平较高的女性肠道菌群中会含有丰度更高的拟杆菌门,相反厚壁菌门和瘤胃球菌科在高雌激素水平的女性肠道中丰度较低^[56-57]。雌激素水平还取决于肠道菌群分泌的 β -葡萄糖醛酸酶的活性^[58]。由此可见,肠道菌群的组成和多样性会影响雌激素水平,进而影响宫颈癌的发生发展,但该结论仍需更进一步的研究来明确。

3.4 肠道-阴道轴

健康的阴道微生物组是保持动态平衡的,通常以乳酸杆菌为优势菌。阴道微生物组通常分为5种不同的群落状态类型(community status type, CST)。其中,CST I~III型和CST V型分别以脆皮乳杆菌、加氏乳杆菌、内氏乳杆菌和詹氏乳杆菌为主,CST IV型则是一个异质性组,其特征是乳酸菌的丰度降低^[59-61]。阴道微生态平衡与HPV持续性感染和宫颈病变的发生密切相关^[62]。HPV阳性的女性会表现出更高的微生物多样性和更低的乳酸杆菌比例^[17]。以非乳酸杆菌为优势菌的阴道微生态,HPV感染的风险则会提高3~5倍^[63]。当宫颈病变从LSIL和HSIL发展到浸润癌时,CST IV型阴道微生物群的流行率会增加2~4倍^[64]。研究表明,阴道微生态失调可以引起HPV持续感染和HPV癌蛋白(如E6/E7)的高表达,进而促进宫颈病变的发生^[65]。此外,卷曲乳杆菌和格氏乳杆菌的相对丰度与HPV清除有关^[66-67],而奇异菌属的相对丰度则与HPV感染的持久性相关^[59]。

肠道菌群和阴道微生物群之间可以通过“肠道-阴道轴”相互作用,并且对维持健康的阴道微生态起到一定的作用^[68-69]。常见的阴道微生物如乳酸杆菌可以定植于直肠,而肠道菌群也可以通过雌激素代谢间接影响阴道微生物群^[70]。研究表明,雌激素可以通过诱导糖原的产生,促进乳酸杆菌的生长^[71]。有趣的是,肠道菌群可以通过分泌 β -葡萄糖醛酸酶和 β -葡萄糖苷酶促使肝结合的雌激素解离,并促进游离的雌激素在循环中被重吸收和转运,最终运输到女性生殖道部位^[58]。这说明肠道菌群可以通过雌激素介导的“肠道-阴道轴”间接影响阴道乳酸杆菌的相对丰度,进而影响HPV感染和宫颈病变发生。

4 肠道菌群与肿瘤治疗

肠道菌群可以通过多种途径参与机体免疫调节,影响肿瘤微环境中免疫亚群分布,进而增强免疫治疗的疗效,改善相关不良反应^[72-73]。免疫检查点抑制剂(immune checkpoint inhibitor, ICI)可以阻断由肿瘤细胞发出的免疫抑制信号,重新激活免疫细胞的免疫功能,进而恢复免疫细胞的抗肿瘤活性。免疫相关不良事件是 ICI 治疗常见的并发症,肠道菌群可以通过调节机体免疫功能,优化 ICI 治疗的效果,减少并发症发生^[74]。在此背景下,以肠道菌群结合 ICI 的治疗策略应运而生,如益生菌、工程菌以及粪菌移植(fecal microbial transplantation, FMT)等形式。其中, FMT 不但可以使肿瘤患者的肠道菌群得到恢复,减少炎症反应的刺激,还可以改善基于程序性死亡受体 1(programmed cell death protein 1, PD-1)的抗肿瘤免疫治疗的效果^[75-76]。

肠道菌群是人体的“精细化工厂”,与化疗药物(如奥沙利铂、氟尿嘧啶、环磷酰胺、甲氨蝶呤、吉西他滨、伊利替康)的药理作用密切相关,可通过多种机制(易位、免疫调节、代谢、酶降解以及减少生态变异)影响化疗药物疗效^[77]。铂类药物是化疗常用的药物,可通过形成铂-DNA 加合物和链间交联作用来诱导肿瘤细胞凋亡。研究显示,铂类药物的抗肿瘤作用需要肠道菌群的辅助,肠道菌群与天然免疫受体结合后,可以激活肿瘤相关炎症细胞产生 ROS,破坏肿瘤细胞的 DNA,从而增强铂类药物杀伤肿瘤细胞 DNA 的作用^[78]。特定的双歧杆菌可通过引发抗肿瘤免疫反应,对奥沙利铂治疗产生协同作用^[79]。益生菌混合物(如短双歧杆菌、嗜酸乳杆菌、干酪乳杆菌和嗜热链球菌)可以显著减轻顺铂诱导的肠黏膜炎,预防顺铂的肠道毒性^[80]。

放射治疗应用于近 50% 的肿瘤患者,但放射治疗缺乏肿瘤细胞特异性,这会导致正常组织受损,进而引起不良反应和并发症^[81]。研究显示,益生菌可以协助降低放射治疗的不良反应^[82]。有学者分析了 35 例宫颈癌放疗患者肠道微生物群与胃肠道不良反应之间的关系,发现肠道微生物组多样性减少与辐射不良反应的增加有关^[83]。

5 总结与展望

近年来,肠道菌群与 HPV 感染和宫颈病变的相关性研究逐渐增多。初步研究显示,肠道菌群的组成和多样性在宫颈癌患者和健康对照者中存在显

著性差异。但现有研究主要基于横断面分析,存在样本量小,缺乏纵向研究和实验性干预证据等不足。其中的具体关联和作用机制仍需要更深入的研究来明确。

目前临床应用的 HPV 检测和宫颈癌早期筛查、诊断方法多为有创检查,例如 HPV DNA 检测、HPV mRNA(E6/E7)检测、薄层液基细胞学检测、阴道镜下活检以及 p16/Ki-67 免疫组化染色等。进一步研究可以探索肠道菌群在宫颈癌早期诊断和预防中的潜在应用价值。例如,通过结合高通量测序技术,探索特定的肠道微生物群落特征是否可作为宫颈癌或癌前病变的早期生物标志物。通过无创粪便检测评估肠道菌群状态,辅助判断患者 HPV 感染的持久性以及癌前病变风险。通过调节肠道菌群以改善宿主免疫状态,降低 HPV 感染的持续性或抑制癌前病变的恶性进展。

此外,肠道菌群具有高度个体差异性,因此针对 HPV 感染及宫颈病变的肠道菌群干预策略需要考虑个体化特征。未来可以通过多组学技术(如宏基因组学、代谢组学和转录组学)深入解析不同患者的肠道菌群特征和功能,并结合人工智能算法制定个性化的菌群干预方案,例如益生菌、益生元、膳食调控或 FMT 等。

综上所述,肠道菌群作为宿主微生态的重要组成部分,可能在 HPV 感染和宫颈病变的发生发展过程中产生重要作用。肠道菌群可以通过免疫调节、炎症反应和代谢产物生成等方面产生抗肿瘤作用,还可以通过雌激素介导的“肠道-阴道轴”影响阴道微生态,间接影响 HPV 感染和癌前病变的发生。未来的研究需进一步明确两者之间的关系,揭示其中的作用机制,并探索基于肠道菌群的诊断标志物和干预策略。随着研究的深入,还有望开发基于肠道菌群的个性化治疗方法,为宫颈癌的防治提供新的科学依据和临床手段。

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CHEN Shuai was responsible for writing and revising the paper, ZHANG Ying was involved in writing the paper, and ZHANG Lina was responsible for the overall planning and

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