

· 综述 ·

代谢组学技术在多囊卵巢综合征诊治中的研究进展

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[摘要] 多囊卵巢综合征(polycystic ovary syndrome, PCOS)是一种兼有代谢紊乱与生殖障碍的内分泌综合征, 临床表现异质性强, 发病机制复杂不明, 因其暂未有诊断的金标准, 故以排除性诊断为主, 给临床制订个体化诊疗方案带来困难。代谢组学通过检测机体代谢过程中产生的小分子产物, 近年来在寻找PCOS潜在诊断标志物及探索其发病机制领域取得一定突破, 并可能为PCOS精准诊疗策略的制订提供证据支持。文章就PCOS发病机制及代谢组学技术在探索其机制并指导临床诊治的研究进展展开综述。

[关键词] 多囊卵巢综合征; 代谢组学; 代谢紊乱

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Research progress of metabonomics for the diagnosis of polycystic ovary syndrome

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[Abstract] The polycystic ovary syndrome (PCOS) is defined as a complex endocrine syndrome, which exhibits chronic ovulatory disorders, hyperandrogenism, insulin resistance and some other metabolic disorders. However, the mechanisms underlying these various clinical signs and symptoms are still not entirely known, which causes difficulties for clinical diagnosis and treatment of PCOS. Along with the development of metabonomics technologies, the available technique to detect and comprehensively analyze the innumerable small-molecule metabolites, may allow to find out the interactions between the symptoms and pathogenesis of PCOS, indicate the origin of these metabolic alterations, and discover new metabolic biomarkers for PCOS. This review summarizes the metabolites associated with PCOS according to recent metabolomic studies, and hopefully, some new biomarkers may serve to predict the progression of the disease and promote clinical individualization of diagnosis and treatment.

[Key words] polycystic ovary syndrome; metabonomics; metabolic disorders

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多囊卵巢综合征(polycystic ovary syndrome, PCOS)是一类兼有生殖内分泌异常与糖脂代谢紊乱的综合征, 在我国育龄期妇女中患病率为5%~10%^[1-2]。PCOS不仅是肥胖、糖尿病、心血管疾病等的高危因素^[3-5], 多项研究表明其还与哮喘、非酒精性脂肪肝以及后代的神经发育同样密切相关^[6-9]。多版PCOS指南及共识中均提及分型诊疗概念^[10-12], 但因其发病机制复杂、临床异质性强及检测条件限

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制, 未能形成统一明确的分型指标, 仍以排除性诊断为主, 因此寻找新型技术手段规范PCOS分型标准, 建立高效诊疗策略值得关注。

代谢组学(metabonomics)技术的发展与转化应用为构建PCOS的诊疗策略、探索其发病机制提供了新的平台。作为系统生物学的重要组成部分, 代谢组学可以全面并直接地将疾病的外在症状、体征与机体内部生理变化紧密联系, 有助于寻找具有潜在(分型)诊断及预后评估价值的代谢物, 对疾病早筛、早诊、早治及寻找药物新靶点具有极大价值。

本文就近年来PCOS的发病机制研究现状及代谢组学在机制及诊治的研究进展展开综述。

1 PCOS的研究现状

1.1 PCOS临床表征异质性强

鹿特丹标准将PCOS定义为以高雄激素血症、稀发排卵以及卵巢多囊改变为主要临床特征的综合征^[13]。但随着发病率增加,更多患者表现出其他的临床特征^[14]。2014年,欧洲内分泌学会首次提出PCOS具有4个表型(即ESE分型):高雄激素血症+慢性无排卵(H-CA)型;高雄激素血症+卵巢多囊样改变(H-PCOm)型;慢性无排卵+卵巢多囊样改变,但无高雄激素血症(CA-PCOm)型;高雄激素血症+慢性无排卵+卵巢多囊样改变(H-CA-PCOm)型^[10]。

不难发现并非所有的PCOS患者均有高雄激素血症表现,更值得关注的是部分患者本身不发生卵巢多囊样改变,因此仅以代谢或生殖异常描述无法囊括疾病的表征^[15],现有的诊断标准与排除性诊断原则容易造成相当数量的误诊与漏诊。

1.2 PCOS代谢机制复杂未明

1.2.1 脂代谢与高雄激素

过去研究主要集中在PCOS引起的生殖异常问题^[16-18],随着现代生活习惯变化、食物摄取增多及运动量减少,PCOS患者的代谢问题日益突出^[19-21]。

Lim等^[22]通过调查发现,PCOS患者较健康人更易发生中心性肥胖;Techaraisak等^[23]随后对399例PCOS患者进行分析,发现其内脏脂肪指数(visceral adiposity index, VAI)显著上升;Borrue等^[24]通过对55例PCOS患者、25例健康女性及26例健康男性对照组校准体重指数(BMI)后发现,较之健康女性受试组,PCOS患者的VAI增加,接近健康男性受试组水平,以上结果表明,雄激素的增高可能是PCOS患者肥胖表现的重要影响因素之一。

1.2.2 脂代谢与IR

既往许多研究认为肥胖的PCOS患者更易发生胰岛素抵抗(insulin resistance, IR)^[25-27]。Mumm等^[28]通过对88例患者进行检测发现,PCOS患者较健康人群更易发生IR;而非肥胖的PCOS患者相比,肥胖患者发生IR的比例更高,程度更重,这一结果提示脂代谢紊乱与IR似乎存在联系。

但近期部分临床研究^[29-31]所观察到的现象却与上述结果并不相同,研究者发现IR可能是PCOS的独立危险因素。Anastasiou等^[32]通过对1269例PCOS患者进行队列研究后发现,与体型正常的

PCOS患者相比,低体重PCOS患者空腹稳态模型(homeostasis model assessment, HOMA)值虽没有出现差异,但是稳态模型下钳夹试验中120 min葡萄糖代谢率(HOMA-M120)值与胰岛素分泌的曲线下面积(AUCI)却明显升高,表现出更高的餐后胰岛素水平,研究提示体重过低反而可能促进患者IR的发生。动物实验也佐证了这一观点,Skarra等^[33]在来曲唑建立的PCOS小鼠模型中发现,体重增加与高胰岛素血症并无直接关系。

1.2.3 IR与高雄激素

多项研究报道,与无代谢综合征的PCOS患者相比,合并代谢综合征的患者雄激素水平并未增加^[34-35]。但有研究者通过对低体重且伴有IR的PCOS患者进行二甲双胍治疗后,患者月经周期可逐步恢复稳定^[32],提示部分患者的IR与高雄激素血症可能存在相关,且高雄激素血症似乎是糖脂代谢紊乱的下游响应环节^[36-37]。

然而Escobar-Morreale等^[38]认为,PCOS患者体内首先发生雄激素升高、内脏脂肪堆积,并可进一步促进肿瘤坏死因子、瘦素以及细胞白介素6的释放,通过多途径作用于葡萄糖转运蛋白,最终导致IR,并可促进雄激素生成及释放增多,形成恶性循环。

综上所述,不论是动物实验或是临床试验,目前的研究结果均表明脂代谢紊乱、高雄激素与IR并非仅仅是单向线性联系,更像是双向的网状环路式联系,但究竟何者位于中心启动环节仍有待研究,并可能对临床诊治策略的制订起到至关重要的作用。

1.3 PCOS诊断技术局限

随着对PCOS研究的深入,国内外学者对于如何提高PCOS诊断技术进行探索并取得一定的进展。2014年ESE共识中^[10]首次提出利用液相/气相色谱-串联质谱(LC/GC-MS/MS)测定总睾酮水平,但因技术限制,仅用于科学性研究;2015年AACE/AES^[39]建议用平衡透析法测定游离睾酮,以评估雄激素水平,但未找到诊断切点;2018年中国共识建议进行胰岛素抵抗水平评估,但是“金标准”的高胰岛素正糖钳夹试验操作复杂,而空腹胰岛素测定、胰岛素抵抗指数、口服葡萄糖耐量试验(OGTT)等指标更适于流行病学调查,另外Chen等^[40]发现不同表型的患者胰岛素抵抗指数切点并不完全相同,因此对临床精准诊断指导有限。

2 代谢组学技术的发展

系统生物学是以全面、系统、综合的角度结合

高通量实验手段,借助数学计算模型,模拟机体生理及病理动态变化过程的一门学科^[41]。代谢组学作为下游的一环,通过对机体内的代谢物进行定性和定量分析,寻找特定代谢物与疾病及其表型变化的相对关系^[42],可迅速而敏感地反映出生物体系整体功能的变化,相较于基因组学(genomics)、转录组学(transcriptomics)及蛋白组学(proteomics),可以更为直观地显示机体变化,与疾病表型相关紧密。

代谢组学通过对生物样本的采集、预处理、数据分析等步骤,从复杂的数据结构中挖掘出具有生物学意义的信息,从生物学角度做出解释并解决临床问题。现阶段的研究多以代谢组整体研究(metabonomics)、代谢物靶标分析和指纹分析为主,主要利用核磁共振(nuclear magnetic resonance, NMR)、质谱(mass spectrometry, MS)、气相或液相色谱与质谱共用技术(GC/MS或LC/MS)等^[43]对小分子代谢产物进行检测分析,从而得出结果。

其中,NMR虽然对检测样品要求简单,但灵敏度不高,因此临床应用受限。MS在科研与临床中应用更为常见,它是由离子源、质量分析仪和检测器组成,可将检测样本中小分子化合物离子化,从而产生电荷及大小各不相同的分子片段,通过测量不同的分子片段质荷比(mass-to-charge ratios, m/z),得到检测样本中分子化合物信息,确定样本组成成分。令人鼓舞的是,MS检测可以早于临床常规生化指标显示出机体的微小变化,未来其在临床筛查及诊断中的应用值得期待。

3 代谢组学在PCOS诊疗中的应用与探索

3.1 代谢组学在PCOS诊断中的应用

鉴于代谢组学技术在肿瘤学、新生儿筛查等方面的突出表现,如何利用代谢组学技术解决PCOS这类良性疾病现存的诊疗盲区得到关注,能否找到PCOS潜在诊断代谢标志物并探索发病机制成为科学家们亟待攻克的难题。

Keefe等^[44]通过小样本横截面临床研究,在卵泡期对52例PCOS患者及42例健康受试者进行血液标本采集并利用LC/MS进行检测,发现PCOS患者的睾酮、雄烯二酮、17-羟孕酮升高,与现有临床检测常用的放射免疫法(radioimmunoassay, RIA)结果一致,说明代谢组学技术具备可信度和可行性,并且研究发现LC/MS比RIA结果稳定性更高。此外,研究者发现,PCOS患者的 3β -羟化类固醇脱氢酶明显升高,提示利用LC/MS方法可有助于精准检测代谢

流中的小分子产物,进而寻找PCOS潜在的诊断生物标志物。

Spałkowska等^[45]利用脂质组学分析技术发现,在体型瘦长的PCOS患者中,游离雄激素指数(FAI) < 5的患者较FAI指数高的患者其总胆固醇和高密度脂蛋白胆固醇(HDL-C)含量明显增加,月经周期紊乱更为严重,而在肥胖或超重的PCOS患者中却没有发现差异,研究结果初步表明代谢组学技术能够对体型瘦长的PCOS患者进行分型诊断(ESE分型),但目前现有的结果尚无法对体型正常及肥胖患者进行分型,仍需要进一步探索。

Daan等^[46]通过对PCOS及健康者进行对照研究发现瘦素、二肽基肽酶4(DPP-IV)、脂联素可有效区分PCOS患者与健康群体,并可以进一步区分PCOS患者中是否伴有高雄激素的亚型。但是通过对BMI及年龄进行校正后,仅有DPP-IV仍具备潜在分型价值。此外,研究进一步对PCOS患者的后代与同年龄段儿童进行检测,发现PCOS患者后代虽然尚未表现出PCOS的相关症状及体征,但其体内与炎症相关的蛋白激酶,如基质金属蛋白酶9(MMP-9)和钙结合蛋白S100A8显著增加,提示正处于慢性炎症阶段,可能与成年后易出现PCOS相关,研究结果仍需大样本临床数据验证。

3.2 代谢组学在PCOS治疗中的应用

代谢组学技术不仅可以用于寻找PCOS诊断及分型指标,其在疗效评估、预后方面亦有良好的应用前景。

Vinaixa等^[47]发现,在低剂量氟他米特治疗的基础上,对年轻且非肥胖的PCOS患者加用吡格列酮及二甲双胍治疗后,患者代谢紊乱症状得到改善,血清中的九羧十八碳二烯酸(9-HODE)、十三羧十八碳二烯酸(13-HODE)和壬二酸减少,提示患者的氧化水平减轻,治疗效果显著提高。同时研究者发现部分直接或间接参与三羧酸(TCA)循环的因子,包括1-2-丙二醇、谷氨酸、赖氨酸和琥珀酸等含量有所下降,提示PCOS的发病与TCA循环具有相关性,为寻找更为特异的潜在药物靶点提供线索。

此外, Galazis等^[48]研究发现缬氨酸、高密度脂蛋白、丙氨酸的减少对PCOS患者是否会发生糖耐量受损及2型糖尿病有一定预测作用,有助于临床对患者提前进行针对性的干预,同时对探索PCOS与糖耐量减低/糖尿病(IGT/DM)发病机制有提示作用。Zhao等^[49]发现,PCOS患者血浆标本中乳酸、甘油三酯和低密度脂蛋白水平显著升高,其中乙酰糖

蛋白提示PCOS患者中可能存在轻度慢性炎症;研究还发现支链氨基酸/芳香氨基酸(BCAA/AAA)值对于疾病进展与并发症存在预测作用,为今后研究PCOS的发病机制提供新思路。

4 展 望

综上所述,代谢组学技术可以迅速及全面地反映机体疾病状态下的内源性代谢物的改变,为我们制定PCOS的精准诊断标准与分型依据提供参考。更令人期待的是,代谢组学能够动态地将疾病外在表现征象与内在代谢物变化紧密联系起来,为我们探索PCOS可能存在的发病机制,寻找其中的关键节点及研发更有效的靶向药物提供新兴的技术平台。

不论是在临床研究中寻找潜在诊断标志物,或是动物研究中探索疾病发病机制,由于质谱仪离子化特性,且生物体始终处于动态变化中,所以重复性与稳定性问题仍需进一步研究与改进。更为重要的一点是,如何从纷繁如海的代谢物信息中找到真正具有生物学意义的关键信息分子,并作出合理的生物学解释及医学推断,依旧是科学家需要攻克的难题之一。但是我们期待并有理由相信,通过进一步大规模样本代谢组学分析及更多临床证据的积累,代谢组学将为临床制定PCOS精准诊疗策略及找到更有效的药物作用靶点提供更多助力,并在精准医学、分子流行病学的领域中发挥更大的积极作用。

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