

呼吸与危重症

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代谢组学分析在重症医学领域的研究与应用进展

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【摘要】重症医学领域的疾病常常以“综合征”为代表,即使是同样的一个结局,他们的病因也不尽相同。现行评估这些综合征的指标并不能完全反映机体所受到的压力。代谢组学是最新的“组学”技术,涉及生物体或特定生物样品小分子代谢物的全面分析。代谢组学提供了对细胞状态的洞察,并描述了生物体的实际健康状况。气相色谱-质谱法和液相色谱-质谱法等可用于各种生物流体的研究技术,用于重症监护室(intensive care unit, ICU)患者的代谢组学分析。这些技术已成功用于 ICU 和其他临床环境的诊断和预后,例如,脓毒症和急性呼吸窘迫综合征、急性肾损伤等。本文就代谢组学分析在重症医学领域的研究进展做一综述。

【关键词】代谢组学;重症医学;应用**【中图分类号】**R563.8**【文献标志码】**A**【收稿日期】**2018-01-10Research and application progress of metabolomics analysis
in critical care medicineYu Feng¹, Lin Shihui¹, Liao Xiaohui², Xu Fang¹

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【Abstract】In the field of critical care medicine, the so-called ‘diseases’ are often ‘syndromes’. The same clinical outcome may have different etiologies. In fact, the current assessment of these syndromes does not reflect the whole changes of the patients’ body. Metabolomics is the latest ‘omics’ technique, which analyzes the small molecule metabolites of organisms or specific biological samples comprehensively. And it provides an insight of actual (health or illness) condition of organisms from the cell status. Techniques for a variety of biological fluids, such as gas chromatography-mass spectrometry, liquid chromatograph-mass spectrometry have been used in ICU for the metabolic analysis. And they have been used in the diagnosis and prognosis of the syndromes or diseases, such as sepsis, acute respiratory distress syndrome, acute kidney injury and so on in the ICU. In this review, we will focus on the development of metabolomics analysis in critical care medicine.

【Key words】metabolomics; critical care medicine; application

近年来,重症医学在整体生命支持方面取得了很大进

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展,但预测性生物标志物的缺失已经成为该领域相关疾病诊断、治疗以及开发降低发病率和(或)死亡率有效药物的瓶颈之一,这也许最终会成为危重症救治“桶形效应”的关键点。重症监护室(intensive care unit, ICU)患者常常处于各种“综合征”包围之中。在宏观上,“危重”是这些综合征最重要的“特征”。但由于病因不同,综合征仅仅是多种病因的后续体现,即使对同一综合征的评估都难以达成共识。因此,加强对疾病机制的理解,探讨“综合征”与微观环境变化之间是否存在特别的关系,可能会给探寻临床上的检测、评估和治疗新靶点提供机会。“组学”(包括基因组学、蛋白质组学和代

谢组学等)可以帮助我们了解疾病,使用组学研究重症医学领域中的疾病和(或)综合征的性质将是一个很有前途的方法。由于基因组学、转录组学和蛋白质组学不能完全解释生物体对生理和病理生理刺激的复杂反应,我们的研究目光聚焦于基因组级联反应中比 DNA、RNA 和蛋白生物标志物更晚的细胞代谢化学分解产物,因而近年来对代谢组学的关注日益增加。本文仅就代谢组学分析在重症医学领域中的研究与应用进展做一综述。

1 代谢组学发展与基本研究方法

代谢组学是指活体系统对病理生理刺激或遗传修饰的动态多参数代谢反应的定量测量^[1],可以追溯到古希腊,当时尿液的颜色、味道或气味就已经被用来诊断糖尿病^[2]。20 世纪 70 年代 Pauling^[3]和 Horning^[4]等开创了代谢组学系统研究的新时代,其重点是分析生物体液中全面的特异性代谢物质。目前,现代代谢组学就是在给定时间点对生物样品中的小分子代谢物(<1 500 D)进行全面、系统的鉴定与定量。它的目的在于从样本中寻找能区分具有疾病的个体与健康个体的差异代谢物。由于在致病过程或对治疗干预的生物学反应中存在特征性指标——生物标志物^[5],因而寻找能够明确检测疾病的特异性、敏感性生物标志物也就必然成为代谢组学研究最重要的目标之一。

代谢组学中最常用的分析技术包括:核磁共振(nuclear magnetic resonance, NMR)波谱法(主要是 ¹H-NMR)和质谱法(mass spectrometry, MS)^[5-6],均可完成对样品中的大量小分子的分析,以实现代谢物的鉴定和定量分析;同时,两者各有其优势与局限性(表 1)^[6-7]。NMR 波谱检测的“无损性”对于完整细胞或组织(活组织样本)分析具有特别价值。而 MS 通常需要从待分析的生物流体中分离出代谢物,因此常需与高分辨率技术相结合,如:液相色谱(liquid chromatograph, LC)、气相色谱(gas chromatography, GC)、毛细管电泳(capillary electrophoresis, CE)和超高效液相色谱(ultra high performance liquid chromatography, UHPLC)等。虽然 MS 是一种破坏性技术,但分析所需样本量很少(以 μ L 为计量单位);同时,色谱-MS 联用法又具有高灵敏度和可重复性的优点,被经常用于代谢组学研究。上述 MS 方法特点各异,有的需要对非挥发性物质进行衍生化(如 GC-MS),有的能覆盖从亲水性到疏水性的各种代谢物的分析(如 LC-MS),有的具有优异的分离能力但重复性较低(如 CE)^[6-9]。因此,选择与研究目的和样本匹配的 MS 技术将是研究成功的关键环节之一。可见, NMR 和 MS 两种分析方法具有互补性^[10],对一个有机体的代谢组学综合表征分析需要运用多种分析技术和(或)仪器相互结合起来开展。

表 1 MS、NMR 优缺点比较

技术名称	优点	缺点
MS	高灵敏度	低定量
	较宽的检测范围	低重复性
	易于使用代谢物鉴定数据库	破坏性
	可以结合分离技术	样品量要求高
NMR	快速	缺乏灵敏度
	无损	多重共振
	高吞吐量	化学噪声和信号重叠
	最小的样品操作	难以量化
	可做组织分析	

在当今代谢组学分析条件下,代谢指纹分析、代谢物谱分析和靶向代谢组学是可以运用的 3 种不同的研究方法。代谢指纹分析是对生物样本中可重现代谢物指纹图谱的全面、快速评估。它不需要特殊的样品制备和最终的色谱分离技术,主要用于样品分类。识别的目的是根据表征特定组织或生物液体中代谢状态的独特模式来区分来自不同生物状态(如疾病或健康)的样本^[11-13]。代谢物谱分析是一种非靶向的代谢分析法,旨在尽可能多地识别并量化化合物。其重点在于对各种代谢物(如氨基酸、糖、脂质和胆汁酸等)以及未知潜在化合物的分析。它涉及代谢物的高通量测量,需要高分辨率色谱分离和质谱检测,能够检测到代谢物组的具体变化,并了解具体代谢途径,常用于新的科学假说探索与代谢生物标志物鉴定^[11-12, 14]。而靶向代谢组学是基于已知的代谢途径和(或)生物标志物,选择监测与生物体特定反应有关的目标化合物^[11-12, 14],并在样本中予以明确和精确定量。

在实际运用中,研究标本可以是细胞、液体或组织,其中尿液和血液是代谢组学研究中使用的典型标本^[5],而样本的收集、储存和准备则是研究成功的关键步骤^[15]。对数据进行预处理使之特征更具可比性^[16]、使用多变量统计分析^[17]、内部交叉验证检验^[18]以及主成分分析(principal component analysis, PCA)、层次聚类分析(hierarchical cluster analysis, HCA)、偏最小二乘判别分析(partial least squares discrimination analysis, PLS-DA)等多种模式识别策略的应用^[7]均是保障鉴定生物标志物的可靠性重要环节。

2 代谢组学在重症医学中的应用

重症医学是研究危及生命的疾病状态发生发展规律及其诊治方法的临床医学学科^[19]。代谢组学允许用一个样品鉴定数十至数百种代谢物,可以实现与特定病理生理学相关的代谢指纹的鉴定^[20],从而确定生物标志物及解释病理生理过程。在重症医学及相关领域中,已逐渐将代谢组学应用于生物标志物鉴定、疾病预防和药物开发与量化治疗等方面^[20]。

2.1 脓毒症

脓毒症是全球致死的重要疾病之一^[21],具有高发病率(18.6/1 000 住院人次)、高死亡率(50%)的特点^[22]。其患者往往需要在 ICU 进行治疗,医疗成本占比较大^[23]。虽然引起脓毒症的病原体并没有显著变化,但随着多项临床和基础研究结果的展现,对脓毒症的定义有了新的理解^[24]。修订后的国际共识(脓毒症-3.0)建议将 SOFA 评分为 2 或更高作为脓毒症的标准,虽然它更容易从临床数据中获得,但精确度相对较低^[25-26]。理想化的状态,即准确和早期识别,一定是影响脓毒症临床决策并指导更精确治疗干预的关键结点。脓症患者不论病原体如何,其代谢产物谱都是一致的^[27-28],不同的代谢物特征决定了脓毒症所造成的特定终末器官损害^[28-29]。目前研究表明,在人体和动物中,代谢产物谱能够区分脓毒症和无菌性炎症,以及评估入住 ICU 的患者继发脓毒症的可能性^[27-28,30-31]。1H-NMR 尿代谢组学检测也被认为有助于脓毒症的早期诊断^[32]。同时,脓毒症代谢产物主要是氨基酸及其衍生物,显示出一致的方向性变化,这是能量代谢在其病理生理中作用的体现^[31,33]。葡萄糖、乳酸盐、醋酸盐和柠檬酸盐可用于区分脓毒症和全身炎症反应综合征(systemic inflammatory response syndrome, SIRS)^[28,31,33]。进一步分析发现,脓毒症存活与死亡者游离脂肪酸代谢改变明显,存活者线粒体脂肪酸 β -氧化严重缺陷,其犬尿氨酸可作为区分 SIRS 和败血症的参考指标^[27,34]。此外,代谢组学还可以被用来作为阐明生化途径、监测不良事件、预测和追踪治疗反应(药物代谢组学)的一种工具^[35-36],以促进脓毒症的药物精确治疗。在促红细胞生成素减少脓毒症的器官功能损伤^[37]和左旋肉碱治疗成人脓毒性休克 I 期临床试验^[38]中均有阳性发现。还有一些代谢组学研究已尝试将线粒体脂肪酸 β -氧化作为脓毒症靶向治疗的关键途径进行探索性研究^[33,39-40]。可见,代谢组学具有很大的潜力来帮助确定特定的脓毒症表型,并期望找到非常需要的预测性和预后性生物标志物,从而引导更个性化的管理和治疗^[41]。

2.2 急性呼吸窘迫综合征

急性呼吸窘迫综合征(acute respiratory distress syndrome, ARDS)是 ICU 常见危急重症,死亡率高达 10.4%^[42-43]。自 1967 年首次描述 ARDS 描述^[44]以来,已经有一些研究期望能解决该综合征的潜在异质性和复杂病因学问题。ARDS 代谢组学分析涉及各种潜在与之相关的生物流体[如呼出气、支气管肺泡灌洗液(bronchoalveolar lavage fluid, BALF)和血浆等]。早期研究即发现外科 ICU 的 ARDS 患者呼出气中异戊二烯水平偏低^[45]。Evans 等^[46]针对 ARDS 患者的非靶向代谢组学分析发现其 BALF 中存在明显代谢组学差异,呈现多种氨基酸和糖酵解产物水平增高以及脂质中间体水平降低。Stringer 等^[47]从 13 名脓毒症诱导的 ARDS 患者血浆中鉴定出 40 种

代谢物(其中 4 种存在显著性差异)。近期 Sinha 等^[48]使用 NMR 对 BALF 进行代谢组学研究,经 PLS-DA 分析发现脯氨酸、赖氨酸、精氨酸、牛磺酸、苏氨酸和谷氨酸 6 种代谢产物可作为判别轻、中、重度(依据 2012 年柏林定义^[49])ARDS 的参考生物标志物并解释了相关代谢路径。可见,代谢组学分析在 ARDS 早期诊断、严重程度评估上具有一定前景。

2.3 急性胰腺炎

近年急性胰腺炎(acute pancreatitis, AP)发病呈上升趋势,其中 20%可致多器官功能衰竭甚至死亡^[50-52]。目前临床诊断 AP 的方法包括实验室检查与放射成像(如超声、MRI 和 CT 等^[53-54]),然而这些检查的假阳性、假阴性、非特异性以及滞后性均会限制对 AP 的早期诊断。Ma 等^[55]用高分辨质子魔角旋转 NMR 示踪法发现大鼠模型在胰腺组织损伤前即存在亮氨酸、异亮氨酸、缬氨酸、脂质和牛磺酸等代谢物水平改变。Villasenor 等^[56]利用 1H-NMR 波谱和多变量模型发现 AP 患者尿液中鸟嘌呤、马尿酸、肌酸和血浆中缬氨酸、丙氨酸、脂蛋白所组合的生物标志物对 AP 具有很强的诊断和预后潜力。Tang 等^[57]利用 GC-MS,采用 PLS-DA 模型确定高脂血症性急性胰腺炎(HLP)存在一些特异代谢物。近期, Xiao 等^[58]采用 GC-MS 发现包括 3-羟基丁酸、磷酸、甘油、柠檬酸、D-半乳糖、D-甘露糖、D-葡萄糖、十六烷酸和 5-羟色胺在内的一些重要代谢物可作为辅助 AP 临床诊断的潜在生物标志物。在治疗方面, Lia 等^[59]用 600 MHz 超导 NMR 光谱仪检测证实中草药大承气汤治疗后的 AP 大鼠模型血浆甘油、谷氨酸、低密度脂蛋白、饱和脂肪酸水平降低,而丙氨酸和谷氨酰胺水平升高,为基于 1H-NMR 的代谢组学方法系统研究 AP 治疗提供了方法学依据。可见,代谢物水平的检测将有助于 AP 的早期诊断与预后判断,代谢谱与化学计量模型耦合可能是展开代谢系统研究的有效工具^[57]。

2.4 急性肾损伤

急性肾损伤(acute kidney injury, AKI)是指由多种病因和(或)危险因素引起的肾功能快速下降的一种复杂临床综合,住院死亡率可高达 75%。脓毒症和缺血再灌注损伤是 ICU 患者发生 AKI 的主要原因^[60-62],尽管有连续肾脏替代疗法(continuous renal replacement therapy, CRRT)等治疗手段,但 AKI 的预后仍较差^[63]。血清肌酐水平和尿量仍然是目前临床诊断 AKI 的主要指标^[64],但敏感性、特异性和可靠性较差。Wei 等^[65]在小鼠 AKI 模型上利用 GC-MS、LC-MS 技术发现 AKI 早期肾组织和血清中 3-吲哚硫酸(3-indoxyl sulfate, 3-IS)的变化可能是早期诊断 AKI 的生物标志物^[66]。研究表明植物多酚、甲氧基灭酸和肝磺基转移酶抑制剂能够通过抑制 3-IS 生成来减轻急性肾损伤^[66-68]。3-IS 作为烟碱酸受体激动剂诱导的 AKI 的标识,是最有统计学意义的血清生物标志物,较肌酐和血尿素氮具有更高的敏感性^[70]。此外,分析代谢组学研究

证实早期左旋肉碱可以减少细胞膜磷脂的分解产物(如溶血磷脂和游离脂肪酸)以减轻肾损伤^[70],也为 AKI 的药物治疗动态评估提供了依据。

2.5 严重颅脑伤

严重创伤性脑损伤(trumatic brain injury,TBI)通常被定义为由格拉斯哥昏迷评分为 3~8^[71]的外力引起的脑损伤,这意味着患者存在严重的意识障碍,需入住 ICU。虽然约 30% 的严重 TBI 患者会死亡,50%至少会有中度残疾,但仍存有部分恢复良好者^[72-73],这就对早期预测 TBI 的结局提出严峻挑战性。Viant 等^[74]在流体冲击伤大鼠模型中发现大脑皮质和海马体中抗坏血酸、谷氨酸、磷酸胆碱、甘油磷酸胆碱和 N-乙酰天冬氨酸盐水平降低,而血浆中未发现明显改变。一项针对 TBI 和骨科损伤患者的两个大型独立队列综合代谢分析研究的中发现链脂肪酸(癸酸和辛酸)和糖衍生物(2,3-二磷酸甘油酸)与 TBI 的严重程度密切相关^[75]。可见,依托神经外科特有的有创颅内压检测或 ICU 其他血液监护手段开展 TBI 患者的动态代谢组学分析评估并预测其神经功能状态,将成为一种可能。

3 总结与展望

代谢组学能告诉我们“什么正在发生”这一动态生物学问题,这是机体面对疾病所产生一系列病理生理变化的微观动态结果。重症医学领域的疾病常以“综合征”为代表,即使是同一疾病结局其病因也不尽相同,但目前所研究的生物标志物更倾向于对疾病“结果”的阐释,而对其内在“过程”的解读较少。同时,由于环境、遗传和病因等的不同,现行评估这些综合征的指标并不能完全反映机体所受的上述压力,因而运用基因组学或蛋白组学分析研究 ICU 常见疾病收获甚少。代谢组学能够动态展现机体在遭受刺激后的一系列反应的轨迹,这一代谢网络将帮助我们深入理解重症医学领域疾病的发病机制,探寻动态评估疾病的生物标记物及其出现的时间结点(如 ARDS 严重程度动态评估、脓毒症严重程度划分等),并将这些与临床经验、生物科技技术和计算机分析相结合以提高 ICU 的早期预测能力,这也许是未来发展的方向。

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