

·论著·

老年男性巨幼细胞性贫血患者骨密度研究

康冠¹ 马远征^{2*} 王亮² 徐小文² 杨帆²

1. 山西医科大学第二临床医学院,山西 太原 030001

2. 解放军第309医院全军骨科中心,北京 100091

中图分类号: R681, R446 文献标识码: A 文章编号: 1006-7108(2016)12-1540-05

摘要: 目的 探讨老年男性巨幼细胞性贫血(megaloblastic anemia, MA)患者骨密度的水平。方法 选取2010年1月至2016年1月在解放军第309医院住院治疗的老年男性巨幼细胞性贫血患者40例为病例组,年龄62~86岁,平均(73.50 ± 8.13)岁;选取同期该院体检中心接诊的健康老年男性40名为对照组,年龄63~85岁,平均(72.82 ± 7.77)岁。收集身高、体重、体质指数等一般资料,采用双能X线骨密度测量仪对所有患者进行腰椎(L1-L4)和左侧髋部(Neck区)骨密度测量,测定所有患者空腹血谷丙转氨酶(ALT)、谷草转氨酶(AST)、肌酐(CRE)、尿素氮(BUN)及血清同型半胱氨酸(Hcy)、维生素B₁₂、叶酸等生化指标,比较两组间上述指标的差异。结果 巨幼细胞性贫血患者骨密度、叶酸、维生素B₁₂均低于对照组,差异有统计学意义($P < 0.05$);而血清同型半胱氨酸(Hcy)却明显高于对照组,差异有统计学意义($P < 0.05$)。两组间比较血清ALT、AST、CRE、BUN差异无统计学意义。结论 合并有巨幼细胞性贫血的老年男性更容易发生骨质疏松,巨幼细胞性贫血可能是引起老年男性骨质疏松的危险因素之一。

关键词: 巨幼细胞性贫血; 维生素B₁₂; 叶酸; 同型半胱氨酸; 骨密度; 骨质疏松

Study of bone mineral density in older male patients with megaloblastic anemia

KANG Guan¹, MA Yuanzheng^{2*}, WANG Liang², XU Xiaowen², YANG Fan²

1. The Second Clinical Medical College of Shanxi Medical University, Taiyuan 030001

2. Department of Orthopedics, the 309th Hospital of PLA, Beijing 100091, China

Corresponding author: MA Yuanzheng, Email:myzzxq@sina.com

Abstract: Objective To evaluate the status of bone mineral density (BMD) in older male patients with megaloblastic anemia (MA). **Methods** A total of 40 patients diagnosed as MA admitted to the Osteoporosis Department of the 309 Hospital from January 2010 to January 2016, aged 62 to 86 (73.50 ± 8.13) years, were selected as the research group. Another 40 healthy people undergone physical examination at the physical examination center during the same time period, with an average age of (72.82 ± 7.77) years, were selected as the control group. BMD of L₁-L₄ and hip (femoral neck region) was measured using dual energy X-ray absorptiometry (DXA, HOLOGIC, USA). Height, weight, and serum AST, ALT, BUN, CRE, homocysteine (Hcy), cyanocobalamin (Vit B₁₂), folic acid were measured in both groups. **Results** BMD and the levels of folic acid and Vit B₁₂ were significantly lower in the MA group compared with the control group ($P < 0.05$), but the levels of Hcy were significantly higher than that of the control group ($P < 0.05$). **Conclusion** Older male patients with MA were more likely to suffer from osteoporosis, suggesting that MA may be a risk factor for osteoporosis in older male patients.

Key words: Megaloblastic anemia; Vit B₁₂; Folic acid; Homocysteine; Bone mineral density; Osteoporosis

贫血是世界上一种最常见的营养缺乏症^[1],也是一个严重的公共卫生问题。2008年,世界卫生组织的数据表明^[2]:世界范围内贫血影响16.2亿人口,占世界总人口的24.8%,并呈上升趋势^[3]。其中,因叶酸(folic acid, FA)、维生素B₁₂缺乏而引起

的巨幼细胞性贫血(megaloblastic anemia, MA)在中老年人中比较多见。骨质疏松症(osteoporosis, OP)是一种以骨量低下,骨微结构破坏,导致骨脆性增加,易发生骨折为特点的全身性骨病^[4]。随着我国人口老龄化社会的到来,骨质疏松症的发病人群越来越多,据统计,目前我国50岁以上的骨质疏松人数约有6940万,其中每年因骨质疏松导致的髋部骨

*通讯作者: 马远征, Email:myzzxq@sina.com

折有 68.7 万人次。骨质疏松症发病隐匿,像一个“沉默的杀手”,严重影响着中老年人的生存及生活质量。最近国外一些研究表明,巨幼细胞性贫血与骨密度(bone mineral density,BMD)降低相关^[5-7],但在国内缺乏相关数据。本研究主要探讨合并有巨幼细胞性贫血的老年男性患者骨密度的变化情况,并希望给此类患者骨质疏松的治疗提供潜在的临床价值。

1 资料与方法

1.1 研究对象

选取 2010 年 1 月至 2016 年 1 月在解放军第 309 医院住院治疗的老年男性巨幼细胞性贫血患者 40 例为病例组,年龄 62~86 岁,平均(73.50 ± 8.13)岁,其中 16 例合并有高脂血症,素口服调脂类药物;8 例合并有高血压,长期口服降压药;5 例合并有 2 型糖尿病,4 次胰岛素皮下注射控制血糖。纳入标准:①年龄 >60 岁,男性;②根据患者病史、症状、体征及相关实验室检查符合巨幼细胞性贫血的诊断标准^[8]。排除标准:①既往有肝、肾、脾和血液系统及活动性出血的患者;②近期 1 个月内服用叶酸、维生素 B₁₂ 及可能影响叶酸、维生素 B₁₂ 吸收药物的患者;③长期服用双磷酸盐、降钙素、雌激素类固醇激素等影响骨代谢药物治疗。

选取同期该院体检中心接诊的健康老年男性 40 名为对照组,年龄 63~85 岁,平均(72.82 ± 7.77)岁。排除标准同病例组。所有研究对象均知情并签署知情同意书。

表 1 病例组与对照组一般情况比较

Table 1 Comparison of general information between the two groups

组别	N	年龄(year)	身高(cm)	体重(kg)	体重指数(kg/m ²)
病例组	40	73.50 ± 8.13	167.82 ± 5.02	70.87 ± 5.46	25.23 ± 1.03
对照组	40	72.82 ± 7.77	169.13 ± 4.86	73.26 ± 5.62	25.55 ± 1.04

注:两组间各指标比较差异无统计学意义,P > 0.05。

2.2 各项生化指标的比较

两组间 ALT、AST、BUN、CRE 处于正常水平,差异无统计学意义(P > 0.05);但病例组血清维生素 B₁₂、叶酸、血清 Hcy 的水平与对照组相比差异有统计学意义(P < 0.05),其中病例组维生素 B₁₂、叶酸水平低于对照组(P < 0.05),而血清 Hcy 却高于对照组(P < 0.05),见表 2。

2.3 双能 X 线骨密度比较

病例组腰椎(L1-L4)及左侧髋部(Neck 区)的骨密度均比健康对照组低,差异均有统计学意义(P

1.2 研究方法

1.2.1 一般情况:收集整理患者年龄、身高、体重、体重指数(body mass index, BMI)等资料,并录入数据库。

1.2.2 骨密度检测:采用该院骨科中心骨内科双能 X 线骨密度仪(DEXA, 美国 HOLOGIC 公司, Discovery-Wi 型号)测定腰椎(L1-L4)和左侧髋部(Neck 区)的骨密度。该方法测定人体骨密度的变异系数为 1%。

1.2.3 生化指标及血清同型半胱氨酸(homocysteine, Hcy)、维生素 B₁₂、叶酸的检测:采集所有研究对象空腹静脉血,应用酶法检测血清谷丙转氨酶(ALT)、谷草转氨酶(AST)、肌酐(CRE)、尿素氮(BUN)等生化指标。用美国雅培 ARCHITECTI4000 全自动免疫分析仪及其配套试剂盒检测血清同型半胱氨酸(Hcy)、维生素 B₁₂、叶酸,所有操作均严格按照操作说明执行。

1.3 统计学处理

所有数据采用 SPSS19.0 统计软件进行数据分析,计量资料用均数 ± 标准差($\bar{x} \pm s$)表示,组间差异性比较用成组资料 t 检验,以 P < 0.05 表示差异具有统计学意义。

2 结果

2.1 一般情况比较

两组间年龄、身高、体重、BMI 的比较差异无统计学意义(P > 0.05),见表 1。

< 0.05),见表 3。

3 讨论

巨幼细胞性贫血(MA)是指体内叶酸、维生素 B₁₂ 缺乏或是某些药物影响核氨酸代谢导致细胞脱氧核糖核酸(deoxyribonucleic acid, DNA)代谢障碍而引起的贫血^[9]。Manuel 等^[10]研究发现,叶酸或维生素 B₁₂ 的不足与巨幼细胞性贫血的发生相关。人体摄入的叶酸经十二指肠及近端空场吸收后在一系列酶的作用下转化为 N⁵-FH₄, N⁵-FH₄ 在维生素

表2 病例组与对照组血生化指标比较

Table 2 Comparison of blood biochemical indexes between the two groups

组别	ALT (IU/L)	AST (IU/L)	BUN (mmol/L)	CRE (μmol/L)	Hcy (μmol/L)	VitB ₁₂ (ng/L)	FA (nmol/L)
病例组	14.20 ± 5.64	24.79 ± 8.47	4.92 ± 0.96	57.14 ± 12.71	48.80 ± 15.72 *	50.03 ± 18.31 *	5.60 ± 1.85 *
对照组	14.69 ± 4.22	21.05 ± 6.33	4.97 ± 1.04	55.97 ± 13.96	9.04 ± 3.89	118.94 ± 17.77	18.75 ± 6.70
t值	0.72	0.40	-0.17	-0.19	10.94	-12.08	-0.84
P值	0.751	0.690	0.863	0.845	0.000	0.000	0.000

注: 两组间 ALT、AST、BUN、CRE 比较差异无统计学意义, $P > 0.05$; 而 Hcy、VitB₁₂、叶酸差异有统计学意义, * $P < 0.05$ 。

表3 病例组与对照组骨密度结果比较(g/cm²)Table 3 Comparison of BMD between the two groups (g/cm²)

组别	L1	L2	L3	L4	Neck
病例组	0.82 ± 0.16	0.83 ± 0.13	0.86 ± 0.14	0.85 ± 0.15	0.64 ± 0.07
对照组	1.13 ± 0.14	1.14 ± 0.21	1.12 ± 0.18	1.16 ± 0.17	1.04 ± 0.20
t值	5.95	5.16	4.83	6.18	8.48
P值	0.000	0.000	0.000	0.000	0.000

B₁₂依赖性甲硫氨酸合成酶的作用下转变为 FH₄, 同时生成一碳基团, 而后者参与细胞脱氧核糖核酸(DNA)的合成。当叶酸、维生素B₁₂不足时, 一方面使DNA的复制延迟, 胞核发育滞后于胞浆, 形成巨幼变; 另一方面由于不能提供充足的甲基, 使得同型半胱氨酸向甲硫氨酸的转化受阻, 引起血浆中同型半胱氨酸水平的升高。可见, 叶酸、维生素B₁₂的缺乏会引起Hcy的堆积。本研究发现, MA老年男性患者血清Hcy水平明显高于对照组, 这与Mizrahi^[11]、Aisen^[12]、沈继春等^[13]的研究一致。血清Hcy不仅与心脑血管疾病、外周血管疾病等的发生密切相关^[14], 而且高浓度的Hcy是引起骨质疏松的独立危险因素^[15-18]。闫慧等^[19]发现血浆Hcy水平与骨密度及骨转化标志物均存在明显相关性($r = -0.404$, $P < 0.01$)。虽然血清中高浓度的Hcy引起骨质疏松的机制目前仍不清楚, 但大部分学者^[20-22]认为Hcy可能是通过以下途径导致骨质疏松的发生与发展的: ①刺激骨髓基质细胞分化的成骨细胞凋亡; ②通过加速细胞内活性氧的产生来刺激破骨细胞形成及增强其活性; ③阻止赖氨酰基化从而干扰胶原酶之间的交联; ④通过促进外周血中单核系统的骨再吸收等。本研究通过对老年男性MA患者与健康对照组的对比研究发现, 病例组血清Hcy水平较对照组偏高($t = 10.94$, $P < 0.01$), 但骨密度却低于对照组($P < 0.01$)。据此推测巨幼细胞性贫血的老年男性患者可能因叶酸、维生素B₁₂不足, 间接引起Hcy水平的升高, 从而引起骨密度的降低。

同时, MA老年男性患者血浆中低水平的B₁₂、叶酸也可能作为独立的危险因素, 直接参与了骨质

疏松的发生及发展。van Wijngaarden等^[23]所做的项Meta分析指出, 血清中低水平的维生素B₁₂会增加骨折的发生率(RR: 1.04; 95% CI: 1.02, 1.07)。Ruan等^[24]在研究维生素B₁₂对心血管事件的作用时发现, 补充适量的维生素B₁₂可以降低骨折的发生率。黄武等^[25]通过对101例老年男性血清叶酸水平的测定发现, 骨量减少或骨质疏松组叶酸水平(14.48 ± 1.34)较正常对照组(16.10 ± 1.47)明显偏低; Cagnacci^[26]、Cagnacci^[27]、Gjesdal^[28]等研究也发现血清中叶酸的水平与骨密度有明显的相关性。本研究发现MA老年男性患者不仅血清叶酸、维生素B₁₂水平较对照组偏低, 而且骨密度也低于对照组, 与前人的研究一致。据此推测, 叶酸、维生素B₁₂可能直接参与了骨细胞的代谢。但叶酸、维生素B₁₂对骨代谢的机制尚不十分明确。Luckock^[29]、Agnacci^[30]等认为叶酸通过保护细胞内DNA, 减少氧化应激来减缓骨细胞的凋亡。Carmel等^[31]认为维生素B₁₂与骨钙素、碱性磷酸酶相关, 体内低水平的维生素B₁₂可能会加速骨吸收; 也有学者认为, 低水平的维生素B₁₂可能是通过增加破骨细胞的表达^[32-33], 抑制成骨细胞的生长及活性^[34-35], 改变骨转化率^[36], 引起骨量减低, 最终导致骨质疏松。

另外, MA老年男性患者因长期的营养不良、饮食结构不合理及胃肠道功能低下等原因, 一方面使得体内摄入和吸收的叶酸、维生素B₁₂不足, 引起巨幼细胞性贫血; 另一方面, 因摄入的钙剂、维生素D不足也可能是引起骨质疏松的原因之一。廖祥鹏等^[37]在维生素D与成年人骨骼健康应用指南(2014年标准版)中指出: 中国人群中维生素D缺

乏症普遍存在,其中老年人和孕妇是维生素D缺乏的高危人群,而维生素D通过促进肠道钙、磷的吸收,对骨骼肌肉的健康发挥着至关重要的作用。本研究通过比较两组人群的骨密度发现,MA老年男性患者骨密度低于健康对照组($P < 0.05$)。因此MA老年男性骨密度的降低,不排除因胃肠道钙、磷吸收障碍对骨质疏松的影响。

综上所述,MA老年男性患者更容易发生骨质疏松。因此,对于合并有MA的老年男性患者,应积极早期筛查骨密度,在纠正贫血治疗的同时,根据实际情况积极给予必要的抗骨质疏松治疗,这对于预防骨质疏松性骨折,提高老年患者的生存质量是十分重要的。但本研究样本量较少,存在偏移的可能,因此巨幼细胞性贫血与骨密度的关系及影响机制还有待进一步研究。

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(收稿日期: 2016-05-08; 修回日期: 2016-06-26)

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(收稿日期: 2016-07-20; 修回日期: 2016-09-08)