

非酒精性脂肪性肝病患者血清 IL-32、IL-6 与 TNF- α 的水平及意义

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[摘要] 目的 研究非酒精性脂肪性肝病(non-alcoholic fatty liver disease, NAFLD)患者的血清中白细胞介素 32(IL32)、IL-6 以及肿瘤坏死因子 α (TNF α)的水平,探讨 IL-32、IL-6 和 TNF- α 水平与 NAFLD 严重程度的关系。方法 收集青岛大学附属青岛市中心医院就诊的 NAFLD 患者 87 例作为观察组,根据肝脏受控衰减参数(CAP)将观察组分为轻度组、中度组和重度组,以同期体检健康者 23 例作为对照组,收集研究对象血清丙氨酸氨基转移酶(ALT)、门冬氨酸氨基转移酶(AST)、 γ -谷氨酰转肽酶(γ -GT)等指标的资料,采用酶联免疫法检测所有研究对象血清 IL-32、IL-6 和 TNF- α 的水平。结果 对照组、轻度组、中度组与重度组相比以及中度组与对照组相比血清 ALT 水平差异有显著性($Z = -53.66 \sim 26.83, P < 0.05$)。对照组、中度组与重度组相比血清 AST 水平差异有显著性($Z = -38.92, -28.32, P < 0.05$)。中度组、重度组与对照组相比血清 γ -GT 水平差异有显著性($Z = 29.54, -45.65, P < 0.05$)。对照组、轻度组、中度组与重度组进行比较,血清 IL-32、IL-6、TNF- α 水平差异均有显著性($t_{LSD} = 3.44 \sim 6.71, P < 0.05$)。中度组与对照组相比血清 IL-32、TNF- α 水平比较差异有显著性($t_{LSD} = -3.44, 2.64, P < 0.05$)。所有研究对象的 CAP 与血清 ALT、AST、 γ -GT、IL-32、IL-6、TNF- α 水平均呈正相关($r = 0.51 \sim 0.66, P < 0.05$)。结论 NAFLD 患者血清 IL-32、IL-6 和 TNF- α 水平明显升高,且与 NAFLD 严重程度呈正相关,其血清中的水平对反映肝细胞损害程度及判断 NAFLD 严重程度有一定临床意义。

[关键词] 非酒精性脂肪性肝病;白细胞介素 6;肿瘤坏死因子 α ;白细胞介素 32;肝功能试验

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EXPRESSION AND SIGNIFICANCE OF SERUM INTERLEUKIN-32, INTERLEUKIN-6, AND TUMOR NECROSIS FACTOR- α IN PATIENTS WITH NONALCOHOLIC FATTY LIVER DISEASE ZHU Shuxia, SUN Xutong, KONG Lingling, ZHANG Yuehua, CHEN Ge, ZHAO Hong (Department of Gastroenterology, The Affiliated Qingdao Central Hospital of Qingdao University, Qingdao 266042, China)

[ABSTRACT] **Objective** To investigate the expression levels of serum interleukin-32 (IL-32), interleukin-6 (IL-6), and tumor necrosis factor- α (TNF- α) in patients with nonalcoholic fatty liver disease (NAFLD) and their correlation with the severity of NAFLD. **Methods** A total of 87 patients with NAFLD who attended to The Affiliated Qingdao Central Hospital of Qingdao University were enrolled as observation group, and according to hepatic controlled attenuation parameter, the observation group was divided into mild group, moderate group, and severe group. A total of 23 individuals who underwent physical examination during the same period of time were enrolled as control group. The data on related indices were collected from all subjects, including serum alanine aminotransferase (ALT), aspartate aminotransferase (AST), and gamma-glutamyl transpeptidase (γ -GT), and ELISA was used to measure the serum levels of IL-32, IL-6, and TNF- α . **Results** There was a significant difference in serum ALT level between the control/mild/moderate group and the severe group and between the moderate group and the control group ($Z = -53.66 \sim 26.83, P < 0.05$). There was a significant difference in serum AST level between the control/moderate group and the severe group ($Z = -38.92, -28.32, P < 0.05$). There was a significant difference in serum γ -GT level between the moderate/severe group and the control group ($Z = 29.54, -45.65, P < 0.05$). There were significant differences in the serum levels of IL-32, IL-6, and TNF- α between the control/mild/moderate group and the severe group ($t_{LSD} = 3.44 \sim 6.71, P < 0.05$), and there were significant differences in the serum levels of IL-32 and TNF- α between the moderate group and the control group ($t_{LSD} = -3.44, 2.64, P < 0.05$). CAP was positively correlated with the serum levels of ALT, AST, γ -GT, IL-32, IL-6, and TNF- α in all subjects ($r = 0.51 \sim 0.66, P < 0.05$). **Conclusion** There are significant increases in the serum levels of IL-32, IL-6, and TNF- α in patients with NAFLD, which are positively correlated with the severity of NAFLD, and the expression levels of these indices have a certain clinical significance in reflecting the degree of hepatocyte injury and the severity of NAFLD.

[KEY WORDS] Non-alcoholic fatty liver disease; Interleukin-6; Tumor necrosis factor-alpha; Interleukin-32; Liver function tests

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非酒精性脂肪性肝病(non-alcoholic fatty liver disease, NAFLD)已经成为全世界最常见的慢性肝病,全世界成人患病率大约为 25%^[1]。目前常用的

无创定量评估肝脏脂肪含量的指标是受控衰减参数(CAP)^[2],可有效评估肝脏脂肪变性的程度,而不受肝纤维化或肝硬化的影响^[3-4]。NAFLD 的发病机制尚未完全阐明,研究发现,炎症在其进展中发挥重要的作用。慢性炎症和胰岛素抵抗诱导脂肪组织释放游离脂肪酸,促进肝细胞脂肪堆积,同时炎症因子又促进了肝星状细胞(HSC)的增殖、活化,加速了疾病进展^[5-7]。鉴于炎症在 NAFLD 发病机制中的重要作用,炎症因子对 NAFLD 可能具有一定的诊断价值,使用炎症因子及其受体拮抗剂治疗以延缓 NAFLD 的进展或可成为今后临床研究的热点。国外有研究显示,NAFLD 患者肝脏组织中 IL-32 的表达水平显著升高^[8-9],但目前国内尚未见相关报道。本研究通过检测不同程度 NAFLD 患者血清 IL-32、IL-6 和 TNF- α 水平,并进行差异比较,分析其与 NAFLD 严重程度的相关性,探讨 IL-32、IL-6 和 TNF- α 在 NAFLD 发生、发展中的作用。

1 对象与方法

1.1 研究对象

收集 2021 年 7 月—2022 年 5 月青岛大学附属青岛市中心医院就诊的 NAFLD 患者 87 例作为观察组。纳入标准:①所有患者符合中华医学会肝脏病学分会脂肪肝和酒精性肝病学组 2018 年修订的《非酒精性脂肪性肝病防治指南》中的诊断标准^[10];②无饮酒史或无过量饮酒史(男性饮酒量折合乙醇量每天<30 g,女性每天<20 g);③2 个月内未服用降脂药物及其他肝损害药物;④年龄 18~50 岁。排除标准:①患有病毒性肝炎、药物性肝病、全胃肠外营养、肝豆状核变性、自身免疫性肝病及其他可知的引起肝功能异常疾病者,②患有恶性肿瘤、内分泌疾病、严重感染、血液系统疾病以及心、脑、肾疾病或者免疫功能异常者;③近 6 个月内有重大手术外伤者。根据 CAP 值将观察组分为轻度组 15 例,中度组 28 例,重度组 44 例;另收集同期 18~50 岁体检健康者 23 例作为对照组。

1.2 方法

①采用自行设计的问卷进行调查,问卷内容包括年龄、性别、既往疾病史、烟酒嗜好、饮食习惯等,为研究对象纳入和排除的依据。②收集所有研究对象的身高、体质量和空腹血清丙氨酸氨基转移酶(ALT)、门冬氨酸氨基转移酶(AST)、 γ -谷氨酰转肽酶(γ -GT)等指标的资料及肝脏 CAP 值,计算体质质量指数(BMI)。③采用酶联免疫法检测所有研究

对象空腹血清 IL-32、IL-6、TNF- α 水平,试剂盒购自上海研启生物科技有限公司。

1.3 统计学方法

采用 SPSS 26.0 软件进行数据分析,符合正态分布的计量资料以 $\bar{x} \pm s$ 表示,非正态分布的计量资料以 $M(P_{25}, P_{75})$ 表示,多组间比较采用单因素方差分析或 Kruskal-Wallis 检验,两两间比较采用 LSD-t 或 Bonferroni 法检验;计数资料以例(率)表示,组间比较采用 χ^2 检验;双变量采用 Spearman 相关分析。以 $P < 0.05$ 为差异有统计学意义。

2 结 果

2.1 各组研究对象一般资料比较

4 组研究对象的性别、BMI 比较差异有显著性 ($\chi^2 = 8.45, F = 18.68, P < 0.05$);重度组与对照组、轻度组、中度组以及轻度组、中度组与对照组 BMI 比较差异有显著性 ($t_{LSD} = 2.71 \sim 7.35, P < 0.05$),轻度组与中度组 BMI 比较差异无显著性 ($P > 0.05$);重度组与对照组性别比较差异有显著性 ($\chi^2 = 8.34, P < 0.05$),余各组性别比较差异无显著意义 ($P > 0.05$)。见表 1。

表 1 各组研究对象一般资料比较

组别	n	男/女 [例(%)]	年龄 (岁, $\bar{x} \pm s$)	BMI (kg/m ² , $\bar{x} \pm s$)
对照组	23	11(47.83)/12(52.17)	36.65 ± 8.01	23.53 ± 3.13
轻度组	15	11(73.33)/ 4(26.67)	35.93 ± 8.75	27.12 ± 3.21
中度组	28	19(67.86)/ 9(32.14)	34.64 ± 9.75	27.59 ± 2.59
重度组	44	36(81.82)/ 8(18.18)	32.80 ± 7.68	31.07 ± 5.16

2.2 各组研究对象血清 ALT、AST 和 γ -GT 水平比较

4 组血清 ALT、AST、 γ -GT 水平比较差异有显著性 ($H = 27.58 \sim 45.93, P < 0.05$),其中重度组与对照组、轻度组、中度组相比以及中度组与对照组相比血清 ALT 水平差异均有显著性 ($Z = -53.66 \sim 26.83, P < 0.05$);对照组、中度组与重度组相比血清 AST 水平差异有显著性 ($Z = -38.92, -28.32, P < 0.05$);中度组、重度组与对照组相比血清 γ -GT 水平差异具有显著性 ($Z = 29.54, -45.65, P < 0.05$)。见表 2。

2.3 各组研究对象血清 IL-32、IL-6 和 TNF- α 水平比较

4 组血清 IL-32、IL-6、TNF- α 比较差异有显著性 ($F = 13.91 \sim 16.61, P < 0.05$),其中对照组、轻度组、中度组与重度组相比血清 IL-32、IL-6、TNF- α

水平差异有显著性($t_{LSD}=3.44\sim6.71, P<0.05$)，中度组与对照组血清 IL-32、TNF- α 水平比较差异有显著性($t_{LSD}=-3.44, 2.64, P<0.05$)。见表 3。

**表 2 各组研究对象血清 ALT、AST 和 γ -GT 水平比较
[c/U·L⁻¹, M(P₂₅, P₇₅)]**

组别	n	ALT	AST	γ -GT
对照组	23	13.00(9.00, 22.00)	17.00(14.00, 23.00)	12.00(9.00, 20.00)
轻度组	15	20.00(16.00, 40.00)	20.00(16.00, 32.00)	25.00(15.00, 30.00)
中度组	28	25.50(16.25, 39.50)	20.50(17.00, 25.00)	27.00(20.00, 43.00)
重度组	44	47.00(32.00, 92.50)	30.00(23.00, 44.50)	43.00(26.00, 57.00)

**表 3 各组研究对象血清 IL-32、IL-6、TNF- α 水平比较
(μ /ng·L⁻¹, $\bar{x}\pm s$)**

组别	n	IL-32	IL-6	TNF- α
对照组	23	8.52±4.30	3.63±1.95	5.14±3.74
轻度组	15	10.20±5.33	5.32±2.77	9.68±5.79
中度组	28	14.07±7.37	5.58±3.45	10.29±5.66
重度组	44	21.06±11.01	9.93±5.16	17.12±8.97

2.4 所有研究对象 CAP 值与各指标的相关性分析

对所有的研究对象 CAP 值与各项指标进行 Spearman 相关性分析显示, CAP 值与 BMI 及血清 ALT、AST、 γ -GT、IL-32、IL-6、TNF- α 水平均呈正相关($r=0.51\sim0.66, P<0.05$)。

3 讨 论

NAFLD 是指排除酒精和其他明确的肝损伤因素所致的,以弥漫性肝细胞大泡性脂肪变为主要特征的临床病理综合征^[10]。若不及时诊治,可进展至肝纤维化、肝硬化甚至肝癌,还会导致各种肝外并发症的发生,如 2 型糖尿病、心血管疾病、慢性肾病以及某些肝外肿瘤(如结直肠癌),其中心血管疾病是 NAFLD 的主要死亡原因^[11-12]。NAFLD 的发病机制目前尚不明确,但越来越多的证据表明,炎症在 NAFLD 进展中起着关键作用^[13-15]。

本研究显示,NAFLD 发病率存在性别差异,其男性占比明显高于女性,可能与女性高雌激素水平有关。皮下脂肪细胞具有雌激素受体,高雌激素水平促进皮下脂肪堆积,而减少内脏脂肪产生,并且雌激素具有抗炎、抗氧化、抗凋亡作用,对肝脏起保护作用^[16-17]。既往研究结果也表明,NAFLD 在男性中的患病率比女性更高^[18-19]。后续应扩大样本量,对年龄分层后进一步探讨性别对 NAFLD 影响。

本研究结果显示,与对照组相比,NAFLD 患者血清 ALT、AST、 γ -GT、IL-32、IL-6 和 TNF- α 的表达水平升高,且与 NAFLD 严重程度呈正相关,重度

组 NAFLD 患者与对照组相比差异有显著性。这表明炎症因子不仅参与了 NAFLD 发生,还促进其发展,炎症因子水平越高其介导作用越强,肝细胞受损越严重。在 NAFLD 发生、发展中,脂质在肝细胞的细胞质中积累和储存导致肝脂肪变性,胞质过量蓄积的脂肪酸发生脂质过氧化,产生大量活性氧,引起氧化应激反应,对肝细胞造成毒害作用,诱导细胞凋亡^[20]。凋亡的肝细胞会分泌细胞外囊泡(由外泌体、微囊泡和凋亡小体组成),HSC 和库普弗细胞吞噬凋亡小体,通过病原体相关分子模式和损伤相关分子模式激活其模式识别受体,导致 TNF- α 和 IL-6 等细胞因子的分泌^[20-21]。此外,肝实质细胞及免疫细胞分泌的细胞因子,如 IL-1 β 、IL-6 和 TNF- α ,可诱导肝胰岛素抵抗以及肝细胞内脂质积聚,促进其他免疫细胞的募集,形成恶性循环,进一步诱导肝细胞损伤以及 HSC 的过度增殖、活化,产生细胞外基质(ECM)导致肝纤维化^[21]。

IL-32 最初被命名为自然杀伤细胞转录物 4,是一种促炎细胞因子,已被证明能激活关键的促炎细胞信号通路,并且可以诱导多种炎症细胞因子的分泌^[22-23]。目前研究发现,IL-32 是感染性疾病、自身免疫性疾病和肿瘤等众多疾病的致病炎性因子之一,并且已被证实和疾病的严重程度呈正相关^[24-28]。IL-32 在体内主要发挥促进炎症因子的释放和免疫调节的作用。有研究发现,IL-32 在 NAFLD 患者肝脏组织中高表达,是严重 NAFLD 患者肝组织中上调最显著的转录物,与肝脂肪变性和肝损伤相关,且在血清中可检测到,与 NAFLD 的存在和严重程度独立相关^[9,29],本研究结果与上述研究基本一致。

IL-32 作为其他促炎细胞因子的调控因子,通过激活核转录因子 NF- κ B 和有丝分裂原激活蛋白激酶 MAPK-p38 通路诱导多种促炎细胞因子的产生,包括 TNF- α 、IL-1 β 、IL-8 和 IL-6,导致肝脏炎症和损伤^[8,30],还可通过促进 ECM 重塑基因的转录导致肝脏纤维化^[29]。TNF- α 也可能在各种病理情况下通过激活丝氨酸/丙氨酸激酶(AKT)和 c-Jun 氨基末端激酶(JNK)信号通路诱导 IL-32 产生,表明 IL-32 和 TNF- α 间存在维持炎症的正反馈回路,然后通过诱导 IL-1 β 、IL-6 以及 IL-10 的分泌来驱动储脂器官的炎症反应^[8,31]。当 IL-32 沉默时,促炎细胞因子(IL-6 和 TNF- α)显著减少^[32],抑制 AKT 和 JNK 途径,同时也可以抑制 IL-32 的释放至接近基础水平^[33],进一步验证了炎症因子之间的正反馈环机制。

综上所述,血清 IL-32、IL-6 和 TNF- α 水平在 NAFLD 患者中显著升高,并与 NAFLD 的严重程度呈正相关,血清中 IL-32、IL-6、TNF- α 的升高与 NAFLD 患者肝脏炎症及肝功能损害程度相关,联合检测血清 IL-32、IL-6 和 TNF- α 水平可以更好地评估 NAFLD 患者严重程度,监测患者的疾病进展情况。由于样本量的限制,仍需要进一步的研究来评估 IL-32、IL-6 和 TNF- α 与 NAFLD 发病机制间可能的因果关系以及炎症因子之间的相互作用。

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