

左心房增大与伴有右向左分流的隐源性卒中患者卒中发病的关系

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[摘要] **目的** 探讨伴有右向左分流(RLS)的隐源性卒中(cryptogenic stroke,CS)的患者 RLS 与左心房增大(LAE)间的关系,进一步研究 LAE 与伴有 RLS 的 CS 患者卒中发生的关系。**方法** 收集 2016 年 5 月—2022 年 12 月在我院神经内科收治的 211 例 CS 患者(CS 组)及 211 例非脑卒中患者(对照组)的一般资料和经胸超声心动图检查的各项心脏参数,采用经颅多普勒超声发泡实验检测患者是否伴发 RLS 及 RLS 的分流程度。CS 组患者根据有无 RLS 分为 CSRLS+组和 CSRLS-组,对照组患者依据有无 RLS 分为对照组 RLS+组和对照组 RLS-组,CS-RLS+组患者依据分流程度分为大分流组和小分流组。对 CS 组和对照组、CSRLS+组和 CSRLS-组、大分流组和小分流组以及 CSRLS+组和对照组 RLS+组的相关指标进行比较,并通过多因素 logistic 回归分析伴有 RLS 的 CS 患者卒中发生的影响因素。**结果** CS 组与对照组患者心脏参数指标比较差异均具有显著性($t = -10.65 \sim -2.45, P < 0.05$)。CSRLS+组患者的左心房直径(LAD)、左心房短径、左心房长径及肺动脉收缩压(PASP)大于 CSRLS-组($t = -7.82 \sim -2.30, P < 0.05$),并且大分流组患者 LAD 显著大于小分流组($t = -2.39, P < 0.05$)。CSRLS+组与对照组 RLS+组男性、吸烟史、饮酒史、高血压、糖尿病构成比及左心室舒张末期内径、左心室收缩末期内径、室间隔厚度、左心室后壁厚度、LAD、左心房长径、PASP 差异有显著性($t = -9.80 \sim 11.42, P < 0.05$)。多因素 logistic 回归分析显示,LAD 增大是伴有 RLS 的 CS 患者卒中发生的独立危险因素($P < 0.05$)。**结论** CS 患者 LAE 可能与 RLS 的存在及分流程度有关,LAD 增大可能与伴有 RLS 的 CS 患者卒中的发病有关。

[关键词] 缺血性卒中;血流动力学;心脏扩大;心房;超声心动描记术;超声检查,多普勒,经颅;危险因素

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ASSOCIATION OF LEFT ATRIAL ENLARGEMENT WITH THE ONSET OF STROKE IN CRYPTOGENIC STROKE PATIENTS WITH RIGHT-TO-LEFT SHUNT FANG Le, WEI Ling, ZHAO Hongqin (Department of Neurology, The Affiliated Hospital of Qingdao University, Qingdao 266035, China)

[ABSTRACT] **Objective** To investigate the association between right-to-left shunt (RLS) and left atrial enlargement (LAE) and in cryptogenic stroke (CS) patients with RLS, as well as the association between LAE and the onset of stroke in CS patients with RLS. **Methods** General information and cardiac parameters on transthoracic echocardiography were collected from 211 CS patients (CS group) and 211 non-stroke patients (control group) who were admitted to department of neurology of our hospital, from May 2016 to December 2022, and transcranial Doppler was used to determine the presence or absence of RLS and the degree of RLS. According to the presence or absence of RLS, the patients in the CS group were further divided into CSRLS-positive group and CSRLS-negative group, and the patients in the control group were further divided into RLS-positive control group and RLS-negative control group; according to the degree of RLS, the CSRLS-positive group was further divided into severe RLS group and mild RLS group. Related indicators were compared between the CS group and the control group, between the CSRLS-positive group and the CSRLS-negative group, between the severe RLS group and the mild RLS group, and between the CSRLS-positive group and the RLS-positive control group, and a multivariate logistic regression analysis was used to identify the influence factors for the onset of stroke in CS patients with RLS. **Results** There were significant differences in cardiac parameters between the CS group and the control group ($t = -10.65 \sim -2.45, P < 0.05$). Compared with the CSRLS- negative group, the CSRLS-positive group had significantly greater left atrial diameter (LAD), left atrial short diameter, left atrial long diameter, and pulmonary artery systolic pressure (PASP) ($t = -7.82 \sim -2.30, P < 0.05$), and the severe RLS group had a significantly larger LAD than the mild RLS group ($t = -2.39, P < 0.05$). There were significant differences between the CSRLS-positive group and the RLS-positive control group in the proportions of patients with male sex, smoking history, drinking history, hypertension, and diabetes, left ventricular end-diastolic diameter, left ventricular end-systolic diameter, interventricular septum, left ventricular posterior wall, LAD, left atrial long diameter, and PASP ($t = -9.80 \sim 11.42, P < 0.05$). The multivariate logistic regression analysis showed that the increase in LAD was independently associated risk factor of onset of stroke in CS patients with RLS ($P < 0.05$). **Conclusion**

LAE might be associated with the presence and degree of RLS in CS patients, and the increase in LAD might be associated with the onset of stroke in CS patients with RLS.

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研究显示,有 30%~40%缺血性卒中病因未明,被称为隐源性卒中(cryptogenic stroke,CS)^[1]。近 40%的 CS 患者可以检测到归因于卵圆孔未闭(PFO)的心脏右向左分流(RLS)的存在^[2],并认为 RLS 可能是 CS 的主要病因之一^[3]。RLS 是指左心与右心或体循环与肺循环之间存在潜在的异常通道,当右心系统压力增高时,血液由于右心与左心系统之间出现压力梯度而产生由右向左的分流。约 95%的 RLS 为 PFO 所致^[4],剩余约 5%包括室间隔缺损、房间隔缺损以及肺动静脉瘘等^[5]。近来研究发现左心房增大(LAE)可能与缺血性卒中的发生有关^[6]。然而,CS 患者 RLS 与 LAE 之间是否存在联系目前尚未明确^[7]。经胸超声心动图(TTE)可无创、便捷地评估多种心脏参数,是反映左心房大小的一个可靠的指标^[8]。本研究通过比较伴有及不伴有 RLS 的 CS 患者的心脏参数指标,探讨 CS 患者 RLS 与 LAE 之间的关系,并进一步探讨 LAE 与伴有 RLS 的 CS 患者缺血性卒中发病的关系。

1 资料与方法

选取 2016 年 5 月—2022 年 12 月在青岛大学附属医院神经内科收治的 211 例 CS 患者为 CS 组,同期住院的 211 例非脑卒中患者为对照组。CS 组患者的纳入标准:①发病时间在 7 d 内者;②依据 TOAST 分型标准^[2]明确为 CS 者;③完成经颅多普勒超声发泡实验(c-TCD)、TTE、颈部血管超声、颅脑 MRI、磁共振血管成像(MRA)检查者。对照组纳入标准:①入院时 MRI 检查无缺血性损害,且既往无脑卒中或短暂性脑缺血发作(TIA)病史的患者;②c-TCD、TTE、颈部血管超声、MRI、MRA 检查结果全面者。患者排除标准:①入院时心电图提示心房纤颤(AF)或既往有 AF 病史者;②合并严重心脏病,包括扩张型心肌病、严重心脏瓣膜病、心肌梗死、心力衰竭、高血压心脏病等者;③合并严重肝肾功能不全、严重感染、恶性肿瘤等患者。

收集所有患者的年龄、性别、吸烟史、饮酒史、既往病史(包括高血压、糖尿病、高脂血症)等一般资料;收集患者入院时 TTE 检查的各项心脏参数指标^[9],包括左心房直径(LAD)、左心房短径、左心房长径、左心室舒张末期内径(LVDd)、左心室收缩末期内径(LVDs)、室间隔厚度(IVS)、左心室后壁厚度(LVPW)以及左心室射血分数(LVEF)和肺动脉

收缩压(PASP)各项心脏参数指标。根据 c-TCD 检测是否伴发 RLS,将 CS 组患者分为 CSRLS+组(112 例)和 CSRLS-组(99 例),将对照组患者分为对照组 RLS+组(86 例)和对照组 RLS-组(125 例)。根据 c-TCD 检测结果将 CSRLS+组患者分为小分流组(52 例)与大分流组(60 例)。

采用 SPSS 25.0 统计软件进行数据分析。使用 Shapiro-Wilk 检验进行计量数据的正态性检验,将符合正态分布的数据以 $\bar{x} \pm s$ 表示,组间比较采用独立样本 t 检验,计数资料以例(率)表示,组间比较采用 χ^2 检验。使用多因素 logistic 回归分析伴有 RLS 的 CS 患者发生卒中的危险因素。以 $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 对照组与 CS 组患者、CSRLS-组与 CSRLS+组患者相关指标比较

对照组与 CS 组患者的一般资料、TTE 检查的心脏参数等各指标比较,除了年龄无显著差异($P > 0.05$)外,其余各项指标比较差异均具有显著性($t = -10.65 \sim 3.71, \chi^2 = -43.81 \sim -15.37, P < 0.05$)。CSRLS+组与 CSRLS-组患者的 LAD、左心房短径、左心房长径及 PASP 比较差异均有显著性($t = -7.82 \sim -2.30, P < 0.05$),其他指标比较差异均无显著性($P > 0.05$)。见表 1。

2.2 小分流组与大分流组患者、对照组 RLS+组与 CSRLS+组患者相关指标比较

小分流组与大分流组患者仅 LAD 比较差异有显著性($t = -2.39, P < 0.05$),其余指标比较差异无显著性($P > 0.05$)。对照组 RLS+组及 CSRLS+组患者的男性、吸烟史、饮酒史、高血压、糖尿病构成比以及 LVDd、LVDs、IVS、LVPW、LAD、左心房长径、PASP 比较差异具有显著性($t = -9.80 \sim 11.42, P < 0.05$),其他指标相比较差异均无显著意义($P > 0.05$)。见表 2。

2.3 伴有 RLS 的 CS 患者卒中发病影响因素的多因素 logistic 回归分析

将对照组 RLS+组和 CSRLS+组患者比较差异有显著性的指标纳入多因素 logistic 回归分析。以伴有 RLS 的患者中是否有 CS 为因变量(0=无,1=有),以是否男性(0=否,1=是),是否有吸烟史(0=否,1=是),是否有饮酒史(0=否,1=是),是否有高

表 1 对照组与 CS 组患者、CSRLS 一组与 CSRLS+ 组患者相关指标比较

指标	对照组(n=211)	CS 组(n=211)	CSRLS 一组(n=99)	CSRLS+ 组(n=112)
年龄(岁, $\bar{x} \pm s$)	50.05 ± 12.36	51.76 ± 10.30	50.74 ± 10.99	52.66 ± 9.59
男性[例(χ /%)]	111(47.03)	152(72.04)	73(73.74)	79(70.54)
吸烟史[例(χ /%)]	28(11.86)	64(30.33)	37(37.37)	29(25.89)
饮酒史[例(χ /%)]	27(11.44)	72(34.12)	37(37.37)	35(31.25)
高血压[例(χ /%)]	36(15.25)	92(43.60)	46(46.46)	46(41.07)
糖尿病[例(χ /%)]	21(8.90)	50(23.70)	26(26.26)	24(21.43)
高脂血症[例(χ /%)]	18(7.63)	43(20.38)	25(25.25)	18(16.07)
LVDd($d/mm, \bar{x} \pm s$)	44.85 ± 3.01	46.72 ± 2.36	46.58 ± 2.27	46.83 ± 2.44
LVDs($d/mm, \bar{x} \pm s$)	28.29 ± 2.52	30.10 ± 2.20	29.84 ± 2.24	30.33 ± 2.16
IVS($d/mm, \bar{x} \pm s$)	9.90 ± 1.00	10.51 ± 0.98	10.48 ± 0.88	10.54 ± 1.06
LVPW($d/mm, \bar{x} \pm s$)	9.72 ± 0.91	10.34 ± 1.86	10.22 ± 0.66	10.44 ± 2.48
LAD($d/mm, \bar{x} \pm s$)	33.66 ± 3.33	37.13 ± 3.56	35.33 ± 3.27	38.71 ± 3.01
左心房短径($d/mm, \bar{x} \pm s$)	36.92 ± 4.43	37.89 ± 4.56	37.13 ± 4.21	38.56 ± 4.77
左心房长径($d/mm, \bar{x} \pm s$)	45.98 ± 5.50	49.98 ± 4.90	48.31 ± 4.70	51.45 ± 4.62
LVEF(χ /%, $\bar{x} \pm s$)	65.15 ± 3.16	64.08 ± 2.92	64.26 ± 3.05	63.92 ± 2.81
PASP($p/mmHg, \bar{x} \pm s$)	28.01 ± 4.73	29.07 ± 4.31	28.20 ± 4.34	29.83 ± 4.15

表 2 小分流组与大分流组患者、对照组 RLS+ 组与 CSRLS+ 组患者相关指标比较

指标	小分流组(n=52)	大分流组(n=60)	对照组 RLS+ 组(n=86)	CSRLS+ 组(n=112)
年龄(岁, $\bar{x} \pm s$)	53.33 ± 10.73	52.08 ± 8.54	50.33 ± 10.98	52.66 ± 9.59
男性[例(χ /%)]	34(65.38)	45(75.00)	43(50.00)	79(70.54)
吸烟史[例(χ /%)]	11(21.15)	18(30.00)	12(14.00)	29(25.89)
饮酒史[例(χ /%)]	14(26.92)	21(35.00)	13(15.12)	35(31.25)
高血压[例(χ /%)]	24(46.15)	22(36.67)	16(18.60)	46(41.07)
糖尿病[例(χ /%)]	8(15.38)	16(26.67)	9(10.47)	24(21.43)
高脂血症[例(χ /%)]	7(13.46)	11(18.30)	7(8.14)	18(16.07)
LVDd($d/mm, \bar{x} \pm s$)	46.65 ± 2.45	47.00 ± 2.44	44.85 ± 2.87	46.83 ± 2.44
LVDs($d/mm, \bar{x} \pm s$)	30.23 ± 2.04	30.42 ± 2.27	28.31 ± 2.64	30.33 ± 2.16
IVS($d/mm, \bar{x} \pm s$)	10.50 ± 1.02	10.57 ± 1.11	9.91 ± 0.78	10.54 ± 1.06
LVPW($d/mm, \bar{x} \pm s$)	10.69 ± 3.52	10.22 ± 0.85	9.72 ± 0.91	10.44 ± 2.48
LAD($d/mm, \bar{x} \pm s$)	38.00 ± 2.60	39.33 ± 3.22	34.65 ± 2.73	38.71 ± 3.01
左心房短径($d/mm, \bar{x} \pm s$)	37.77 ± 4.70	39.25 ± 4.76	36.92 ± 4.43	38.56 ± 4.77
左心房长径($d/mm, \bar{x} \pm s$)	51.54 ± 3.97	51.68 ± 5.49	45.98 ± 5.50	51.45 ± 4.62
LVEF(χ /%, $\bar{x} \pm s$)	63.90 ± 2.78	63.93 ± 2.85	65.15 ± 3.16	63.92 ± 2.81
PASP($p/mmHg, \bar{x} \pm s$)	29.98 ± 4.09	29.70 ± 4.24	28.01 ± 4.73	29.83 ± 4.15

血压(0=否,1=是),是否有糖尿病(0=否,1=是)等作为自变量,并且以 LVDd、LVDs、IVS、LVPW、LAD、左心房长径、PASP 作为协变量,进行多因素 logistic 回归分析,结果显示,LAD 增大是伴有 RLS 的 CS 患者卒中发病的独立危险因素($P < 0.05$)。见表 3。

3 讨 论

RLS 是发生 CS 的潜在危险因素之一,然而目前 RLS 引起 CS 的确切机制尚未明确。近年研究发现,LAE 与缺血性卒中的发生以及卒中的严重程度、卒中预后显著相关^[10]。本研究通过探讨 LAE 与伴 RLS 的 CS 患者卒中发病之间的关系发现,CS 患者 LAE 可能与 RLS 的存在及分流严重程度有

表 3 伴有 RLS 的 CS 患者卒中发生影响因素的 logistic 回归分析

变量	β	SE	Wald 值	P 值	OR 值	95%CI
男性	0.208	0.450	0.213	0.644	1.231	0.510~2.972
吸烟史	-0.031	0.577	0.003	0.816	0.970	0.313~3.001
饮酒史	0.297	0.508	0.341	0.559	1.346	0.497~3.646
高血压	0.175	0.464	0.142	0.706	1.191	0.480~2.959
糖尿病	0.451	0.630	0.514	0.474	1.570	0.457~5.395
LVDd	-0.029	0.097	0.090	0.764	0.971	0.804~1.174
LVDs	0.194	0.102	3.580	0.058	1.214	0.993~1.484
IVS	-0.091	0.382	0.057	0.812	0.913	0.432~1.931
LVPW	0.574	0.510	1.266	0.261	1.776	0.653~4.830
LAD	0.393	0.101	15.080	<0.001	1.481	1.215~1.805
左心房长径	0.036	0.048	0.564	0.453	1.037	0.943~1.140
PASP	0.071	0.050	2.006	0.157	1.074	0.973~1.186

关,且 LAE 会增加伴有 RLS 的 CS 患者卒中发生

的风险。

左心房接收从肺静脉返回的血液,并发挥储存血液和将血液输送到左心室的作用^[11],左心房病理性扩大主要与压力和容量过负荷相关^[12]。LAE 与脑血管疾病之间的关系近来被广泛研究。一项荟萃分析表明,LAE 能够增加卒中风险,LAD 每增大 1 cm,患者发生卒中的风险会增高约 24%^[6]。LAE 引起卒中可能与以下几个方面有关。首先,LAE 导致了左心房收缩功能降低,引起血液瘀滞,从而通过诱导血栓形成而增加脑栓塞的风险^[13];其次,LAE 会增加新发 AF 的概率^[14-15],而 AF 是缺血性卒中公认的一种危险因素。本研究结果显示,与对照组患者相比,CS 组患者 LVDd、LVDs、IVS、LVPW、LAD、左心房短径、左心房长径、PASP 等各项心脏参数均显著增大,提示 CS 患者存在 LAE。

最近研究发现,伴有 RLS 的患者常合并左心房结构和功能异常,这种异常可能会增加 RLS 相关脑卒中发生的风险。在本研究中,CSRLS+ 组患者的 LAD、左心房短径、左心房长径及 PASP 均显著大于 CSRLS- 组患者。在依据 RLS 严重程度分组后,大分流组患者 LAD 显著大于小分流组患者,两组患者其他心脏参数指标无显著差异。表明在 CS 患者中,伴有 RLS 可能存在 LAE,且分流程度越大,LAD 增大越明显。RLS 的存在使得左心房容量超负荷,使心肌纤维长度延长,进而导致左心房容量增大;而左心房容量增大可导致左心耳处血液流速降低,形成一个高强度且持续时间较长的涡流,导致血液无法有效排空进入心房,从而使血液在此处瘀滞并容易形成血栓。同时,这种机械性的心房拉伸还可引起心房细胞动作电位的改变,并最终引起 AF^[7,16]。在伴有持续性 RLS 的 PFO 患者中,左心房的所有功能参数,包括通道功能、储存功能及主动和被动排空功能参数均发生改变^[17]。事实上,这些改变都会引起左心房肌纤维解体和不应期延长,最终引起 LAE 及功能障碍。本研究将对照组 RLS+ 组患者与 CSRLS+ 组患者比较中差异具有显著性的因素(男性、吸烟史、饮酒史、高血压、糖尿病构成比及 LVDd、LVDs、IVS、LVPW、LAD、左心房长径、PASP)纳入多因素 logistic 回归分析,结果显示,LAD 增大为伴有 RLS 的 CS 患者卒中发生的独立危险因素。RIGATELLI 等^[18]也发现 PFO 封堵术可能会逆转 LAE,进一步证实了 RLS 与 LAE 的关系。

总之,在 CS 患者中,LAE 与 RLS 的存在有关,

且分流程度越大,LAE 越明显。更重要的是,LAD 增大与伴有 RLS 的 CS 患者卒中发生风险升高有关,对 RLS 较大的 CS 患者,早期干预可能会阻止 LAE,并进一步降低卒中发生的风险。本研究结果为伴有较大 RLS 的 CS 患者的早期手术治疗提供了证据支持。

伦理批准和知情同意:本研究涉及的所有试验均已通过青岛大学附属医院医学伦理委员会的审核批准(文件号 QYFYWZLL27825)。所有试验过程均遵照《人体医学研究的伦理准则》的条例进行。受试对象或其亲属已经签署知情同意书。

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