

铁代谢与心力衰竭关系的研究进展

陈美慧¹ 韩宇博² 隋艳波² 樊德慧¹ 张丹丹¹ 王瑞楠¹ 刘莉²

(1. 黑龙江中医药大学, 黑龙江 哈尔滨 150040; 2. 黑龙江中医药大学附属第一医院心血管科, 黑龙江 哈尔滨 150040)

【摘要】心力衰竭(心衰)是由各种原因导致的心脏疾病的终末阶段,为当今社会常见的严重疾病,具有发病率高和死亡率高的特点。铁是人体必须的微量元素之一,以离子形式存在于肝、脾、肾、心、骨骼肌和脑等组织中,广泛参与人体的多种生理活动,而铁的代谢平衡是维持人体生命活动的重要部分。多项研究发现铁的代谢与心衰存在一定关系,影响心衰患者的疾病进展及预后情况,现就铁代谢与心衰关系的研究进展进行综述,从铁代谢方向为心衰的防治提供新思路。

【关键词】心力衰竭;铁代谢;铁缺乏;铁过量

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The Relationship Between Iron Metabolism and Heart Failure

CHEN Meihui¹, HAN Yubo², SUI Yanbo², FAN Dehui¹, ZHANG Dandan¹, WANG Ruinan¹, LIU Li²

(1. *Heilongjiang University of Chinese Medicine, Harbin 150040, Heilongjiang, China*; 2. *Department of Cardiology, The First Affiliated Hospital of Heilongjiang University of Chinese Medicine, Harbin 150040, Heilongjiang, China*)

【Abstract】Heart failure (HF) is the terminal stage of heart disease caused by various causes. It is a common disease in modern society, and has high morbidity and mortality. Iron is one of the essential trace elements in human body. It exists in liver, spleen, kidney, heart, skeletal muscle, brain and other tissues in the form of ions. It is widely involved in various physiological activities of human body, and the iron metabolic balance is an important part of maintaining human life activities. A number of studies have found that there is a certain relationship between iron metabolism and HF, which affects the disease progression and prognosis of patients with HF. This paper reviews the research progress of the relationship between iron metabolism and HF, providing new ideas for the prevention and treatment of HF from the perspective of iron metabolism.

【Key words】Heart failure; Iron metabolism; Iron deficiency; Iron overload

心力衰竭(心衰)的发生和发展是一个较为复杂的病理生理过程,人体血清的离子代谢在这个过程中发挥重要作用,关系着心衰的发展及预后情况。目前铁代谢的管理越来越受到广泛关注,多项研究^[1-2]表明心衰与铁代谢失衡有关。英国一项回顾性研究^[3]显示 8 805 例心衰入院患者表现为铁缺乏,而且这类患者具有更高的早期再入院风险。然而,铁缺乏和铁过量这两种铁代谢失衡均会造成心肌细胞损伤,影响心肌细胞的结构和功能,造成各种心脏疾病的发生,影响预后。

1 铁的体内循环

人体内的铁一部分来源于衰老红细胞,另一部分则通过饮食获取。人体内的铁可分为两类,一类为功能铁(如血红蛋白铁、肌红蛋白铁和转铁蛋白铁

等),另一类为贮存铁(铁蛋白和含铁血黄素)。机体内的铁往往以二价或三价的形式存在,循环过程中在十二指肠及空肠上端处进行吸收,在铜蓝蛋白的作用下,入血的二价铁氧化成为三价铁,进而与铁蛋白结合,转运到各组织。或通过幼红细胞膜转铁蛋白受体胞饮入细胞内,与转铁蛋白分离并还原为二价铁,参与血红蛋白的形成过程。多余的铁则以贮存铁的形式贮存于肝、脾和骨髓等器官的单核巨噬细胞系统。人体需要从食物中摄取一定量的铁(1~1.5 mg/d),并保持铁总量在正常范围(男性:50~55 mg/kg,女性:35~40 mg/kg),以维持铁的平衡。此外,人体每日排出的铁量应控制在 1 mg 以内,其方式主要是以肠黏膜脱落细胞形式随粪便排出,少量可随尿液和汗液排出。

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通信作者:刘莉, E-mail: liliu429@163.com

2 铁代谢失衡

2.1 铁缺乏

当铁代谢出现异常时,机体的正常生理功能将受到一定破坏。众所周知,铁是组成血红蛋白的重要原料,影响着血红蛋白的生成,人体内铁缺乏时最直接的表现是贫血,而贫血是心衰常见的并发症,因此对心衰患者铁缺乏的管理越来越受到重视^[4]。2020 年《中国心力衰竭患者离子管理专家共识》^[5]指出心衰患者病程中随时可能发生铁缺乏,铁缺乏可分为绝对铁缺乏和功能性铁缺乏,前者为铁的摄入不足或丢失过多所导致铁的存储减少;后者为铁储量正常,但铁的运输受到抑制,无法满足组织细胞的生理活动,为铁的利用障碍,其被认为是心衰合并铁缺乏的主要机制,这与铁调素的表达有关。心衰发生时,由于患者摄入不足、心源性恶病质、肠道黏膜水肿、对铁的吸收能力减弱、体内铁流失和炎症反应等原因,其发生铁缺乏的概率为 37% ~ 61%^[6-7]。铁缺乏会造成心脏结构和功能异常^[8]。相关研究显示铁缺乏可诱发以心肌细胞线粒体超微结构畸形和异常肌节组织为特征的“心脏肥大”^[9]。此外,组织细胞缺铁将影响铁相关酶的活性,造成组织细胞生理功能紊乱,而细胞铁利用和三磷酸腺苷产生的关键部位为线粒体。在铁缺乏动物模型中,由于心肌细胞铁缺乏,将导致细胞内线粒体发生改变,影响氧化磷酸化与丙酮酸代谢,致使三磷酸腺苷合成不足,无法为心肌提供能量需求,而心脏代谢过程中会产生类似缺氧的糖酵解反应,致使乳酸生成增加,诱发心肌细胞凋亡,使心脏收缩功能随之减弱^[10]。虽然缺铁会导致心肌细胞线粒体中 Fe-S 簇合物的活性降低,影响线粒体功能,损害心肌细胞的收缩性。但铁缺乏对细胞的影响是可逆的,通过补充转铁蛋白结合铁可恢复铁蛋白水平,减轻缺铁对心肌细胞铁代谢等的影响^[11]。静脉补铁可补充心脏铁储备,有助于恢复线粒体呼吸功能,改善心肌肌力储备和减轻心肌不良重构^[12]。Ponikowski 等^[13]在研究中发现对于心功能 II ~ IV 级的射血分数降低性心衰合并铁缺乏患者,静脉补铁有助于改善其生活质量和活动耐力。

2.2 铁过量

与铁缺乏相反,铁以过量形式存在也将打破铁稳态。细胞外的三价铁与转铁蛋白以复合体的形式结合,在细胞相关效应作用下入胞内还原为二价铁,在细胞质内形成自由铁池,其中的铁被线粒体或细胞质利用,而过量的铁则储存于铁蛋白中,铁蛋白通过维持铁的代谢平衡从而保护细胞免受氧化应激造成的损伤,铁蛋白增高则提示体内铁过量。一项前瞻性研

究^[14]发现,普通人群的铁蛋白水平升高会增加女性新发心衰的风险。Silvestre 等^[1]经研究得出结论,铁蛋白水平的高低与心衰患病率的关系呈 U 型曲线关系,平均铁蛋白水平 > 358 ng/mL 时,心衰发生率明显增加。过量的铁广泛沉积在人体不同的组织细胞内,会促进活性氧自由基的形成,导致广泛的组织损伤和内皮功能障碍,增加心血管不良结局风险^[15-16]。体内铁储量增加对心脏产生损害,从而导致心衰的发生。 β 地中海贫血会通过肠道代偿性吸收过量的铁,造成铁沉积的发生,使心肌铁超负荷,过高的铁离子浓度造成心肌细胞的凋亡。除此以外,铁离子在氧化还原反应过程中产生的大量氧自由基,对心肌细胞产生毒性作用,影响心脏的收缩和/或舒张功能。由于心肌细胞长期受累,损伤加重,最终引起心衰的发生,甚至加快病情的发展^[2]。Liu 等^[17]实验结果显示葛根素能明显阻断心衰大鼠和 H9c2 细胞的铁过载与脂质过氧化,抑制心肌细胞损伤,认为葛根素能通过抑制铁死亡对心衰发挥保护作用,并且这一机制的发生与 Nox4 信号调节相关。除此以外,铁螯合剂是治疗铁超载的主要方法之一,它可促进多余铁的排泄,但在使用过程中应注意铁代谢的变化,防止排泄过量造成铁缺乏。

3 铁代谢相关因素

3.1 铁调素

铁调素是目前发现的一种能参与机体调节铁稳态和铁肠道吸收的多肽类激素^[18]。它是由肝脏合成并分泌,是维持人体铁代谢动态平衡的核心调节因子。铁调素主要通过调节细胞表面的膜铁转运蛋白 1 的调控来实现铁代谢的调节。当机体出现铁缺乏时,铁调素基因表达水平降低,介导肝脏分泌的铁调素与膜铁转运蛋白 1 结合减少,使膜铁转运蛋白 1 通道增多,促进铁从细胞向血液的运转,而当机体铁过量时,以上过程反之^[19]。铁调素的表达受炎症因子及多种信号通路介导。在一项针对老年缺血性心脏病患者的临床观察发现,与无慢性贫血的慢性心衰患者相比,合并慢性贫血的慢性心衰患者体内铁调素、C 反应蛋白、红细胞沉降率和铁蛋白水平相对较高,铁调素水平与炎症相关指标呈正相关^[20]。炎症因子白介素 (IL)-1 β 不仅能诱导肝脏细胞内转录因子 CCAAT 增强子结合蛋白 δ 的表达^[21],同时还可激活 c-Jun 氨基端激酶 (JNK) 并随后刺激 JunB 磷酸化,以促进铁调素信使 RNA 的转录^[22]。因此炎症可能是铁调素增加的原因,而铁调素会导致老年慢性心衰患者贫血的发生。

3.2 铁死亡

铁死亡是一种依赖于铁、氨基酸和多不饱和脂肪酸等代谢方式的新型细胞程序性死亡途径,此机制在

一系列病理过程中会导致过量脂类自由基的累积,使机体还原代谢能力受限,与多种疾病的发生和发展有关^[23]。细胞铁死亡诱导剂 erastin 能抑制胱氨酸-谷氨酸转运受体,从而引起铁死亡途径的发生^[24],并且 erastin 能上调转铁蛋白受体的表达,增加对铁的摄取,同时下调铁蛋白重链 1 与铁蛋白轻链水平,使大量游离铁释放^[25],导致铁过量,此时体内形成非转铁蛋白结合铁,这种自由铁破坏线粒体、脂类、蛋白质和核酸等,对细胞和组织造成损伤^[26],并使 Ca^{2+} 内流受到抑制,进而影响心肌细胞兴奋-收缩耦联,引起心衰、心脏病和内皮功能障碍等^[5]。Wang 等^[27] 研究发现 MAP3K 家族的成员混合谱系酶 3 通过介导 JNK/p53 信号通路发生氧化应激,引起铁死亡的发生,导致慢性心衰晚期心肌纤维化,而通过抑制混合谱系酶 3 的表达可显著改善心功能。抑制铁死亡可预防铁过载引起的心衰,保护心脏免受心肌缺血再灌注诱导的心肌重构和心衰的影响。铁在线粒体呼吸链中也具有一定影响,线粒体中铁的积累可能是引起线粒体脂质过氧化导致心脏铁死亡的关键,而清除线粒体中的脂质过氧化可有效抑制阿霉素诱导的心肌细胞铁死亡^[28-29]。

3.3 内质网应激反应

内质网是维持细胞内环境稳态的重要细胞器,参与了蛋白质的合成、折叠和运转加工^[30]。正常条件下,蛋白质正确折叠后离开内质网,但在氧化应激、炎症和低氧等应激状态下,未折叠或折叠错误的蛋白在内质网中不断积累,对蛋白质的加工过程造成影响,引发内质网应激(endoplasmic reticulum stress, ERS)反应^[31]。内质网为恢复正常状态,在未折叠蛋白的作用下,启动内质网跨膜蛋白激活 IRE1、PERK 和 ATF6 通路,阻断蛋白质翻译,上调氧化应激相关基因的表达水平,提高内质网中蛋白的折叠能力,加快内质网相关蛋白酶和溶酶体水解反应,使错误蛋白得以清除,以恢复细胞内环境稳态。如果细胞未恢复,则触发内质网相关蛋白降解过程,激活细胞自噬及凋亡途径^[32]。在内质网膜附近存在一种应激反应性激酶 Pak2,因心肌细胞中 ERS 反应而被激活。Binder 等^[33] 发现当应激或压力超负荷时, Pak2 缺失小鼠心脏出现内质网反应缺陷、心脏功能障碍和压力超负荷下的细胞凋亡。相反,通过相关基因表达或传递诱导 Pak2 激活,抑制蛋白磷酸酶 2A 活性,正向调控 IRE-1/XBP-1 信号,促使未折叠蛋白反应,增强内质网功能,恢复内质网稳态,改善心脏功能并减少细胞凋亡,保护心脏。因此 Pak2 活性的调节可能作为治疗心衰的新靶点。尚有研究认为铁死亡和 ERS 二者可能存在协同作用,心肌细胞受损会伴随铁死亡和 ERS 水平增加,而抑制

铁死亡或 ERS 都可减轻心肌细胞损伤^[34]。

4 小结

综上所述,人体内铁的代谢平衡是维持机体稳态的一个因素,铁缺乏或铁过量均与心衰相关。铁具有双面性,铁代谢失衡对心脏的影响是确定的,无论铁是缺乏或过量,都会通过不同的信号作用于心肌细胞造成损伤,因此在纠正心衰患者的铁代谢异常时,也要防止铁缺乏及铁超载的发生。铁调素表达、铁死亡和 ERS 反应都会造成铁代谢异常,进而影响心衰的发生和发展以及预后。评估铁代谢状态,维持铁代谢平衡,有助于心衰患者心肌能量代谢及心功能的改善,同时也为防治心衰提供了新思路。

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