

甘油三酯葡萄糖指数对动脉粥样硬化性心血管疾病的预测价值

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【摘要】 动脉粥样硬化性心血管疾病(ASCVD)是严重危害人类健康的疾病,随着疾病的发生发展会出现一系列临床综合征,同时给患者带来沉重的经济负担。预防 ASCVD 的危险因素如高血压、高脂血症和高血糖等非常重要。如何通过无创手段预测 ASCVD 的严重程度,尽早进行一级预防,避免不良心血管事件的发生和减轻患者的经济负担显得尤为重要。近年来,甘油三酯葡萄糖指数可用于评估人群中是否存在胰岛素抵抗。同时甘油三酯葡萄糖指数是简单、快捷、常规检测易得到的无创数据,可作为心血管疾病的预测因子,对 ASCVD 的严重程度、累及冠状动脉的数量和严重不良心血管事件等具有重要的预测价值。

【关键词】 动脉粥样硬化性心血管疾病;甘油三酯葡萄糖指数;冠状动脉;胰岛素抵抗;预测价值

【DOI】10.16806/j.cnki.issn.1004-3934.2023.09.010

Predictive Value of Triglyceride Glucose Index in Atherosclerotic Cardiovascular Disease

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【Abstract】 Atherosclerotic cardiovascular disease (ASCVD) seriously endangers human health. With the occurrence and development of the disease, a variety of clinical syndromes will appear, and it will bring heavy economic burden to patients. The prevention of risk factors for ASCVD, such as hypertension, hyperlipidemia and hyperglycemia, is important. It is particularly important to predict the severity of ASCVD by non-invasive methods, perform primary prevention as early as possible, avoid adverse cardiovascular events and reduce the economic burden on patients. In recent years, the triglyceride glucose index can be used to assess the presence of insulin resistance in the population. At the same time, triglyceride glucose index is a simple, fast, noninvasive data that can be easily obtained by routine detection. It can be used as a predictor of cardiovascular disease. It has important predictive value for the severity of ASCVD, the number of coronary arteries involved and serious adverse cardiovascular events.

【Key words】 Atherosclerotic cardiovascular disease; Triglyceride glucose index; Coronary artery; Insulin resistance; Predictive value

动脉粥样硬化性心血管疾病(atherosclerotic cardiovascular disease, ASCVD)在中国患病率和死亡率均较高,对公共卫生构成严重挑战,给患者带来严重的经济负担^[1]。最近研究^[2-3]表明,患者即使无高龄、高血压、高胆固醇血症和糖尿病等 ASCVD 的主要危险因素,也可能发展成 ASCVD。尽管先进技术和预防措施普及,但 ASCVD 患者仍有复发不良心血管事件的风险^[4]。所以早期确定 ASCVD 的风险人群,对患者进行风险分类与疾病控制有很重要的临床意义。

1 甘油三酯葡萄糖指数

胰岛素抵抗(insulin resistance, IR)是身体对胰岛素反应性显著下降的状况,这可能导致糖尿病和非糖

尿病受试者 ASCVD 的发生发展^[5]。IR 人群容易出现高血糖、血脂异常和高血压,这与 ASCVD 的不良预后有关^[6]。由于目前尚无准确的红外光谱测定方法以及高胰岛素-正血糖钳夹试验昂贵且不实用,因此,开发可靠的筛查工具来检测 IR 和预测心血管风险至关重要。稳态模型评估的胰岛素抵抗指数(homeostatic model assessment of insulin resistance, HOMA-IR)是目前广泛应用的检测胰岛 β 细胞功能和 IR 的方法,但在接受胰岛素治疗或 β 细胞无功能的人群中价值有限^[7]。然而,甘油三酯葡萄糖指数(triglyceride glucose index, TyG 指数)(即空腹甘油三酯 \times 空腹葡萄糖/2)是一种替代 HOMA-IR 的简单、方便、低成本的指标,

可用于评估患有或不患有糖尿病个体的 IR,且无需胰岛素量化^[8]。有研究指出,TyG 指数可用于独立预测高血糖或非糖尿病患者合并 ASCVD 的预后情况,可能具有预测心血管风险的临床价值。

2 TyG 指数与冠状动脉粥样硬化

TyG 指数升高可增加冠状动脉粥样硬化的发生。TyG 指数可看作是心血管疾病的危险因素之一^[9-11]。Won 等^[10]试验结果表明,在肾功能接近正常的患者中,TyG 指数与发生冠状动脉疾病的风险增加相关。Park 等^[9]研究表明,无论其他传统危险因素如何,TyG 指数升高与冠状动脉钙化的进展显著相关。一项国外研究^[12]证实,在非糖尿病患者中,TyG 指数与冠状动脉疾病的存在独立相关。尽管与糖尿病患者 TyG 指数水平方面存在差异,但从冠状动脉粥样硬化斑块数量和斑块负荷的共同存在性出发,此研究也得到了相同的结果,即 TyG 指数与冠状动脉粥样硬化密切相关,而不是 HOMA-IR。尽管 TyG 指数和 HOMA-IR 与冠状动脉粥样硬化斑块的发生和斑块负荷增加有关,但 HOMA-IR 组中 TyG 指数异常升高的患者,其冠状动脉粥样硬化斑块和节段狭窄的发生率更高^[13]。综上,TyG 指数升高可能增加冠状动脉粥样硬化的发生风险。

3 TyG 指数与急性非 ST 段抬高型心肌梗死

TyG 指数对急性非 ST 段抬高型心肌梗死(non-ST segment elevation myocardial infarction, NSTEMI)患者的冠状动脉疾病严重程度和预后具有预测价值。NSTEMI 是全球心血管疾病发生与致死的主要因素之一。最近的几项研究^[14-15]表明 TyG 指数与心血管疾病有关。一项研究^[16]纳入 1 510 例无糖尿病的非 ST 段抬高型急性冠脉综合征(non-ST segment elevation acute coronary syndrome, NSTEMI-ACS)患者,在接受经皮冠状动脉介入治疗(percutaneous coronary intervention, PCI)后,48 个月随访期间有 316 例患者发生终点事件,在调整混杂变量后,发现 TyG 指数仍是主要终点事件的重要风险预测指标($HR = 2.433, 95\% CI 1.853 \sim 3.196, P < 0.001$)。另一项研究^[17]纳入 798 例 2 型糖尿病合并 NSTEMI-ACS 患者,在 TyG 指数与主要不良心血管事件(major adverse cardiovascular events, MACE)(全因死亡、非致死性心肌梗死和心肌缺血导致的血运重建)的多因素 Cox 回归分析中,与无 MACE 的患者相比,MACE 患者的 TyG 指数显著增高,TyG 指数增高与主要终点事件风险增加独立相关($HR = 3.208, 95\% CI 2.400 \sim 4.289, P < 0.001$)。还有研究^[18]发现 TyG 指数与 SYNTAX(synergy between percutaneous coronary intervention with TAXUS and cardiac surgery)评分和 MACE 有强相关性,且与 SYNTAX 评分独立相

关,多因素 Cox 回归分析进一步表明,TyG 指数是 MACE 的独立预测因子($HR = 1.878, 95\% CI 1.130 \sim 3.121, P = 0.015$)。总之,TyG 指数可能是 NSTEMI-ACS 患者冠状动脉疾病严重程度和心血管结局的独立预测指标。

4 TyG 指数与急性 ST 段抬高型心肌梗死

TyG 指数可对急性 ST 段抬高型心肌梗死(ST segment elevation myocardial infarction, STEMI)患者 PCI 后和临床预后进行有效预测。STEMI 是冠状动脉疾病最严重的表现之一,其发病率和死亡率均很高。多数情况下,由心外膜冠状动脉血管中的动脉粥样硬化斑块破裂形成的血栓导致血管闭塞是 STEMI 的主要原因^[19]。一项研究^[19]共纳入 1 092 例接受 PCI 的 STEMI 患者,并研究了 TyG 指数对接受过 PCI 的 STEMI 患者预后的影响。该项研究首次表明,TyG 指数水平较高的 STEMI 患者在 PCI 后 30 d、6 个月和 1 年内,主要不良心脑血管事件(major adverse cardiovascular and cerebrovascular events, MACCE)风险和全因死亡率均较高,在校正混杂因素后,还发现在 PCI 后 1 年内 STEMI 患者的 TyG 指数水平与 MACCE 风险增加明显相关。该研究成果首次证实,STEMI 患者中较高水平的 TyG 指数与 MACCE 风险增加之间具有相关性。另一项研究^[20]发现 TyG 指数 ≥ 8.65 的 STEMI 患者 MACE 的发生率最高,而且 TyG 指数、C 反应蛋白和年龄是 STEMI 患者 MACE 的独立预测因子。该研究还发现,较高的 TyG 指数与急性冠脉综合征(acute coronary syndrome, ACS)患者 MACE 的风险增加之间存在显著相关。因此,TyG 指数可能有助于预测 STEMI 患者的临床结局,但目前 TyG 指数对 STEMI 患者预测价值的相关研究较少,还有待进一步研究。

5 TyG 指数与冠状动脉慢性闭塞性病变

TyG 指数与冠状动脉慢性完全闭塞(chronic total occlusion, CTO)风险发生密切相关。冠状动脉 CTO 定义为经冠状动脉造影检查发现冠状动脉闭塞,心肌梗死溶栓(thrombolysis in myocardial infarction, TIMI)血流为 0 级,侧支循环完整,闭塞持续时间 > 3 个月^[21]。目前冠状动脉 CTO 是临床上较难解决的问题。但由于技术与设备上的革新,目前冠状动脉 CTO-PCI 的效率已提升了 70.0% ~ 95.9%^[22-23]。成功的 PCI 可减轻心绞痛症状,改善生命质量,减少心血管事件的发生^[24-25]。然而,在成功接受 PCI 的冠状动脉 CTO 病变的患者中,10 年心脏死亡率仍为 10.4%^[25]。一项研究^[26]最终纳入 652 例患者,平均 TyG 指数为 8.8 ± 0.57 ,有 503 例患者成功完成冠状动脉 CTO-PCI,

随访 1 年期间共发生 73 例 MACCE, 在调整混杂因素后, TyG 指数最高的患者发生 MACCE 的风险是最低患者的 2.09 倍。在冠状动脉 CTO-PCI 成功的非糖尿病患者中, 随着 TyG 指数的升高, MACCE 的风险也增加, 而在冠状动脉 CTO-PCI 失败的非糖尿病患者中无明显差异。另一项研究^[27]招募了 1 093 例因至少一个冠状动脉 CTO 病变而接受心导管治疗的冠心病患者, 最终 318 例患者被纳入侧支循环欠发达(Rentrop 分级 0~1)组, 研究发现侧支循环欠发达患者的 TyG 指数明显升高(9.30 ± 0.65 vs 8.80 ± 0 , $P < 0.001$), 在调整了各种混杂因素后, TyG 指数和侧支循环欠发达之间也具有一定关联性。两项研究显示, TyG 指数与冠状动脉 CTO 患者的心血管风险有显著相关性, 提示 TyG 指数可用于预测冠状动脉 CTO 患者的心血管风险, 同时较高的 TyG 指数与侧支循环欠发达风险的增加密切相关。因此, 有必要探索一个能识别冠状动脉 CTO-PCI 后心血管事件高危患者的靶点, 以找到更积极的治疗方案来减少心血管事件的发生。不同医疗机构的检测参考值不同, 无法统一规定一个明确的 TyG 指数截点来进行早期干预, 可能成为其局限性。

6 TyG 指数与多血管冠状动脉疾病

TyG 指数与冠状动脉受累支数相关。多血管冠状动脉疾病(multivessel coronary disease, MVCD)是 ACS 中常见的冠状动脉疾病类型。一项研究^[28]纳入 935 例患者, 受试者按 TyG 指数四分位数分为 1~4 组(Q1~Q4 组), 按是否为 MVCD 分为非 MVCD 组和 MVCD 组。比较各组的一般资料、既往史、用药史、实验室指标、心脏超声和 TyG 指数, 单因素和多因素 logistic 回归分析结果显示, 与较低 TyG 指数组和非 MVCD 组相比, 较高 TyG 指数组和 MVCD 组患者腰围较粗, 更易存在吸烟史, 年龄、收缩压、低密度脂蛋白胆固醇、空腹血糖和糖化血红蛋白水平较高, 但高密度脂蛋白胆固醇水平较低($P < 0.01$)。MVCD 组与非 MVCD 组相比, TyG 指数每增加一个单位, MVCD 的风险就会增加 1.213 倍。中国一项回顾性研究^[29]纳入确诊为 ACS 并行冠状动脉造影患者共 123 例, 根据造影结果分为多支病变组和非多支病变组, 相关分析表明 TyG 指数与冠状动脉多支病变有关($r = 0.330$, $P < 0.001$), 回归分析发现 TyG 指数是发生冠状动脉多支病变的独立危险因素($OR = 2.646$, $P < 0.05$), TyG 指数对发生冠状动脉多支病变的 ROC 曲线下面积为 0.691, 95% CI 0.597~0.784, 灵敏度为 79.0%, 特异度为 50.8%。因此, TyG 指数可作为预测 ACS 患者 MVCD 的可靠、实用、独立的指标。

7 TyG 指数与支架内再狭窄

TyG 指数与支架内再狭窄(in-stent restenosis, ISR)的程度相关。尽管近年来药物洗脱支架技术的抗再狭窄效果显著提高, 以及 PCI 和药物治疗等二级预防策略不断发展, 但 ISR 仍是 PCI 后的主要挑战之一, 其发生率为 3%~20%^[30]。其原因是 ISR 的易感因素和发生机制很复杂, 目前尚不清楚^[31]。一项回顾性研究^[32]共纳入 1 574 例基于发病 6~24 h 内确诊 ACS 并行冠状动脉造影及 PCI 的患者, 随访时间为 12 个月, ISR 的患病率随着 TyG 指数升高而逐步增加, ISR 组的 TyG 指数高于非 ISR 组, 调整混杂因素后还发现 TyG 指数与 ISR 患病率之间存在正相关性。此项研究表明接受 PCI 的 ACS 患者, TyG 指数升高与药物洗脱支架再狭窄呈独立正相关。另一项研究^[33]纳入 243 例冠心病患者, 均行 PCI 并完成术后随访, 根据随访期间发生 ISR 情况将其分为 ISR 组和非 ISR 组。logistic 回归分析结果显示 ISR 组吸烟、合并糖尿病人数比例高于非 ISR 组($P < 0.05$), ISR 组术前的总胆固醇、甘油三酯、空腹血糖和 TyG 指数水平高于非 ISR 组($P < 0.05$)。二元 logistic 回归分析结果显示, 吸烟($OR = 6.592$)、糖尿病($OR = 3.843$)、复查时 TyG 指数未达标($OR = 23.273$)是冠心病患者 PCI 后发生 ISR 的独立危险因素($P < 0.05$)。综上, TyG 指数升高会增加冠心病患者 PCI 后发生 ISR 的风险, 因此, PCI 后应加强对患者 TyG 指数的管理。

8 TyG 指数与冠状动脉旁路移植术

TyG 指数对行冠状动脉旁路移植术(coronary artery bypass grafting, CABG)和其预后有较高的预测价值。目前 CABG 仍然是治疗 MVCD 和左主干冠状动脉疾病的金标准。尽管心血管结局能显著改善, 但接受 CABG 的患者仍有复发不良心肌缺血事件和其他心血管结局(冠状动脉血运重建、卒中、心源性死亡等)的风险^[34]。一项中国研究^[35]纳入行 CABG 的 2 型糖尿病患者 386 例, 根据中位数 TyG 指数分为两组, 高 TyG 指数组中个体出现更多的 MACE[65(33.7%) vs 39(20.2%), $P = 0.003$], 多变量分析显示, TyG 指数($HR = 12.926$)、左室射血分数($HR = 0.916$)和纽约心功能分级 III/IV($HR = 4.331$)被确定为 2 型糖尿病患者行 CABG 后 MACE 发病率的独立预测因子。研究^[35]表明 CABG 后 2 型糖尿病患者 TyG 指数较高, TyG 指数可提高 MACE 的诊断准确性, 尤其在长期随访中, 高 TyG 指数可作为调整个人生活方式的早期预警信号, 从而延缓 MACE 的进展或减少 MACE 的发生。另一项研究^[36]共纳入 1 578 例接受 CABG 的糖尿病患者, 在两年的随访中, 176 例患者至少有 1 种

MACCE 的发生(全因死亡、非致死性心肌梗死、非致死性卒中和有症状的移植失败),Cox 分析显示主要终点事件的随访发生率随着 TyG 指数的升高而增高,混杂因素调整后的多变量 Cox 比例风险回归分析显示 OR 为 2.133(95% CI 1.347 ~ 3.377, $P = 0.001$)。该研究表明 TyG 指数与 MACCE 呈显著正相关,提示 TyG 指数可能是 2 型糖尿病患者行 CABG 后 MACCE 的重要预测指标。但 TyG 指数与 CABG 预测的相关研究甚少,还需进一步大规模验证。

综上所述,TyG 指数可作为 IR 的方便可靠的替代指标,也可作为 ASCVD 严重程度及预后的预测指标。根据目前的研究,还有待进一步深入研究 TyG 指数的数值对不同 ASCVD 进行预测的细化,同时 TyG 指数对于 ASCVD 患者治疗的潜在益处也需更深入地验证。

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收稿日期: 2022-08-04

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收稿日期: 2023-02-05