

· 综述 ·

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慢性胆汁淤积性肝病基础上发生药物性肝损伤的新见解与展望

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摘要: 慢性胆汁淤积性肝病患者发生疑似药物性肝损伤(DILI)的检测、评估和管理等方面存在诸多挑战,尤其是胆汁淤积性DILI在临床和组织学上可能与潜在的胆汁淤积性肝病的进展难以区分。目前,缺乏慢性胆汁淤积性肝病合并DILI的相关研究与管理规范。本文对慢性胆汁淤积性肝病合并DILI的潜在风险、因果关系及分型标准进行了探讨,以期提高临床工作者对该类疾病的认识,为其防治及管理策略提供参考。

关键词: 胆汁淤积性肝病; 化学性与药物性肝损伤; 诊断, 鉴别

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New insights and prospects of drug-induced liver injury in the context of chronic cholestatic liver diseases

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Abstract: Patients with chronic cholestatic liver diseases face numerous challenges in the detection, assessment, and management of suspected drug-induced liver injury (DILI), and in particular, it is difficult to distinguish cholestatic DILI from the progression of underlying cholestatic liver diseases clinically and histologically. Currently, there is a lack of related research and management guidelines for DILI with chronic cholestatic liver diseases. This article discusses the potential risks, causality, and classification criteria for chronic cholestatic liver diseases with DILI, in order to improve the understanding of such diseases among clinicians and provide a reference for prevention, treatment, and management strategies.

Key words: Cholestatic Liver Disease; Chemical and Drug Induced Liver Injury; Diagnosis, Differential

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肝脏是负责体内物质代谢、转化和排泄的主要器官,为药物诱导毒性的主要靶标。药物性肝损伤(DILI)是指因服用各类处方药或非处方药、保健品、天然药物、生物制剂以及草药和膳食补充剂等而引起的肝损伤^[1]。DILI的发病率为14/10万~25/10万,并呈逐年上升趋势^[2-4],已成为临床医生不容忽视的问题。虽然大多数DILI患

者在停用可疑药物后肝损伤可得到改善,但仍有超过10%的DILI患者进展为慢性肝炎、肝衰竭,甚至死亡,其中既往存在慢性肝病基础是其病情恶化进展的主要因素之一^[5]。临床研究数据表明,39%~58%的DILI患者存在肝内胆汁淤积^[5-7]。胆汁淤积型DILI在临床和组织学上,常常与潜在的胆汁淤积性肝病进展难以区分,因

此,胆汁淤积是DILI发生的原因还是结果不能完全明确^[8]。此外,对于可能出现DILI的慢性胆汁淤积性肝病,亦缺乏专门的监管指南系统地提出监测和防治标准。因此,在慢性胆汁淤积性肝病基础上合并DILI是亟需解决的临床难题。本文将对慢性胆汁淤积性肝病合并DILI展开详细论述,以便更好地为其诊治管理策略提供参考。

1 慢性胆汁淤积性肝病可能会增加DILI的不良预后风险

一些学者提出存在慢性肝病基础的患者可能会增加DILI的发生风险,认为慢性肝病可能会导致药物在体内清除率降低、代谢异常、排泄改变等,而使患者更易发生DILI^[9-10]。但目前支持慢性肝病患者对DILI易感性增加的临床数据有限。大量文献证据表明,与没有慢性肝病的患者相比,既往存在慢性肝病基础的患者对DILI的易感性没有增加^[11-12]。但一旦发生DILI,由于肝再生受损,将会使具有慢性肝病基础的患者更有可能发展为DILI慢性化及肝衰竭^[13]。一项前瞻性研究发现,与无潜在慢性肝病的患者相比,存在潜在慢性肝病基础的患者中发生的DILI与更高的病死率相关(16% vs 5.2%, $P < 0.001$)^[5]。尤其是患有慢性胆汁淤积性肝病的DILI患者,在长期随访中发生慢性肝损伤的风险更大,小部分患者还会进一步发生肝硬化,这可能与慢性胆汁淤积性肝病中涉及的相关机制有关^[14-15]。胆汁淤积是胆汁形成和/或胆汁流动受损的结果,多由肝细胞功能缺陷或胆管远端的肝内胆道阻塞性病变引起^[16]。慢性胆汁淤积性肝病包括肝细胞性和胆管细胞性两大类。肝细胞性胆汁淤积性肝病主要包括良性复发性肝内胆汁淤积症、进行性家族性肝内胆汁淤积症、ABCB4基因缺陷所致的遗传性胆汁淤积性肝病,由脓毒症和内毒素血症引起的胆汁淤积、胆汁淤积型病毒性肝炎等;胆管细胞性胆汁淤积性肝病则包括原发性胆汁性胆管炎(PBC)、原发性硬化性胆管炎(PSC)、IgG4相关性胆管炎等^[17]。其中,PBC和PSC是临床上最为常见的慢性胆汁淤积性肝病,主要表现为胆管的自身免疫性炎症反应^[18]。以PBC和PSC为代表的慢性胆汁淤积性肝病会影响体内转运蛋白对胆汁酸及药物等化学物质的吸收、代谢和排泄,导致潜在有害胆汁酸的积累,并增加肝脏对外源性药物的摄取。这一过程可能加重DILI患者的病情,使有害药物成分在肝脏中蓄积。胆汁酸的蓄积会产生诸如内质网应激反应、活性氧形成增加、细胞死亡、抗氧化系统受损等

一系列反应,进一步加重肝细胞及胆管的损伤,形成恶性循环,影响DILI患者的预后^[19-21]。

2 药物可诱发或加重胆汁淤积性肝损伤

据报道,数百种药物、草药和化合物可诱发胆汁淤积性肝损伤,巴比妥类药物、阿莫西林克拉维酸、呋喃妥因、硫唑嘌呤、性激素是导致胆汁淤积性肝损伤的最常见药物^[22]。基因决定的肝胆转运体和生物转化酶的表达及功能变异,可能是药物等外来化合物诱导胆汁淤积性肝损伤的重要危险因素^[23]。部分药物进入体内后,可通过抑制肝细胞转运蛋白的表达和/或功能,导致肝细胞胆汁分泌发生改变。随之,可能引发胆管细胞的特异性炎症或过敏反应,进而导致胆管内胆汁淤积,最终干扰肝细胞胆汁分泌^[24]。少数药物,如氯丙嗪,可能会诱发胆管消失综合征,导致永久性肝损伤,并最终发展为肝硬化^[25]。目前药物诱导的胆汁淤积性肝损伤除立即停用可疑药物外,尚无有效治疗手段^[22]。有研究报道称熊去氧胆酸治疗可能对近2/3的药物诱导的胆汁淤积性肝损伤患者产生有益影响^[26]。此外,也有研究发现皮质类固醇激素治疗对药物诱导的胆汁淤积性肝损伤有潜在治疗作用^[27]。但目前对于熊去氧胆酸和激素对药物诱导的胆汁淤积性肝损伤治疗作用尚缺乏可靠的临床证据支持^[22]。

熊去氧胆酸是治疗PBC和PSC等慢性胆汁淤积性肝病的一线治疗药物,能明显提高PBC及PSC患者的无肝移植存活率^[28-29]。其中30%~40%的PBC/PSC患者对熊去氧胆酸治疗应答不佳,奥贝胆酸是指南推荐用于对熊去氧胆酸治疗不耐受或应答不佳患者的二线治疗方案^[28-29]。然而,有报道称,以奥贝胆酸为代表的法尼酯X受体(farnesoid X receptor, FXR)激动剂可能存在DILI风险^[30]。一项来自美国食品药品监督管理局发布的药物安全性调查显示,一种FXR激动剂Ocaliva,在当地监管部门批准上市生产后的15个月内,发生与Ocaliva药物相关的死亡病例高达19例,严重肝损伤事件11例^[31]。奥贝胆酸也被美国国立卫生研究院列为“临床上导致肝损伤的一种可疑原因”之一^[32]。在几项关于奥贝胆酸治疗PBC的临床试验中,也发现有部分患者出现急性肝损伤而中断试验^[33-35]。奥贝胆酸可能存在潜在的肝毒性,但其具体作用机制尚不清楚。最近一项报道详细描述了1例PBC患者在停用高于推荐剂量的熊去氧胆酸($23 \text{ mg} \cdot \text{kg}^{-1} \cdot \text{d}^{-1}$)后开始使用奥贝胆酸治疗,2个月后患者出现肝功能失代偿,黄疸加重,病情恶化^[36]。在一项对熊

去氧胆酸应答不佳的PBC患者进行的Ⅱ期奥贝胆酸临床试验中,出现了2例因服用了较高剂量($50\text{ mg}\cdot\text{kg}^{-1}\cdot\text{d}^{-1}$)的奥贝胆酸而发生黄疸进行性升高的病例^[33]。说明奥贝胆酸的肝毒性可能与用药剂量密切相关。故临床治疗PBC和PSC等慢性胆汁淤积性肝病时,需严格控制药物使用剂量,尤其是服用奥贝胆酸或其他FXR激动剂时,需要更频繁监测患者的肝功能指标,判断有无肝脏失代偿情况,及早发现可能出现的DILI迹象,并调整药物剂量或停药。

3 慢性胆汁淤积性肝病发生DILI的因果关系评估

胆汁淤积性肝病是一种由肝内外各种原因造成的胆汁形成、分泌和排泄障碍,胆汁无法正常流入十二指肠而进入血液的病理状态^[17]。慢性胆汁淤积性肝病病程持续时间超过6个月,临床可表现为身目黄染、小便黄、乏力、瘙痒等症状,常伴有ALP异常升高,其病理变化多表现为肝细胞内胆淤积,肝细胞呈羽毛状变性,伴毛细胆管扩张胆栓形成,长期的胆汁淤积可引起门管区纤维化,甚至进展为肝硬化,这与胆汁淤积型DILI的临床特征相似^[37-40]。然而,由于缺乏特异性的疾病活动标志物,使得慢性胆汁淤积性肝病患者发生DILI时,DILI的因果关系难以评估^[41]。临床上,慢性胆汁淤积性肝病患者出现ALP、TBil、转氨酶突然升高,需考虑DILI发生的可能,尤其是ALT ≥ 5 倍正常值上限,这在慢性胆汁淤积性肝病中并不常见^[42]。肝脏生化指标的突然异常升高除需考虑DILI可能外,还应除外其他原因,如病毒性肝炎、自身免疫性肝炎、酒精性肝炎、胆石症等。慢性胆汁淤积性肝病合并自身免疫性肝炎的重叠综合征和DILI发作最难以区分,既往研究发现,某些药物可能是导致自身免疫性肝炎的潜在诱发因素,而且部分DILI发作也会导致抗核抗体和/或抗平滑肌抗体滴度升高以及免疫球蛋白G水平升高,诱导自身免疫性肝炎发生^[43-44]。虽然自身免疫性肝炎和DILI的组织学特征存在重叠,均存在界面性肝炎、灶性坏死和门静脉炎症,但二者仍存在一定的差异,自身免疫性肝炎的门静脉炎症更明显,且具有门静脉浆细胞、腺泡内淋巴细胞和嗜酸性粒细胞浸润,玫瑰花结形成的特殊病理特征;相较于自身免疫性肝炎,门静脉中性粒细胞和肝细胞胆汁淤积在DILI中更普遍,肝活检病理检查可区分自身免疫性肝炎和DILI发作^[45]。因此,慢性胆汁淤积性肝病患者如果突然出现ALP、TBil、ALT升高,需警惕DILI可能,并应再次复查生化指标,排查其他可疑致病因素,必要时可

进一步肝活检病理检查明确诊断。即使如此,在许多情况下,仍然需要经验丰富的专家根据临床实际情况进行判断。

4 慢性胆汁淤积性肝病基础上的DILI分型

通常情况下,DILI的分型是依据国际医学科学组织理事会(CIOMS)于1990年制定的标准,即通过R值 $[(\text{ALT}/\text{ALT正常值上限})/(\text{ALP}/\text{ALP正常值上限})]$ 将DILI分为肝细胞型、胆汁淤积型和混合型,当R值 ≥ 5.0 时为肝细胞型,当R值 ≤ 2.0 时为胆汁淤积型,当 $2.0 < \text{R} < 5.0$ 时为混合型^[46]。然而,这种分型标准对慢性胆汁淤积性肝病合并DILI的患者可能并不适用。慢性胆汁淤积性肝病患者的ALP水平通常较正常值偏高,为正常值上限的2~10倍,尽管部分患者的ALP水平在疾病早期可能在正常值范围,但随着疾病进展,ALP水平升高的程度也会明显高于ALT水平,这会影响到R值在评估DILI分型时的准确性^[47-49]。尤其是胆汁淤积型DILI,在临床表现和组织学特征上通常与慢性胆汁淤积性肝病难以区分^[50]。因此,如果用R值定义慢性胆汁淤积性肝病患者的DILI分型,建议将出现疑似DILI事件前的生化检查结果作为基线指标,尤其是ALP水平。将ALT和ALP基线指标值替代原R值计算公式中的正常值上限,这样可以减少慢性胆汁淤积性肝病对DILI分型计算的影响,但其分型诊断效能尚未进行系统评估,还需要进一步的大样本临床试验研究证实。

5 小结与展望

在过去几年中,全球范围内的慢性胆汁淤积性肝病和DILI发病率均呈上升趋势^[51-52]。相较于其他DILI患者,慢性胆汁淤积性肝病患者发生疑似DILI的检测、评估和管理等方面往往面临更多的挑战。本文就慢性胆汁淤积性肝病合并DILI的潜在风险、相关因果关系及分型标准进行了探讨,并对慢性胆汁淤积性肝病患者药物使用的监管,以及DILI的防治策略提出几点建议及展望。在监测和评估慢性胆汁淤积性肝病患者潜在DILI风险时,建议将患者服用可疑药物前的ALP和/或ALT指标的最低水平作为参考,而非其正常值上限;如果出现肝功能异常,胆红素、转氨酶突然升高,且无法用其他原因解释时,需警惕DILI可能,立即停用可疑药物,并由经验丰富的临床专家进行判断,只有在确定了其他病因且肝功能恢复到基线水平后,才能重新考虑继续服用此药,如果是药物因素导致肝功能异常,则应永久停

药。此外,监管部门需要通过实施合理的措施,建立全面的风险管理措施,包括建立药物安全预警部门、制定适当的监控和风险管理策略,临床医生需要将针对慢性胆汁淤积性肝病患者的风险管理措施纳入临床实践,例如治疗期间的定期监测、及时识别疑似DILI、明确诊断以及停止或减少剂量。然而,目前有关慢性胆汁淤积性肝病患者发生DILI的文献很少,且缺乏相关指南或专家共识意见制定相应的监管和防治策略,仍有许多问题有待解答和确定,这凸显了在这一重要而复杂的领域开展进一步研究的必要性,未来可开展多中心、大样本的研究,以增强对慢性胆汁淤积性肝病患者合并DILI的理解。

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