

· 牙萌出专栏 ·

多颗恒牙迟萌的病因学研究进展

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[摘要] 恒牙迟萌是指恒牙萌出时间显著晚于正常萌出期的现象, 不仅可引起患儿错殆畸形, 还可进一步影响患儿的咀嚼、发音功能与面容美观, 严重时将损害患儿正常生长发育及心理健康, 给家长带来负担。其发生以个别恒牙较常见, 但部分患儿出现多颗恒牙迟萌。多颗恒牙迟萌病因复杂, 除局部机械因素外, 还可能与环境(如疾病、营养、感染、放射、药物)、遗传等因素具有相关性, 本文就以上因素作一综述, 以期多颗恒牙迟萌的病因学研究及临床诊断提供思路。

[关键词] 恒牙迟萌; 数目; 病因; 环境因素

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Research progress on the etiology of the delayed eruption of multiple permanent teeth*Huang Jie¹, Deng Qiannan¹, Meng Yao¹, Liu Man²*

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[Abstract] The delayed eruption of permanent teeth refers to the phenomenon wherein the eruption time of permanent teeth is significantly later than the normal eruption period, which can not only cause malocclusion in children, but also affect the chewing, pronunciation, and facial appearance of children, thereby causing damage to the normal growth and mental health of children as well as a burden on parents when the damage is serious. This phenomenon is common in several permanent teeth, but some children suffer from this occurrence in multiple permanent teeth. The causes of the delayed eruption of multiple permanent teeth are complex. Apart from local mechanical factors, such causes may be related to environmental (diseases, nutrition, infection, radiation, drugs, etc.), genetics, and other factors. Thus, this article reviews the abovementioned factors to provide ideas for follow-up etiological research and clinical diagnosis.

[Key words] delayed eruption of permanent teeth; number; etiology; environmental factor

恒牙迟萌是指恒牙萌出显著晚于正常萌出期^[1]。由于牙萌出时间具有较大个体差异, 且受到

种族^[2]、地域^[3]、年代^[4]等因素的影响, 因此尚无统一的年龄诊断标准。目前主要通过以下3种标准判断是否存在迟萌^[5-6]。1) 牙根形成状态: 牙根发育超过3/4未萌出; 2) 一般人群萌出时间: 当萌出时间比该牙的一般人群平均萌出年龄的均数超过2个标准差; 3) 对侧同名牙萌出状态: 对侧同名牙萌出6个月后该牙仍未萌出。由于我国目前尚无针对一般人群各牙位萌出时间的大样本多中心

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的横断面调查结果,关于恒牙迟萌患病情况的流行病学也鲜见统计。

恒牙迟萌涉及病因众多。一般来说,个别恒牙迟萌的病因常与局部因素有关,如:1)牙瘤、多生牙或牙龈增生等软组织的阻挡;2)恒牙胚位置或发育异常;3)乳牙或其他因素引起的恒牙胚机械损伤等^[7-8],此类情况病因相对清晰,在此不做赘述。而多颗恒牙迟萌在临床上相对个别恒牙迟萌发病率低,虽然也可见于局部因素,但通常伴随环境、遗传等因素,病因诊断更具难度,可能给患儿带来严重的错殆畸形,既影响患儿的咀嚼、发音功能与面容美观,也给患儿及家长带来沉重的心理负担。

本文就环境、遗传等因素对多颗恒牙迟萌的病因学研究进展进行综述,以期为其临床诊断提供参考。

1 多颗恒牙迟萌的环境因素

1.1 内分泌疾病

垂体功能减退、甲状腺功能减退、甲状旁腺功能减退和假性甲状旁腺功能减退是已明确的可引起多颗恒牙迟萌的内分泌系统疾病^[9]。垂体功能减退引起生长激素缺乏症,患儿表现为身体发育迟缓,可有乳牙滞留及恒牙萌出延迟^[9],应用生长激素治疗可减少迟萌发生^[10]。甲状腺功能减退可能由垂体的促甲状腺功能丧失或甲状腺自身腺体的萎缩或破坏引起,患儿表现为牙、颌面部发育异常与乳、恒牙迟萌^[11]。甲状旁腺功能减退引起的迟萌可能与其伴随的钙磷水平失衡引起牙发育迟缓有关^[12]。赵迪芳等^[13]利用特发性甲状旁腺功能减退小鼠模型发现:甲状旁腺激素的减少可能降低牙囊干细胞的增殖活性,抑制其对成骨细胞和破骨细胞的分化调节,从而干扰牙齿萌出期间牙胚周围牙槽骨的骨改建,最终导致牙齿延迟萌出。

其他引起儿童身材矮小的内分泌疾病也与多颗恒牙迟萌相关,比如青春期发育延迟(delayed puberty, DP)^[14]、特发性身材矮小(idiopathic short stature, ISS)^[15]等,其迟萌可能与全身发育的迟缓引起牙发育延迟有关,具体机制仍待探讨。

1.2 营养

有学者^[16]认为,营养缺乏对牙齿钙化和萌出的影响较小,只有营养极端缺乏的情况才影响牙齿萌出。但也有报道缺乏某些必须营养素的患者

可能会出现牙齿迟萌,比如镁、锌、钙、维生素A~D^[17]。

维生素D是促进口腔硬组织正常生长发育的重要营养素,它参与磷酸盐和钙代谢,可调节骨改建,在维持骨内稳态中发挥重要作用^[18]。Xavier等^[19]发现:患有乳牙滞留的儿童与健康儿童相比血清维生素D浓度较低;维生素D缺乏患儿发生多颗恒牙迟萌的风险更大。核因子κB受体活化因子(receptor activator of nuclear factor-κB, RANK)/核因子κB受体活化因子配体(RANK ligand, RANKL)/骨保护素(osteoprotegerin, OPG)通路被认为是调节牙槽骨重建和控制牙萌出的重要信号通路^[20],维生素D具有上调RANKL/OPG比值而促进破骨细胞介导骨吸收、直接诱导成骨细胞分化等功能,其缺乏引起的恒牙迟萌可能与萌出过程中牙胚冠根方的骨改建受扰相关^[21]。镁在维生素D和甲状旁腺激素的合成和代谢中起着关键作用。镁缺乏可引起维生素D代谢受阻^[22],降低靶细胞中维生素D受体的数量,以及减少甲状旁腺激素分泌^[23]。因此,镁缺乏可能也与恒牙迟萌间接相关。

1.3 药物

双膦酸盐是儿童骨骼疾病的治疗常用药物,如成骨不全症、巨细胞骨肿瘤和青少年骨质疏松症等,该药物可增加骨密度及缓解儿童骨肿瘤相关的疼痛症状^[24]。然而,近期有研究^[25-26]指出:在生长发育阶段连续向小鼠施用双膦酸盐类药物,可显著延迟牙根形成和牙齿萌出。Malmgren等^[24]发现:与未接受治疗的成骨不全症患者和健康儿童相比,接受过双膦酸盐治疗的成骨不全症患者多颗恒牙萌出显著延迟,其机制可能与其引起牙槽骨破骨细胞数量减少,从而影响牙胚冠方骨吸收、萌出通道无法建立有关。这就提示:临床医生须在双膦酸盐应用中考虑对生长期儿童牙齿萌出可能带来的影响。

化学治疗药物对牙萌出的影响尚有争议。Näsman等^[27]指出:牙齿萌出延迟是环磷酰胺化学治疗的不良反应,然而Matsuo等^[28]对小鼠腹腔内注射不同剂量的环磷酰胺,在产后14、21、28 d观察下颌第一磨牙萌出,结果发现:组间差异无统计学意义,提示环磷酰胺不影响牙的骨内萌出。另外,Li等^[29]向Wistar雄鼠的牙囊内注射博来霉素后,牙齿萌出受到抑制。牙齿萌出的障碍会严重影响接受长期化学治疗的儿童的口腔健康生活质量

量,目前尚未发现化学治疗药物对儿童恒牙萌出影响的临床前瞻性研究,对于萌出的影响是否存在以及影响程度尚需进一步研究。

糖皮质激素在肾病综合征儿童的应用也有影响牙萌出的风险。Piekoszewska-Ziętek等^[30]发现:这些患儿部分出现了牙胚缺失、多生牙、乳牙滞留、多颗恒牙阻生的现象,且跟糖皮质激素应用时间显著相关而与剂量不相关。

另外,一些导致口腔软组织增生的药物,比如苯妥英钠,也可导致多颗恒牙迟萌,但其机制为牙龈纤维增生引起的机械性阻挡,与上述其他药物不同。

1.4 射线

儿童接受抗肿瘤放射治疗可能影响牙形态、数量或牙根的形成,出现釉质发育不良、锥形根、多颗恒牙萌出延迟、牙胚缺失等,射线对恒牙的影响及其严重程度取决于牙胚形成的阶段以及放射的剂量和范围^[31],其导致的多颗恒牙迟萌可能与多种牙体、牙周细胞受损或牙根发育异常存在潜在联系,但具体机制不明确^[31-32]。研究^[33]发现:当大鼠接受单剂量5 Gy时,与对照组的牙齿萌出速率无显著差异,然而,在单剂量15 Gy组中,从放射治疗后的第4天开始,牙齿萌出速率显著降低。而Coady等^[34]发现:大鼠接受累积剂量12和24 Gy放射时,组间的牙齿萌出速率无统计学差异,可能与他们使用的是多次低剂量放射治疗有关。相比之下,单次15 Gy的剂量引起了成牙组织显著的形态学改变,包括成牙本质细胞和成釉细胞排列紊乱、牙囊细胞数量减少以及颈环形态改变,表明放射可以影响牙的形成及萌出,并且是呈剂量及次数相关的。

1.5 病毒

人类免疫缺陷病毒(human immunodeficiency virus, HIV)感染与乳牙迟萌的关系早已被证实^[35],近年发现其与多颗恒牙迟萌也具有相关性。Psoter等^[36]调查了104位HIV感染的2~15岁儿童,以他们同家庭的未感染儿童作对照组,观察他们上下颌中切牙、侧切牙与第一恒磨牙的萌出年龄,结果发现:HIV感染儿童的恒牙平均萌出年龄比未感染儿童平均延迟1.03年。牙迟萌与早产、HIV感染途径及CD4⁺T淋巴细胞的缺失未发现相关性,而可能与牙发育迟缓有关^[35-36]。Ramos-Gomez等^[37]指出:HIV感染儿童牙齿迟萌可能与患儿社会经济地位低引起的营养不良相关。

寨卡病毒(Zika virus, ZIKV)在2015年巴西大规模的流行中,发现患儿大量出现小头畸形^[38],并与乳牙迟萌显著相关^[39]。在Medina等^[40]的研究中,患儿第1颗乳牙的平均萌出年龄为12.4个月,到30个月龄只有14.7%患儿有完整的乳牙列。有学者^[41]报道了2例ZIKV感染患儿表现为牙胚缺失的少牙症,有不同程度的多颗乳、恒牙胚缺失。ZIKV感染与恒牙迟萌的关系尚待进一步研究。另外,小头畸形可能引起颌骨骨量与牙量不调,故猜测其与恒牙迟萌也可能有关。

1.6 免疫性疾病

乳糜泻(celiac disease, CD)是一种免疫介导的全身性疾病,由摄入小麦、黑麦和大麦中的麸质后不耐受引起,患病率为0.5%~1%。主要表现为胃肠道症状,近年在口腔的表现报道日益增多,包括釉质缺损、多颗牙延迟萌出和复发性口腔溃疡,这些症状很可能是未确诊的CD患儿的唯一体征表现^[42],其机制尚不明确。Condò等^[43]观察到,与健康儿童相比,CD患儿出现多颗恒牙萌出延迟的频率明显更高。在8岁后确诊CD的儿童中,平均年龄和平均牙龄相差11个月^[44]。然而,Mina等^[45]没有观察到牙齿萌出时间与该疾病之间的关系。但多位学者提出,当临床观察到患儿口内多颗恒牙迟萌并发现胃肠道症状时,口腔医生应建议患儿进行CD筛查。

环境因素在多颗恒牙迟萌发生的作用日益受到重视。机体在恒牙胚的发育或萌出阶段受营养、药物、感染、放射、疾病等因素影响,可能使患儿体内生长发育的环境稳态被破坏而引起恒牙萌出环境或机制调节异常,最终表现为多颗恒牙萌出动力不足。了解环境因素可为探究多颗恒牙迟萌机制提供思路,同时也为相关错颌畸形的一级预防提供重要参考。

2 多颗恒牙迟萌的遗传因素

一项全基因组关联研究^[46]的结果确定了4个与恒牙迟萌相关的基因位点,表明遗传对恒牙萌出时间具有影响,并且这4种遗传变异的综合效应在10~12岁最为明显,其中具有6~8个迟萌等位基因的儿童比具有0或1个的儿童恒牙萌出数目显著减少。另外,伴有多颗恒牙迟萌的先天性疾病达20多种^[5],如颅骨锁骨发育不全综合征、外胚叶发育不全综合征(ectodermal dysplasia, ED)、高IgE综

合征 (hyper-IgE syndrome, HIES)、GAPO综合征^[47]和歌舞伎综合征^[48]等,除了全身表现的异常外,口内常伴发恒牙的萌出障碍。颅骨锁骨发育不全综合征 (cleidocranial dysplasia, CCD)是报道较多的引起多颗恒牙迟萌的综合征,它是一种以牙萌出延迟和其他牙齿发育异常为特征的骨骼疾病,与RUNX2基因突变相关^[49]。ED也常伴有锥形根、牙发育不良、牙萌出延迟甚至牙胚先天缺失^[50]。HIES是以血清IgE浓度显著增高为特征的免疫缺陷综合征,据报道^[51]:在年龄超过8岁的患者中,72%的患者表现出多颗乳牙滞留、恒牙迟萌。他们的恒牙胚通常影像学上可见,发育与年龄一致不受影响;对于这部分患者,如果在恒牙萌出前及时拔除乳牙,则恒牙可以正常萌出,因此推测其恒牙迟萌可能是缺乏对乳牙牙根吸收的结果。其他一些骨代谢异常的遗传性疾病,比如成骨不全症^[52]、骨硬化症^[53]等,也通过骨代谢失衡影响恒牙牙槽骨内萌出通道的建立,进而表现为恒牙萌出异常。

遗传因素相关的多颗恒牙迟萌可能为各种遗传疾病的口腔表现之一,这些综合征通常与基因突变相关,或外貌上表现为特殊面容,或伴有多个系统性疾病表现。这类病例在口腔临床工作中相对罕见,建议家长进行基因筛查具有一定的必要性。

3 病因未明的多颗恒牙迟萌

3.1 原发性牙萌出障碍 (primary failure of eruption, PFE)

除了上述因素外,临床上有个别患者的恒牙迟萌为不明原因牙萌出障碍 (indeterminate failure of eruption, IFE)^[60]或特发性牙萌出障碍^[61]。这类患者表现为口腔内多颗恒牙迟萌,甚至成年后口内仍有多个乳牙滞留,影像学可见恒牙胚存在,但未见局部的机械阻挡因素,病史也无全身慢性疾病、代谢紊乱及各类综合征,具体发病机制仍不明确。该现象尚无诊断标准,需要临床医生排除上述各种营养缺乏、药物长期使用、病毒感染、射线辐照、各种全身性疾病及遗传疾病或其他任何可能因素后才可诊断。

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PFE发病机制尚不十分明确,可能与多种基因突变有关。

3.2 区域性牙发育不良 (regional odontodysplasia, RO)

RO是一类罕见的发生在口腔局部区域的非遗传性牙齿发育异常,因其典型的影像学表现而被称为阴影牙或鬼影牙,常表现为一个象限内的数颗乳牙和恒牙严重发育异常^[57]。其病因尚不明确,文献^[58]中提出了一些可能病因,如妊娠期间使用致畸药物、潜在的病毒感染、循环障碍、射线辐照、伴随严重儿童疾病的高热、营养缺乏、局部创伤或缺血等。牙萌出异常是该类患者最常见的首诊主诉。发病有2~5岁和8~12岁2个高峰期。受累牙呈区域性分布为其特征,从单象限到4个象限均见报道^[59]。这些病变牙可伴有牙根发育畸形,可能亦是影响其萌出的原因之一。对于该病病因仍需进一步的研究。

3.3 特发性恒牙迟萌 (idiopathic failure of eruption)

临床上有个别患者的恒牙迟萌为不明原因牙萌出障碍 (indeterminate failure of eruption, IFE)^[60]或特发性牙萌出障碍^[61]。这类患者表现为口腔内多颗恒牙迟萌,甚至成年后口内仍有多个乳牙滞留,影像学可见恒牙胚存在,但未见局部的机械阻挡因素,病史也无全身慢性疾病、代谢紊乱及各类综合征,具体发病机制仍不明确。该现象尚无诊断标准,需要临床医生排除上述各种营养缺乏、药物长期使用、病毒感染、射线辐照、各种全身性疾病及遗传疾病或其他任何可能因素后才可诊断。

病因未明的多颗恒牙迟萌虽然发生率低,但国内外均见病例报告。对其了解有助于临床医生对工作中非常见病因所致的多颗恒牙迟萌的诊断进行全方位思考,以免漏诊、误诊而影响治疗选择,例如对原发性牙萌出障碍采取正畸牵引治疗不仅无效,反而可能引起恒牙固连^[54],因此需提高警惕性。

4 小结

综上所述,多颗恒牙迟萌的病因除局部因素外,可能涉及环境、遗传、特发等因素。了解多颗恒牙迟萌的众多病因,有助于为医生提供理论基础及更全面的诊断思路。一方面可以更清晰地向患儿及家长说明病情,缓解其焦虑情绪;另一方面也提示医生以患儿口内表现为出发点,探索

其全身是否伴有潜在异常,从而避免贻误诊治时机。另外,对于多颗恒牙迟萌病因学研究有限,如各病因的相关机制、其影响恒牙萌出的程度等尚未明确,各方面仍需进一步研究。

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