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• 简 讯 •

不良妊娠结局与女性长期脑卒中风险: 一项基于瑞典全国队列的研究

Crump C, Sundquist J, Sundquist K. Adverse pregnancy outcomes and long-term risk of stroke: a Swedish nationwide co-sibling study. *Eur Heart J*, 2025,46(33):3290-3300.

不良妊娠结局(adverse pregnancy outcomes, APOs)与脑卒中终身风险的关联及其潜在因果关系尚不明确。本研究基于大规模人群队列,探讨五种主要APOs与女性长期脑卒中风险的关系。方法:采用瑞典全国队列数据(1973—2015年),纳入所有单胎分娩女性($n=2\ 201\ 393$),随访至2018年。通过Cox回归分析五种APOs(早产、小于胎龄儿、子痫前期、其他妊娠期高血压疾病、妊娠期糖尿病)与脑卒中的风险比(HRs),并校正其他母体因素。通过同胞配对分析评估家族性(遗传或环境)混杂因素的影响。结果显示,在4800万人年随访中,667 774名女性(30%)至少经历

1种APOs,35 824例(1.6%)被诊断为脑卒中。经多因素校正后,各APOs均显著增加脑卒中风险:妊娠期糖尿病($HR=1.86$,95% CI 1.69~2.04)、其他妊娠期高血压疾病($HR=1.82$,1.67~1.98)、早产($HR=1.40$,1.36~1.45)、子痫前期($HR=1.36$,1.31~1.41)及小于胎龄儿($HR=1.26$,1.22~1.29)。即使分娩后30~46年,HRs仍显著升高(1.2~2.5倍)。同胞分析表明,家族性因素仅能部分解释该关联。结论:在这项全国性队列研究中,经历五种APOs的女性在分娩后长达46年内脑卒中风险持续增加。需对这类人群采取早期预防措施和长期随访,以降低终身脑卒中风险。

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