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• 简 讯 •

### 沙库巴曲/缬沙坦对高血压性心脏病的影响

Lee V, Dalakoti M, Zheng Q, Toh DF, Boubertakh R, Bryant JA, Aw TC, Lee CH, Richards AM, Butler J, Diez J, Foo R, Cook SA, Lam CS, Le TT, Chin CW. Effects of sacubitril/valsartan on hypertensive heart disease: the REVERSE-LVH randomized phase 2 trial. *Nat Commun*, 2025, 16(1):6981.

弥漫性间质纤维化与高血压性心脏病的不良预后相关, 且可能具有可逆的。沙库巴曲/缬沙坦可能较单用缬沙坦具有更强的抗纤维化作用。在血管紧张素受体脑啡肽酶抑制剂在高血压左心室肥厚心室重构中的作用 (the role of ARNI in the ventricular remodeling in hypertensive LVH, REVERSE-LVH) 2 期开放标签试验 (临床试验注册号: NCT03553810; 新加坡国家医学研究委员会资助) 中, 78 例原发性高血压合并左心室肥厚 (left ventricular hypertrophy, left ventricular hypertrophy) 患者按 1 : 1 随机分配至沙库巴曲/缬沙坦组或缬沙坦组, 治疗 52 周。主要终点为通过心脏磁共

振评估的间质容积变化。结果: 尽管 52 周时 24 h 收缩压差异无统计学意义 [(125±11) 比 (126±11) mmHg;  $P=0.762$ , 1 mmHg=0.133 kPa], 但沙库巴曲/缬沙坦组的间质容积绝对降幅更大 [(-5.2±5.4) 比 (-2.5±3.1) mL;  $P=0.006$ ]。次要终点显示, 与缬沙坦组比较, 沙库巴曲/缬沙坦显著改变左心室质量、左心房容积、估算的左心室充盈压和心脏循环生物标志物 (氨基末端脑利钠肽前体和高敏肌钙蛋白 T)。两组心脏容量、功能和力学的其他指标差异无统计学意义。结论: 本研究证实沙库巴曲/缬沙坦可能具有超越降压作用的心肌保护效益, 但其临床意义仍需更大规模研究验证。

袁源(译), 郑武洪(摘、审校)