

11~14周胎儿超声表型异常与遗传相关性研究进展

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摘要:胎儿先天异常多由遗传因素和遗传-环境相互作用引起, 与不良妊娠结局密切相关。因此, 孕11~14周的胎儿超声筛查至关重要。随着超声技术的进步, 这一时期可以检测出多种超声表型异常, 为早期诊断和干预提供了科学依据。本文综述了11~14周胎儿超声表型异常与遗传相关性的最新研究进展, 涵盖了淋巴系统、面部特征、神经系统、心血管系统、腹部结构和骨骼系统等。这些发现对于提升产前诊断的精确度至关重要, 并且可为遗传咨询和临床管理提供指导, 有助于改善胎儿及孕妇的健康预后。

关键词:超声软指标; 早孕期; 颈项透明层; 静脉导管; 染色体异常

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Research advances in correlation between ultrasound phenotypic abnormalities and genetics in fetuses at 11-14 weeks

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Abstract: Fetal congenital abnormalities are often caused by genetic factors and the interaction between genetics and the environment, and they are closely related to adverse pregnancy outcomes. Therefore, fetal ultrasound screening between 11 and 14 weeks of gestation is crucial. With the advancement of ultrasound technology, various ultrasound phenotype abnormalities can be detected during this period, providing a scientific basis for early diagnosis and intervention. This article reviews the latest research progress on the correlation between fetal ultrasound phenotype abnormalities and genetics from 11 to 14 weeks of gestation, covering multiple aspects including the lymphatic system, facial features, nervous system, cardiovascular system, abdominal structures, and skeletal system. These findings are essential for enhancing the accuracy of prenatal diagnosis and can provide guidance for genetic counseling and clinical management, which can improve the health prognosis for both the fetus and the pregnant woman.

Keywords: soft ultrasound markers; first trimester; nuchal translucency; ductus venosus; chromosome abnormality disorders

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胎儿先天异常是导致流产、死胎、婴幼儿死亡及先天残疾的关键因素, 其中约90%由遗传因素、遗传-环境因素共同作用导致, 单基因疾病和染色体异常最为常见^[1]。早孕期是胚胎发育关键时期, 胎儿体积虽小, 但器官基本分化成形, 此时检查能够尽早评估胎儿情况, 为临床决策提供支持, 减轻孕妇身心负担, 并有助于后续针对性检

查。随着超声技术的进步, 特别是高分辨率和三维超声技术的应用, 使得11~14周的胎儿结构筛查能更早地发现多种超声表型异常, 这些异常与遗传因素紧密相关。超声表型异常分为软指标异常和结构异常, 前者在染色体异常胎儿中更常见, 后者则直接关联胎儿发育异常, 对健康和存活有重大影响。准确识别这些异常对评估预后和遗传咨询至关重要。因此本文综述了11~14周胎儿超声表型异常与遗传相关性的最新研究进展, 期望为未来早孕期相关研究提供理论基础, 同时为临床实践中的超声诊断及干预策略给予指导支持。

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1 11~14周颈部淋巴系统表型异常与遗传研究进展

孕5周末胎儿原始淋巴管形成并逐渐发展成淋巴管网,11~14周时淋巴系统尚未成熟,淋巴液积聚在颈部形成颈部透明层(nuchal translucency, NT),14周后淋巴系统逐渐完善,NT随之消退。若淋巴系统发育异常会导致NT增厚甚至形成颈部淋巴管水囊瘤。

NT增厚常见于胎儿染色体非整倍体异常,其合并其他表型时遗传疾病发生率高于单纯NT增厚^[2]。Hai Long等^[3]研究发现85%以上的21、18、13-三体综合征胎儿NT值 <5.5 mm;而特纳综合征胎儿NT值 ≥ 5.5 mm的比例高达53.3%,这表明不同染色体异常胎儿的NT增厚范围存在显著差异。NT增厚原因多样,在21-三体综合征中,COL6A1等基因突变影响细胞外基质和心脏功能导致淋巴液积聚^[4];努南综合征中,PTPN11等基因突变影响RAS-MAPK信号通路,导致淋巴管发育不良^[5]。

颈部淋巴水囊瘤是45,X胎儿的典型标志,多见于特纳综合征,若有分隔,多伴胎儿多部位水肿,病死率较高^[6]。特纳综合征中RPS4X/RPS4Y基因可能参与淋巴水肿和淋巴管异常的发病机制,ASMTL基因在DNA甲基化中起作用,可能间接影响淋巴管的发育或功能,导致颈部淋巴管扩张^[7]。

2 11~14周颜面部表型异常与遗传研究进展

胚胎发育的第3~4周,神经嵴细胞开始迁移,前神经孔开始闭合,迁移异常可能导致鼻骨畸形,而面部突起融合异常则可能导致唇腭裂,11~14周面部的对称性和结构完整性是评估颜面部发育是否正常的指标。

鼻骨畸形指鼻骨发育不良和缺失,多见于21、18、13-三体综合征胎儿,由于基因表达异常致使参与鼻骨形成的间充质细胞分化出现问题,或干扰鼻骨骨化所需信号通路,导致鼻骨发育异常^[8]。Simula等^[9]研究发现鼻骨缺失率与NT厚度呈正相关,且不同种族间存在遗传差异;此外不同面部标记物可评估颅面形态结构。在唐氏儿中,额外的21号染色体导致上颌骨发育迟缓,长度低于正常胎儿,额部与上颌骨发育关系改变,导致额颌面角等面部标记物偏离正常范围^[10]。

唇腭裂与染色体异常及单基因病密切相关^[11]。在13-三体综合征中,染色体异常表达使上颌突与内侧鼻突等结构无法融合,导致唇腭裂。此外单基因突变如COL11A1、GRHL3、IRF6等基因突变干扰面部突起融合过程,破坏细胞识别和黏附机制,引发唇腭裂^[12]。

3 11~14周神经系统表型异常与遗传研究进展

神经系统由神经外胚层分化,3~4周时神经板卷曲成神经管,头端为脑,尾端为脊髓。若神经管闭合不全会导致无脑、脊柱裂,后脑结构异常则表现为后颅窝一系列表型异常。

脉络丛囊肿源自胚胎期神经管壁的特异性上皮细胞,多见于18-三体综合征^[13],最早在孕8周即可观察到,常于孕24~26周前自行消退,早孕期脉络丛囊肿发生率为2.2%^[14]。Paladini等^[15]研究发现早孕期脉络丛囊肿可预示中孕期脑室扩大,且直径 >10 mm时更可能与皮质畸形相关。已有研究发现TP53基因突变与儿童脉络丛肿瘤有关^[16]。

Feng等^[17]研究发现,11~14周时后颅窝表型异常与染色体异常及中枢神经系统畸形相关,如丹迪-沃克畸形(Dandy-Walker malformation, DWM)会呈现多种超声异常,DWM多见于18、13-三体综合征、三倍体综合征以及6p和3q22-q24缺失,这些异常导致小脑蚓部发育不全^[18]。小脑蚓部发育不全使第四脑室扩大,引起枕大池增大,同时使脑干上方空间增大导致脑干增大,并形成囊肿。囊肿使第四脑室与小脑延髓池间结构受压,引起脑干至枕骨距离异常,脑干/脑干至枕骨距离比例降低^[19]。此外将第四脑室脉络膜推挤至囊肿外侧,间接导致第四脑室与小脑延髓池间颅内透明层受压或变形^[20]。

前脑无裂畸形与染色体异常及单基因突变相关,13-三体综合征多发^[21]。SHH基因编码的Sonic Hedgehog蛋白在胚胎发育的前脑阶段起关键调控作用,其突变可能导致信号传导受阻,影响前脑正常分裂和发育,诱发前脑无裂畸形^[22]。此外,负责细胞分化和组织形成的ZIC2、SIX3基因突变,与无叶型、半叶型存在基因-表型关联性^[23]。

无脑畸形与TRIM36、NUAK2基因突变有关,TRIM36在多个发育结构的界定中发挥作用,NUAK2突变则使Hippo-YAP信号传导受损而导致无脑畸形^[24-25];脑膨出与多种综合征有关,如梅

克尔-格鲁贝尔综合征, 其与MPDZ、TMEM67、RPGR等基因突变相关^[26], 这些基因变化影响脑发育和脑脊液循环导致脑膨出MTHFR基因突变会影响叶酸代谢, 其缺乏导致神经管不能正常闭合^[27], 增加脊柱裂风险。

4 11~14周心脏及血流动力学表型异常与遗传研究进展

孕3周原始心血管形成, 之后经折叠、扭转和分隔等形成四腔心结构及相连大血管, 11~14周时四腔室清晰可辨, 心脏瓣膜开始形成, 静脉血回流入右心房, 经三尖瓣入右心室再泵入肺动脉, 大部分血液经动脉导管入降主动脉。胎盘来的富氧血经脐静脉入胎儿体, 部分经静脉导管入下腔静脉进右心房。

心室内强回声灶(echogenic intracardiac focus, EIF)最早在孕11周即被发现^[28], 指胎儿心室内部(特别是左心室乳头肌附近)出现随心动周期同步运动、回声强度与骨骼相似且不伴有声影的强回声现象, 当右心室存在点状强回声时, 合并心脏结构畸形概率较高^[29]。EIF多见于21-三体综合征, 心脏发育相关基因表达失衡会使心肌细胞结构和功能改变, 产生EIF; 三尖瓣反流与染色体非整倍体异常相关, 18-三体综合征常见^[30], 异常表达基因影响三尖瓣瓣叶细胞增殖、分化, 导致瓣叶结构异常, 间接引起三尖瓣反流; 静脉导管血流异常与多种染色体异常相关, Simpson等^[31]研究发现, 21、18-三体胎儿的发生率为70%, 13-三体胎儿为65%, 特纳综合征胎儿为75%, 染色体异常导致心脏功能异常, 右心房压力升高, 引起静脉导管两端压力差改变, 导致血流异常, 出现a波反向或缺失。此外Kalayci等^[32]研究发现, 静脉导管搏动指数亦与染色体异常有关, 因其为连续变量, 预测染色体异常比a波反向更客观; 此外, 某些染色体异常与心动过速或过缓有显著关联, 13-三体综合征与特纳综合征出现心动过速, 而18-三体和三倍体综合征则表现为心动过缓。

5 11~14周腹部表型异常与遗传研究进展

11~14周肾小管与肾小球形成, 开始承担尿液收集和血液过滤功能, 输尿管与膀胱也同时发育, 负责尿液的运输与储存, 一旦这些结构出现异常, 便可能引发肾盂扩张、肾发育不良或膀胱异常等问题。11~14周巨膀胱指膀胱纵径 ≥ 7 mm,

研究发现7~15 mm时染色体异常率为20%, > 15 mm时则减少至10%^[33], 常见于13、18-三体综合征, 与MYL9基因纯合突变相关, 会导致膀胱平滑肌功能障碍, 影响膀胱排空^[34]; 11~14周肾盂 > 2 mm提示扩张, 与21-三体综合征、常染色体显性遗传性多囊肾病以及涉及HNF1b的17q12微缺失有关^[35], PKD1和PKD2基因突变可能导致肾出现多个囊肿, 从而引起肾盂扩张; 多种先天性肾和尿路畸形由拷贝数变异和基因突变致基因剪接异常引起, 肾积水在其中占比最高^[36]。染色体异常会影响肾单位形成和尿液排泄通道构建, 单基因遗传病特定基因如HNF1B基因突变可影响肾结构或功能蛋白合成, 致尿液排泄不畅引起肾积水^[37]。

与此同时, 胃和肠道迅速发育, 若在此过程中出现异常, 则可能导致肠道扩张或胃泡缺失。肠管回声增强最早于11周发现, 多见于21-三体综合征和性染色体异常^[38], 单基因遗传病如囊性纤维化的CFTR基因突变也会影响肠道细胞代谢和结构蛋白合成, 导致组织改变。另外, 前腹壁应正常闭合以保护内脏, 若闭合不完全, 就会导致脐膨出或腹裂。脐膨出多见于18-三体综合征^[39], CDKN1C、Alx4、FGFR1和FGFR2基因突变直接影响腹壁肌肉细胞分化或胶原蛋白合成导致脐膨出^[40]; 腹裂与胚胎发育过程中腹壁组织形成的干扰有关, 目前腹裂的具体发生机制尚不明确^[41]。

6 11~14周骨骼系统表型异常与遗传研究进展

11~14周间充质细胞分化参与骨骼构建, 四肢长骨和躯干脊柱等骨骼结构初步形成, 若生长因子或信号通路出现问题则导致骨骼形态异常。此时期是胎儿肢体首次检查最佳时段, 11周后四肢长骨可显示, 12、13周后手指、足趾分别显示^[42], 畸形部位越多伴神经系统或染色体异常可能性越大^[43]。

长骨短小和长骨弯曲是多种及单基因疾病的表现, 如21、18、13-三体综合征、软骨发育不全和成骨不全等。在这些疾病中, FGFR3基因的突变尤其关键, 其导致软骨细胞增殖分化异常, 影响长骨的生长速度和最终长度, 导致长骨短小和弯曲^[44]。此外, 致死性骨发育不良也是由FGFR3基因突变引起的, 这种突变会导致骨骼生长异常, 影响骨骼的正常发育和成熟^[45]; 肢体姿势异常包

括胎儿肢体固定和各关节挛缩异常,可能伴随小下颌、胸廓小、小胃泡、皮肤水肿等其他表现,MUSK等运动系统相关基因突变可导致胎儿运动不能畸形序列征^[46]。

7 11~14周其他表型异常与遗传研究进展

单脐动脉在18、13-三体综合征多见,涉及多个基因在血管发育过程中的协同作用异常,VEGF因子及其受体基因家族在单脐动脉发生中有潜在作用^[47]。胎儿水肿在临床上多见于21-三体综合征、特纳综合征等染色体异常情况。其中,特纳综合征会对体液循环产生影响,而唐氏综合征则会影响心脏功能以及淋巴系统,进而致使液体在组织间隙中积聚^[48]。

8 结语

随着超声技术的进步,11~14周的筛查已成为产前筛查和诊断的新焦点,检测到的表型异常可能提示遗传综合征存在,如21-三体综合征表现为颈项透明层增厚、鼻骨发育不良和心脏异常,DWM的后颅窝异常和脑室扩大等,这些表型为遗传学检测提供了线索,辅助临床医师进行诊断和管理。此外,不同的表型异常很可能有着共同的遗传起源。FGFR3基因突变与骨骼发育异常及腹壁发育异常紧密相关,而SHH信号通路的异常则可能引发前脑无裂畸形和唇腭裂,充分显示出不同发育异常之间可能存在潜在的遗传联系^[22]。

发现异常后,可以行针对性遗传学检测,必要时深入基因层面进行探究。核型分析、染色体微阵列分析和拷贝数变异测序技术提高了遗传异常的检测率,而全外显子组测序在诊断单基因病方面显示出了有效性。将超声异常表型与不同的遗传技术相结合使用,对于研究11~14周胎儿超声表型-遗传相关性具有重要意义。能及时进行诊断和干预工作,最大化保障母婴健康。在11~14周获取胎儿样本进行基因检测亦存在一定风险,同时对胎儿进行长期随访也面临诸多困难,这限制了研究样本的数量和质量。

目前11~14周胎儿超声表型异常与遗传相关性研究已取得一定进展。构建涵盖大量早孕期胎儿超声表型异常病例的数据库,并整合遗传信息与临床随访结果具有重大意义,有利于发现更多表型-基因型关联模式,揭示遗传变异机制,为遗传咨询和临床决策提供科学依据,确保产前诊断

准确性及胎儿健康。

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