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布林佐胺与噻吗洛尔滴眼液对新生血管性青光眼患者眼压及血清和房水 IL-6、PEDF 和 VEGF 水平的影响 *

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摘要 目的:探讨布林佐胺联合噻吗洛尔滴眼液对新生血管性青光眼(NVG)患者眼压及血清和房水中白细胞介素-6(IL-6)、色素上皮衍生因子(PEDF)、血管内皮生长因子(VEGF)水平的影响。**方法:**选取我院2014年6月~2016年12月择期行手术治疗的86例NVG患者,按照随机数字表法均分为两组。对照组术后采取噻吗洛尔滴眼液治疗,观察组在此基础上加用布林佐胺滴眼液治疗。记录比较两组临床疗效,治疗前后眼压及血清和房水中IL-6、PEDF和VEGF水平的变化及不良反应的发生情况。**结果:**术后6个月,观察组总有效率为95.3%,较对照组明显升高(79.1%,P<0.05)。与术前对比,两组术后7天、6个月时24 h眼压峰值、平均眼压、眼压波动值、血清和房水中IL-6、VEGF水平均显著下降(P<0.01),血清和房水中PEDF水平均显著上升(P<0.01),且观察组以上眼压指标较对照组同期改善更为明显(P<0.01)。对照组和观察组不良反应的发生率对比差异无统计学意义(7.0% vs 11.6%,P>0.05)。**结论:**术后应用布林佐胺联合噻吗洛尔滴眼液治疗NKG患者更能有效降低眼压和控制其波动,调节机体血管生成促进/抑制因子平衡,提高治疗效果,且安全性高。

关键词:新生血管性青光眼;手术治疗;布林佐胺;噻吗洛尔;眼压;细胞因子

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Effect of Brinzolamide Combined with Timolol on the Postoperative Intraocular Pressure and IL-6, PEDF, VEGF Levels in Serum and Aqueous Humor of Patients with Neovascular Glaucoma*

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ABSTRACT Objective: To investigate the effect of brinzolamide combined with timolol on the intraocular pressure and interleukin-6 (IL-6), pigment epithelium-derived factor (PEDF), vascular endothelial growth factor (VEGF) levels in serum and aqueous humor of patients with neovascular glaucoma (NKG). **Methods:** The subjects of this study were selected from 86 cases of patients with NVG who accepted surgery in our hospital from June 2014 to December 2016. They were randomly divided into two groups on a evenly basis. After operation, the control group was administrated with timolol eye drops, while the observation the combination of brinzolamide and timolol. The clinical efficacy, changes of intraocular pressure as well as cell factors in serum and aqueous humor before and after treatment, and occurrence of adverse reactions were recorded and compared between the two groups. **Results:** The overall effective rate of observation group at 6 months after operation was 95.3%, which was much higher than 79.1% of the control group (P<0.05). Compared with those before the surgery, the intraocular pressure peaks at 24 h, average intraocular pressures, intraocular pressure fluctuation values, and the IL-6 and VEGF levels of both groups at 7 days, 6 months after the surgery were significantly declined (P<0.01), while the PEDF levels got evidently increased (P<0.01) as compared with those before the surgery. The improvement in the aforesaid intraocular pressure indicators in the observation group was more significant than that in the control group over the same period (P<0.01). No significant difference was seen between the two groups in terms of incidence of adverse reactions (7.0% vs 11.6%, P>0.05). **Conclusion:** The combination of brinzolamide and timolol in treating postoperative NKG is safe and has a better effect in reducing patients' intraocular pressures, controlling intraocular pressure fluctuation, promoting the balance between enhancing factors and inhibitory factors, and improving the treatment outcomes.

Key words: Neovascular glaucoma; Surgical treatment; Brinzolamide; Timolol; Intraocular pressure; Cell factor

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前言

新生血管性青光眼(neovascular glaucoma, NVG)属难治性青光眼,为眼科常见病,以虹膜与房角新生血管为特征,常见症状包括角膜水肿、眼部充血、畏光、眼痛等^[1],其主要病理生理过程是新生血管大量形成,引起房水外流通道封闭,导致眼压升高^[2]。小梁网切除术+视网膜光凝术是目前临床治疗 NVG 的常规手术方案,但术后眼压仍相对较高,为避免视神经损伤的加重、保证疗效,术后需辅以药物降眼压治疗^[3]。

β 受体阻滞具有良好的降眼压效果,是当前临床常用降眼压药物^[4]。近年来研究^[5]显示局部碳酸酐酶抑制剂(carbonic anhydrase inhibitors, CAI)具有降眼压的作用,但与 β 受体阻滞剂的降眼压作用机制不同,可作为 β 阻滞剂的协同治疗药物。相关研究^[6,7]显示 NVG 患者血清和房水中多种细胞因子如白细胞介素-6(interleukin-6, IL-6)、色素上皮衍生因子(pigment epithelium-derived factor, PEDF)、血管内皮生长因子(vascular endothelial growth factor, VEGF)等含量明显升高,提示这些细胞因子可能参与了 NVG 复杂的病理生理过程。

本研究以我院 2014 年 6 月~2016 年 12 月择期行手术治疗的 NVG 患者为研究对象,探讨 NVG 术后应用布林佐胺联合噻吗洛尔滴眼液治疗对患者术后眼压及血清和房水中 IL-6、PEDF、VEGF 水平的影响,以期为 NVG 治疗策略的制定提供客观依据,现报道如下。

1 资料与方法

1.1 一般资料

选取我院 2014 年 6 月~2016 年 12 月择期行手术治疗的 86 例 NVG 患者,纳入标准:^① 符合 NVG 的诊断标准并经临床表现及虹膜新生血管荧光造影、Goldmann 房角镜、组织学等辅助检查确诊^[8];^② 入院时峰值眼压 >21 mmHg;^③ 18 岁≤年龄≤65 岁;^④ 均为单眼患病,手术方案为小梁网切除术+视网膜光凝术,每位患者所有手术及相关操作均由同一位眼科专业医生完成,术后采取降眼压药物治疗;^⑤ 自愿受试,签署知情同意书;^⑥ 术前血压、血糖均处于正常范围;^⑦ 既往无眼部手术史;^⑧ 依从性良好,术后能接受为期≥6 个月的定期随访,临床资料齐全。排除标准:^⑨ 患有精神疾病、心脑血管疾病或恶性肿瘤者;^⑩ 哺乳或妊娠期妇女;^⑪ 患眼无光感;^⑫ 由糖皮质激素、眼外伤或虹膜睫状体炎等引发的继发性青光眼;^⑬ 对本研究药物过敏或为过敏体质者;^⑭ 术后失访,导致临床资料不全者。

按照随机数字表法均分为两组。观察组中,43 例(43 眼),男 24 例,女 19 例;年龄(47.3±8.4)岁;术眼:左侧 21 例,右侧 22 例;发病原因:视网膜中央静脉阻塞(CRVO)13 例,糖尿病视网膜病变(DR)25 例,眼缺血综合征(OIS)5 例。对照组中,43 例(43 眼),男 20 例,女 23 例;年龄(46.9±8.5)岁;术眼:左侧 22 例,右

侧 21 例;发病原因:CRVO 13 例,DR 27 例,OIS 3 例。本研究经我院医学伦理委员会审查同意。两组基线资料对比差异均无统计学意义($P>0.05$),具有临床可比性。

1.2 治疗方法

对照组:术后采取噻吗洛尔滴眼液(宁夏康亚药业,国药准字 H20093905)治疗;具体为滴眼,双眼各 1 滴/次,2 次/d,于术后每天上午(8:00)和下午(16:00)固定时间点各 1 次。观察组:在此基础上,加用布林佐胺滴眼液(比利时爱尔康,批准文号 H20130806)治疗;具体用法用量同对照组,但两种药物每次滴用间隔时间至少应≥5 min。每次点药后嘱患者轻轻闭上眼睛或压迫鼻泪道,促进药物局部吸收,同时减少全身吸收量。两组以 7 d 为疗程。术后随访 6 个月观察两组疗效。

1.3 观察指标

1.3.1 疗效判定标准 ① 显效:症状(如眼痛、畏光、角膜水肿等)、视野及视力等有明显改善,眼压恢复且≤21 mmHg;② 有效:以上症状体征及眼压均有所好转,但眼压仍>21 mmHg;③ 无效:上述症状体征及眼压均未见改善,且眼压>30 mmHg^[9]。注:总有效率=×100%。

1.3.2 眼压水平检查 ① 所有患者均于术前及术后 7 d、6 mo 各检查 1 次眼压水平;② 仪器采取接触式眼压计(英国 Keeler,型号 Goldmann),连续监测 24 h,每 3 h 测定 1 次;③ 计算并记录 24 h 眼压峰值、平均值及波动值。

1.3.3 血清和房水中细胞因子水平检测 1)标本采集:① 于术前及术后 7 d、6 mo 对每位患者各采集 1 次检测样本;② 血清标本:所有患者于以上采集时间点各抽取 1 次 4 mL 肘静脉血,离心后取上清液,保存于-80°C 冰箱中待检;③ 房水标本:患者取仰卧位,术眼常规消毒后,开睑,再于角膜缘内 1 mm 处采用注射器(带 25G 针头)行前房穿刺,而后抽取 0.2 mL 房水,保存条件及方式同上。2)细胞因子 IL-6、PEDF 及 VEGF 均运用酶联免疫法测定,仪器采用全自动酶标仪(美国 BIORAD, 型号 680),试剂盒均由广州康遂提供;3)具体检测步骤均严格参照各配套说明书执行。

1.3.4 不良反应情况 详细记录每位患者术后药物治疗期间因用药而引起的眼部刺痛、烧灼感、头晕头痛等不良反应/事件。

1.4 统计学分析

运用统计软件 SPSS19.0 处理数据,计数资料以(%)表示,采取 χ^2 检验,计量资料以($\bar{x} \pm s$)表示,采用 t 检验,以 $P<0.05$ 表明差异有统计学意义。

2 结果

2.1 两组临床疗效的比较

术后 6 个月时,观察组总有效率为 95.3%(41/43),较对照组明显升高[79.1%(34/43), $P<0.05$],见表 1。

表 1 两组临床疗效的比较

Table 1 Comparison of the clinical effect between two groups

Groups	N	Excellence	Effective	Invalid	Total effective rate (%)
Observation group	43	29	12	2	95.3
Control group	43	20	14	9	79.1
P					0.024

2.2 两组治疗前后眼压的比较

与术前对比,两组术后 7 天、6 个月时 24 h 眼压峰值、平均

眼压及眼压波动值均显著下降($P<0.01$),且观察组以上眼压指标降低较对照组同期更显著($P<0.01$),见表 2。

表 2 两组治疗前后眼压的比较($\bar{x}\pm s$, mmHg)

Table 2 Comparison of the intraocular pressure between two groups before and after treatment($\bar{x}\pm s$, mmHg)

Items	Groups	N	Preoperative	7 d after operation	6 mo after operation
Intraocular pressure peak of 24h	Observation group	43	53.7± 4.5	13.4± 1.5*#	19.2± 2.3*#
	Control group	43	52.6± 4.8	15.6± 1.7*	25.7± 2.4*
Average of intraocular pressure	Observation group	43	41.6± 4.2	10.9± 1.2*#	15.4± 1.3*#
	Control group	43	42.3± 3.9	13.1± 1.6*	20.3± 2.1*
Fluctuation value of intraocular pressure	Observation group	43	12.3± 1.1	2.2± 0.3*#	4.3± 0.6*#
	Control group	43	11.9± 1.2	3.5± 0.7*	6.1± 0.8*

注:与本组术前比较,* $P<0.01$;与对照组同期相比,# $P<0.01$ 。

Note: compared with this group before operation, * $P<0.01$; compared with the same time of control group, # $P<0.01$.

2.3 两组治疗前后血清和房水中细胞因子水平的比较

与术前相比,两组术后 7 天、6 个月时血清和房水中 IL-6、VEGF 水平均显著降低 ($P<0.01$), PEDF 水平均显著上升($P<0.$

01),且观察组血清和房水中以上指标改善较对照组同期更显著($P<0.01$),见表 3~4。

表 3 两组治疗前和治疗后 7 天血清细胞因子水平的比较($\bar{x}\pm s$, pg/mL)

Table 3 Comparison of the serum cytokine levels between two groups before and on the 7th day after treatment($\bar{x}\pm s$, pg/mL)

Items	Groups	N	Preoperative	7 d after operation	6 mo after operation
IL-6	Observation group	43	267.4± 32.8	136.5± 16.2*#	145.3± 17.1*#
	Control group	43	262.9± 33.7	183.1± 19.3*	197.4± 21.2*
PEDF	Observation group	43	11.9± 1.3	18.7± 2.1*#	17.1± 2.3*#
	Control group	43	12.2± 1.4	16.3± 1.9*	14.4± 2.1*
VEGF	Observation group	43	112.5± 8.6	70.8± 7.3*#	74.2± 8.4*#
	Control group	43	109.7± 9.1	83.4± 8.2*	90.7± 7.8*

注:与本组术前比较,* $P<0.01$;与对照组同期相比,# $P<0.01$ 。

Note: compared with this group before operation, * $P<0.01$; compared with the same time of control group, # $P<0.01$.

表 4 两组治疗前和治疗后 6 个月房水细胞因子水平的比较($\bar{x}\pm s$, pg/mL)

Table 4 Comparison of the aqueous humor cytokine levels between two groups before and at 6 months after treatment($\bar{x}\pm s$, pg/mL)

Items	Groups	N	Preoperative	7 d after operation	6 mo after operation
IL-6	Observation group	43	673.8± 65.4	426.5± 43.8*#	441.7± 48.3*#
	Control group	43	668.9± 67.2	493.2± 45.7*	520.8± 51.4*
PEDF	Observation group	43	209.8± 24.6	271.6± 29.7*#	265.2± 31.5*#
	Control group	43	211.3± 23.9	248.3± 34.1*	236.7± 33.9*
VEGF	Observation group	43	326.3± 45.2	182.9± 22.8*#	193.6± 24.3*#
	Control group	43	321.9± 43.7	237.6± 30.5*	253.9± 35.4*

注:与本组术前比较,* $P<0.01$;与对照组同期相比,# $P<0.01$ 。

Note: compared with this group before operation, * $P<0.01$; compared with the same time of control group, # $P<0.01$.

2.4 两组不良反应发生情况的比较

术后用药期间两组因药物而引起的不良反应包括:观察组有 2 例眼部刺痛,1 例眼烧灼感,1 例头疼,1 例味觉障碍;对照组出现 1 例眼部刺痛,1 例眼烧灼感,1 例头晕。两组上述症状均为一过性反应,无需对症处理,停药后便可自行缓解。观察组不良反应率为 11.6%(5/43)与对照组的 7.0%(3/43)比较差异无

统计学意义($P=0.458$)。两组均未见严重不良反应 / 事件。

3 讨论

NVG 病因复杂,现代医学认为视网膜缺氧缺血是 NVG 最初的病理变化。截至目前,NVG 的临床治疗仍比较棘手,无论是药物还是手术,单一方式处理往往难以控制患者病情发展。

小梁网切除术 + 视网膜光凝术是当前治疗 NVG 的有效手术方案,术后为进一步巩固治疗效果,应用降眼压药物可起到保护视神经的作用^[10]。噻吗洛尔滴眼液属β受体阻滞剂,其用于降眼压的作用机制可能为通过阻断去甲肾上腺素(NOR)和肾上腺素(Adr)与β受体的结合,使得睫状体上皮细胞(EC)中作为第二信使的环磷酸腺苷(cAMP)浓度降低,使房水生成减少、眼压下降,进而有效阻止视神经损伤(ONI),发挥改善视力的作用^[11]。但这类药物对β受体阻滞的作用是非选择性的,因此在降眼压的同时,亦会作用于支气管平滑肌细胞(SMC)与心肌细胞(CMC),引起支气管平滑肌痉挛和减弱心肌收缩力,从而导致患者生命体征异常波动,尤其在术后应用时易增加患者并发症的风险,所以在术后使用中应注意监测患者生命体征,确保用药安全。研究^[12]显示原发性青光眼患者单用噻吗洛尔治疗时能有效控制眼压,且与同类型药物联合使用时疗效更佳。但 Xu 等^[13]报道指出在青光眼的治疗中因非选择性β受体阻滞剂的单一或联合使用而对患者生命安全所带来的不利影响,应引起足够的重视。为此,临床在制定联合用药方案时应考虑不同药物间作用机制的协同效应。

布林佐胺滴眼液属强效 CAI,其药理作用是通过直接作用于睫状体 EC 中的碳酸酐酶(CA),可减少眼部钠水转运,使房水的形成过程受阻,继而达到降眼压的目的^[14]。CAI 本身对呼吸和心血管系统的影响较小,不会导致呼吸功能与血流动力学的异常波动,特别是布林佐胺作为局部应用的 CAI,毒副作用更小。研究^[15]表明青光眼采用布林佐胺治疗能有效降眼压,且患者耐受性好,可作为青光眼临床治疗的安全、有效药物。Nakano 等^[16]报道也显示布林佐胺对青光眼患者眼压具有明显的改善效果,且不影响患者角膜内皮细胞(CECs),副作用小。同时,鉴于 CAI 与β受体阻滞剂治疗青光眼的不同作用机制,相关研究^[17,18]已表明高眼压症或青光眼患者采用布林佐胺 + 噻吗洛尔的固定组合方案治疗是安全有效的。

本研究中,NVG 术后采取布林佐胺联合噻吗洛尔滴眼液治疗后 6 个月时总有效率为 95.3%,较术后采用噻吗洛尔滴眼液治疗明显上升,提示布林佐胺 + 噻吗洛尔的联合用药方案更有助于保证 NVG 的手术效果,提高疗效。究其原因可能与以上两种药物能通过各自的降眼压药理作用,发挥抗青光眼的协同效应密切相关。眼压持续升高是 NVG 患者最为常见的临床表现,因此降眼压与防止 ONI 是手术 + 药物综合治疗的重要目标。但眼压是动态变化的,且其峰值多发生于夜间睡眠时,为了全面、准确评估患者病情,需对患者眼压进行 24h 动态监测。本研究显示布林佐胺联合噻吗洛尔滴眼液治疗后 7 天、6 个月时 24 h 眼压峰值、平均眼压及眼压波动值,均显著低于噻吗洛尔滴眼液治疗同期,说明 NVG 患者术后采用布林佐胺 + 噻吗洛尔治疗更有利于降低眼压和控制其波动,这与相关报道^[19]结果相似,但本研究对 NVG 患者术后眼压采取动态观察,一定程度上提高了结果的准确性。动物实验^[20]显示布林佐胺可能通过抑制高眼压大鼠模型眼睫状体水通道蛋白 1(AQP1)表达的途径,起到降眼压的作用,这可能也是本研究布林佐胺发挥抗 NVG 的关键增效机制之一。另外,本研究结果显示两组术后因药物而致的不良反应情况无显著性差异,且症状均较轻微,这与有关研究^[21-23]报道相似。可见,NVG 患者术后对布林佐胺 + 噻吗

洛尔联合治疗的耐受性较高。

IL-6 属趋化因子家族中的一员,其生物效应非常复杂,可作用于浆细胞、静止的 T 细胞、巨噬细胞等多种靶细胞。研究^[7]显示 NVG 患者虹膜新血管化程度与房水中 IL-6 含量呈正相关,IL-6 可能参与了新生血管的形成。本研究中,布林佐胺联合噻吗洛尔滴眼液治疗后 7 天、6 个月时血清和房水中 IL-6 水平均显著低于噻吗洛尔滴眼液治疗同期,与 Chua 等^[23]报道相似,说明术后给予布林佐胺 + 噻吗洛尔治疗更能有效调控 NVG 患者术后机体炎症水平、阻止病情进展。PEDF 是一种细胞因子,其生物学功能复杂,对新生血管形成具有强效抑制作用,在神经系统及眼部的病理过程和生理稳态中发挥着重要作用。VEGF 属促血管形成因子,具有促进细胞有丝分裂的作用,在体内可诱导血管新生,并参与血管内皮细胞的趋化、生存及迁移等行为。正常情况下,眼部内源性血管形成的抑制因子(如 PEDF)与促进因子(如 VEGF)是平衡的,当此平衡遭到破坏时,会形成各种病理性新生血管。本研究显示与噻吗洛尔滴眼液治疗同期相比,布林佐胺联合噻吗洛尔滴眼液治疗后 7 天、6 个月时血清和房水中 VEGF 水平均显著降低,PEDF 水平均显著升高,提示 NVG 患者术后采用布林佐胺 + 噻吗洛尔治疗更能有效调节机体血管生成促 / 抑因子平衡,这可能也是此治疗方案抗 NVG 的另一重要机制。这与王大萍等^[25]报道结果是一致的,但本研究对患者术后以上细胞因子进行的是动态监测,因此获得的结果准确性更高。

综上所述,NVG 患者术后应用布林佐胺联合噻吗洛尔滴眼液治疗更能有效降低眼压和控制其波动,调节机体血管生成促进 / 抑制因子平衡,提高治疗效果,且安全性高,是 NVG 患者术后较为理想的药物治疗方案。但本研究局限性在于样本量较少、术后随访时间较短、评估指标不够全面等,尚有待临床更多大样本、多中心、长期随访的前瞻性研究进一步论证与分析。

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