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# 硫辛酸对阻塞性睡眠呼吸暂停低通气综合征患者睡眠呼吸情况及相关生化指标的影响\*

刘彦洁<sup>1</sup> 郝伟华<sup>1△</sup> 姜芳<sup>1</sup> 蔡世洁<sup>1</sup> 杨慧君<sup>2</sup>

(1 石家庄市第一医院老年病科一病区 河北 石家庄 050011;2 石家庄市第一医院呼吸二科 河北 石家庄 050011)

**摘要 目的:**探讨硫辛酸对阻塞性睡眠呼吸暂停低通气综合征(OSAHS)患者睡眠呼吸情况及相关生化指标的影响。**方法:**选取石家庄市第一医院收治的OSAHS患者60例,采用随机数字表法分为对照组( $n=30$ )和观察组( $n=30$ )。对照组给予常规治疗,观察组在对照组基础上口服硫辛酸胶囊,疗程为12周。对比两组患者的临床疗效、爱泼沃斯嗜睡量表(ESS)评分,睡眠呼吸情况、糖脂代谢、肝功能及氧化应激指标水平。**结果:**与对照组比较,观察组治疗后的有效率升高,ESS评分降低( $P<0.05$ )。与对照组比较,观察组治疗后呼吸暂停低通气指数(AHI)、脉压(PP)降低,最长呼吸暂停时间缩短,血氧饱和度( $SaO_2$ )水平升高( $P<0.05$ )。与对照组比较,观察组治疗后空腹血糖、餐后2 h 血糖、谷草转氨酶(AST)、甘油三酯(TG)、谷丙转氨酶(ALT)、总胆固醇(TC)、碱性磷酸酶(ALP)、丙二醛(MDA)水平降低,超氧化物歧化酶(SOD)、谷胱甘肽过氧化物酶(GSH-Px)水平升高( $P<0.05$ )。**结论:**采用硫辛酸治疗OSAHS患者具有较好的临床疗效,能够改善患者睡眠呼吸情况及肝功能,调节糖脂代谢,降低氧化应激反应。

**关键词:**硫辛酸;阻塞性睡眠呼吸暂停低通气综合征;爱泼沃斯嗜睡量表评分;糖脂代谢;肝功能;氧化应激

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## Effects of Lipoic Acid on Sleep Respiration, Relevant Biochemical Indexes in Patients with Obstructive Sleep Apnea Hypopnea Syndrome\*

LIU Yan-jie<sup>1</sup>, HAO Wei-hua<sup>1△</sup>, JIANG Fang<sup>1</sup>, CAI Shi-jie<sup>1</sup>, YANG Hui-jun<sup>2</sup>

(1 First ward of Geriatrics Department, Shijiazhuang First Hospital, Shijiazhuang, Hebei, 050011, China;

2 Second Department of Respiratory, Shijiazhuang First Hospital, Shijiazhuang, Hebei, 050011, China)

**ABSTRACT Objective:** To investigate the effect of lipoic acid on sleep respiration, relevant biochemical indexes in patients with obstructive sleep apnea hypopnea syndrome (OSAHS). **Methods:** 60 OSAHS patients admitted to Shijiazhuang First Hospital were selected, they were divided into control group ( $n=30$ ) and observation group ( $n=30$ ) by random number table method. The control group were given routine treatment, while the observation group were given lipoic acid capsule orally on the basis of the control group, the course of treatment were 12 weeks. The clinical efficacy, Epworth sleepiness scale (ESS) scores, sleep respiration, glycolipid metabolism, liver function, oxidative stress levels were compared between the two groups. **Results:** Compared with the control group, the effective rate in the observation group were higher, ESS scores were lower after treatment ( $P<0.05$ ). Compared with the control group, the apnea hypopnea index (AHI), pulse pressure (PP) were lower, maximum apnea time were shorter, blood oxygen saturation ( $SaO_2$ ) levels were higher in the observation group after treatment ( $P<0.05$ ). Compared with the control group, the levels of fasting blood glucose, 2 h postprandial blood glucose, aspartate transaminase (AST), triacylglycerol (TG), alanine transaminase (ALT), total cholesterol (TC), alkaline phosphatase (ALP), malondialdehyde (MDA) were lower, the levels of superoxide dismutase (SOD), glutathione peroxidase (GSH-Px) were higher in the observation group after treatment ( $P<0.05$ ). **Conclusion:** Lipoic acid has a good clinical effect in the treatment of OSAHS, it can improve the sleep breathing and liver function, regulate the metabolism of glucose and lipid, and reduce oxidative stress.

**Key words:** Lipoic acid; Obstructive sleep apnea hypopnea syndrome; Epworth sleepiness score scores; Glycolipid metabolism; Liver function; Oxidative stress

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### 前言

阻塞性睡眠呼吸暂停低通气综合征 (Obstructive sleep ap-

nea hypopnea syndrome, OSAHS)是一种常见的慢性疾病,患者由于多种原因引发的上气道阻塞症状,导致夜间出现阵发性低通气或呼吸暂停引起的一系列临床综合征<sup>[1-3]</sup>。OSAHS 患者常

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作者简介:刘彦洁(1981-),女,硕士,主治医师,研究方向:呼吸疾病诊治,E-mail: liuyanjie@163.com

△ 通讯作者:郝伟华(1973-),男,本科,副主任医师,研究方向:心血管与呼吸疾病诊治,E-mail: Haoweihsu@126.com

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伴有高碳酸血症和低氧血症,多发于45-65岁人群,发病率男性患者和肥胖患者发病率较高,与心血管疾病发生联系密切,容易引起冠心病、心律失常、心肌梗死和心力衰竭等心血管系统严重并发症<sup>[4-6]</sup>。目前临幊上对于OSAHS的治疗,除传统氧疗治疗之外,没有其他有效地治疗手段<sup>[7-8]</sup>。本研究旨在探讨硫辛酸对阻塞性睡眠呼吸暂停低通气综合征(OSAHS)患者睡眠呼吸情况及相关生化指标的影响,为OSAHS的治疗提供一定的参考依据。

## 1 研究对象和方法

### 1.1 研究对象

选取2016年1月-2018年6月于石家庄市第一医院进行治疗的OSAHS患者60例,纳入标准:(1)患者均符合中华医学会呼吸病学分会制度的有关OSAHS诊断标准<sup>[9]</sup>,且高血压发生在OSAHS之后,患者确诊为2型糖尿病,并且糖尿病发生在OSAHS之后,OSAHS相关糖尿病、OSAHS相关高血压患者。(2)患者皆签署知情同意书。排除标准:(1)伴有严重脑、心、肾和肝功能不全者;(2)患有内分泌系统、肾源性等继发性高血压者;(3)对本研究所使用药物过敏者;(4)无法配合治疗者。将患者采用随机数字表法分为对照组(n=30)和观察组(n=30)。对照组男性17例,女性13例,年龄在38-70岁之间,平均年龄为(55.79±5.68)岁,病程在3~12年,平均病程为(6.61±2.71)年。观察组男性16例,女性14例,年龄在43-69岁之间,平均年龄为(56.86±5.85)岁,病程为3~12年,平均病程为(6.87±3.19)年。两组一般资料比较无统计学差异( $P>0.05$ ),均衡可比。

### 1.2 方法

对照组在入院后给予一般治疗,包括对患者进行多方面指导,包括控制饮食和体重、减肥、戒烟、戒酒、适当运动、侧卧睡眠、停用镇静催眠药等,采用睡眠治疗呼吸机(厂家:德国万曼公司,型号:SOMNObalance e)给予治疗,每晚治疗时间大于5 h,患者持续治疗12周;观察组在对照组的基础上口服硫辛酸胶囊(厂家:蓬莱诺康制药有限公司,国药准字:H20133253),0.3 g/次,早餐后和午餐后服用,疗程为12周。

### 1.3 疗效评定

1.3.1 临床疗效判定标准 显效:症状基本消失,基本上无憋气,鼾声减低,较治疗前比较,呼吸暂停低通气指数(Apnea hypopnea index,AHI)减少大于50%,夜间最低血氧饱和度(SaO<sub>2</sub>)大于90%;有效:症状显著改善,呼吸暂停时间显著缩短,较治疗前比较,AHI减少20%~50%;无效:症状没有明显改善,较治疗前比较,AHI没有显著变化。总有效率(%)=(显效例数+有效例数)/总例数\*100%<sup>[10]</sup>。

1.3.2 观察指标 (1)睡眠呼吸检测:两组患者于治疗前后采用DSHF-II多导睡眠检测系统监测患者SaO<sub>2</sub>、AHI、脉压(Pulse pressure,PP)和最长呼吸暂停时间变化情况。(2)爱泼沃斯嗜睡量表(Epworth sleepiness scale,ESS)评分<sup>[11]</sup>:两组患者于治疗前后采用ESS评分评价患者日常生活和活动中的疲倦,该量表包括8个项目,评分为0-24分,评分越高代表白天睡意越浓。(3)两组患者于治疗前和治疗后测定空腹血糖和餐后2 h血糖水平。(4)在治疗前后采集两组患者5 mL空腹时的肘静脉血,3000 r/min的速度离心15 min,留取上清,并采用全自动生化系统测定血清谷草转氨酶(Aspartate transaminase,AST)、甘油三酯(Triacylglycerol,TG)、谷丙转氨酶(Alanine transaminase,ALT)、总胆固醇(Total cholesterol,TC)、碱性磷酸酶(Alkaline phosphatase,ALP)水平;丙二醛(Malondialdehyde,MDA)、超氧化物歧化酶(Superoxide dismutase,SOD)水平的检测选用化学比色法;谷胱甘肽过氧化物酶(Glutathione peroxidase,GSH-Px)的活力选用紫外分光光度计比色法进行检测,以上试剂采购于南京建成公司。

### 1.4 统计学方法

采用SPSS23.0进行统计分析,采用[n(%)]表示计数资料,实施 $\chi^2$ 检验,采用(x̄±s)表示计量资料,实施t检验,检验水准 $\alpha=0.05$ 。

## 2 结果

### 2.1 对比两组临床疗效

观察组的有效率为93.33%(28/30),高于对照组的80.00%(24/30)( $P<0.05$ )。见表1。

表1 两组患者治疗有效率对比[n(%)]

Table 1 Comparison of efficiency between the two groups[n(%)]

Groups	n	Excellence	Effective	Invalid	Effective rate
Control group	30	9(30.00)	15(50.00)	6(20.00)	24(80.00)
Observation group	30	11(36.67)	17(56.66)	2(6.67)	28(93.33)
$\chi^2$					4.694
P					<0.05

### 2.2 对比两组ESS评分

治疗前,对照组和观察组的ESS评分分别为(14.04±2.36)分、(14.08±2.48)分,治疗后,对照组和观察组的ESS评分分别为(3.56±0.51)分、(2.15±0.26)分,均低于治疗前,且与对照组相比,观察组治疗后的ESS评分降低( $t=10.046,P<0.05$ )。

### 2.3 对比两组睡眠呼吸情况

经过治疗后,两组患者AHI、PP与治疗前比较降低,最长呼吸暂停时间缩短,SaO<sub>2</sub>水平升高( $P<0.05$ );与对照组比较,观察组治疗后AHI、PP降低,最长呼吸暂停时间缩短,SaO<sub>2</sub>水平升高( $P<0.05$ )。见表2。

### 2.4 对比两组糖脂代谢水平

经过治疗后,两组患者空腹血糖、餐后2 h血糖、TC和TG

水平与治疗前比较降低( $P<0.05$ )；与对照组比较，观察组治疗后空腹血糖、餐后2 h 血糖、TC 和 TG 水平降低( $P<0.05$ )。见表3。

表 2 两组患者  $\text{SaO}_2$ 、AHI、PP 和最长呼吸暂停时间对比( $\bar{x}\pm s$ )  
Table 2 Comparison of  $\text{SaO}_2$ , AHI, PP, maximum apnea time between the two groups( $\bar{x}\pm s$ )

Groups	$\text{SaO}_2$ (%)		AHI (second/h)		PP (mmHg)		Maximum apnea time(s)	
	Before treatment	After treatment	Before treatment	After treatment	Before treatment	After treatment	Before treatment	After treatment
Control group (n=30)	75.25± 13.75	86.59± 15.79*	40.55± 5.31	19.74± 3.21*	58.76± 8.79	47.29± 7.69*	26.72± 5.61	15.26± 3.27*
Observation group(n=30)	75.30± 13.66	92.85± 16.38*	40.74± 5.33	9.65± 1.91*	58.81± 8.85	42.59± 6.95*	26.79± 5.63	11.53± 2.32*
t	0.259	4.257	0.192	5.394	0.098	3.956	0.329	4.517
P	>0.05	<0.05	>0.05	<0.05	>0.05	<0.05	>0.05	<0.05

Note: Compared with before treatment, \* $P<0.05$ .

表 3 两组患者糖脂代谢水平对比( $\bar{x}\pm s$ )  
Table 3 Comparison of glycolipid metabolism between the two groups( $\bar{x}\pm s$ )

Groups	Fasting blood glucose (mmol/L)		2 h postprandial blood glucose (mmol/L)		TC (mmol/L)		TG (mmol/L)	
	Before treatment	After treatment	Before treatment	After treatment	Before treatment	After treatment	Before treatment	After treatment
Control group (n=30)	10.16± 2.45	6.82± 0.94*	15.59± 5.06	9.65± 1.15*	5.59± 0.75	4.82± 0.68*	2.51± 0.51	1.75± 0.32*
Observation group(n=30)	10.20± 2.49	6.26± 0.85*	15.61± 5.12	8.42± 0.91*	5.62± 0.72	4.35± 0.59*	2.53± 0.46	1.31± 0.25*
t	0.256	3.894	0.192	4.107	0.215	4.265	0.195	4.375
P	>0.05	<0.05	>0.05	<0.05	>0.05	<0.05	>0.05	<0.05

Note: Compared with before treatment, \* $P<0.05$ .

## 2.5 对比两组肝功能指标水平

降低( $P<0.05$ )；与对照组比较，观察组治疗后肝功能水平降低

经过治疗后，两组患者 AST、ALT、ALP 水平与治疗前比较

( $P<0.05$ )。见表 4。

表 4 两组患者 AST、ALT、ALP 水平对比( $\bar{x}\pm s$ )  
Table 4 Comparison of AST, ALT, ALP between the two groups( $\bar{x}\pm s$ )

Groups	AST (U/L)		ALT (U/L)		ALP (U/L)	
	Before treatment	After treatment	Before treatment	After treatment	Before treatment	After treatment
Control group (n=30)	37.71± 6.13	32.65± 5.25*	40.56± 6.59	28.95± 5.21*	79.55± 9.52	73.49± 8.19*
Observation group (n=30)	37.80± 6.20	29.15± 4.69*	40.59± 6.61	23.16± 4.85*	79.63± 9.63	70.26± 7.52*
t	0.495	4.059	0.196	4.376	0.325	3.846
P	>0.05	<0.05	>0.05	<0.05	>0.05	<0.05

Note: Compared with before treatment, \* $P<0.05$ .

## 2.6 对比两组氧化应激指标水平

经过治疗后，两组患者 SOD、GSH-Px 水平与治疗前比较升高，MDA 水平降低( $P<0.05$ )；与对照组比较，观察组治疗后 SOD、GSH-Px 水平升高，MDA 水平降低( $P<0.05$ )。见表 5。

## 3 讨论

已有研究证实，OSAHS 中存在氧化应激反应，当机体处于缺氧状态，机体对氧化物产生保护性应答反应，抗氧化物(如还原性谷胱甘肽)含量增加，为维持促氧化物的积累和灭活之间

的平衡从而导致氧化应激<sup>[12-14]</sup>。活性氧(Reactive oxygen, ROS)在氧化应激反应中释放，ROS 引起脂质过氧化而产生活性链，如丙二醛壬烯<sup>[15]</sup>。此外，ROS 的增加刺激单核 - 巨噬细胞、Kuffer 细胞等产生异常细胞因子表达，如 Fas 配体、细胞色素 C、肿瘤坏死因子 - $\alpha$ 、转化生长因子 $\beta$  和白细胞介素 -8，破坏促炎症细胞因子与抗炎症细胞因子的平衡状态，增加了活性氧的产生，介导细胞凋亡，并导致多种脏器组织损伤和炎症反应，从而产生高血压、2 型糖尿病、脑卒中及缺血性心脏病高发或推动疾病进展<sup>[16-18]</sup>。

表 5 两组患者 SOD、MDA 和 GSH-Px 水平对比( $\bar{x} \pm s$ )Table 5 Comparison of SOD, MDA, GSH-Px between the two groups( $\bar{x} \pm s$ )

Groups	SOD (U/mL)		MDA (mol/mL)		GSH-Px (U/mL)	
	Before treatment	After treatment	Before treatment	After treatment	Before treatment	After treatment
Control group (n=30)	39.78± 6.81	43.76± 6.81*	3.45± 0.51	2.85± 0.41*	71.63± 9.15	76.69± 10.21*
Observation group (n=30)	39.89± 6.79	55.91± 8.54*	3.51± 0.53	2.29± 0.32*	71.59± 9.20	80.47± 11.54*
t	0.158	5.893	0.228	4.146	0.237	3.885
P	>0.05	<0.05	>0.05	<0.05	>0.05	<0.05

Note: Compared with before treatment, \*P<0.05.

本研究选择抗氧化硫辛酸用于治疗 OSAHS，临床有效率高于对照组，硫辛酸胶囊的还原形式为二氢硫辛，是机体存在的非酶类抗氧化系统中最强抗氧化剂之一，硫辛酸进入细胞前需经肠道吸收，因其具有水溶性和脂溶性，在体内吸收后进入细胞，可清除细胞中的活性氧族<sup>[19,20]</sup>。本研究结果显示，与对照组比较，观察组治疗后 SOD、GSH-Px 水平升高，MDA 水平降低，硫辛酸可以通过激活腺苷酸活化蛋白激酶的途径从而抑制食欲，改善胰岛素抵抗和肥胖症状，不仅能够降低血脂，并且能够降低 MDA 含量，增加血浆中 SOD 的活性，对外周血管中淋巴细胞 DNA 氧化损伤有明显的保护作用<sup>[21-23]</sup>。有研究显示，硫辛酸可通过改善血管内皮细胞的功能，从而达到抗动脉粥样硬化的作用，对糖尿病及其并发症的治疗上疗效较好<sup>[24,25]</sup>。硫辛酸可以消除自由基、活性氧、鳌合金属离子，再生硫氧还蛋白、维生素 C、谷胱甘肽、维生素 E 等抗氧化剂，目前在临幊上主要用于糖尿病、冠心病的预防治疗<sup>[26-28]</sup>。OSAHS 患者存在睡眠结构紊乱、慢性间歇性低氧等现象，会诱发氧化应激机制，且氧化应激机制在 OSAHS 及其并发症中有着至关重要的作用<sup>[29,30]</sup>。本研究结果显示，观察组嗜睡状态、睡眠呼吸改善情况均优于对照组，观察组治疗后空腹血糖和餐后 2 h 血糖低于对照组，AST、ALT、ALP、TC 和 TG 水平也低于对照组，表明硫辛酸可能是作为抗氧化剂清除患者细胞膜或细胞液中的活性氧族，起到降血糖、降血脂、恢复睡眠质量的作用，以达到治疗 OSAHS 的疗效。

综上所述，硫辛酸对 OSAHS 患者的治疗效果较好，可改善患者的睡眠呼吸情况，降低血脂和血糖水平，改善肝功能，且氧化应激反应小，具有一定的推广价值。

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