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替格瑞洛联合瑞舒伐他汀钙片对冠心病患者心功能、凝血功能及基质金属蛋白酶的影响*

刘旭辉¹ 钱文浩^{2Δ} 方翔¹ 王勇¹ 周耀¹ 徐瑞婷¹

(1 徐州医科大学附属淮安医院老年心血管科 江苏 淮安 223002; 2 徐州医科大学附属医院心血管内科 江苏 徐州 221000)

摘要 目的:探究替格瑞洛联合瑞舒伐他汀钙片及阿司匹林对冠心病患者心功能、凝血功能及基质金属蛋白酶的影响。**方法:**选择2015年7月~2018年12月于我院心内科接受治疗的77例冠心病患者,按患者是否服用替格瑞洛将其分为替格瑞洛组和对照组。对照组在常规西药治疗方法上服用阿司匹林和瑞舒伐他汀钙片,替格瑞洛组在对照组的治疗方法上联合替格瑞洛。检测和比较两组治疗前及治疗4周后心功能指标[肌酸激酶同工酶(CK-MB)、心肌肌钙蛋白I(cTnI)],炎症反应指标[肿瘤坏死因子(TNF-α)、单核细胞趋化蛋白-1(MCP-1)、C反应蛋白(CRP)],凝血功能指标[活化部分凝血酶原时间(APTT)、凝血酶时间(TT)、凝血酶原时间(PT)、纤维蛋白原(FIB)]及基质金属蛋白酶9(MMP-9)和基质金属蛋白酶12(MMP-12)水平的变化。**结果:**治疗4周后,两组患者血清CK-MB、cTnI水平、TNF-α、MCP-1、CRP、MMP-9、MMP-12及FIB水平均显著低于治疗前($P<0.05$),且替格瑞洛组患者以上指标均显著低于对照组($P<0.05$);两组APTT、PT、TT均显著高于治疗前,且替格瑞洛组以上指标均明显高于对照组($P<0.05$)。**结论:**替格瑞洛联合阿司匹林及瑞舒伐他汀钙片可有效改善冠心病患者的心功能和凝血功能,可能与其有效减轻炎症反应及减少基质金属蛋白酶的含量有关。

关键词:冠心病;替格瑞洛;凝血功能;心功能;基质金属蛋白酶

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Effects of Ticagrelor Combined with Risuvastatin Calcium Tablets on the Cardiac Function, Blood Coagulation Function and Matrix Metalloproteinase in the Patients with Coronary Heart Disease*

LIU Xu-hui¹, QIAN Wen-hao^{2Δ}, FANG Xiang¹, WANG Yong¹, ZHOU Yao¹, XU Rui-ting¹

(1 Department of Geriatric Cardiology, The Affiliated Hua'an Hospital of Xuzhou Medical University, Hua'an, Jiangsu, 223002, China;

2 Department of Cardiovascular Medicine, affiliated Hospital of Xuzhou Medical University, Xuzhou, Jiangsu, 221000, China)

ABSTRACT Objective: To investigate the effects of Ticagrelor combined with Risuvastatin calcium tablets and Aspirin on the cardiac function, inflammatory response, blood coagulation and matrix metalloproteinases levels in the patients with coronary heart disease. **Methods:** Seventy-seven patients with coronary heart disease who were treated in the department of cardiology of our hospital from July 2015 to December 2018 were selected and divided into the Ticagrelor group and control group. Patients in the control group were given aspirin and resuvastatin calcium tablets on the basis of conventional western medicine treatment. Patients in the ticagrelor group were given Ticagrelor on the basis of control group. The myocardial injury index such as creatine kinase isoenzyme (CK-MB), myocardial troponin I (cTn I), inflammation index of tumor necrosis factor (TNF-α), monocyte chemotactic protein -1 (MCP-1), c-reactive protein (CRP) and blood coagulation function index activated partial prothrombin time (APTT), prothrombin time (PT), blood enzyme time (TT), fibrinogen (FIB) and matrix metalloproteinase 9 (MMP-9) and matrix metalloproteinases 12 (MMP-12) were detected and compared between two groups before and at 4 weeks after treatment. **Results:** At 4 weeks after treatment, the levels of serum CK-MB, cTn I, TNF-α, MCP-1, CRP, MMP-9, MMP-12 and FIB in the two groups were significantly lower than those before treatment. And the above indexes in the Ticagrelor group were significantly lower than those in the control group ($P<0.05$). The APTT, PT, TT in the two groups were significantly higher than those before treatment, and the above indexes in the Ticagrelor group were significantly higher than those in the control group ($P<0.05$). **Conclusion:** Ticagrelor combined with aspirin and resuvastatin calcium tablets can effectively improve the cardiac function and coagulation function in patients with coronary heart disease, which may be related to the effective reduction of inflammatory reaction and the content of matrix metalloproteinases.

Key words: Coronary heart disease; Ticagrelor; Coagulation function; Cardiac function; Matrix metalloproteinase

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作者简介:刘旭辉(1985-),男,硕士,主治医师,研究方向:冠心病介入治疗,电话:13776706736, E-mail:lxh65238@163.com

Δ 通讯作者:钱文浩,男,教授、主任医师,研究方向:冠心病介入治疗, E-mail:531973967@qq.com

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前言

近年来,随着人们的生活水平的提高,饮食习惯的转变,我国居民心血管疾病发病率呈上升趋势^[1,2]。冠心病是心血管疾病中占比较高的一种缺血性心脏病,因冠状动脉血管壁长期存在炎症反应,造成冠状动脉粥样硬化、血脂异常^[3,4],临床常规药物治疗的目的是调脂、抗凝。瑞舒伐他汀钙片是常用的调脂药物,替格瑞洛具有抑制血小板聚集的作用,两者联用治疗冠心病效果显著^[5,6],但是目前有关二者联用对患者体内凝血功能及基质金属蛋白酶的报道较少。因此,本研究主要探讨了替格瑞洛联合瑞舒伐他汀钙片及阿司匹林对冠心病患者心功能、凝血功能的影响及其可能作用机制,具体报道如下。

1 资料与方法

1.1 临床资料

纳入 2015 年 7 月~2018 年 12 月于徐州医科大学附属淮安医院内科接受治疗的 77 例冠心病患者,按患者是否服用替格瑞洛将其分为替格瑞洛组和对照组。其中,替格瑞洛组 40 例,男 23 例,女 17 例,年龄 41~65 岁,平均年龄(52.6±8.2)岁,病程 1~13 年,平均病程(4.2±2.8)年,陈旧性心肌梗死 4 例,稳定型心绞痛 24 例,不稳定型心绞痛 12 例;对照组 37 例,男 22 例,女 15 例,年龄 40~67 岁,平均年龄(50.8±7.8)岁,病程 1~12 年,平均病程(4.4±2.6)年,陈旧性心肌梗死 3 例,稳定型心绞痛 23 例,不稳定型心绞痛 11 例。两组患者年龄、性别、病情等资料差异均无统计学意义($P>0.05$),具有可比性。所有患者均对本研究知情同意,本研究已得到我院医学伦理委员会的审核通过。

纳入标准:(1)符合冠心病的诊断标准^[6];(2)年龄 40~70 岁;(3)近期末服用过改善心肌灌注的药物;(4)心电图检查示有缺血改变。

排除标准:(1)对替格瑞洛过敏者;(2)具有严重高血脂、高血压等合并症者;(3)有出血倾向或凝血功能障碍者;(4)经溶栓治疗或服用其他抗血小板药物者;(5)肝肾功能不全者。

1.2 治疗方法

所有患者均给予抗凝剂、 β 受体阻滞剂、血管紧张素转换

酶抑制剂等常规冠心病二级预防治疗,对照组冠心病患者在此基础上口服阿司匹林肠溶片【国药准字 J20130078,德国拜耳医药保健有限公司】,入院当天 300 mg/d,随后 100 mg/次,1 次/d;并口服瑞舒伐他汀片【国药准字 J20170008,阿斯利康药业(中国)有限公司】,10 mg/d,睡前顿服。替格瑞洛组冠心病患者在对照组治疗措施基础上口服替格瑞洛片【国药准字 H20183320,深圳信立泰药业股份有限公司】,初次服用 180 mg/d,随后 90 mg/次,2 次/d,7 天为一个疗程。2 组均连续治疗 4 个疗程。

1.3 检测指标及方法

于治疗前及治疗 4 个疗程后采集所有纳入对象空腹外周静脉血 2 mL。采用放射免疫法测定患者心功能指标:肌酸激酶同工酶(CK-MB)、心肌肌钙蛋白 I (cTn I)水平;采用酶联免疫吸附法测定炎症因子[肿瘤坏死因子(TNF- α)、单核细胞趋化蛋白-1(MCP-1)、C 反应蛋白(CRP)]及基质金属蛋白酶 9(MMP-9)、基质金属蛋白酶 12(MMP-12);使用全自动血凝分析仪(康宇医疗器械有限公司)测定血浆活化部分凝血酶原时间(APTT)、凝血酶时间(TT)、凝血酶原时间(PT)、纤维蛋白原(FIB)水平,本研究所使用的试剂盒均购自上海西唐生物科技有限公司。

1.4 统计学方法

统计学分析使用 SPSS19.0,计量资料以($\bar{x}\pm s$)表示,组间比较采用独立 t 检验,同组内治疗前后比较采用配对 t 检验,以 $P<0.05$ 为差异有统计学意义。

2 结果

2.1 两组治疗前后心功能指标的对比

治疗前,两组患者血清 CK-MB、cTn I 水平无显著差异($t=0.046, 0.158, P>0.05$)。经过 4 个疗程治疗后,替格瑞洛组和对照组患者血清 CK-MB 水平分别为(13.40±5.86)U/L、(17.42±6.03)U/L,均显著低于治疗前($t=11.391, 10.769, P<0.05$);血清 cTn I 水平分别为(0.50±0.25) μ g/L、(0.75±0.22) μ g/L,均显著低于治疗前($t=14.582, 12.541, P<0.05$),且替格瑞洛组患者血清 CK-MB、cTn I 水平均显著低于对照组($t=2.971, 4.494, P<0.05$)。见表 1。

表 1 两组治疗前后心功能指标的对比($\bar{x}\pm s$)

Table 1 Comparison of the cardiac function indexes between the two groups before and after treatment ($\bar{x}\pm s$)

Groups	Time	CK-MB(U/L)	cTnI(μ g/L)
Control($n=37$)	Pre-treatment	31.03±7.83	2.12±0.61
	Post-treatment	17.42±6.03*	0.75±0.22*
Ticagrelor($n=40$)	Pre-treatment	31.11±7.47	2.09±0.66
	Post-treatment	13.40±5.86* ^Δ	0.50±0.25* ^Δ

Note: compared with Pre-treatment, * $P<0.05$; compared with the control group, ^Δ $P<0.05$.

2.2 两组治疗前后血清炎症因子水平的对比

两组治疗前血清 TNF- α 、MCP-1、CRP 水平无显著差异($t=0.724, 1.638, 0.886, P>0.05$)。治疗后,两组患者血清 TNF- α 水平分别为(30.18±8.04)ng/L、(43.07±6.90)ng/L,显著低于治疗前($t=20.201, 18.889, P<0.05$);血清 MCP-1 水平分别为

(274.31±115.95)ng/L、(396.03±103.07)ng/L,显著低于治疗前($t=7.940, 5.797, P<0.05$);血清 CRP 水平分别为(11.12±5.64)mg/L、(20.39±8.28)mg/L,均显著低于治疗前($t=13.271, 6.786, P<0.05$),且替格瑞洛组患者血清 TNF- α 、MCP-1、CRP 水平均显著低于对照组($t=7.518, 4.853, 5.780, P<0.05$)。见表 2。

表 2 两组治疗前后血清炎症因子水平的对比($\bar{x} \pm s$)Table 2 Comparison of the serum inflammatory cytokines before and after treatment between the two groups($\bar{x} \pm s$)

Groups	Time	TNF- α (ng/L)	MCP-1(ng/L)	CRP(mg/L)
Control(n=37)	Pre-treatment	78.69 $\pm$ 9.09	610.67 $\pm$ 207.77	34.59 $\pm$ 8.59
	Post-treatment	43.07 $\pm$ 6.90*	396.03 $\pm$ 103.07*	20.39 $\pm$ 8.28*
Ticagrelor(n=40)	Pre-treatment	77.14 $\pm$ 9.56	537.02 $\pm$ 186.75	32.82 $\pm$ 8.99
	Post-treatment	30.18 $\pm$ 8.04* ^Δ	274.31 $\pm$ 115.95* ^Δ	11.12 $\pm$ 5.64* ^Δ

Note: compared with Pre-treatment, * $P < 0.05$; compared with the control group, ^Δ $P < 0.05$.

2.3 两组治疗前后凝血功能指标对比

两组治疗前 APTT、PT、TT、FIB 均无统计学差异($t=0.201$ 、 1.140 、 1.596 、 1.003 , $P > 0.05$)。治疗后, 两组患者 APTT 分别为(34.14 ± 4.80)s、(29.64 ± 3.12)s, 显著高于治疗前($t=7.237$ 、 2.754 , $P < 0.05$); PT 分别为(15.31 ± 3.16)s、(12.28 ± 2.62)s, 显著高于治疗前($t=6.615$ 、 2.578 , $P < 0.05$); TT 分别为(16.81 ± 6.08)s、($13.69 \pm$

5.06)s, 显著高于治疗前($t=10.564$ 、 9.089 , $P < 0.05$); FIB 分别为(2.27 ± 0.52) μ g/L、(3.10 ± 0.51) μ g/L, 显著低于治疗前($t=14.677$ 、 7.090 , $P < 0.05$), 且替格瑞洛组患者 APTT、PT、TT 高于对照组($t=4.835$ 、 4.545 、 2.435 , $P < 0.05$), FIB 低于对照组($t=7.102$, $P < 0.05$)。见表 3。

表 3 两组治疗前后凝血功能指标的对比($\bar{x} \pm s$)Table 3 Comparison of the coagulation function indexes between the two groups before and after treatment($\bar{x} \pm s$)

Groups	Time	APTT(s)	PT(s)	TT(s)	FIB(μ g/L)
Control(n=37)	Pre-treatment	26.93 $\pm$ 4.47	10.91 $\pm$ 2.67	5.09 $\pm$ 1.79	3.96 $\pm$ 0.53
	Post-treatment	29.64 $\pm$ 3.12*	12.28 $\pm$ 2.62*	13.69 $\pm$ 5.06*	3.10 $\pm$ 0.51*
Ticagrelor(n=40)	Pre-treatment	27.17 $\pm$ 5.66	11.56 $\pm$ 2.43	5.79 $\pm$ 1.79	4.09 $\pm$ 0.58
	Post-treatment	34.14 $\pm$ 4.80* ^Δ	15.31 $\pm$ 3.16* ^Δ	16.81 $\pm$ 6.08* ^Δ	2.27 $\pm$ 0.52* ^Δ

Note: compared with Pre-treatment, * $P < 0.05$; compared with the control group, ^Δ $P < 0.05$.

2.4 两组治疗前后血清基质金属蛋白酶水平的对比

两组治疗前血清基质金属蛋白酶 MMP-9、MMP-12 水平比较无显著差异($t=0.698$ 、 1.123 , $P > 0.05$)。治疗后, 替格瑞洛组和对照组患者血清 MMP-9 水平分别为(5.37 ± 1.27) μ g/L、(7.59 ± 1.47) μ g/L, 均低于治疗前($t=9.540$ 、 5.295 , $P < 0.05$); 血清

MMP-12 水平分别为(1.54 ± 0.59) μ g/L、(2.38 ± 0.52) μ g/L, 均低于治疗前($t=14.824$ 、 7.808 , $P < 0.05$), 且替格瑞洛组患者血清 MMP-9、MMP-12 水平均显著低于对照组($t=7.042$ 、 6.497 , $P < 0.05$)。见表 4。

表 4 两组治疗前后血清基质金属蛋白酶水平的对比($\bar{x} \pm s$)Table 4 Comparison of the serum matrix metalloproteinases levels between the two groups before and after treatment($\bar{x} \pm s$)

Groups	Time	MMP-9(μ g/L)	MMP-12(μ g/L)
Control(n=37)	Pre-treatment	9.64 $\pm$ 1.79	3.43 $\pm$ 0.75
	Post-treatment	7.59 $\pm$ 1.47*	2.38 $\pm$ 0.52*
Ticagrelor(n=40)	Pre-treatment	9.32 $\pm$ 2.19	3.62 $\pm$ 0.74
	Post-treatment	5.37 $\pm$ 1.27* ^Δ	1.54 $\pm$ 0.59* ^Δ

Note: compared with Pre-treatment, * $P < 0.05$; compared with the control group, ^Δ $P < 0.05$.

3 讨论

冠心病即冠状动脉粥样硬化性心脏病, 因动脉粥样硬化导致心肌缺血缺氧、坏死, 临床表现为典型胸痛或憋闷, 易引发心肌梗死或猝死^[7-9]。CK-MB、cTn I 是心肌损伤的标志物, 可以敏感反映心肌受损情况。冠心病患者心肌由于供血不足会产生不同程度的损伤, 致 CK-MB、cTn I 均不同程度上升^[10-12]。本研究结果显示经过 4 个疗程治疗后, 替格瑞洛组患者血清 CK-MB、cTn I 水平显著低于对照组, 提示替格瑞洛可有效改善冠心病患者心功能。据报道, 替格瑞洛具有抑制血小板聚集的作用^[13],

可降低局部血栓形成, 促进受损心肌恢复, 使心肌损伤标志物明显下降^[14,15]。李晓云^[16]等人以 ST 段抬高型急性冠脉综合征合并糖尿病患者为研究对象, 通过对比替格瑞洛与氯吡格雷对患者心肌损伤的影响, 结果显示替格瑞洛能明显改善心肌损伤, 与本研究结果相似。

冠状动脉粥样硬化与冠状动脉血管壁的炎症反应密不可分, 且动脉粥样斑块进展与炎症因子表达成正相关^[16-18]。据报道, 冠心病患者机体中炎症因子水平明显增多^[19,20]。TNF- α 、MCP-1、CRP 是促进心肌梗死进展的炎症标志物, 也是影响冠心病发病的危险因素, 可对心肌细胞和血管内皮等造成损伤^[21,22]。本研究

结果显示替格瑞洛组患者血清 TNF- α 、MCP-1、CRP 水平显著低于对照组。曹庭家^[23]以 58 例急性冠脉综合征合并氯吡格雷抵抗患者为研究对象,通过对比替格瑞洛与双倍剂量氯吡格雷抗血小板治疗对患者炎症因子的影响,结果显示服用替格瑞洛患者体内的炎症因子明显降低,与本文研究结果一致,分析其原因可能与替格瑞洛抗血小板的机制有关^[24]。

替格瑞洛是一种新型环戊基三唑嘧啶类的小血小板聚集抑制剂,与血小板膜表面 ADP 受体 P2Y₁₂ 可逆性结合,可抑制血小板聚集,从而改善冠心病患者的凝血功能^[25]。申晓莉^[26]等研究显示替格瑞洛可明显抑制 ST 段抬高型心肌梗死患者血小板聚集。本研究结果显示服用替格瑞洛的患者的 APTT、PT、TT 高于对照组,FIB 低于对照组。

研究表明血脂代谢异常与冠心病常引发的不稳定性心绞痛关系密切^[27]。其中,MMP-9 及 MMP-12 是细胞外基质代谢的重要蛋白水解酶,是活化明胶酶的有效物质,可降解胶原蛋白和基底膜,导致低密度脂蛋白渗透加快,促进斑块破裂和血栓形成,诱发急性脑梗死^[28,29]。同时,MMP-9、MMP-12 是由加剧斑块炎症反应的 CRP 和巨噬细胞诱导分泌的基质金属蛋白酶,随着炎症反应的减轻,其分泌随之减少^[29-31]。本研究结果显示替格瑞洛组患者血清 MMP-9、MMP-12 水平均显著低于对照组,提示替格瑞洛可能通过抑制基质金属蛋白酶水平发挥抗炎作用以改善冠心病症状,与相关报道一致^[32]。

综上所述,替格瑞洛联合阿司匹林及瑞舒伐他汀钙片可有效改善冠心病患者的心功能和凝血功能,可能与其有效减轻炎症反应及减少基质金属蛋白酶的含量有关。

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