

· 述评 ·

间充质干细胞治疗炎症性肠病的研究进展

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【摘要】 炎症性肠病 (IBD) 包括克罗恩病和溃疡性结肠炎, 是多因素导致的肠道炎症性疾病, 其发病率在我国呈逐年上升趋势。目前 IBD 治疗方法以内科药物治疗为主, 外科手术主要解决并发症, 干细胞治疗 IBD 及其并发症逐渐被指南认可。间充质干细胞具有多向分化潜能。越来越多的研究者认为, 具有免疫调节及促进上皮重建作用的间充质干细胞可应用于 IBD 及其并发症治疗。笔者分析国内外相关文献, 结合自身临床实践, 就目前间充质干细胞应用研究、IBD 发病机制和治疗现状、间充质干细胞治疗 IBD 研究进展进行述评。

【关键词】 炎症性肠病; 克罗恩病; 溃疡性结肠炎; 间充质干细胞; 治疗

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【Abstract】 The inflammatory bowel disease (IBD) includes Crohn's disease and ulcerative colitis. The incidence of IBD is rising on a yearly basis in China, followed by an increased number of patients who suffer from the complications. Medicines and surgical treatment are the major maneuver in the management of patients with IBD. Recently, mesenchymal stromal cells MSCs were found to exert powerful immunomodulatory effects, which suggest the possibility of an alternative treatment for patients with IBD. In this article, the most recent literatures in this field will be reviewed combining with our own clinical experiences. The functions of MSCs, the pathogenesis of IBD and research situation of MSCs therapy for patients with IBD will be discussed.

【Key words】 Inflammatory bowel disease; Crohn's disease; Ulcerative colitis; Mesenchymal stromal cells; Therapy

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炎症性肠病 (inflammatory bowel disease, IBD) 包括克罗恩病和溃疡性结肠炎, 是多因素导致的肠道炎症性疾病, 我国发病率近年逐年上升。据相关研究数据显示: 我国 IBD 年发病率为 3.14/10 万, 其中克罗恩病为 1.09/10 万, 溃疡性结肠炎为 2.05/10 万^[1]。目前 IBD 治疗以内科药物治疗为主, 外科手术主要解决 IBD 并发症。随研究进展, 干细胞治疗 IBD 的作用逐渐被认可。2016 年欧洲克罗恩病和结肠炎组织 (ECCO) 指南亦提到间充质干细胞治疗 IBD 的作用^[2]。

1 间充质干细胞应用研究

早在 1867 年, 著名病理学家 Cohnhein 就发现了骨髓中非造血系干细胞, 可分化为愈合伤口的成纤维细胞。后 Caplan 称之为间充质干细胞。间充质干细胞除分布于骨髓, 还广泛分布于羊水、胎盘、胎肺、胎肾、脐血、外周血、骨骼肌、肌腱、滑膜、脂肪、骨髓等不同组织, 具有多向分化潜能, 可定向分化为造血细胞以外的神经胶质细胞、成骨细胞、成软骨细胞、肌细胞、心肌细胞、平滑肌细胞、肌腱细胞、脂肪细胞等多种细胞, 支持造血, 对造血干细胞有扩增作用。间充质干细胞有贴壁生长、低免疫原性等特性, 在体外易被分离和扩增, 相信其在未来医学领域应用前景广阔。

已有研究结果表明: 间充质干细胞具有多向分化潜能, 但不能自发分化。在体外特定诱导条件 (如多种细胞因子、激素和化学药物等) 下, 其可分化为星形胶质细胞、成骨细胞、软骨细胞、肌腱细胞、脂肪细胞等多种中胚层来源细胞, 还可跨胚层分化为神经细胞和胰岛细胞等^[3-8]。其诱导分化出的细胞在体内能否有效归巢至特定部位, 并有效发挥生理功能, 尚待进一步研究。诱导因子发挥作用的机制、诱导因子间相互作用、最佳效量比和序贯应用方法等均对间充质干细胞应用起重要决定作用。

体内移植的间充质干细胞诱导分化比体外更复杂。目前学术界观点认为, 经相应信号诱导后, 移植间充质干细胞至少可向 3 种基本细胞类型分化:

(1) 组织特异性细胞,常为受损组织所需。例如,移植间充质干细胞可分化为心肌细胞、平滑肌细胞和血管内皮细胞等,均为心脏组织重要成分^[9]。(2) 功能相关细胞,常为局部组织所需,一般用于特殊组织微环境组成或局部组织修复^[10]。(3) 调节性细胞,分泌营养和免疫调节细胞因子,可用于组织修复和再生^[11]。近期研究结果显示:间充质干细胞治疗 IBD、心肌梗死、肝硬化、脊髓损伤、肌萎缩侧索硬化等有效,可通过调节性 T 淋巴细胞降低炎症相关肿瘤发病率^[12-15]。

2 IBD 发病机制和治疗现状

IBD 病因和发病机制尚未完全明确,可能与易感基因、内源性或外源性诱因、机体自身免疫调节相关^[16-17]。易感性、起始性和调节性免疫基因分布已初步明确。肠道微环境尤其是肠道菌群的作用十分重要。肠黏膜免疫系统机制紊乱或病变长期活动导致慢性组织损伤反应是复杂关键点。

IBD 易复发,目前相关指南推荐的内科治疗策略主要为诱导缓解、减少急性活动和并发症发生^[18]。IBD 治疗常用药物包括氨基水杨酸类制剂、糖皮质激素、硫嘌呤类药物、生物制剂(英夫利昔单抗克隆抗体)及其他(甲硝唑、益生菌、沙利度胺、粪便移植等)。尽管 IBD 联合治疗一定程度提高了临床疗效,但其缓解率仍不容乐观^[19-20]。药物治疗不良反应较多,如头晕、恶心、严重感染、神经及功能障碍、恶性肿瘤甚至死亡等^[21]。临床上亟待探索针对 IBD 发病机制的新治疗方法。

3 间充质干细胞治疗 IBD 研究进展

3.1 间充质干细胞治疗 IBD 可能机制

3.1.1 免疫调节:间充质干细胞多效免疫调节作用尚未完全阐明,其效果可能因物种、培养环境、炎症状态而不同^[22]。克罗恩病中 T 淋巴细胞向辅助性 T1 和 T17 淋巴细胞分化,溃疡性结肠炎中其向辅助性 T2 淋巴细胞分化,调节性 T 淋巴细胞数量减少引起的炎症因子浸润是 IBD 重要免疫性病因^[23-25]。间充质干细胞对 T 淋巴细胞功能影响随两者数量比例而不同^[26]。已有 IBD 动物模型实验研究结果显示:间充质干细胞可显著抑制 T 淋巴细胞向辅助性 T1 和 T17 淋巴细胞分化,促进调节性 T 淋巴细胞分化,从而下调相应促炎症因子(TNF- α 、IFN- γ 、IL-1 β 、IL-6、IL-12)水平,上调抑炎症因子(IL-10)水平^[27-28]。

3.1.2 促进上皮重建:在炎症或组织损伤刺激下,间充质干细胞可向间叶来源细胞多向分化并修复组织细胞^[29]。已有研究结果显示:将表达绿色荧光蛋白的骨髓间充质干细胞移植至结肠炎大鼠模型,28 d 后大鼠结肠表达绿色荧光蛋白的上皮细胞数量比例达 37.6%,表明间充质干细胞可分化为结肠上皮细胞^[30]。间充质干细胞还可分泌多种细胞因子,可能促进肠上皮细胞再生,以细胞更替方式修复受损组织^[31]。

3.2 间充质干细胞治疗 IBD 研究概况

3.2.1 基础研究:间充质干细胞治疗 IBD 动物模型研究较多,其间充质干细胞多为同源异体,取材来源包括脐血、骨髓、脂肪等,动物多为葡聚糖硫酸钠、三硝基苯磺酸等诱导的结肠炎鼠模型。多数研究结果均显示:间充质干细胞有助于改善 IBD 炎症反应^[32-39]。Tanaka 等^[32]和 Tanaka 等^[33]通过尾静脉注射同种异基因间充质干细胞至葡聚糖硫酸钠诱导的结肠炎大鼠模型,其结果显示:间充质干细胞有助于减少血便,控制体质量下降,修复肠黏膜微小损伤,避免结肠缩短。Zuo 等^[34]将绿色荧光蛋白转载至同种异基因间充质干细胞,移植至三硝基苯磺酸诱导的结肠炎大鼠模型,其结果显示:间充质干细胞治疗作用可能与调节性 T 淋巴细胞分布相关。Qu 等^[35]通过皮下注射荧光染色间充质干细胞至吡啶美辛诱导的 IBD 大鼠模型,其结果显示:肠黏膜可检测到荧光,提示间充质干细胞治疗作用可能与受损组织再生修复相关。Banerjee 等^[36]和 Robinson 等^[37]将人脐血、骨髓、脂肪来源间充质干细胞移植至 IBD 动物模型,其结果显示:间充质干细胞可缓解症状,促进病理组织修复。笔者单位前期将间充质干细胞移植至结肠炎小鼠模型,研究结果显示:间充质干细胞可能通过抗炎作用诱导结肠炎缓解^[38-39]。

尽管相关基础研究数据丰富,但其不能完全代表临床应用可行性,主要原因包括:(1)人类 IBD 病因和发病机制复杂,而动物模型常由药物诱导所得,不能准确模拟人类 IBD 特征。(2)不同物种来源的间充质干细胞功能存在差异。

3.2.2 临床研究:目前,自体或同种异体间充质干细胞治疗 IBD 已有较多临床试验结果^[40-46]。其移植方式主要为局部注射(治疗克罗恩病合并肛瘘)和静脉注射(治疗克罗恩病和溃疡性结肠炎)。

García-Olmo 等^[40]通过腹腔镜内局部注射自体脂肪来源间充质干细胞治疗 8 例克罗恩病合并肛瘘患

者,其结果显示:8 周后,6 例患者瘘管愈合,2 例患者肛痿改善。Ⅱb 期临床试验结果显示:与对照组比较,注射自体脂肪来源间充质干细胞的克罗恩病合并肛痿患者瘘管愈合率和生命质量更高,发生肛周脓肿风险显著降低^[41-42]。已有研究结果显示:注射了自体骨髓来源间充质干细胞的克罗恩病合并肛痿患者,除直肠黏膜愈合较好外,局部黏膜和循环中具有抗炎作用的调节性 T 淋巴细胞数量比例显著上升^[14]。de la Portilla 等^[43]通过瘘管内局部注射人异体脂肪来源间充质干细胞,其结果显示:间充质干细胞可在 12 周和 24 周的治疗周期上有效改善克罗恩病合并的肛痿。备受瞩目的一项Ⅲ期临床试验结果显示:高浓度(120×10^6 个/mL)间充质干细胞治疗克罗恩病合并肛痿患者(治疗组)与安慰剂组比较,瘘管愈合/未愈合比例更高(53/7 比 36/105),愈合时间更短(6.7 周比 14.6 周)^[44]。其后续研究结果也进一步证实了间充质干细胞治疗克罗恩病合并肛痿病变的安全性和远期效果^[45]。笔者单位正在开展的同种异体间充质干细胞凝胶治疗克罗恩病合并肛痿患者研究,目前效果显著。上述临床研究结果均已证实:间充质干细胞治疗克罗恩病合并肛痿效果确切,给药方式、间充质干细胞来源、疗效评估尚待进一步研究。

静脉注射间充质干细胞治疗克罗恩病和溃疡性结肠炎效果远不及局部注射治疗克罗恩病合并肛痿明显。Forbes 等^[46]的Ⅱ期临床试验结果显示:对 15 例 IBD 患者静脉注射同种异体间充质干细胞 $[2 \times 10^6$ 个/(kg·周)],12 例患者产生临床应答,8 例获得临床缓解,7 例获得内镜下缓解;15 例患者整体生命质量获得改善。静脉注射同种异体骨髓来源间充质干细胞治疗 IBD 可有效改善患者克罗恩病活动指数或溃疡性结肠炎临床活动度指数^[47]。但 Duijvestein 等^[48]的研究结果显示:静脉注射自体骨髓来源间充质干细胞的 7 例 IBD 患者中,仅 3 例产生临床应答,4 例反而出现疾病进展。Dhere 等^[49]的Ⅰ期临床试验结果显示:静脉注射间充质干细胞治疗 IBD 的 10 例患者中,5 例患者病情加重,其中 2 例严重不良事件被认为与静脉注射间充质干细胞相关。可见,静脉注射间充质干细胞治疗克罗恩病和溃疡性结肠炎的安全性尚有待考证。

4 结语

间充质干细胞治疗 IBD 虽尚未正式应用于临床,但现有临床和基础研究结果均已显示出其治疗

IBD 及相关并发症的潜在价值。笔者相信,随着相关临床研究进一步深入,间充质干细胞将为 IBD 患者治疗带来福音。

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时序更替, 尺璧寸阴, 在您的热心关爱和大力支持下, 杂志学术工作接续开展, 拾级而上。精心策划选题, 引领学术前沿一直是《中华消化外科杂志》秉承的办刊路线。专家办刊是杂志兴旺发达的不竭动力, 优质的稿源不仅是引领学术前沿的风向标, 更是提升期刊学术质量的重要基础。经本刊编辑委员会讨论确定了 2019 年各期重点选题。请各位作者根据每期重点选题提前 4~5 个月投稿, 本刊将择优刊出。

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