

葡萄糖转运体介导的脑葡萄糖代谢参与调控 脓毒症相关性脑病的研究进展

马春霞¹ 韩有乾² 田文竹¹ 陈梦飞³

¹宁夏回族自治区人民医院(宁夏医科大学附属自治区人民医院)重症医学科,银川 750002;

²盐池县人民医院重症医学科,盐池 751599;³宁夏回族自治区人民医院(宁夏医科大学附属自治区人民医院)急诊科,银川 750002

通信作者:陈梦飞, Email: prayer_821@sina.com

【摘要】 脓毒症相关性脑病(SAE)是缺乏中枢神经系统直接感染、大脑结构异常和其他类型脑病的临床或实验室证据,由全身炎症反应引起的弥散性脑功能障碍,是脓毒症常见的并发症,其发病机制尚未完全阐明。近年研究发现,脑葡萄糖代谢紊乱在 SAE 发生发展中起重要作用,其中葡萄糖转运体(GLUT)在这一过程中起关键作用。本文对 GLUT 介导的脑葡萄糖代谢参与调控 SAE 的研究进展进行综述,重点探讨:① GLUT1、GLUT3 和 GLUT4 在脑组织中的表达及功能。② 脑组织 GLUT 的功能和表达受雌激素、细胞因子、代谢状态及线粒体状态等多种因素调控。③ GLUT 在 SAE 及相关性脑病(衰老相关神经退行性疾病、脑出血、脑膜炎、人类免疫缺陷病毒感染的脑病,以及烧伤或烧伤合并感染的脑病)中的作用机制。④ 基于葡萄糖代谢调控的 SAE 的潜在治疗策略,如改善血脑屏障功能相关 GLUT 表达;调节神经炎症相关 GLUT 功能;通过改善线粒体功能、减少氧化应激、增强三磷酸腺苷生成,间接增强 GLUT 的表达和功能;代谢重编程,通过调节关键代谢酶或代谢通路,改变细胞的代谢特征,适应脓毒症状态下的能量需求,旨在为深入理解 SAE 的病理生理机制和开发新的治疗靶点提供理论依据。

【关键词】 脓毒症相关性脑病;葡萄糖转运体;脑葡萄糖代谢;血脑屏障;神经炎症;线粒体功能障碍

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Research progress on the involvement of glucose transporter-mediated cerebral glucose metabolism in the regulation of sepsis-associated encephalopathy

Ma Chunxia¹, Han Youqian², Tian Wenzhu¹, Chen Mengfei³

¹Department of Intensive Care Unit, People's Hospital of Ningxia Hui Autonomous Region (Affiliated Autonomous Region People's Hospital of Ningxia Medical University), Yinchuan 750002, China; ²Department of Intensive Care Unit, People's Hospital of Yanchi County, Yanchi 751599, China; ³Department of Emergency, People's Hospital of Ningxia Hui Autonomous Region (Affiliated Autonomous Region People's Hospital of Ningxia Medical University), Yinchuan 750002, China

Corresponding author: Chen Mengfei, Email: prayer_821@sina.com

【Abstract】 Sepsis-associated encephalopathy (SAE) refers to diffuse brain dysfunction caused by a systemic inflammatory response, in the absence of direct central nervous system infection, structural brain abnormalities, or clinical/laboratory evidence of other types of encephalopathy. It is a common complication in sepsis, and its pathogenesis has not yet been fully elucidated. Recent studies have revealed that dysregulated cerebral glucose metabolism plays an important role in the development of SAE, in which glucose transporters (GLUTs) are critically involved. This article reviews the research progress on the involvement of brain glucose metabolism mediated by GLUTs in the regulation of SAE. The study focuses on: 1) The expression and function of GLUT1, GLUT3 and GLUT4 in brain tissue. 2) The function and expression of GLUTs in brain tissue are regulated by multiple factors: estrogen, cytokines, metabolic state and mitochondrial status. 3) The mechanisms of GLUTs in SAE and related brain disorders (such as neurodegenerative diseases associated with aging, cerebral hemorrhage, meningitis, encephalopathy caused by human immunodeficiency virus infection and encephalopathy caused by burns or burns combined with infection). 4) Potential therapeutic strategies for SAE based on glucose metabolism regulation: improving the expression of GLUTs associated with blood-brain barrier function; modulating the function of GLUTs involved in neuroinflammation; enhancing mitochondrial function, reducing oxidative stress, and increasing adenosine triphosphate production to indirectly boost GLUTs expression and activity; metabolic reprogramming-adjusting key metabolic enzymes or pathways to alter cellular metabolic characteristics and adapt to the energy demands during sepsis. The aim is to provide a theoretical basis for a deeper understanding of the pathophysiological mechanisms of SAE and the development of new therapeutic targets.

【Key words】 Sepsis-associated encephalopathy; Glucose transporter; Cerebral glucose metabolism; Blood-brain barrier; Neuroinflammation; Mitochondrial dysfunction

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脓毒症是机体对于感染的失控炎症反应所导致危及生命的器官功能障碍^[1],其中中枢神经系统受累称为脓毒症相关性脑病(sepsis-associated encephalopathy, SAE)^[2]。SAE是脓毒症患者常见的严重并发症,其发病率高达50%~70%,且与患者预后不良密切相关^[3-5]。目前关于SAE的临床危害性已得到广泛认识,但其发病机制尚未完全阐明,这限制了对SAE有效治疗策略的开发。

脑葡萄糖代谢紊乱在SAE发生发展中可能起一定作用。正常情况下,脑组织高度依赖葡萄糖作为能量来源,但是葡萄糖不能在大脑神经细胞中合成及储存,需要通过葡萄糖转运体(glucose transporter, GLUT)转运进入神经细胞,因此,GLUT在维持脑葡萄糖稳态中发挥关键作用。在脓毒症状态下,全身性炎症反应可能导致血脑屏障损伤和脑内微环境改变,进而影响GLUT的表达和功能,最终导致脑葡萄糖代谢紊乱^[6]。这种代谢紊乱可能通过多种机制参与SAE的病理过程,包括能量代谢障碍、神经炎症加剧、氧化应激增加等^[6-9]。因此,深入研究GLUT介导的脑葡萄糖代谢在SAE中的作用机制,不仅有助于揭示SAE的病理生理本质,还可能为开发新的治疗靶点提供理论依据。现就近年来GLUT在SAE中的作用及其调控机制研究进展进行综述,以期对未来研究方向和潜在的治疗策略提供思路。

1 文献检索策略

以脓毒症、危重症、并发症、脓毒症相关性脑病、脓毒症相关性谵妄、脑病、谵妄、葡萄糖转运体、葡萄糖代谢、代谢紊乱、机制、治疗为中文检索词,以sepsis、critical illness、complication、sepsis-associated encephalopathies、sepsis-associated delirium、encephalopathy、delirium、glucose metabolism、metabolic disorder、glucose transporter、mechanism、therapy为英文检索词,在PubMed/MEDLINE、Google Scholar、万方数据库、中国知网、维普数据库及宁夏科技文献资源共享平台进行检索。检索时间为1990年1月至2024年4月。

文献纳入标准:①研究内容涉及SAE概述(定义、临床表现、诊断及发病机制)、脑葡萄糖代谢与GLUT, GLUT在SAE及相关性脑病中的作用机制,基于葡萄糖代谢调控的SAE治疗策略的临床研究文献;②文献类型包括病例对照研究和综述;③对研究样本量有明确说明的文献;④病例对照研究文献研究结果以优势比及其95%置信区间进行表达;⑤文献语种限定为中文及英文。排除标准:①重复报道的文献;②科普、会议摘要、病例报告、观点类文献;③样本量小于10例的文献;④数据不完整的文献;⑤研究质量较差的文献。

最初搜索到792篇英文文献、250篇中文文献,根据纳入和排除标准进行筛选后,最终对61篇文献进行了权威评估。

2 SAE的概述

SAE是指缺乏中枢神经系统直接感染、大脑结构异常和其他类型脑病(如肝性脑病、肾性脑病等)的临床或实验室证据,由全身炎症反应引起的弥散性脑功能障碍^[10]。SAE

的临床表现多样,轻者可表现为注意力不集中、认知功能下降,重者可出现谵妄、昏迷等严重意识障碍^[3]。这些神经精神症状通常在脓毒症早期即可出现,且与患者预后密切相关^[4]。SAE的诊断主要基于临床表现和排除其他可能导致脑功能障碍的原因^[11]。目前尚无特异性的生物标志物可用于SAE的诊断,但一些神经影像学检查和脑电图可能有助于评估脑功能状态^[12-14]。SAE的发病机制复杂,涉及多种病理生理过程,包括全身性炎症反应^[15-17]、血脑屏障破坏^[18-19]、神经炎症^[20-21]、神经递质紊乱^[20]、线粒体功能障碍^[22-24]等,这些因素相互作用,最终导致神经元损伤和脑功能障碍。在SAE的多种发病机制中,脑葡萄糖代谢异常是其病理生理机制的重要部分,而GLUT在这一过程中起关键作用。

3 脑葡萄糖代谢与GLUT

3.1 脑组织GLUT的表达和功能:脑组织是人体中代谢最活跃的器官之一,其能量需求主要依赖于葡萄糖的有氧氧化。正常情况下,脑组织几乎完全依赖葡萄糖作为能量来源,每天消耗120g葡萄糖,占全身葡萄糖消耗量的20%~25%,这种高度的葡萄糖依赖性使脑葡萄糖代谢的精确调控对于维持正常脑功能至关重要。GLUT是一类介导葡萄糖跨膜转运的蛋白质家族,在维持脑葡萄糖稳态中发挥关键作用。在脑组织中,主要表达的GLUT包括GLUT1、GLUT3和GLUT4。其中,GLUT1在脑组织中广泛分布,主要表达于血脑屏障的内皮细胞和星形胶质细胞,负责葡萄糖从血液向脑组织的转运^[25],转运至脑组织的葡萄糖在神经元内被糖酵解,从而维持神经元的正常功能^[26]。Lee等^[27]研究发现,GLUT1缺失可引起小鼠内皮细胞损伤,导致脑血管的周细胞覆盖丧失,致使血脑屏障破裂和通透性增加。另外,当神经元活动增强时,星形胶质细胞通过GLUT1摄取葡萄糖并产生乳酸,再通过乳酸穿梭机制为神经元提供能量,从而维持脑功能和能量平衡^[28]。GLUT3亲和力强、活性高、半衰期长^[29],主要表达于神经元,负责将葡萄糖转运至神经元内^[30-32],为其供能。GLUT4在脑组织中的表达相对较低,也分布于神经元上,是一种胰岛素敏感型GLUT,胰岛素通过GLUT4促进神经细胞对葡萄糖的摄取,而GLUT4缺乏可导致神经细胞摄取葡萄糖障碍,引起胰岛素抵抗^[33]。

3.2 脑组织GLUT表达和功能的调控:脑组织GLUT的表达和功能受到多种因素调控。①激素:研究发现,雌激素可作用于神经组织,从而上调GLUT1和GLUT3的表达^[34];雌激素可使神经组织有氧糖酵解最大化而增强线粒体的能量代谢能力^[35]。②细胞因子:体外研究发现,在小胶质细胞中可检测到GLUT1、GLUT3等的mRNA和蛋白表达,而小胶质细胞被内毒素+干扰素- γ 或白细胞介素-4(interleukin-4, IL-4)处理后可进一步增加GLUT1的表达^[36]。其他炎症因子如肿瘤坏死因子- α (tumor necrosis factor- α , TNF- α)和IL-1 β 也可上调血脑屏障内皮细胞及星形胶质细胞中GLUT1的表达^[37]。③代谢状态:研究发现,缺氧预处理可通过诱导皮质脑组织低氧诱导因子-1 α 表达上调

GLUT3 的 mRNA 及蛋白表达,进而提高创伤性脑损伤后急性期神经元的存活率^[38]。高葡萄糖暴露的神经细胞在第 2 个 24 h 期间 GLUT3 的表达可增加 2 倍, GLUT3 刺激葡萄糖运输和氧化应激增加,但总线粒体代谢活性显著降低;在高葡萄糖条件下补充胰岛素可减少一氧化氮的合成和 GLUT3 水平,但氧化应激可增加 3 倍;而予以内源性 N-甲基-D-天冬氨酸(N-methyl-D-aspartic acid, NMDA)受体拮抗剂犬尿喹啉酸(kynurenic acid, KynA)可显著减少氧化应激,并通过调节一氧化氮的产生和 GLUT3 的表达可增加线粒体代谢活性,同时,在高葡萄糖和胰岛素浓度下增加细胞存活率^[39]。

④ 线粒体状态:脓毒症可导致线粒体结构和功能异常,包括线粒体膜电位降低,呼吸链复合物活性下降,三磷酸腺苷(adenosine triphosphate, ATP)生成减少等,这些改变不仅直接影响细胞能量代谢,还可能通过产生过量活性氧(reactive oxygen species, ROS)加剧氧化应激,进一步损伤 GLUT 的功能^[19]。总之,在生理条件下,脑组织 GLUT 的表达和功能能够根据脑组织的能量需求进行动态调节,以维持脑葡萄糖代谢的稳态^[40]。然而,在病理状态下,如脓毒症时,脑组织 GLUT 的表达和功能可能发生显著改变,导致脑葡萄糖代谢紊乱,进而影响脑功能。

4 GLUT 在 SAE 及相关性脑病中的作用机制

研究发现,衰老过程以及相关神经退行性疾病不同脑区脉管系统中 GLUT1 分布是不均匀的^[41];脑出血小胶质细胞中 GLUT1 下调致糖酵解受损^[42]。通过对大肠埃希菌 K1 菌株脑膜炎细胞模型及动物模型研究发现,大肠埃希菌 K1 菌株的外膜蛋白 A 通过血脑屏障与内皮细胞糖蛋白 96 相互作用进入中枢神经系统,下调脑微血管内皮细胞中 GLUT1 的水平,导致屏障完整性破坏和葡萄糖摄取抑制^[43]。人类免疫缺陷病毒(human immunodeficiency virus, HIV)感染的脑病动物研究显示, HIV 感染脑病的严重程度与皮质灰质、尾状核和小脑血脑屏障中 GLUT1 内皮 55 kDa 亚型的表达呈负相关,血脑屏障和神经胶质细胞中 GLUT1 的改变可能反映中枢神经系统微环境的严重紊乱,从而导致中枢神经系统功能障碍^[44]。研究发现,烧伤或烧伤合并感染的动物大脑中 GLUT1 和 GLUT3 的 mRNA 及蛋白表达水平明显增高^[45]。目前认为,SAE 中 GLUT 可能介导脑葡萄糖代谢紊乱,但具体机制尚不清楚。

5 基于葡萄糖代谢调控的 SAE 治疗策略

鉴于脑葡萄糖代谢紊乱在 SAE 中的重要作用,针对脑葡萄糖代谢的调控可能为 SAE 的治疗提供新的思路。目前,基于脑葡萄糖代谢调控的潜在治疗策略主要包括以下几个方面:首先,改善血脑屏障功能相关 GLUT 表达是潜在的治疗靶点。研究发现,一些药物如米诺环素^[46]和促红细胞生成素^[47]可能通过抗炎及抗氧化作用保护血脑屏障完整性,同时上调 GLUT1 的表达;褪黑素通过调节微小 RNA-320a(microRNA-320a, miR-320a)依赖性 GLUT1 的表达可预防血脑屏障功能异常和认知障碍^[48]。针对 GLUT 的调控剂,如 GLUT1 激活剂,也可能有助于改善脑组织葡萄糖

供应^[49-50]。中药瓜楼桂枝汤可以上调脑缺血再灌注动物缺血侧半球 GLUT1 水平而恢复葡萄糖摄取^[51]。其次,调节神经炎症相关 GLUT 功能是另一个重要的治疗方向。抗炎药物如米诺环素^[46]和非甾体抗炎药^[52]可能通过抑制小胶质细胞活化减轻神经炎症,从而改善 GLUT 的功能。针对特定炎症通路的靶向治疗,如 IL-1 受体拮抗剂^[53],也可能有助于打破神经炎症与葡萄糖代谢紊乱之间的恶性循环。再次,改善线粒体功能,减少氧化应激,增强 ATP 生成,间接增强 GLUT 的表达和功能是潜在的干预策略。线粒体保护剂如辅酶 Q10^[54]和艾地苯醌^[55]可能通过维持线粒体膜电位、减少 ROS 产生来改善细胞能量代谢;促进线粒体生物发生的药物,如腺苷酸活化蛋白激酶(adenosine monophosphate-activated protein kinase, AMPK)激活剂替西帕肽(降糖药)通过激活葡萄糖依赖性促胰岛素多肽-1(glucose-dependent insulinotropic polypeptide-1, GIP-1)受体,并通过环磷酸腺苷(cyclic adenosine monophosphate, cAMP)/蛋白激酶 A(protein kinase A, PKA)和磷脂酰肌醇 3-激酶(phosphatidylinositol 3-kinase, PI3K)/蛋白激酶 B(protein kinase B, Akt)信号通路,上调大脑皮质中 GLUT1 的 mRNA 表达,促进葡萄糖转运和利用^[56-57];糖酵解代谢产物果糖-1,6-二磷酸在脓毒症期间可保持葡萄糖代谢的完整性并减少脑组织中的 ROS,从而改善脑细胞能量代谢^[58]。最后,代谢重编程是近年来备受关注的治疗策略,通过调节关键代谢酶或代谢通路,可能改变细胞的代谢特征,从而适应脓毒症状态下的能量需求。例如,丙酮酸脱氢酶激酶抑制剂可能通过促进葡萄糖氧化来改善能量代谢^[59];而酮体补充可能为脑组织提供替代能量底物,减轻葡萄糖代谢紊乱的影响^[60]。由于 SAE 的病理机制复杂,单一靶点的干预可能难以取得理想效果,未来可能需要探索多靶点联合治疗策略。研究显示,共轭亚油酸通过激活核因子 E2 相关因子 2 介导的适应性反应可下调多种病理机制(线粒体功能障碍/损伤、氧化应激反应、乙酰胆碱酯酶活性降低和炎症),上调脑葡萄糖转运蛋白水平,这种多靶点的调控作用使共轭亚油酸在预防和治疗代谢性疾病、神经退行性疾病及炎症相关性疾病中具有潜在的应用价值^[61]。

6 结论

GLUT 介导的脑葡萄糖代谢紊乱在 SAE 的发生发展中起重要作用。脓毒症可导致血脑屏障 GLUT 表达和功能改变,影响脑细胞 GLUT 的正常功能,并通过神经炎症和线粒体功能障碍等机制加剧葡萄糖代谢紊乱。这些改变共同导致脑组织能量代谢障碍,最终参与 SAE 的病理过程。基于葡萄糖代谢调控的潜在治疗策略为 SAE 的防治提供了新的思路,包括改善血脑屏障功能、调节神经炎症、保护线粒体功能以及代谢重编程等。然而,这些策略大多仍处于实验研究阶段,需要进一步的临床验证。未来的研究应着重于深入阐明 SAE 中葡萄糖代谢紊乱的具体分子机制,探索更精准的治疗靶点,并开发有效的多靶点联合治疗策略。

总之,对 GLUT 介导的脑葡萄糖代谢在 SAE 中作用机

制的深入研究,不仅有助于揭示 SAE 的病理生理本质,还能为开发新的诊断标志物和治疗靶点提供理论依据,最终改善 SAE 患者的预后。

利益冲突 所有作者声明不存在利益冲突

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(本文编辑: 保健媛 张耘菲)

• 科研新闻速递 •

澳大利亚住院儿童革兰阴性菌感染的特征及临床预后

革兰阴性菌血流感染(GNBSI)在合并基础疾病的儿童群体中高发,且与抗菌药物耐药性密切相关。目前针对儿童GNBSI的大型研究仍较为匮乏,尤其缺乏整合临床表现、病原体特征及预后转归的系统性分析。近期澳大利亚学者进行了一项多中心前瞻性队列研究,旨在系统地描述导致儿童GNBSI的病原体,并找出导致不良后果的风险因素。研究于2019至2021年在澳大利亚5家儿童医院开展。纳入年龄 <18 岁的GNBSI患儿,记录其临床特征、疾病严重程度及预后转归。对分离病原体进行抗菌药物药敏试验及全基因组测序。通过单因素 Logistic 回归筛选潜在死亡危险因素,将单因素分析中 $P<0.2$ 的变量结合临床专业判断〔年龄、中心静脉导管(CVC)置入状态、合并症〕构建多因素模型。首先建立全变量模型,随后采用逆向逐步回归法剔除无显著贡献的变量(临床核心变量保留)。结果显示,共纳入931例GNBSI事件,涉及818例患儿,中位年龄3.0(0.6, 8.5)岁。社区发病感染占62%(576/931),71%(661/931)的患儿存在合并症,60%(558/931)置入CVC。感染源以CVC(145/931, 16%)及尿源性(149/931, 16%)为主。11%(105/931)的感染发生于重症监护病房(ICU),另有11%(100/931)在ICU中发展为GNBSI。病原学分析显示,71%(659/927)的分离株为肠杆菌目细菌,其中22%(138/630)对三代头孢菌素耐药(3GCR)。在3GCR菌株中,47%(65/138)携带超广谱 β -内酰胺酶(ESBL)基因,以blaCTX-M-15(36%, 34/94)及blaSHV-12(11%, 10/94)较为常见。全组30d住院病死率为3%(32/931),3GCR肠杆菌目细菌感染患儿的死亡风险显著升高(校正优势比为3.2, 95%置信区间为1.6~6.4)。研究人员据此得出结论:儿童GNBSI多与医疗操作相关,且好发于5岁以下低龄群体。3GCR肠杆菌目细菌感染可显著增加不良预后风险。本研究结果为优化儿童GNBSI临床管理指南提供了重要循证依据,并为未来抗菌药物临床试验的优先方向提供了决策支持。

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