

# 二甲双胍与骨质疏松的关系

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**摘要：**骨质疏松和糖尿病是老年人常见的两种疾病，影响着老年人的健康、寿命和生活质量。糖尿病患者的高血糖、高胰岛素血症等病理变化，使骨代谢发生改变。而二甲双胍作为 2 型糖尿病的一线药物，具有降低血糖，改善脂代谢和胰岛素抵抗，减轻体重，改善血管内皮功能等作用，同时对骨髓间充质干细胞的分化，成骨细胞的增殖、分化、矿化以及抑制破骨细胞活性均发挥一定的作用。

**关键词：**二甲双胍；骨质疏松；骨代谢

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**Abstract:** Osteoporosis and diabetes mellitus are common diseases in the elderly, affecting health, lifetime, and life quality. Hyperglycemia, hyperinsulinemia, and other pathological changes caused by diabetes mellitus can change the bone metabolism. As the first line agent for type 2 diabetes mellitus patients, metformin can decrease blood glucose, ameliorate lipid metabolism and insulin resistance, decrease body weight, and ameliorate endothelial dysfunction effectively. Furthermore, metformin plays a certain role in the differentiation of bone marrow stem cell, in the proliferation and differentiation of osteoblasts, and in inhibition of the activity of osteoclasts.

**Key words:** Metformin; Osteoporosis; Bone metabolism

骨质疏松(osteoporosis, OP)是以骨量降低和骨组织微结构破坏为特征，导致骨脆性增加和易于骨折的代谢性骨病。糖尿病(diabetes mellitus, DM)和骨质疏松是影响老年人健康和寿命的两大常见疾病，两者有许多共同的危险因素，比如：老龄、缺乏体育锻炼。尽管 DM 是否是 OP 的危险因素仍无定论，但越来越多的观察性研究发现，糖尿病和骨折风险之间存在联系<sup>[1]</sup>。较之非糖尿病患者，T1DM 和 T2DM 患者骨折的风险均增加<sup>[2,3]</sup>。临床试验一致认为在 DM 患者，新骨的形成、骨内的微环境以及骨的质量都发生了改变<sup>[3]</sup>。OP 可能与 DM 患者的高血糖、高胰岛素血症、晚期糖基化终产物(advanced glycation endproducts, AGEs)在胶原中的沉积、血清 IGF-1 水平的降低、尿钙增高、肾衰竭、微血管病变、炎症状态等有关，DM 患者的跌倒倾向和并发症也与骨折风险的增高有关<sup>[4]</sup>。二甲双胍作为

T2DM 的一线用药，能有效地降低血糖，改善糖脂代谢和胰岛素抵抗，减轻体重，改善血管内皮功能，减少心血管危险因素，并具有一定程度的抗肿瘤作用。最近，越来越多的研究关注二甲双胍在骨代谢中发挥的作用。

## 1 二甲双胍与 OP 的流行病学研究

Vestergaard 等<sup>[5]</sup>进行了一项包括 124655 例骨折患者和 373962 例正常人的大型药物流行病学的病例对照研究，评估糖尿病不同的治疗措施对骨折的作用，二甲双胍的使用降低了各部位骨折的风险，调整骨折史、饮酒、吸烟等危险因素后，服用二甲双胍降低了 19% 的骨折风险(OR 0.81, 95% CI, 0.71 ~ 0.94)。Monami 等<sup>[6]</sup>的研究同样发现长期的二甲双胍治疗降低糖尿病患者的骨折风险，但两者之间并无明显的相关性。

Zinman 等<sup>[7]</sup>对参加 ADOPT 研究(A Diabetes Outcome Progression Trial)的研究对象，进行为期 1 年的随访，发现与服用罗格列酮组比较，二甲双胍显

著了降低破骨细胞活性的标志——I型胶原C端肽。罗格列酮、格列苯脲以及二甲双胍治疗组,成骨细胞活性的标志物——I型前胶原氨基末端肽(procollagen type I N-propeptide, P I NP)和碱性磷酸酶(alkaline phosphatase, ALP)也都有所下降,且二甲双胍治疗组的下降最明显。表明,二甲双胍影响骨的代谢。

## 2 二甲双胍的降糖作用以及减少 AGEs 的沉积

葡萄糖具有成骨细胞毒性,影响成骨细胞的增殖、分化。有研究发现<sup>[8]</sup>,DM 患者血清骨钙素(osteocalcin, OC)的浓度被高血糖所抑制,高浓度的葡萄糖抑制了成骨细胞合成 OC 的能力。二甲双胍的降低血糖逆转了高血糖对骨代谢的影响<sup>[9]</sup>。

晚期糖基化终末产物(Advanced Glycation End Products, AGEs)是以蛋白质、脂肪及核酸的氨基和还原糖(葡萄糖、果糖、戊糖等)为原料,在生理环境中发生非酶催化反应,生成的稳定的共价化合物。DM 患者由于长期的高血糖和代谢紊乱,体内 AGEs 蓄积过多。AGEs 的聚集可能与长期的高血糖以及肾功能损害有关。AGEs 堆积的主要靶点是结缔组织基质的组分,这种堆积改变了胶原的作用进而影响骨的功能。AGEs 及其受体抑制成骨细胞的骨生成作用,促进破骨细胞对骨的吸收<sup>[10]</sup>。在成骨细胞类细胞系 UMR106 和 MC3T3E1 中,AGE 修饰的白蛋白诱导细胞死亡、caspase-3 的激活,改变细胞内的氧化应激状态,抑制了 ALP 的活性。二甲双胍可能通过影响 AGE 受体进而抑制 AGEs 诱导的上述作用。在细胞培养中二甲双胍阻止 AGEs 诱导的成骨细胞的细胞凋亡和坏死以及 AGEs 诱导的活性氧的生成,由此说明,二甲双胍通过抑制 AGEs 对成骨细胞的毒副作用来发挥骨保护作用<sup>[11]</sup>。

## 3 二甲双胍对骨髓间充质干细胞分化诱导的作用

骨髓间充质干细胞是可分化为成骨细胞、软骨细胞、脂肪细胞等的多能干细胞,其分化受多种转录因子的调控。Molinuevo 等人发现<sup>[12]</sup>,在 SD 大鼠的骨髓祖细胞培养液中加入二甲双胍培养 15 天,诱导了骨髓间充质干细胞向成骨化分化成熟:增加了 ALP 的活性、I型胶原合成增加。21 天后出现细胞外矿化结节的沉积。在体内和体外实验均发现二甲双胍增加<sup>万方数据</sup>活性、I型胶原的合成、OC 的合成

以及骨髓间充质干细胞外钙的沉积。在大鼠体内,二甲双胍增加成骨细胞特异性转录因子 Runx2/Cbfa1 的表达以及 AMPK 的活性,并呈时间依赖关系。二甲双胍还可以促进糖尿病大鼠和非糖尿病大鼠骨病变的再生和修复。此外,在一定程度上,二甲双胍抑制罗格列酮诱导的骨髓间充质干细胞向脂肪组织的分化<sup>[12]</sup>。

## 4 二甲双胍对成骨细胞的作用

二甲双胍通过依赖阳离子转运的继发性主动运输到成骨细胞内。而高血糖可以通过增加阳离子转运体磷酸化,从而促进细胞对二甲双胍的摄取<sup>[13]</sup>。在大鼠原代成骨细胞的培养中,二甲双胍增加了细胞增殖、ALP 的活性、钙的沉积以及矿化结节的数目,降低了活性氧和抑制细胞凋亡<sup>[9]</sup>。

在 UMR106 和 MC3T3E1 两个成骨细胞样细胞系中,二甲双胍诱导了细胞的增生、分化和矿化,以及促进 I型胶原的合成、增加 ALP 的活性,且具有剂量依赖性。二甲双胍的这些作用可能通过诱导内皮型一氧化氮合酶(endothelial nitric oxide synthase, eNOS)和诱导型一氧化氮合酶(inducible nitric oxide synthases, iNOS),增加 NO 合成,以及细胞外信号调节激酶 1/2(extracellular signal-regulated kinase, ERK1/2)的激活和重新分配、促进骨形成蛋白 2(bone morphogenetic protein-2, BMP-2)的表达实现的<sup>[14,15]</sup>。然而在 ADOPT 研究的随访中发现,服用二甲双胍的 DM 患者,成骨细胞活性的标志物——P1NP 和 ALP 是下降的<sup>[7]</sup>。

Cbfa1 (osteoblast genes core-binding factor alpha1)基因能刺激成骨相关的 I型胶原、OC、骨桥蛋白基因的表达。Cbfa1 在完全分化的成骨细胞中持续存在,这一基因的激活被认为是各种干扰因素作用于骨形成中的转导机制。Lrp5(the low-density lipoprotein receptor related protein 5)属于低密度脂蛋白受体家族,是目前已知的在骨重塑中调节骨形成的标志。Lrp5 位于成骨细胞膜上,能诱导细胞内的级联反应,通过 Runx2 基因的激活调节骨形成。有研究发现二甲双胍通过诱导 Cbfa1 和 Lrp5 的表达,减少去卵巢大鼠(OVX 大鼠)的骨质丢失,增加骨的形成<sup>[16]</sup>。同样,二甲双胍也使得 OVX 大鼠骨髓细胞内 Cbfa1 和 Lrp 基因的表达的 mRNA 水平增高,调节骨髓细胞的分化<sup>[17]</sup>。

Runx2 是 runt domain 基因家族的成员,通过 ALP、OC 等促进间充质细胞或成骨前体细胞定向分

化为成骨细胞,进而在成骨细胞分化中起重要作用<sup>[18,20]</sup>。二甲双胍促进成骨细胞在葡萄糖溶液中Runx2和胰岛素样生长因子-1(Insulin-like Growth Factor, IGF-1)基因的表达<sup>[9]</sup>。二甲双胍通过激活AMPK,包括SHP、Runx2的表达以及增加OC基因的转录活性,诱导成骨细胞的分化。二甲双胍诱导SHP增加Runx2的基因结合活性,通过蛋白与蛋白相互作用,增加Runx2依赖的基因的表达。而SHP基因的表达由USF-1介导依赖于二甲双胍诱导的AMPK磷酸化。而在SHP基因敲除的小鼠中,二甲双胍诱导的成骨细胞分化被抑制。说明二甲双胍通过AMPK/USF-1/SHP信号通路的激活对成骨细胞的分化发挥作用<sup>[21]</sup>。

## 5 二甲双胍对破骨细胞的作用

破骨细胞是特异分化的巨噬多核细胞,其分化受巨噬细胞集落刺激因子、RANK(receptor activator of NF-kappaB)、骨保护素(osteoprotegerin, OPG)的调节。RANKL(receptor activator of NF-kappaB ligand)、OPG主要是由成骨细胞分泌的细胞因子,在调节破骨细胞的分化和功能中起重要作用。RANKL与破骨细胞或前体细胞膜上的RANK结合,发挥诱导破骨细胞的分化、活化。而OPG可与RANKL结合,抑制破骨细胞的生成。RANKL和OPG之间的平衡在骨代谢中发挥重要的作用。Lrp5基因可通过作用于RANK-RANKL和OPG通路,调节成骨与破骨之间的平衡<sup>[22]</sup>。在小鼠颅骨成骨细胞和MC3T3-E1细胞中,二甲双胍促进OPG的合成,降低RANKL的表达,且呈剂量依赖关系。OPG的表达中AMPK信号通路发挥重要作用<sup>[23]</sup>。相同的,相对于正常对照,T1DM血清OPG水平明显降低<sup>[24]</sup>。在体外实验,二甲双胍抑制RANKL诱导的破骨细胞分化<sup>[16]</sup>。在ADOPT研究的随访发现<sup>[7]</sup>,与服用罗格列酮组比较,二甲双胍显著地降低了破骨细胞活性的标志——I型胶原C端肽。然而,Bak等人报道二甲双胍对VitD3、脂多糖和前列腺素E诱导的破骨细胞生成无明显作用<sup>[25]</sup>。

此外,另一种常用口服降糖药物罗格列酮有减少骨的再生、降低成骨细胞和骨细胞的密度、抑制骨髓祖细胞的定向分化,增加PPAR $\gamma$ 的表达、降低Runx2/Cbfa1的表达等对骨组织的副作用。最近有研究说明,在啮齿类动物模型中,二甲双胍不仅可以在体内外诱导骨生成,而且,二甲双胍与罗格列酮联合应用可减轻罗格列酮对骨组织的上述副作用。<sup>[26]</sup>

综上所述,二甲双胍在一定程度上可以降低DM患者骨折风险,在OP中发挥重要作用。二甲双胍降低血糖,减少AGEs在胶原中的沉积,同时对骨髓间充质干细胞的分化,成骨细胞的增殖、分化、矿化以及抑制破骨细胞活性均发挥一定的作用。而二甲双胍对骨代谢的作用机制尚需进一步深入研究。

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