

·论著·

骨密度对骨质疏松性椎体压缩性骨折PKP术后骨折再发风险的评估价值

叶向阳¹ 汤立新¹ 程省¹ 赵玉果¹ 甄平^{2*}

1. 河南省南阳市中心医院骨科一病区,河南 南阳 473000

2. 兰州军区兰州总医院全军骨科中心,甘肃 兰州 730050

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摘要: 目的 探讨骨质疏松性椎体压缩性骨折(OVCF)患者椎体后凸成形术(PKP)后发生再骨折的影响因素,分析骨密度(BMD)对预测骨折再发的临床价值。方法 前瞻性的队列研究纳入我院208例确诊的OVCF并行PKP手术的患者,初次骨折时检测患者骨密度值(BMD)并记录相关临床资料,术后随访2年以上,以患者骨折再发为随访终点事件。采用Kaplan-Meier分析及多元Cox回归模型进行骨折再发的危险因素分析,受试者工作特征(ROC)曲线用于评估BMD对骨折再发的预测价值。结果 208例OVCF患者PKP术后2年内出现骨折再发共37例(17.8%)。Cox回归分析显示性别、BMD值以及初次双节段骨折是患者骨折再发的独立危险因素。以BMD为预测标准,ROC曲线下面积为0.787,诊断临界点为-3.0SD,灵敏度及特异度分别为83.2%和66.8%。Kaplan-Meier分析结果示BMD-T值<-3.0 SD的OVCF患者PKP术后骨折再发率较BMD-T值>-3.0 SD更高($P=0.024$)。结论 骨密度对OVCF患者PKP术后骨折再发的风险具有重要评估价值,尤其对于BMD-T值≤-3.0SD者,在行PKP术时应充分考虑到其术后骨折再发的高风险性。

关键词: 骨质疏松性椎体压缩性骨折; 骨密度; 椎体后凸成形术

The predictive significance of bone mineral density on re-fractures after percutaneous kyphoplasty in patients with osteoporotic vertebral compression fractures

YE Xiangyang¹, TANG Lixin¹, CHENG Sheng¹, ZHAO Yuguo¹, ZENG Ping^{2*}

1. Department of Orthopedics I, Nanyang City Center Hospital, Nanyang 473000, China

2. Military Center of Orthopedics, Lanzhou General Hospital of Lanzhou Military Region, Lanzhou 730050, China

Corresponding author: ZENG Ping, Email:zhenpingok@163.com

Abstract: **Objective** To explore the risk factors for re-fracture after percutaneous kyphoplasty (PKP) in patients with osteoporotic vertebral compression fractures (OVCF), and to evaluate the value of bone mineral density (BMD) as a prognostic indicator for re-fracture. **Methods** A prospective cohort study including 208 patients, who had osteoporotic vertebral compression fractures and had PKP performed in our hospital. BMD was measured and other general clinical data were also collected and analyzed. All patients were followed up for more than 2 years. The occurrence of re-fracture or death was defined as the end-point event. Kaplan-Meier analysis and multivariate Cox regression model were used for the analysis of risk factors. Receiver operating characteristic curve (ROC curve) was used to evaluate the predictive value of BMD. **Results** Among all the 208 patients, 37 (17.8%) were re-fractured in 2 years. Cox regression analysis showed that BMD, gender, and initial double segment fractures were independent and important predictors for re-fracture. Using BMD as a forecast standard, the ROC area under the curve (AUC) was 0.787, and diagnose critical point was -3.0SD. The sensitivity and specificity were 83.2% and 66.8%, respectively. Kaplan-Meier analysis revealed that patients with BMD-T level ≤ -3.0SD had a higher re-fracture rate than patients with BMD-T level > -3.0SD. **Conclusion** BMD level was an effective and suitable predictor for re-fracture in patients with OVCF after PKP, and the high risk of re-fracture after PKP should be considered especially when patients' BMD-T level ≤ -3.0SD.

Key words: Osteoporotic vertebral compression fractures; Bone mineral density; Percutaneous kyphoplasty

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* 通讯作者: 甄平,Email:zhenpingok@163.com

骨质疏松性椎体压缩性骨折(osteoporotic vertebral compression fractures, OVCF)是骨质疏松性

疾病中常见的疾病之一^[1]。传统治疗方法如支具外固定、卧床休息等措施不仅治疗效果不理想,同时容易增加骨质脱钙疏松,形成恶性循环,严重影响患者的生活质量^[2,3]。近年来新的微创技术如经皮椎体成形术(percutaneous vertebroplasty, PVP)以及经皮椎体后凸成形术(percutaneous kyphoplasty, PKP)等在OVCF的治疗中广泛开展,取得满意的临床疗效^[4,5]。与PVP相比,PKP能够通过球囊扩张更好地恢复患者的椎体高度,同时降低骨水泥的渗漏率,安全性更高,进一步扩展了手术的适应证。随着PKP手术的广泛普及,其术后椎体骨折再发的报道越来越多,逐渐引起了学者的重视^[6]。有文献^[7,8]报道,骨质疏松性椎体压缩性骨折PKP术后骨折再发率为8%~20%,甚至个别报告高达42.6%。多项研究^[9-11]证实骨密度(bone mineral density, BMD)是影响OVCF术后骨折再发的危险因素之一。但是关于BMD对OVCF术后骨折再发风险的预测及评估方面的研究并不多见,本研究拟从该角度探讨,以期为临床诊治提供科学的参考。

1 资料和方法

1.1 临床资料

选取本院2011年5月至2014年6月于我院行PKP术的208例OVCF患者为研究对象。纳入标准:(1)年龄≤80岁;(2)术前受伤时间为2周内新鲜骨折;(3)术前均经X线、CT或MRI进行诊断;(4)术后能定期进行有效的随访。排除标准:(1)肝肾功能异常者;(2)凝血障碍性疾病者;(3)患有手术禁忌症者;(4)脊柱原发性及移位性肿瘤。全部患者由同一手术组医生行PKP术,并在出院后进行定期随访2年以上,根据术后随访过程中是否出现新发骨折,分为新发骨折组和无新发骨折组。新发骨折的诊断标准:1)患者行PKP术后原有症状已获得缓解后再次出现胸腰背等部位疼痛或其他临床症状;2)起床或翻身等动作时疼痛明显加重;3)复查X线、CT或MRI示新鲜骨折,同时排除其他疾病。

1.2 研究方法

1.2.1 手术方法

采用C型臂X线机对穿刺点与正中线距离进行定位,将穿刺点皮肤切口,在正位透视下选择穿刺点,穿刺点位于棘突旁2~3cm横突上缘上关节突外侧椎弓根外侧壁处,穿刺针与人体矢状面夹角为20°角,手术过程中采用双向透视观察穿刺方向,并根据进针深度及穿刺抵达骨皮质,当穿刺针未超过

椎弓根时,针尖应位于椎弓根透影“牛眼征”之内。穿刺到位后依次置入导针、扩张管及工作套管,置入球囊扩张系统扩张,取出球囊,在C型臂X线机透视下注入骨水泥,并观察骨水泥扩散方向,待骨水泥溢出椎体时,旋转套管及穿刺针,防止骨水泥扩散。术后早期鼓励患者下床适当活动,术后3天予以复查CT或者X线片,检查椎体内骨水泥的渗漏情况,同时辅助患者腰背肌得功能康复训练,术后常规抗骨质疏松治疗,直到患者椎体的BMD值恢复至正常水平,嘱患者均衡饮食,避免不良饮食习惯,多进食含钙食物,避免摄入食用铁剂。

1.2.2 观察指标

收集所有患者的性别、年龄、BMI、腰椎BMD T值、初次至骨折再发的间隔时间、骨水泥的注入量、术后并发症(如肺栓塞、骨水泥渗漏及神经损伤等)、术前/术后的椎体前缘高度、术前/术后的后凸畸形角度以及原发骨折的节段数等。其中BMD T值测定方法:采用双能X线吸收(DXA)法^[12]测定患者的BMD T值,判断标准如下:正常BMD组:T值为1~-1SD,低BMD:-1.0~-2.5SD,骨质疏松症:<-2.5 SD。

1.3 统计学方法

采用SPSS 20.0软件进行统计学分析,计量数据以($\bar{x} \pm s$)表示,计数资料采用百分数表示,单因素分析采用t检验/ χ^2 检验,Kaplan-Meier法计算累计事件率,Cox多元回归分析危险因素。受试者工作特征(ROC)曲线评判指标的预测价值,以 $P < 0.05$ 为有统计学意义。

2 结果

2.1 一般数据

对纳入研究的208例患者进行有效随访,随访时间至少2年,其中男性52例,女性166例,所有患者的平均年龄为(68.72 ± 6.9)岁,随访期间共发生37例新发骨折,骨折再发率为17.8%,骨折部位发生在原发骨折相邻椎体者24例(64.9%),其他部位13例(35.1%),骨折再发时间为3月~28个月,平均(13.6 ± 4.3)月。

2.2 OVCF患者PKP术后骨折再发的单因素分析

将出现新发骨折的37例列为新发骨折组,其余患者列为无新发骨折组,单因素分析结果提示新发骨折组与无新发骨折组患者在年龄、BMI值、骨水泥的注入量、骨水泥向椎间盘渗漏数、椎体前缘高度的恢复率以及术后后凸畸形角度比较,差异均无统计

学意义($P > 0.05$)，而在性别、BMD值以及初次双节段骨折数上的差异存在显著统计学意义($P < 0.05$)，其中新发骨折组的BMD值为(-4.12 ±

0.62)SD，而无新发骨折组的BMD值为(-2.8 ± 0.59)SD。见表1。

表1 新发骨折组与无新发骨折组患者一般资料比较

Table 1 Comparison of general characteristics between the re-fracture group and the non-re-fracture group

指标	新发骨折组(n=37)	无新发骨折组(n=171)	P
性别(男/女)	4/33	48/123	0.012
年龄(岁)	68.3 ± 7.5	69.4 ± 7.8	0.684
BMI(kg/m ²)	23.43 ± 4.55	22.61 ± 4.83	0.184
BMD(T值, SD)	-4.12 ± 0.62	-2.8 ± 0.59	<0.001
初次双节段骨折数[n(%)]	22(59.5)	29(16.9)	<0.001
骨水泥注入量(mL)	3.56 ± 1.05	3.69 ± 0.92	0.213
椎间盘渗漏数[n(%)]	5(13.5)	11(6.4)	0.254
椎体前缘高度恢复率(%)	2.66 ± 0.31	2.86 ± 0.57	0.321
术后后凸畸形角度(°)	13.24 ± 1.67	14.86 ± 1.77	0.178
接受规范抗骨质酥松治疗(%)	34(91.9)	170(99.4)	0.537

2.3 骨密度对OVCF患者PKP术后骨折再发的预测

ROC曲线显示，骨密度值对骨质疏松性椎体压缩性骨折PKP术后患者骨折再发具有预测意义：ROC曲线下面积(AUC)为0.787，诊断的临界点为-3.0SD，在此临界点诊断的灵敏度和特异度分别为：83.2%和66.8%，见图1。

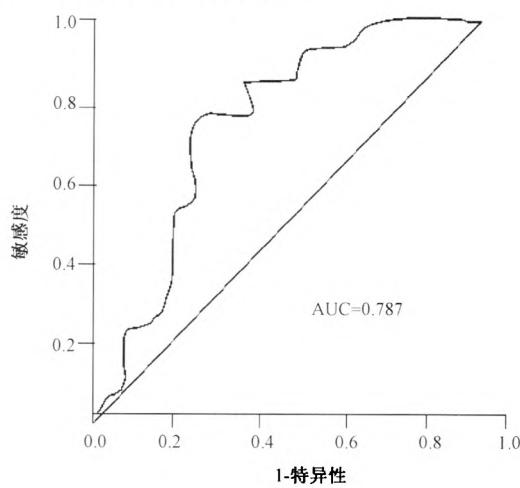


图1 骨密度对OVCF患者PKP术后骨折再发的预测的ROC曲线

Fig. 1 The ROC curve of BMD for the prediction of re-fracture after PKP in patients with OVCF

2.4 骨密度对OVCF患者PKP术后骨折再发率的影响

根据2.3中ROC曲线的诊断界点-3.0SD，将患者分为>-3.0SD和≤-3.0SD两组，采用Kaplan-Meier法进行两组患者骨折再发率的比较，

≤-3.0SD组患者的骨折再发率显著高于>-3.0SD组，并用Log-Rank检验结果得出统计量为 $\chi^2 = 4.531$, $P = 0.024$ ，两组患者骨折再发率的差异具有统计学意义，两组的骨折再发率曲线见图2。

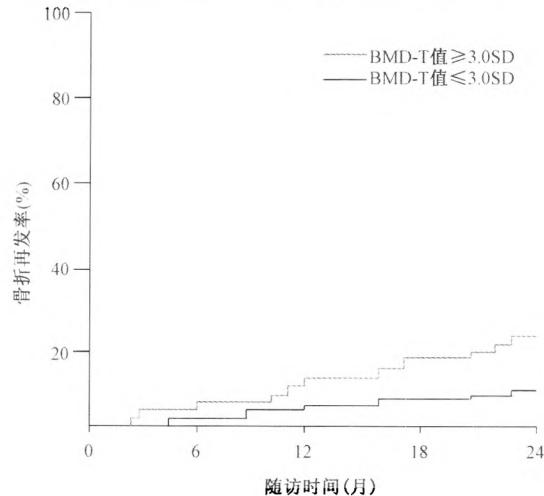


图2 骨密度预测OVCF患者PKP术后骨折再发事件曲线

Fig. 2 The event curve of BMD for the prediction of re-fracture after PKP in patients with OVCF

2.5 OVCF患者PKP术后骨折的多因素Cox分析

将性别、BMD值以及初次双节段骨折数等因素作为自变量代入Cox比例风险模型，调整上述各种因素影响后，与BMD-T值>-3.0SD组相比，BMD-T值<-3.0SD患者的骨折再发风险显著增加(RR = 1.234, $P = 0.018$)，且独立于性别和初次阶段骨折数。

表2 OVCF患者PKP术后骨折的多因素Cox分析

Table 2 The multivariate Cox regression analysis of re-fracture after PKP in patients with OVCF

变量	赋值方法	RR	P值	95% CI
性别	女性;男性	1.926	0.012	1.191-4.265
BMD-T值	>-3.0 SD; <-3.0 SD	1.234	0.018	1.126-4.456
初次节段骨折数	≥2节段; <2节段	1.562	0.034	1.263-5.241

3 讨论

PKP是脊柱椎体强化手术治疗的有效手段之一,其能够在一定程度上改善椎体的生物力学特性,缓解椎体对周围组织以及神经的压迫程度,对骨质疏松性椎体压缩性骨折的疗效满意,但同时术后骨折再发的风险也同样引起骨科医生的关注。目前关于PKP术后骨折再发的主要原因并没有统一明确的认识,多数学者认为OVCF椎体强化手术后骨折再发可能与骨质疏松症的原发进展和手术对椎体自身特定及周围环境的改变等综合因素有关。但是至于原发疾病和手术谁才是OVCF椎体强化手术后骨折再发的关键因素目前仍存在不少的争议。有研究^[13]认为包括PKP在内的椎体强化手术与保守治疗相比会增加术后骨折再发的风险。然而多数研究结论却与之相反,如荟萃分析^[14,15]结果显示椎体成形术相较于保守治疗而言并不增加OVCF术后骨折再发的风险,且PVP和PKP治疗OVCF术后骨折再发的发生率显著低于非手术治疗。因此目前研究结果更倾向于OVCF术后骨折再发可能是骨质疏松症自然进展的表现之一。因此骨质疏松程度有可能是影响OVCF患者PKP术后骨折再发的重要危险因素之一。骨密度是反映骨质疏松症的重要临床指标之一,因此研究骨密度对OVCF患者PKP术后骨折再发风险的评估和预测价值显得尤为重要。

本研究结果表明骨密度与性别、初次节段骨折数等因素一样是OVCF患者PKP术后骨折再发的独立危险因素之一,这一研究结果与既往多数研究结果相一致。如唐政杰等^[7]对458例OVCF患者行PKP术后随访发现体重指数低、基础陈旧椎体骨折数目多以及骨密度的t值低是骨折再发共同的危险因素。而宁磊等^[11]研究认为骨质疏松程度、女性以及初次节段双节段骨折是导致OVCF患者PKP术后骨折再发的主要原因。上述研究结果充分说明骨密度对OVCF患者PKP术后骨折再发率的影响,为此本研究进一步分析了骨密度在预测OVCF患者PKP术后骨折再发中的价值及其对骨折再发率的影

响,结果表明骨密度值对骨质疏松性椎体压缩性骨折PKP术后患者骨折再发具有预测意义,且骨密度T值≤-3.0SD的患者其PKP术后出现骨折再发的风险显著增加。骨密度是评估OVCF患者骨质疏松程度的一个重要指标之一,有文献^[16]报道OVCF患者每增加1%的骨密度,其椎体发生压缩性骨折的相对风险就能降低3%。Yoo等^[17]研究发现骨密度是影响OVCF患者椎体成形术后骨折再发的重要危险因素,术前低骨密度的OVCF患者其术后骨折再发的概率显著增高,同时通过系统的抗骨质疏松治疗能显著降低骨折再发的发生率^[18,19]。华俊等^[20]研究认为严重的骨质疏松程度不仅影响PKP手术的治疗效果,同时其治疗后的骨折再发率也显著高于骨质疏松程度轻者。甚至有研究^[21]认为低骨密度是椎体成形术后椎体出现骨折再发的唯一因素。这充分显示了骨密度在评估OVCF患者PKP术后骨折再发风险中的价值。

综上所述,骨密度对OVCF患者PKP术后骨折再发的风险具有重要的评估价值。因此对于低骨密度的OVCF患者,尤其是骨密度T值≤-3.0SD者,在行PKP术时应充分考虑到其术后骨折再发的高风险性,在术后做好规范的抗骨质疏松治疗,同时在随访中密切观察患者的症状,出现新发的胸背部疼痛等情况时应首先考虑骨折再发的可能性,及早予以治疗,提高患者的生活质量。

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