

· 综述 ·

含钙肾结石与骨密度之间关系的研究现状

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摘要: 肾结石中最常见的类型为含钙肾结石。含钙肾结石和骨密度降低都存在钙的代谢紊乱,而导致钙流失。研究认为骨密度降低是肾结石形成的危险因素,含钙肾结石与骨密度降低存在潜在关系。在调查中发现,肾小管酸中毒、基因(CLDN14 和 CYP24A1)、骨桥蛋白、细胞因子和雌激素缺乏等因素在两者中共同存在,但两者之间的关系暂无研究予以说明。本文主要通过相关因素对含钙肾结石与骨密度之间的潜在关系进行阐述,希望对未来关于两者之间的研究和临床诊疗提供一些必要的帮助。

关键词: 含钙肾结石;骨密度降低;骨质疏松;高钙尿

Current status of calcium-containing kidney stones and bone mineral density

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Abstract: The most common type of kidney stone is calcium-containing kidney stones. Calcium-containing kidney stones and decreased bone mineral density have calcium metabolic disorders, which lead to calcium loss. Studies have shown that decreased bone mineral density is a risk factor for the formation of renal stones, and there is a potential relationship between calcium-containing renal stones and decreased bone mineral density. In the investigation, it was found that renal tubular acidosis, gene (CLDN14 and CYP24A1), osteopontin, cytokines and estrogen deficiency co-exist between them, but the relationship between them has not been specifically explained. This article mainly expounds the potential relationship between calcium-containing kidney stones and bone mineral density through related factors, hoping to provide some necessary help for the future research and clinical diagnosis and treatment between them.

Key words: kidney stones; bone mineral density; osteoporosis; hypercalciuria

肾结石是一种多危险因素所造成的主要在肾盂、肾盏及肾盂和输尿管连接部发生矿物质代谢紊乱的全球性疾病,以含钙肾结石为主,高钙尿为主要表现,其患病率有逐年上升的趋势。美国一项国家健康和营养调查^[1]中指出肾结石男性患病率为 10.6%,女性为 7.1%。其对国民经济及人民生活质量造成了巨大的影响。骨密度降低主要表现为骨质疏松症,是一种常见的、异质性代谢性骨骼疾病,也可以表现为钙尿增加。骨的主要成分为钙,有研

究^[2]表明肾结石的高钙尿是由于骨密度降低引起的,似乎骨密度降低或骨质疏松和含钙肾结石存在某种潜在的关系,但是两者之间的关系目前并没有研究予以说明。本文就近几年对骨质疏松症或者骨密度降低与肾结石之间关系的研究现状展开综述,以便为肾结石临床诊疗提供相应的参考。

1 含钙肾结石与骨密度

流行病学研究表明,与普通人相比,钙肾结石患者的骨密度降低更为显著,并且骨密度降低同时也会增加结石形成的概率。多项研究^[3-4]发现无论是成人还是儿童,骨密度降低或者骨质疏松都会增加含钙肾结石的发生,并且在 CT 上观察到含钙肾结

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石患者骨密度降低的情况占 55.6%^[5],这种现象在复发性含钙结石患者中表现得尤为突出^[6]。以上可充分说明骨密度降低或骨质疏松症可以增加含钙肾结石形成的风险,并且存在某种潜在关系。

2 潜在联系

2.1 肾小管酸中毒

肾小管酸中毒(RTA)实质是肾小管对H⁺和HCO₃⁻的吸收障碍,同时又存在肾小管功能的改变。在一项对183例骨质疏松症患者进行严格的肾小管异常酸化检查^[7]中,发现有23%患者存在不完全远端肾小管酸中毒(idRTA),并且通过碱性治疗的患者骨密度降低有所缓解。长期的慢性酸中毒可以增加骨的溶解,导致骨钙的流失,进而发生高钙尿。而肾小管酸中毒不仅可以增加钙尿的排泄,同时也有助于形成钙肾结石。骨密度降低和含钙肾结石与高钙尿都存在着关系,似乎高钙尿是两者之间的纽带,这或许是研究两者之间关系的突破口。

高钙尿和两者之间的关系或许可以用骨吸收标志物空腹钙/肌酐和β-crosslaps升高来解释,因为空腹钙/肌酐比值超过0.25,肾结石患者骨密度降低的风险就会增加3.8倍^[8],在复发性含钙结石患者中骨代谢明显加快而β-crosslaps和骨钙素也显著升高^[9]。此外特发性高钙尿患者激活护骨素(OPG)、核因子κB受体激活剂配体(RANKL)和核因子κB受体激活剂(RANK)(OPG/RANKL/RANK)的信号传导途径增加了骨吸收而导致骨密度降低。

2.2 基因

Thorleifsson等^[10]对来自冰岛和荷兰的3 773例肾结石病例和42 510例对照组进行了全基因组关联研究,发现携带CLDN14基因序列同义变异的患者结石发生风险是未携带者的1.64倍,这种变异表达在调节近端肾小管细胞旁的通透性,同样这种变异与髋部和脊柱骨密度降低相关。在一项对27 061名研究对象进行三阶段全基因组关联(GWA)Meta分析^[11]中,确定CLDN14基因对于骨代谢有潜在的关系,另一项研究^[12]也证实CLDN14基因表达会导致骨密度降低或骨质疏松症的发生。血钙升高时通过CaSR的介导调控CLDN14基因蛋白在粗大的Henle升支上表达,而降低对Ca²⁺的通透性,抑制钙的吸收,从而导致高钙尿,并且随着血钙的升高而表达增加^[13-14]。Guha M等^[15]的研究更详细的说明了CLDN14基因的rs219778、rs219780(Thr229Thr)与肾结石显著相关。CLDN14基因表达可被甲状旁腺

素(PTH)抑制而减少尿钙的排泄^[16]。CLDN14在两者形成中都起到了作用,但其具体所调控某个或某些因素进而与两者有关联,还不得而知。

CYP24A1基因的突变对于骨密度和含钙肾结石的影响,最多的解释是CYP24A1突变时无法使骨化三醇失活,而骨化三醇可作用于破骨细胞前体来刺激破骨细胞的形成和分化,另外造成维生素D的浓度增加,来促进肾脏和肠道对血清钙的吸收,导致骨密度降低^[17]和明显的肾钙沉^[18]。对于CYP24A1基因突变形成的含钙肾结石患者,应该控制维生素D的摄入,来减少结石复发和骨密度持续降低的可能。

2.3 骨桥蛋白和细胞因子

骨桥蛋白(OPN)是由骨细胞产生的一种非胶原性细胞外基质糖基化磷酸化蛋白,参与体内多种细胞活动(粘附、迁移和炎症反应等)和骨的形成、吸收及改建。OPN是骨组织之间重要的支架,起到了支持骨强度和抗折性的重要作用,与骨密度呈负相关。肾小管上皮细胞基底膜形成含钙结晶的同时,肾小管上皮细胞向成骨细胞转化,并证实OPN表达增加^[19]。OPN有很强的负离子作用,能够很好的与钙离子结合,当OPN表达增加或者含量升高会结合更多的钙,进而导致钙的大量流失;一方面肾内钙结晶形成增加,另一方面导致骨密度降低。

在Randall斑块全基因表达谱研究^[20]中,炎症细胞因子在Randall斑块中过度表达。某些细胞因子的增加也可能使钙肾结石患者中骨密度降低,例如IL-1、IL-6、TNF-α、GM-CSF,而且这些因子参与成骨细胞和破骨细胞的调节,当炎症细胞因子增加时会导致骨钙负平衡增加,即骨吸收大于骨的形成。这些因子通过过量的一种或两种RANKL和RANK来增加骨吸收,而细胞因子本身直接或者间接诱导破骨细胞的高度表达,如IL-1通过组织细胞凋亡,延长破骨细胞的存活时间而增加骨吸收;而IL-6可以直接诱导破骨细胞的形成和骨吸收,同时诱导骨细胞RANKL和OPG的表达,这些在高钙尿患者中表现得尤为突出^[21],同样增加了肾结石形成和骨密度的降低^[22-23],也证实IL-6阻断剂可以改善局部骨质流失的现象^[24]。

2.4 疾病

无症状尿路结石在β地中海贫血症患者中约占59%,56%肾结石患者的含钙肾结石占31%,并且含钙肾结石患者股骨颈骨密度降低^[25]。β地中海贫血是由于β珠蛋白链突变引起的疾病,重度地

地中海贫血患者会出现骨髓扩张和骨畸形等症状,形成骨钙代谢异常,导致骨密度降低。患者接受去铁治疗导致肾小管功能改变、血肌酐升高、铁蛋白丢失而出现高钙尿。长期输血引起尿液pH值的降低,这又是引起含钙肾结石形成的另一危险因素。因此地中海贫血患者出现含钙结石和骨密度的降低,与其本身疾病的性质有关外,还和长期治疗过程中出现的某些功能的改变有关,但是具体的机制还不清楚。

2.5 生酮饮食

生酮饮食(KD)是用于治疗儿童癫痫的一种疗法。长期随访发现,生酮饮食治疗(KDT)会使儿童骨折率增加。同时队列研究^[26]也发现患者中出现高于正常发病率的肾结石形成者。生酮饮食中高脂肪的摄入导致体内甘油三酯增多,患者尿酸增多,尿pH值下降而诱导钙盐在肾脏的聚集沉积。

3 绝经后女性含钙肾结石与骨密度之间的关系

与其他研究不同的是,绝经后女性体内某些激素的变化可能是影响结果的最大因素,流行病学结果表示绝经后女性可能存在高的肾结石形成风险,但仍然存在不同的研究结果。在女性含钙肾结石患者中,骨密度降低的频率随着年龄的增长而迅速增加,60岁及以上患者的低骨密度发生率可达41.7%^[27]。而在一项长达8年关于妇女健康倡议(WHI)的数据调查^[28]中发现,绝经后妇女尿路结石和多个骨骼部位骨密度的变化没有明显的关联。

对于绝经后的女性来说,与未绝经女性相比,影响最大的就是雌激素水平,40岁以后由于卵巢功能不全而影响骨代谢平衡。雌激素主要影响富含骨小梁的骨,能够抑制破骨细胞的分化,促进成骨细胞的形成^[29],并且缺乏雌激素可以抑制肠道钙吸收又直接促进骨吸收^[2]。研究^[30]表明雌激素可调节成骨细胞和破骨细胞的T细胞调节,促进I型胶原的产生和成骨细胞的存活,维持骨吸收和骨形成之间的平衡。有机阴离子转运蛋白1(OAT-1)是肾近端小管基底膜外侧膜的多特异性转运蛋白,雌激素受体α(ER-α)激活了转录因子CCAAT盒结合转录因子和异质性核糖核蛋白K,进而结合并启动了OAT-1启动子的活性而发挥转运离子的作用^[31],另外雌激素对瞬时感受器电位阳离子通道V5(TRPV5)也有调节作用^[32]。此外雌激素可通过经典的ER-α和G蛋白偶联的雌激素受体-1(GPER-1)刺激人肾小管

上皮细胞的增殖^[33]。当雌激素缺乏时,OAT-1和TRPV5表达减少,阻碍肾小管上皮细胞增殖,钙离子吸收出现障碍,导致高钙尿形成,同时增加了骨密度的降低风险。此外雌激素通过内质网产生更多的活性氧(ROS),对肾脏草酸钙晶体(CaOx)沉淀具有保护作用^[34]。

然而一项Meta分析^[35]表示绝经后的激素状态与肾结石形成风险并没有相关性,这一点似乎和WHI的调查不谋而合。当然出现这种现象可能并不是偶然,或许和人种及种族有关,需在未来的研究中进一步予以证实。

4 治疗

双膦酸盐可能是通过影响尿中钙结石形成的促进剂或者抑制剂的排泄,来改变尿液成分,实现减少骨密度降低者钙肾结石形成的风险^[36],同时减少骨吸收,改善骨密度降低^[18]。

噻嗪类药物作用于远端肾小管和近端小管,增加钙的吸收,从而减少尿钙的排泄。噻嗪类药物和柠檬酸盐共同使用也是被广泛推广的疗法,此疗法不仅可治疗钙结石还可以通过减缓骨质流失和增加骨质矿化,改善骨密度降低^[37-38]。柠檬酸盐是骨骼的组成部分,具有维持骨骼纳米和微观结构完整性功能^[39]。使用柠檬酸钾时要注意形成低钾的风险。

最近一项研究^[40]将成骨细胞移植到骨质疏松的大鼠体内,并恢复了骨重建周期的动态平衡。此研究最明显的效果就是逐渐修复成骨细胞和破骨细胞之间的平衡,但还需要长期临床试验证明是否对骨密度降低和减少含钙结石的发生产生效果。

5 总结与展望

骨密度降低或骨质疏松症会增加含钙肾结石形成的风险,这点已被大多数人所肯定,但只是停留在两者存在的频数关系。临床诊疗中发现骨密度降低的患者应关注其含钙结石的初发生以及结石复发的可能,可借助空腹钙/肌酐比值和细胞因子等标志物辅助诊断,做到早发现、早治疗,尽早解决患者痛苦以及较少经济支出。骨密度降低与含钙肾结石之间的具体机制关系,是否可以从高钙尿或以其他相关共同存在的因素为桥梁进行研究,尚需更加深入的相关分析。

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