

环境与先天泌尿系统畸形的若干问题

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[摘要] 肾脏及泌尿系统的发育受基因-环境-生活方式等多重因素(包括内因和外因)的影响,其中外因主要是指环境因素。该文针对与先天性泌尿系统畸形相关的环境因素进行综述,得出的结论是:先天性泌尿系统畸形的发生与低出生体重、母孕期疾病、胎盘功能不良、母孕期不良药物摄入、母孕期环境杀虫剂暴露、气候等因素相关,并可受到居住环境、家庭收入和教育程度等社会经济因素的影响。

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[关键词] 先天泌尿系统畸形; 环境; 肾脏

Environment and congenital urinary malformations

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Abstract: The development of the kidneys and other organs of the urinary tract follows the natural rule of gene-environment-lifestyle interaction. Both intrinsic and extrinsic factors may be associated with the etiology of various kinds of urinary malformations, but the environmental factor is an extrinsic factor. Related literatures were reviewed in this paper, which focuses on the association of congenital urinary malformations with possible environmental factors. It is concluded that urinary malformation is associated with low birth weight, maternal disease, placental insufficiency, maternal drug exposure, and maternal exposure to environmental pesticides. Living environment and socioeconomic factors may also influence the incidence of urinary malformation. [Chin J Contemp Pediatr, 2014, 16(4): 339-344]

Key words: Congenital urinary malformation; Environment; Kidney

人肾脏及泌尿系统的发育在胚胎妊娠 34~36 周前完成^[1-2], Potter 等^[3]根据解剖学和组织学特性将泌尿系统先天畸形总结为四大类,即肾脏不发育、肾脏发育不全、肾脏发育不良、尿道发育畸形。在胚胎发育过程中的各种内源性和外源性因素均可能影响肾脏和泌尿系统的发育而导致泌尿系统先天畸形,本文仅着重讨论环境与肾脏泌尿系统发育畸形的若干问题。

1 低出生体重与泌尿系畸形

环境因素,包括胚胎所处的微环境以及怀孕

母体所处的外环境,均可导致新生儿出生体重低于正常。低出生体重(low birth weight)与多种先天性泌尿系统发育畸形相关^[4],其中最主要的是先天性肾小球数量减少和小肾脏^[5],这些都将增加出生后罹患进行性肾脏疾病的风险。动物实验证实宫内发育迟滞(intrauterine growth restriction, IUGR)新生猪的肾小球及肾单元数量比正常对照组减少了 43%,且这一改变与出生体重的减少呈正相关^[6]。Hughson 等^[7]的临床肾活检研究亦发现出生体重是人类肾小球数量和肾脏大小的主要决定因素之一,出生体重每增加 1 kg,每个肾脏的肾单元数量将增加约 260 000 个;该研究小组在随后的

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一系列研究中还发现, 出生体重和性别可作为预测新生儿肾小球数量的指标, 而新生儿肾小球数量与人种无关^[8]。另一种与 IUGR 明显相关的泌尿系统畸形是先天性尿道下裂, 有研究显示 2000 年新生儿重症监护病房 (neonatal intensive care unit, NICU) 住院患儿中, 合并尿道下裂的患儿占 IUGR 患儿的 4%, 该发病率与 1987 年相比增加了 10 倍, 这一发病频率的明显升高提示环境因素可能是其中的主要影响因素之一^[9-10]。另外, 环境因素导致的甲状腺疾病也可导致低出生体重。从胚胎期开始, 甲状腺激素 (thyroid hormone, TH) 就在人类组织器官的发育中起着重要作用^[11], TH 缺乏将导致几乎所有重要脏器的发育障碍, 孕妇、胎儿、新生儿是最易受到环境污染影响和体内 TH 影响的人群, 目前已证实有多种环境污染物会导致体内 TH 水平的降低^[12-13], 特别是生活环境中碘的缺乏会大大影响 TH 的合成, 居住环境中碘的缺乏会导致地方性甲状腺肿, 而患有地方性甲状腺肿疾病的妇女所生的新生儿则普遍表现为低出生体重^[14]。

2 胎盘功能与泌尿系畸形

胎儿的发育对其所处的环境变化非常敏感, 而胎儿所处的环境则与孕母的身体状况和胎盘功能密切相关。Barker^[15]在 1995 年曾提出“胎儿发育程序学说”, 即胚胎发育过程中的环境变化将永久性地改变正在发育中的泌尿系统的功能并继而导致成年后肾脏功能的改变。临床研究显示约 80%~90% 的 IUGR 是由于通过胎盘提供给胎儿的营养不足造成的, 子代出生时表现为低出生体重并常伴有肾单位数量减少等内脏器官发育异常^[16], 相关动物实验则证实^[17]孕母的营养缺乏可导致子代的后肾细胞发育的逆转和基因表达的改变, 二者均与出生后肾单位数量不足密切相关。值得注意的是, 患有子宫先天畸形如子宫双角畸形的女婴常同时伴有泌尿系统先天畸形特别是先天性肾发育不良, 其发病机制与基因遗传因素有关, 因为数个导致子宫双角畸形的遗传因素也同时调控着肾的形态发育^[18], 但由于在新生儿期发现子宫畸形的几率极低, 因此这部分新生儿的异常围产期病史仅表现为羊水过少, 而这在过去的很长时间内被认为是由于胎盘功能不良所致。胎儿的尿

液是羊水形成的主要来源, 胎儿肾脏发育异常是导致无尿和羊水过少的常见病因^[19], 在胚胎发育早期由于基因调控异常而导致的肾及肾小管分化发育异常将导致肾小管附近肾单元的不完全分裂分化, 形成肾小球和肾小管的发育不良, 胎儿不能正常产生尿液, 临床上则表现为羊水过少^[20], 此时显微镜下可观察到从肾小球到肾小管之间存在节段性的未发育肾单元簇^[21]。

胎盘功能不良是导致 IUGR 的常见病因, 患儿出生后常表现为非匀称型小于胎龄儿 (small-for-gestational-age, SGA)。前面我们已提到 IUGR 患儿存在肾小球数量明显减少, 动物实验已证实该肾小球数量的减少与肾血管供应降低直接相关^[22]。在胎儿快速成长期, 胎儿的肾脏发育对胎盘功能不良特别敏感^[23], 胎盘功能不良可影响胚胎肾的发育^[24-26], 特别是由于胎盘功能不良导致 IUGR 时胎儿肾脏 B 超表现为组织缺氧后肾髓质回声异常增高的现象^[24-25]具有较重要的临床意义, 因为这是肾髓质先天发育不良的主要原因, 小鼠胎盘 Cited1 基因表达缺失导致小鼠宫内发育不良时^[26], 小鼠胚胎出现先天性肾髓质发育不良, 其机制为胚胎肾髓质组织的缺氧和凋亡, 而通过结扎子宫动脉造成胎盘功能不良的大鼠动物模型研究发现其子代在宫内表现为 IUGR、出生后则存在肾单位数量减少, 其子代成年后更易合并肾功能不良和肾性高血压^[27]。

3 妊娠糖尿病与泌尿系先天畸形

妊娠糖尿病 (gestational diabetes mellitus, GDM) 可导致胎儿泌尿系先天畸形的发生几率增加。应用 GDM 大鼠模型的体内和体外实验发现, 孕鼠的高血糖可导致胎鼠的肾单位发育不良^[28]。法国的一项针对需要应用胰岛素控制血糖的 GDM 孕妇的前瞻性病例对照研究结果显示, GDM 是先天性尿道畸形的独立危险因素 ($OR=5.1$; 95% CI : 1.1~24.5)^[29]。与 GDM 相关的环境因素主要包括吸烟^[30]和孕妇不良生活饮食习惯^[31], 后者是来源于一项针对阿拉伯人、中国广东人、中国北方人和母语为英语的妇女开展的临床研究, 该研究发现这些地区的妇女患有 GDM 时, 在宗教信仰、生活态度、来自社会及家庭的经济支持和环境因

素中,精神压力大、经济窘迫和地区文化差异是导致GDM孕妇不良生活习惯的主要因素,这些GDM孕妇所生的新生儿先天畸形(包括泌尿系先天畸形)的发生率高于对照组。

4 孕期用药与先天泌尿系畸形

由于妊娠合并症或孕妇本身存在的基础疾病导致孕妇在怀孕期间不得不用药的问题是现实生活中不可避免的问题,其中不少药物可以通过胎盘进入胎儿的血液循环系统。已知的可导致胎儿泌尿系先天畸形的药物包括非甾体类抗炎药(non-steroid anti-inflammatory drug, NSAIDs),例如消炎痛、布洛芬、吡罗昔康、甲氧苯丙酸钠和阿司匹林等,孕妇摄入NSAIDs导致胎儿肾小管发育不良(renal tubular dysgenesis, RTD)的发病率可高达5.5%~8.3%^[19]。RTD同样可以由于孕妇摄入血管紧张素酶(ACE)抑制剂而导致,一项荟萃研究发现孕妇在孕中晚期服用ACE抑制剂后,其子代发生RTD的患者数量占有文献报道的RTD患者数量的10%^[32]。动物实验证实通过胎盘进入胚胎血液循环的NSAIDs, ACE抑制剂和特异性血管紧张素II受体拮抗剂均可影响肾脏正常结构的形成,从而导致包括先天性囊性肾发育不良、先天性囊性肾小管发育不良、肾小管不发育和肾单元数量减少及小肾脏在内的多种泌尿系先天畸形^[33]。有研究报道因不孕问题而需要服用己烯雌酚的妇女其子代患先天性尿道下裂的几率是对照组的21倍^[34]。阿霉素是常用的蒽环霉素类抗癌药物,阿霉素大鼠模型是常用的研究各种器官先天畸形的动物模型,孕鼠应用阿霉素可导致其子代发生先天性梗阻性尿道畸形,且发生率随着阿霉素用药剂量的增加而增加,其中1.5 mg/(kg·d)阿霉素导致新生大鼠先天性肾盂积水的发病率最高^[35]。

5 环境杀虫剂与泌尿系先天畸形

孕妇接触环境杀虫剂的问题是在全球范围内难以避免的现实问题,特别是在以农业为主的国家中,已有研究报道杀虫剂可降低孕妇体内黄体酮、胎盘催乳素和雌三醇的合成,导致胎盘功能不良和胎盘组织病理改变^[36],而胎盘功能不良与

泌尿系先天畸形之间的关联已经在前面进行了讨论。目前环境杀虫剂与先天性泌尿系畸形的研究较多集中在先天性尿道下裂的研究,而事实上先天性尿道下裂的发生与遗传、基因表达、环境因素等诸多因素相关^[37],孕期接触环境杀虫剂是否与先天性尿道畸形的发生存在因果关系目前还很难下定论,有研究报道因从事农业生产活动而长期接触环境杀虫剂的孕妇^[38]以及特殊季节短期暴露于较高浓度环境杀虫剂的孕妇^[39]其子代先天性尿道下裂的发病率较高,但也有研究发现无论是父母双方从怀孕前就开始接触杀虫剂^[40]还是孕妇单方面接触杀虫剂^[41]均与先天性尿道下裂发病率之间无明显关联。关于饮用水中的消毒剂及其降解产物对泌尿道先天畸形发病率的影响,目前的研究报道更少,仅仅处于怀疑可能增加罹患尿道下裂风险的阶段^[42-43]。

6 社会环境因素与泌尿系先天畸形

6.1 种族与宗教信仰

目前关于种族与宗教信仰对先天性泌尿系畸形的影响尚无文献报道,但有趣的是,一项大样本量回顾性流行病学调查研究发现^[44],居住在同一地区的犹太人和贝多因人(古代从事游牧的纯种阿拉伯人),他们均有严格的自身宗教信仰、不与其他种族通婚,这两个完全不同的种族在自然环境和社会医疗福利均相同的情况下,贝多因妇女在气候炎热的夏季发生不明原因羊水过少的几率明显高于犹太妇女,统计学分析结果显示贝多因人种是羊水过少的独立危险因素。尽管该研究并未涉及到人种对先天性尿道畸形发病率的影响,但基于前面讨论的羊水过少与泌尿系先天畸形之间存在的关联,人们有理由在这方面进一步开展相关研究。另外有研究报道在存在近亲结婚风俗的巴勒斯坦北部加利利地区,先天性肾小管发育不良的发病率异常升高,与该地区居高不下的近亲结婚率之间存在统计学关联^[19],先天性下尿路梗阻畸形(lower urinary tract obstruction, LUTO)的发病率与孕妇宗教信仰和家庭亲情缺失之间存在明显关联^[45],且LUTO的发病率随着家庭亲情缺失程度的升高而增加。

6.2 缺氧环境

缺氧可导致肾小管发育畸形。由于新生小鼠的肾单元及肾小管发育与孕中期人胚胎相似^[46],因此在应用小鼠缺氧的动物模型研究中发现,虽然缺氧环境对远端肾小管上皮细胞的线粒体功能影响不大,但可导致近端肾小管上皮细胞的线粒体功能明显受损^[47],从而导致进行性的肾小管被破坏和大片无肾小管的畸形肾单元形成^[48];另一项胎羊宫内缺氧动物模型研究发现,缺氧48 h后发生肾盏扩张^[49],进而阻碍肾的进一步分裂分化,使胚胎肾单元不能正常形成,最终导致肾发育不良或完全不发育。

6.3 孕妇吸烟和酗酒

无论在发达国家还是在发展中国家,孕妇吸烟酗酒都是长期存在的社会问题。孕妇吸烟是发达国家IUGR的首要致病因素^[50],在单亲家庭中长大的育龄妇女、失业妇女和白种人中孕妇吸烟的情况最严重^[51],孕妇吸烟导致胎盘功能不良,烟瘾越大,其子代IUGR/SGA的程度越严重^[52]。前面已经讨论了胎盘功能与先天性泌尿系畸形的关联。加拿大一项研究发现IUGR/SGA与低收入、低接受教育程度、酗酒等社会经济因素相关^[53]。

孕妇酗酒使子代先天性尿道畸形^[54]和GDM^[55]的发病率均升高,流行病学调查研究发现孕妇对慢性酒精摄入的耐受性较差^[56-57],多项动物实验已证实从孕前就开始的长期酒精摄入和酗酒可导致胚胎宫内生长发育迟滞^[58-59],并可能通过改变与肾发育密切相关的基因的表达而改变输尿管的初始分化从而导致尿道的发育畸形^[60],但目前对于酒精影响胚胎肾发育的机制尚无明确的实验室依据,有研究发现孕期酗酒可致子代出生后肾单元数量减少^[61],减少程度可达10%~15%^[62],其发病机制可能与乙醇诱发的原始肾小管分化障碍有关;临床研究发现孕妇酗酒可影响下丘脑-垂体-肾上腺轴的活力并导致孕妇肾上腺皮质激素水平升高^[63],该激素水平的波动也很有可能上述泌尿系先天畸形的发生。另外,有研究发现尽管孕后期发生的酗酒对子代出生体重、肾脏大小、关键基因的表达均无影响,但其子代肾单元的数量仍可能较对照组减少11%^[64],具体机制不详。

6.4 人工辅助生殖技术

人工辅助生殖技术(assisted reproductive

technologies, ARTs)的实施过程中往往牵涉到各种激素的应用,临床数据显示ARTs使先天性尿道下裂的风险增加^[40,65],且与基因突变导致的多重先天畸形相关^[66],Vottero等^[67]报道雄激素受体基因的甲基化改变可导致罹患尿道下裂患儿包皮组织中出现异常的基因表达,这可能与ARTs增加先天性尿道下裂的风险有关。与传统的应用捐精者射精后的精子进行的ARTs相比较,应用微受精技术(microinsemination)从男性附睾或睾丸中取精实施的ARTs,其子代新生儿先天性尿道下裂的发生率更高^[68],尽管具体发病机制尚不完全清楚,但事实是接受微受精技术进行ARTs的夫妇均是严重男性不育症的夫妇,因此应该从导致男性不育症的机制方面展开进一步的研究。

人类的生存和进化是与环境因素抗衡、适应、演变的过程,泌尿系统的发育与人类其他内脏器官的发育一样遵循基因-环境-生活方式相互适应的自然规律。值得一提的是,先天性泌尿系统畸形的发生具有其自身的基因遗传基础^[69],且同样遵循孟德尔遗传定律,特别是在那些合并先天性泌尿系畸形的多器官综合征中^[70-71],基因遗传因素所占的权重更大,目前已被确认的与哺乳动物肾脏泌尿系统发育相关的基因超过了30个^[72],由于基因表达也与环境因素具有不可分割的联系,因此在讨论环境因素与先天性泌尿系畸形的时候很难将环境因素完全独立出来,但由于篇幅有限,本文暂未在基因-环境因素-泌尿系畸形方面展开讨论。

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