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## 异基因造血干细胞移植后血小板减少发病机制的研究进展

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**摘要** 持续性血小板减少(prolonged thrombocytopenia, PT)是异基因造血干细胞移植后常见的并发症,发生率约为5%~37%。移植患者发生PT不仅会增加出血风险,而且与患者预后不良密切相关,既往回顾性研究表明移植前预处理药物、输注的CD34<sup>+</sup>细胞数量、移植后移植植物抗宿主病和感染等是PT发生的常见危险因素。随着研究的不断进展,越来越多证据表明PT与患者造血干/祖细胞分化障碍、骨髓细胞微环境异常以及骨髓免疫功能增强等密切相关。该文主要从以上几个方面展开综述,旨在揭示PT可能的发病机制,为临床有效治疗PT提供理论依据。

**关键词** 异基因造血干细胞移植;骨髓微环境;持续性血小板减少

## Research Progress on the Pathogenesis of Prolonged Thrombocytopenia after Allogeneic Hematopoietic Stem Cell Transplantation

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**Abstract** PT (prolonged thrombocytopenia) is a common complication after allogeneic hematopoietic stem cell transplantation, with an incidence of about 5%-37%. PT occurred in the transplant patients not only increases the risk of bleeding, but also is closely related to poor prognosis. Previous retrospective studies have shown

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that the toxicity of conditioning drugs before transplantation, the number of CD34<sup>+</sup> cells infused, graft-versus-host disease and infection after transplantation are the important causes of PT. However, with the continuous progress of research, more and more evidences show that PT is closely related to the disturbance of hematopoietic stem and progenitor cell differentiation, abnormal bone marrow cell microenvironment and enhanced bone marrow immune function. This article mainly reviews from the above aspects, in order to reveal the possible mechanism of PT and provide theoretical basis for effective clinical treatment of PT.

**Keywords** allogeneic hematopoietic stem cell transplantation; bone marrow niche; prolonged thrombocytopenia

异基因造血干细胞移植(allogeneic hematopoietic stem cell transplantation, allo-HSCT)是治愈血液系统恶性疾病的重要方法,目前已广泛应用于临床,但移植后患者常出现移植物抗宿主病(graft-versus-host disease, GVHD)、持续性血小板减少(prolonged thrombocytopenia, PT)、感染、移植相关血栓性微血管病及出血性膀胱炎等多种并发症。其中PT是allo-HSCT的一种常见并发症,其定义为:造血干细胞移植60天后,其他谱系血细胞均已植入,仅血小板计数持续<20×10<sup>9</sup>/L或仍未脱离输注血小板<sup>[1]</sup>,发生率为5%~37%<sup>[2]</sup>。有研究表明,allo-HSCT患者合并PT不仅会增加机体出血风险,而且由于合并PT后病人需长期依赖外源性血小板输注,可诱发免疫功能紊乱,导致患者预后不良,进而降低患者生存质量<sup>[3]</sup>;此外,已有临床研究表明PT的发生与感染、GVHD、输注CD34<sup>+</sup>细胞数量、预处理方案等密切相关<sup>[4]</sup>,但其发生机制并不清楚。因此,深入研究异基因造血干细胞移植后PT发病机制,寻找PT治疗的新方法,以减少PT发生、改善患者预后,具有重要意义。

血小板是体积最小的血细胞,参与血栓形成、炎症反应、肿瘤转移等多种重要的生理病理过程。既往研究认为血小板主要参与血管壁的损伤修复进而发挥止凝血作用<sup>[5]</sup>,但近期越来越多证据表明血小板除参与止凝血外,还与炎症、动脉粥样硬化、微生物防御、肿瘤生长及转移等密切相关<sup>[6-8]</sup>。因此,为减少PT对机体造成的出凝血障碍、免疫功能紊乱、防御功能减弱等影响,明确allo-HSCT后PT发生的病理机制尤为重要,现就其近年来的研究展开综述。

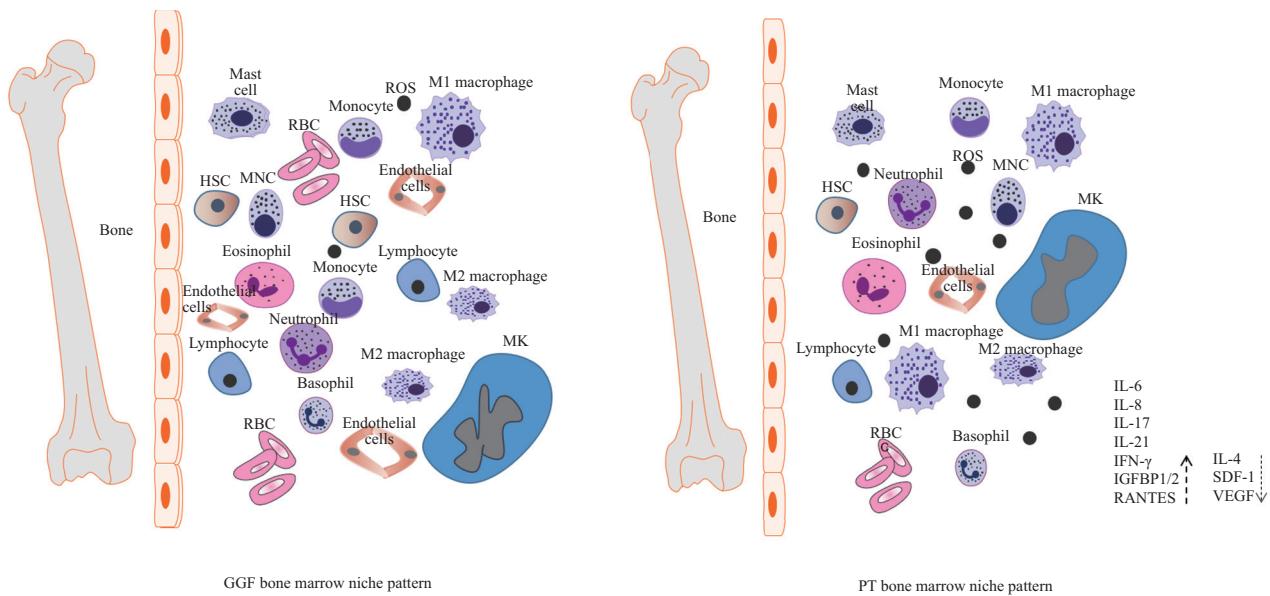
## 1 造血干细胞(HSC)巨核分化异常及巨核细胞成熟障碍在PT发病中的作用

经典的血细胞发育学认为,血小板的生成主要

经历造血干/祖细胞(human hematopoietic stem/progenitor cell, HSPC)扩增和定向分化形成巨核系祖细胞,后者经过核内有丝分裂形成多倍体细胞,同时伴随着胞质的成熟及分界膜系统的形成,最终形成前血小板,前血小板伸出伪足在血流剪切力的作用下形成血小板。由于每个巨核细胞(megakaryocyte, MK)产生的血小板数量与其DNA含量和倍体数呈正相关,所以如果大多数MK的倍体含量较低,则血小板数量会减少<sup>[9]</sup>。已有研究表明成熟MK细胞以16N为主<sup>[9]</sup>,但ZHANG等<sup>[10]</sup>对PT患者MK倍体进行研究发现,PT患者≤8N巨核细胞数量增多,而≥16N巨核细胞数量明显减少,该研究认为PT的发生可能与巨核细胞的成熟障碍相关。此外,BIELSKI等<sup>[11]</sup>通过骨髓活检研究PT患者骨髓中巨核细胞形态学改变,发现PT患者与血小板植入良好的患者以及正常供者的巨核细胞在大小、核质比等方面无统计学差异,但是PT患者巨核细胞量显著低于对照组,该研究认为PT的发生主要与造血干细胞向巨核细胞分化障碍密切相关,而与血小板的无效生成和外周血破坏过多无关。此外,KONG等<sup>[12-13]</sup>在研究中不仅发现PT患者骨髓微环境中的内皮祖细胞、骨内膜细胞数量明显减少,还发现PT患者的CD34<sup>+</sup>细胞比例也显著下降,该研究进一步证实了巨核细胞分化所需的骨髓微环境发生异常改变,并证实巨核细胞的来源比例下降,从两方面揭示了PT发生的可能机制。LIU等<sup>[2]</sup>动态监测移植后造血干/祖细胞体外巨核分化潜能发现,在巨核诱导条件下,PT患者造血干/祖细胞的增殖和巨核分化潜能严重受损,产生巨核细胞的数量减少,且细胞呈现出萎缩及破碎成片的形态特征。

## 2 骨髓细胞微环境在PT发病中的作用

众所周知,MK的生成不仅依赖于功能良好且数量充足的HSC,也依赖于稳定的骨髓微环境。已



HSC: 造血干细胞; RBC: 红细胞; MK: 巨核细胞; GGF: 植入功能良好; PT: 持续性血小板减少。

HSC: hematopoietic stem cell; RBC: red blood cell; MK: megakaryocyte; GGF: good graft function; PT: prolonged thrombocytopenia.

图1 GGF和PT骨髓微环境模式图

Fig.1 The bone marrow niche pattern of GGF and PT

有研究表明,骨髓微环境可以通过相关信号转导调控HSC的自我更新、分化和静息状态<sup>[14]</sup>。骨髓细胞微环境由多种细胞构成,包括间充质干细胞(mesenchymal stem cell, MSC)、成骨细胞、内皮细胞、血管周围细胞以及一系列的免疫细胞等<sup>[15-16]</sup>。在MK生成和释放血小板的过程中,骨髓细胞微环境起到关键的支持作用,当骨髓细胞微环境发生异常时,机体的正常造血过程受抑,最终导致血小板生成量减少<sup>[17-19]</sup>。间充质干细胞是骨髓细胞微环境中一种重要的多能干细胞,具有多种分化潜能,对支持造血和免疫调节有重要的作用<sup>[20]</sup>。CHENG等<sup>[21]</sup>研究发现,间充质干细胞与巨核细胞的相互作用有助于巨核细胞的成熟和血小板的产生。KONG等<sup>[1]</sup>研究发现,PT患者骨髓微环境中活性氧(reactive oxygen species, ROS)水平明显升高,ROS能明显损伤间充质干细胞增殖,内皮细胞增殖、迁移以及血管形成等功能,而经过乙酰半胱氨酸抗氧化治疗后MSC及内皮细胞活性较治疗前明显改善,对巨核细胞生成的支持作用亦显著恢复。因此,该研究认为ROS水平升高导致间充质干细胞及内皮细胞功能损伤是PT发生的一个重要机制。此外,KONG等<sup>[18]</sup>通过对血小板植入良好组、供者组以及PT组患者骨髓微环境中的血管周围细胞、骨内膜细胞以及内皮细胞进行对比研究,发现PT患者血管周围细胞及内皮

细胞显著减少,因此认为骨髓中异常的血管微环境直接参与了PT的发生,可能是导致PT发生的潜在机制之一。除上述细胞外,巨噬细胞(macrophages)也是骨髓细胞微环境中重要的细胞成分之一。巨噬细胞主要分为经典型巨噬细胞(M1)和替代性活化巨噬细胞(M2),ZHAO等<sup>[22]</sup>研究发现上述两种巨噬细胞对巨核细胞的生成呈相反的作用。M2型巨噬细胞促进巨核细胞的成熟和血小板的生成,M1型巨噬细胞则呈抑制作用。两者出现异常的极化状态,即M2型巨噬细胞含量减少而M1型巨噬细胞含量增多,导致PT的发生(图1)。

### 3 骨髓免疫微环境在PT发病中的作用

骨髓的免疫微环境也是影响巨核分化血小板生成的重要因素,ZHANG等<sup>[23]</sup>研究表明骨髓中活化的CD8<sup>+</sup>T细胞可显著抑制巨核细胞的凋亡,进而引起血小板生成量减少。SONG等<sup>[19]</sup>还发现与对照组相比,PT患者骨髓中Th1和Tc1细胞比例显著增高、Th17细胞异常极化,这些异常的免疫微环境对PT的发生起重要作用。此外,KONG等<sup>[24]</sup>在研究中也发现,PT患者骨髓中活化的CD4<sup>+</sup>和CD8<sup>+</sup>T细胞比例及其分泌的IL-17均明显增高;除此之外,WANG等<sup>[25]</sup>发现骨髓微环境中IFN-γ浓度显著升高,而Th2和Tc2及其分泌的IL-4水平显著降低,导致IFN-γ/IL-4表达失调,上述

**表1 PT临床相关研究汇总**  
**Table 1 Summary of clinically relevant studies on PT**

文献 Reference	临床实验参与人数 Number of clinical trial participants	研究结果 Results
[7]	PT=32, non-PT=27	Patients who had prolonged thrombocytopenia exhibited significant shifts toward low ploidy cells which were accompanied by a marked increase in $\leq 8N$ cells and significant decreases in $16N$ cells and $\geq 32N$ cells
[15]	PT=20, GGF=40, HD=16	PT patients exhibited remarkable decreases in cellular elements of the vascular microenvironment, including BMECs and perivascular cells
[16]	PT=20, GGF=40, HD=20	PT patients had significantly higher proportions of Th1 and Tc1 cells, resulting in higher Th1/Th2 and Tc1/Tc2 ratios in the bone marrow microenvironment
[19]	PT=17, GGF=34, HD=30	In the current study, aberrant bone marrow-M1/M2 MΦ polarization, characterized by increased M1 MΦs and decreased M2 MΦs and accompanied by impaired megakaryopoiesis supporting abilities, was found in patients with PT post-allo-transplant
[20]	PT=89, non-PT=94	The percentage of CD8 <sup>+</sup> T cells in bone marrow was higher in the patients with PT than in the controls. The elevated expression of the CX3CR1 was associated with PT

GGF: 植入功能良好; PT: 持续性血小板减少; HD: 健康供者。

GGF: good graft function; PT: prolonged thrombocytopenia; HD: healthy donor.

两个研究均发现PT的发生可能与患者骨髓微环境中I型免疫反应增强相关。ZHANG等<sup>[23]</sup>研究发现与对照组相比, PT患者骨髓中CD3<sup>+</sup>/CD8<sup>+</sup>/CX3CR1<sup>+</sup>细胞水平显著升高, 比例失调的CD8<sup>+</sup>T细胞可导致巨核细胞倍体水平下降、抑制巨核细胞凋亡, 同时CX3CR1高表达, 导致外部细胞毒性细胞尤其是CD8<sup>+</sup>T细胞向骨髓迁移进一步抑制巨核细胞凋亡导致PT的发生(表1)。

#### 4 细胞因子在PT发病中的作用

骨髓微环境中调控巨核发生和血小板生成的细胞因子的异常也会导致PT发生。NACHMAN等<sup>[17]</sup>研究发现, PT患者体内调节巨核细胞和内皮细胞生成所需的基质细胞衍生因子-1(stromal cell-derived factor-1, SDF-1)和血管内皮生长因子(vascular endothelial growth factor, VEGF)等促血管生成因子明显减少, 从而导致巨核细胞分化和血小板生成异常。还有研究发现, PT患者骨髓中Th1和Th17相关的细胞因子(如IFN-γ、IL-6、IL-17和IL-21等)的含量显著升高<sup>[19]</sup>。LIU等<sup>[2]</sup>研究还发现, PT患者骨髓上清中细胞因子存在显著异常, 如IGFBP1、IGFBP2、RANTES、IL-8等多种炎性因子的水平明显升高, 而

高浓度炎性因子会显著抑制造血干/祖细胞向巨核细胞分化, 导致血小板生成量减少(图1)。

#### 5 PT患者血小板破坏增加

尽管BIELSKI等<sup>[11]</sup>认为PT的发生与血小板的无效生成和外周血破坏过多无关, 但ZHANG等<sup>[26]</sup>在近期研究中发现PT患者血清中涎酸化酶NEU1含量显著增多且活性增强, 致使血小板表面糖蛋白去涎酸化作用增强, 诱导Bcl-2家族蛋白表达量增加, 进而启动内在的线粒体依赖性凋亡途径加速血小板凋亡; 此外, 该研究还通过体外实验发现, 来源于THP-1细胞系的巨噬细胞对发生去涎酸化的血小板吞噬作用更强。最终, 上述两种机制的共同作用导致PT的发生。

#### 6 影响PT发生的其他因素

造血干细胞移植是治疗多种血液系统疾病的有效方法, 但预处理阶段大剂量的放化疗使患者原有的造血系统和免疫系统完全破坏, 即使移植造血干细胞也需数月至数年才能恢复, 这使得患者移植后合并各种并发症风险显著增加。GVHD是其中最常见的一种并发症, 造血干细胞移植后供者来源的

T细胞可迅速识别受者为非己成分,进而引发广泛的免疫激活和组织损伤。近几年越来越多的证据表明骨髓也是GVHD重要的靶器官<sup>[27-28]</sup>,因此,有研究认为GVHD可使造血干/祖细胞及其周围的微环境受损,进而造成移植后造血功能重建不良<sup>[27]</sup>。此外,为降低GVHD对机体的损伤,常用免疫抑制剂对其进行干预治疗。其中类固醇激素最为常用,但有研究表明,使用类固醇激素后,人造血干/祖细胞表面凋亡标记物表达上调,最终导致造血干/祖细胞数量减少从而影响造血功能恢复<sup>[29]</sup>。此外,由于持续的免疫抑制状态,患者感染风险显著增加,当机体合并各种感染时,会应用大剂量的抗细菌真菌及病毒药物,而这些药物大多数可导致血小板持续性减少且机制不明<sup>[30]</sup>。另外,虽然细菌真菌能直接感染造血干/祖细胞的证据很少<sup>[31]</sup>,但ISOMURA等<sup>[32]</sup>证实,造血干细胞移植后人疱疹病毒-6可直接感染造血干/祖细胞,且通过体外实验证实该病毒可导致造血干/祖细胞分化功能受阻导致PT的发生。此外,MACIEJEWSKI等<sup>[33]</sup>研究表明巨细胞病毒(cytomegalovirus, CMV)亦有相似作用,他们认为CMV感染骨髓基质细胞后导致造血干/祖细胞依赖的干细胞因子(stem cell factor, SCF)合成量减少,进而引起造血干/祖细胞分化障碍。此外,还有研究表明肠道菌群多样性对于维持正常造血也具有重要作用<sup>[34]</sup>。肠道菌群可提供持续的低水平的炎症信号直接或间接地对造血干/祖细胞功能产生积极影响,发生严重GVHD或使用高强度广谱抗生素可破坏正常的肠道菌群影响造血干/祖细胞的正常分化。综上所述,造血干细胞移植后多种并发症及并发症相关治疗可致造血干/祖细胞分化受阻从而导致PT发生。

## 7 总结与展望

综上所述,造血干/祖细胞向巨核细胞分化障碍、异常的骨髓免疫微环境、血管微环境、细胞因子以及造血干细胞移植后并发症等均与PT的发生密切相关。既往回顾性研究认为,输注的CD34<sup>+</sup>细胞数、移植后GVHD、CMV感染等是PT发生的独立危险因素<sup>[35-36]</sup>,目前对这些危险因素与HSC巨核分化障碍、骨髓微环境紊乱之间相互作用机制的认识仍较局限。虽然近几年已有多种治疗PT的药物研发成功并应用于临床,但仍对部分患者无效,故仍需对PT发病机制进行进一步探索。近年来,随着单细

胞测序技术突飞猛进的发展,应用单细胞测序技术解析巨核细胞,全面分析PT可能的发病机制,有望能更快发现减少PT发生的新方法,提高患者生存质量,进而提高造血干细胞移植的临床疗效。

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