

# 炎症性肠病肠黏膜屏障损伤机制

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## Intestinal barrier injury in inflammatory bowel disease

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### Abstract

Intestinal mucosal barrier, which mainly contains epithelial cells and mucus layer, keeps physiological function of immune cells in intestine. During the process of inflammatory bowel disease (IBD), mucosal integrity and barrier function are broken, which leads to translocation of luminal contents such as bacterial antigens, thus inducing expression of proinflammatory cytokines and triggering immune response. Meanwhile, the produced proinflammatory cytokines influence epithelial and mucosal barrier function by inducing apoptosis of intestinal epithelia, altering the expression and cellular distribution of tight junction proteins, and reducing the production of mucus.

**Key Words:** Inflammatory bowel disease; Intestinal mucosal barrier; Epithelium; Tight junction

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### 摘要

肠黏膜屏障是指将肠腔内细菌、抗原等物质

与肠黏膜固有层免疫细胞隔离开, 避免固有层免疫细胞激活的肠黏膜结构, 主要由肠黏膜基底膜、上皮细胞层及其表面的黏液层所构成。炎症性肠病(inflammatory bowel disease, IBD)肠黏膜屏障损伤的机制为: IBD发病时, 肠黏膜所产生的大量炎症细胞因子、炎症介质等损伤肠上皮细胞, 诱导上皮细胞凋亡; 影响上皮细胞紧密连接蛋白的表达及分布, 破坏上皮细胞间紧密连接; 抑制黏蛋白的产生, 破坏上皮细胞表面的黏液层, 造成肠黏膜屏障障碍。

**关键词:** 炎症性肠病; 肠黏膜屏障; 上皮细胞; 紧密连接

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### 0 引言

肠黏膜屏障功能与消化系统疾病发病关系非常密切。肠道感染、炎症、机械损伤等因素能诱导肠黏膜屏障功能异常, 使黏膜通透性增高, 导致肠腔内细菌、抗原等物质移位至黏膜固有层而激活免疫细胞, 诱导黏膜异常免疫反应的发生<sup>[1]</sup>。另一方面, 肠道炎症性疾病如炎症性肠病发病(IBD)时, 一些损伤性因素如炎症细胞因子能破坏肠黏膜屏障, 加重黏膜异常免疫反应<sup>[2]</sup>。目前普遍认为, 肠黏膜屏障功能异常是IBD发病的分子基础, IBD发病时肠黏膜屏障功能异常, 肠腔内抗原物质向肠黏膜固有层移位, 进一步激活固有层免疫细胞, 导致肠黏膜异常炎症反应<sup>[3]</sup>。本文将对肠黏膜屏障的结构、IBD肠黏膜屏障损伤机制等进行介绍。

### 1 肠黏膜屏障的结构与组成

肠黏膜屏障是指将肠腔内细菌、抗原等物质与肠黏膜固有层免疫细胞隔离开, 避免固有层免疫细胞激活的肠黏膜结构, 主要由肠黏膜基底膜、上皮细胞层及其表面的黏液层所构成<sup>[4]</sup>。肠黏膜上皮细胞相互连接, 形成了一个完整的生物屏障, 即肠上皮细胞屏障。肠上皮细胞间的连接, 从

### ■背景资料

肠黏膜屏障是指将肠腔内细菌、抗原等物质与肠黏膜固有层免疫细胞隔离开, 避免固有层免疫细胞激活的肠黏膜结构, 主要由肠黏膜基底膜、上皮细胞层及其表面的黏液层所构成。目前普遍认为, 肠黏膜屏障功能异常是IBD发病的分子基础, IBD发病时肠黏膜屏障功能异常, 肠腔内抗原物质向肠黏膜固有层移位, 进一步激活固有层免疫细胞, 导致肠黏膜异常炎症反应。

### ■同行评议者

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# ■ 研究前沿

改善肠黏膜屏障功能是IBD治疗的目标之一,也是IBD的病理生理学研究热点。

顶端到基膜依次为紧密连接、黏附连接、桥粒和缝隙连接等,其中以肠上皮细胞间的紧密连接(tight junction)最为重要。肠上皮细胞紧密连接存在于靠近顶侧(肠腔侧)的细胞侧面,是一个动态变化的、由多种蛋白及分子组成、具有多种功能的复合体。上皮细胞紧密连接由紧密连接蛋白所构成,这些蛋白主要包括闭锁蛋白(occludin)、Claudin、连接相关分子(JAM)等跨膜蛋白,和闭锁小带(ZO)、丝状肌动蛋白等30多种胞内蛋白。跨膜蛋白在细胞外与相邻细胞的跨膜蛋白相互作用,封闭了细胞间的空隙。跨膜蛋白在细胞内与ZO蛋白家族(包括ZO-1, ZO-2, 和ZO-3)、丝状肌动蛋白等胞内蛋白相互连接,并被这些胞内蛋白固定(图1)。细胞间的紧密连接封闭了相邻肠上皮细胞间的空隙,阻止肠腔内细菌、抗原等物质进入肠黏膜固有层激活固有层免疫细胞,维护肠黏膜屏障功能的稳定,避免了黏膜异常免疫反应的发生。并且,肠上皮细胞间的紧密连接在维持上皮细胞的形态结构、调节上皮细胞的分化、修复及细胞间物质运输、维护肠黏膜屏障功能和肠黏膜通透性等方面发挥了重要作用<sup>[5]</sup>。

上皮细胞紧密连接主要由肌球蛋白轻链(myosin light chain, MLC)所调节,MLC被Rho相关激酶(ROCK)和肌球蛋白轻链激酶(MLCK)等激酶磷酸化,磷酸化MLC(pMLC)经肌球蛋白II让含有紧密连接蛋白的细胞膜被细胞内吞(endocytosis),在细胞质形成空泡,跨膜蛋白随之降解<sup>[6]</sup>。

肠黏膜黏液层主要由肠黏膜杯状细胞、上皮细胞分泌的黏蛋白(mucin, MUC)所组成,黏蛋白为糖蛋白,主要由MUC1、MUC2、MUC3、MUC4、MUC5AB、MUC5AC、MUC6等组成<sup>[7]</sup>。其中,结肠的黏液层以MUC2为主,而MUC3的表达则较少;小肠的黏液层则以MUC3为主。上皮细胞表达MUC,受肠腔内微生物因素、短链脂肪酸等调节,例如,乳酸杆菌通过黏附肠上皮细胞,诱导上皮细胞表达MUC2、MUC3,并阻止致病性大肠杆菌对肠上皮细胞的黏附及损伤<sup>[8]</sup>;丁酸盐也能诱导杯状细胞表达MUC<sup>[9]</sup>。

## 2 IBD肠黏膜屏障损伤机制

IBD患者肠黏膜通透性是否增高尚存有争议,有的学者认为,与正常人群相比,IBD患者及直系亲属的肠黏膜通透性并不升高<sup>[10]</sup>;而其他学者认为,IBD患者及直系亲属的肠黏膜通透性较正常人升高,并且与CARD15基因突变具有很强的

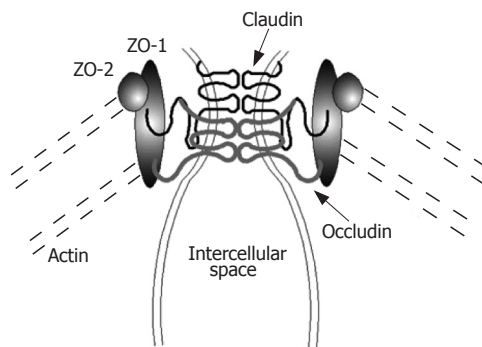


图1 上皮细胞间的紧密连接。

相关性<sup>[11]</sup>。目前普遍认为,肠黏膜屏障功能异常参与了IBD的发病,IBD发病时肠黏膜屏障功能异常,肠腔内抗原物质向肠黏膜固有层移位并激活固有层免疫细胞,导致大量炎症细胞因子及介质的产生,所产生的炎症分子进一步损伤肠黏膜屏障功能<sup>[3]</sup>。IBD肠黏膜屏障功能异常与如下因素有关。

**2.1 肠上皮细胞凋亡** 很多病理因素及肠道细菌感染能诱导肠上皮细胞发生凋亡,例如,沙门氏菌、致病性大肠杆菌、志贺氏痢疾杆菌、幽门螺杆菌、空肠弯曲杆菌等细菌对肠上皮细胞具有一定的黏附性,通过对细胞的黏膜后侵入上皮细胞,并诱导肠上皮细胞凋亡<sup>[12]</sup>。另外,γ射线、活性氧自由基等物理及化学因素能直接损伤细胞DNA,或激活线粒体凋亡途径,诱导细胞凋亡<sup>[13-14]</sup>。

IBD发病时,大量的肠黏膜上皮细胞发生凋亡<sup>[15-16]</sup>,与凋亡细胞相邻的上皮细胞不能有效地封闭凋亡细胞所留下的空间,导致肠黏膜通透性增高。肠黏膜上皮细胞凋亡,与炎症肠黏膜上皮层内淋巴细胞及固有层免疫细胞所产生的炎症细胞因子、炎症介质、活性氧自由基等有关,这些细胞因子如TNF-α、INF-γ等能诱导上皮细胞内凋亡相关蛋白如Caspase-1的表达,而抑制抗凋亡蛋白如Bcl-2等表达,诱导上皮细胞发生凋亡<sup>[17-18]</sup>。并且,炎症肠黏膜的免疫细胞、炎症分子等能诱导肠上皮细胞表达Fas,经Fas-FasL途径诱导上皮细胞凋亡<sup>[19]</sup>。

有效地抑制肠上皮细胞凋亡,能明显改善肠黏膜屏障功能。针对炎症细胞因子诱导肠上皮细胞凋亡的关键作用,有的学者通过使用这些炎症细胞因子特异性中和抗体治疗IBD,发现炎症细胞因子的中和抗体能阻止炎症组织中肠上皮细胞发生凋亡,降低肠黏膜通透性<sup>[20]</sup>。Steinkam *et al*发现,肠黏膜神经胶质所分泌的神

经营养因子能明显改善肠黏膜屏障功能,其机制为神经营养因子激活上皮细胞内MAPK及Akt等蛋白,抑制炎症组织中肠上皮细胞发生凋亡<sup>[21]</sup>.

**2.2 炎症细胞因子等炎症介质诱导紧密连接蛋白的表达异常** IBD患者炎症肠黏膜紧密连接蛋白的表达及分布出现异常. Gassler *et al*发现,IBD患者炎症肠黏膜紧密连接蛋白的表达明显降低,而炎症未累及的肠黏膜上皮细胞紧密连接蛋白的表达与正常人群的表达无差异,说明上皮细胞紧密连接蛋白表达异常仅见于炎症肠组织<sup>[22]</sup>. IBD炎症肠黏膜上皮细胞紧密连接蛋白的表达及分布出现异常,主要由炎症肠黏膜高表达的细胞因子诱导所致. 同时,动物实验发现,若先天性基因敲除上皮细胞紧密连接蛋白,该基因缺陷动物出生后会出现类似IBD的肠道病理改变<sup>[23]</sup>,说明上皮细胞紧密连接蛋白表达、分布异常,可能参与了IBD的发病.

在IBD发病早期,肠黏膜IFN- $\gamma$ 水平明显增高<sup>[17]</sup>, Utech *et al*发现,IFN- $\gamma$ 不仅能直接抑制上皮细胞紧密连接蛋白Occludin、Claudin-1/4、JAM-1等表达,并能上调Rho相关激酶(ROCK)和肌球蛋白轻链激酶(MLCK)等紧密连接调节蛋白的表达<sup>[24]</sup>,促使紧密连接蛋白被细胞内吞,即紧密连接蛋白在细胞的分布发生异常,并被降解,导致肠黏膜通透性增高. TNF- $\alpha$ 不仅能直接影响上皮细胞紧密连接蛋白表达及分布,并能与IFN- $\gamma$ 呈协同作用,诱导MLCK等紧密连接调节蛋白的表达<sup>[2]</sup>. IBD炎症肠黏膜高表达的其他细胞因子如IL-15、IL-2、IL-1 $\beta$ 等也能影响上皮细胞紧密连接蛋白表达及分布<sup>[25-26]</sup>.

最近,有关IL-13对肠上皮细胞紧密连接蛋白表达影响的研究引人注目. Heller *et al*研究发现,小鼠恶唑酮结肠炎模型的肠黏膜自然杀伤T细胞分泌大量的IL-13<sup>[27]</sup>. 这些学者还发现溃疡性结肠炎(UC)肠黏膜固有层细胞高表达IL-13<sup>[28]</sup>,他们认为IL-13为UC的重要致炎细胞因子,在UC发病中发挥重要的作用. 其他学者发现,IL-13能增高肠黏膜通透性,损伤肠黏膜屏障功能<sup>[29]</sup>,并且,受IL-13的诱导,上皮细胞Claudin-2的表达也平行增高, Claudin-2能诱导肠黏膜针对小分子物质的通透性增高,导致UC临床症状的出现,如腹泻等<sup>[30]</sup>.

其他的一些致病因子也能影响肠黏膜上皮细胞紧密连接蛋白的表达及分布. McDermott *et al*发现<sup>[31]</sup>,线虫感染能诱导正常小鼠肠黏膜通

透性增高,但对基因敲除肥大细胞特异性蛋白酶的小鼠肠黏膜通透性没有任何影响,说明线虫感染通过诱导肥大细胞释放特异性蛋白酶,损伤肠黏膜屏障功能. 其他致病因素如致病菌通过释放内毒素,或直接侵袭,影响肠黏膜上皮细胞紧密连接蛋白的表达及分布<sup>[32]</sup>.

有些保护因素能调节肠黏膜上皮细胞紧密连接蛋白的表达及分布,保护肠黏膜屏障功能. Boivin *et al*发现,糖皮质激素在Caco-2细胞核内与其受体结合,形成糖皮质激素-受体复合物后与MLCK的启动子结合,阻止了TNF- $\alpha$ 所诱导的MLCK等紧密连接调节蛋白的表达及上皮细胞通透性的增高<sup>[33]</sup>. 其他的因素如益生菌、维生素D等也能保护肠黏膜屏障. 益生菌黏附肠黏膜上皮细胞后,能诱导肠黏膜上皮细胞紧密连接蛋白的表达<sup>[34]</sup>. 维生素D不仅能调节免疫细胞的功能,还能保护肠黏膜屏障. 维生素D缺乏时肠黏膜屏障更容易受损伤,IBD发病的危险性也增高<sup>[35]</sup>.

**2.3 黏蛋白表达减少** 黏蛋白主要由肠黏膜杯状细胞、柱状上皮细胞等表达,损伤肠黏膜杯状细胞、柱状上皮细胞及影响这些功能的因素,如炎症细胞因子、致病菌、放射线等,都能抑制黏蛋白的表达. UC肠黏膜杯状细胞的数量明显减少,导致MUC2的表达降低,黏液层的厚度也较正常人薄<sup>[36-37]</sup>,并且,黏液层中硫酸黏蛋白含量减少,唾黏蛋白的含量增高,上述黏液层的厚度及成份的改变与UC病情相关<sup>[38]</sup>. 由于克罗恩病(CD)的病变部位主要在小肠,病变未累及结肠的CD患者结肠黏膜杯状细胞的数量变化不明显,黏液层的成分及厚度与正常人相当. 不过,由于小肠的黏液屏障主要由MUC3、MUC4、MUC5B等组成,病变小肠的黏液层中MUC3、MUC4、MUC5B含量降低<sup>[39]</sup>. IBD患者上述黏液屏障的改变,导致黏蛋白功能下降,不能有效地清除肠黏膜表面所黏附的细菌,黏液层中细菌含量增多,容易诱导、加剧肠黏膜炎症反应.

### 3 结论

目前普遍认为,肠黏膜屏障功能障碍与IBD发病关系密切,精神压力、肠道感染、机械损伤等因素能诱导肠黏膜屏障功能异常,使黏膜通透性增高,导致肠腔内细菌、抗原等物质移位至黏膜固有层而激活免疫细胞,诱导黏膜免疫反应的发生,另一方面,IBD发病时,一些损伤性因素能破坏肠黏膜屏障,加重黏膜异常免疫反应. 并且,治疗IBD的药物不仅能抑制肠黏膜炎症反

### ■ 相关报道

目前普遍认为,肠黏膜屏障功能异常参与了IBD的发病,IBD发病时肠黏膜屏障功能异常,肠腔内抗原物质向肠黏膜固有层移位并激活固有层免疫细胞,导致大量炎症细胞因子及介质的产生,所产生的炎症分子进一步损伤肠黏膜屏障功能.



# 同行评价

本文内容较重要,设计构思合理,对IBD的发病原因有进一步的了解,有利于IBD的临床防治。

应,还能有效地调节肠黏膜屏障功能。改善肠黏膜屏障功能是IBD治疗的目标之一,也是IBD的病理生理学研究热点。目前国外有关肠黏膜屏障及功能的研究较多,方法学也比较成熟,但国内肠黏膜屏障功能的相关研究尚较少,今后有必要加强肠黏膜屏障功能的研究,尤其是与IBD发病关系的研究。

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## • 消息 •

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