

• 综述 •

心脏磁共振在心肌梗死微血管阻塞及心肌出血中的应用

马敏^{1,2} 祝烨² 贺勇²

[摘要] 微血管阻塞或无复流现象是急性心肌梗死行冠状动脉再灌注治疗中常见的并发症。这种现象是不良预后的征象,亦是导致不良左心室重构的原因。尽管微血管病变可以通过心电图、心肌声学造影、核素扫描及冠状动脉造影等检查,但远没有心脏磁共振有效、全面。微血管病变的评估已经成为了心肌梗死行再灌注治疗后效果评价及指导药物治疗的重要辅助手段。本文就微血管的病理生理,心脏磁共振用于该病变的诊断、临床意义及将来发展方向作一综述。

[关键词] 微血管阻塞;心肌梗死;心脏磁共振;心肌出血

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Application of cardiac MRI in microvascular obstruction and myocardial hemorrhage after myocardial infarction

MA Min^{1,2} ZHU Ye² HE Yong²

¹Department of Cardiology, The Sixth People's Hospital of Chengdu, 610051, China;

²Department of Cardiology, West China Hospital of Sichuan University, Chengdu, 610041, China)

Corresponding author: HE Yong, E-mail:zznnnyeah@163.com

Summary Microvascular obstruction and no reflow phenomenon are the common complications in coronary reperfusion after acute myocardial infarction. They induce left ventricular remodeling and indicate the adverse

¹成都市第六人民医院心内科(成都,610051)

²四川大学华西医院心内科(成都,610041)

通信作者:贺勇, E-mail:zznnnyeah@163.com

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prognosis. Microvascular lesions are assessed by cardiac magnetic resonance imaging comprehensively. In this review, we demonstrate the diagnosis, clinical significance and progress of cardiac magnetic resonance imaging application in coronary microvascular diseases post myocardial infarction.

Key words microvascular obstruction; myocardial infarction; cardiac magnetic resonance imaging; myocardial hemorrhage

近年来随着冠状动脉(冠脉)介入治疗技术的日益成熟,冠脉微血管病变(coronary microvascular disease, CMD)引起了广泛的关注。微血管的阻塞指的是在微血管水平上其超微结构及功能方面的改变。通过心脏磁共振(Cardiac magnetic resonance, CMR)检查明确其组织病理生理改变,将有助于我们解释这一现象发生的可能机制及临床意义,对评估介入治疗的有效性、指导后续药物治疗方案及治疗策略的选择具有重要的临床意义。本综述将讨论微血管阻塞这一现象的不同病理生理情况,包括解剖的、功能的,目前及发展中的CMR技术用于微血管阻塞、心肌出血的评估;微血管阻塞及相关的不良左心室重构、临床预后及将来发展等情况。

1 微血管阻塞

微血管的损伤导致解剖上心肌“无复流”现象的发生最早在80年代已有相关记载^[1-3]。当时的研究发现,在器官血管已经再通或恢复了缺血组织的血流的情况下仍然达不到组织水平的再灌注。根据缺血损伤的严重性,微血管的损伤将导致:①仅有微血管阻塞;②微血管阻塞合并心肌内出血^[4]。国际心肺血液协会强调心肌梗死后微血管损害和再灌注损伤的治疗将是改善预后的关键靶点^[5]。微血管阻塞认为是由于快速释放的细胞毒性因子^[6]促进了血管的收缩、心肌细胞的水肿^[3]、毛细血管内皮细胞肿胀、动脉粥样硬化的碎片以及中性粒细胞、红细胞、血小板等导致了远端血管腔的栓塞所造成的。微血管的阻塞开始位于梗塞的核心,然后在48 h左右开始逐渐扩大^[7]。微血管阻塞的诊断可以通过血管造影、心脏超声、核素扫描、心肌声学造影等检查,但由于有创、缺乏足够的声窗、需要注射微泡造影剂等原因而受限。相反,CMR检查因其能提供更为全面的评估而受到推崇。微血管阻塞在CMR检查中被定义为“早期”或“晚期”与注射钆后时间相关的影像改变。早期的微血管阻塞注射造影剂2~5 min后在T1加权的影像上表现为梗死核心区域的低信号^[8];晚期钆增强的影像用于晚期微血管阻塞的评估具有较高的空间分辨率和对比度^[9]以及能够完全覆盖左心室的心肌等优势。

2 心肌内的出血

心肌内的出血被认为是微血管阻塞的一种严重表现形式,也被认为是经皮冠脉介入治疗若干小

时后梗死核心微血管病变进展的表现^[10-11]。导致这种现象的原因包括血管内皮细胞的损伤及红细胞在心肌细胞外间隙的聚集^[1,12-13]。这种解释引起了心肌内出血是导致严重缺血再灌注损伤的原因还是结果的争论^[14]。多种因素影响心肌内出血的表现及严重性,包括侧枝血流的量、缺血预适应、心肌坏死的程度^[15]、冠脉远端的微栓塞以及不同的个体存在的危险因素,如吸烟、糖尿病、超重、高血压等。心肌内出血能够通过CMR的T2或者T2*加权成像或者是参数映射序列评估。另一些研究研究应用T2加权短时反转恢复序列或是T2*加权梯度回波脉冲序列检查发现心肌内出血。心肌内出血在T2加权序列表现为梗死区低信号,因为血红蛋白的分解产物使心肌在T2时段恢复的时间缩短。近来一项关于14例ST段抬高的急性心肌梗死患者及20只犬科动物的急性心肌梗死再灌注动物模型的研究发现T2*可能比T2成像技术更适合心肌出血现象的评估^[16]。T2*在出血梗死的部位信号平均降低约54%,而在非梗死部位信号却比远侧心肌信号高6%。相反,在犬科动物模型中发现,T2在出血梗死部位信号增加约17%,而在非梗死区域增加38%,这反应了出血的竞争效应,如果有水肿,哪些因素会缩短T2,哪些因素会增加T2?更多的研究则直接比较T2和T2*成像技术为临床提供一种更为有效区分微血管阻塞是否合并心肌内出血的情况。但实际上有时很难从微血管阻塞中区分是否同时合并心肌内出血的情况,因为两者在梗死部位都可以表现为低信号区^[17-18]。而且,如果微血管阻塞未合并出血在T2加权序列可表现为低强化区,因为在梗死核心区域质子密度低的缘故^[19]。因此,在使用T2加权成像分析微血管阻塞与心肌内出血时应特别注意。

3 心肌梗死后微血管阻塞的时间过程

实验表明,在再灌注治疗1 h后经核黄素-S染色的梗死部位有大范围的解剖无复流区域存在。在再灌注治疗开始2 min的充血阶段,大约在正常血流50%时的平台期,可以看到明显的心肌血流进行性的下降。在实验中除了应用核黄素染色及放射性微泡进行血流检测外,还应用了CMR技术,同样提示了微血管阻塞的程度增加,从再灌注后1~2 h到24 h,甚至可以在再灌注后48 h均能够看到上述情况的增加^[20-21]。但是,在人体试验中并没有证据表明再灌注治疗后的任何时间点出现微血管病

变进展的情况。

在动物模型及人体试验中应用CMR及心肌声学造影评估微血管阻塞病变的结果表明微血管的功能不全可以持续到再灌注治疗后1个月左右^[22-23]。1个月时微血管的持续性阻塞与局部室壁运动不良、瘢痕变薄及梗死区域扩展相关^[22,24]。微血管床“功能的”或不可逆的改变可能与内皮功能不全及细胞碎屑阻塞血管腔有关。

4 微血管阻塞对临床预后及左心室不良重构的影响

CMR应用于微血管阻塞的检查,可单独或与梗死面积、左室射血分数等参数共同用于临床预后的预测。这项检查与其他影像学检查技术,如心肌声学造影、冠脉造影评估“无复流”现象亦具有高度的一致性^[25-29]。在患者的研究中发现微血管阻塞与整体收缩功能的下降和随访中左心室容量的增加相关,提示这可能与不良预后的可能机制相关。动物实验模型研究结果也支持上述观点,解剖“无复流”的大部分区域与梗死区室壁变薄及梗死区进一步扩展相关^[24]。在大量的人体试验中发现心肌梗死行再灌注治疗后3~7 d应用延迟钆增强检测技术评估微血管阻塞方面,微血管阻塞与临床预后呈独立正相关。仅有少部分研究表明,在心肌梗死面积固定不变的情况下,微血管阻塞病变并不能作为预后的独立预测指标^[30-31]。在一项研究中,心肌梗死后4.5 h左右进行检查提示可能低估了微血管阻塞病变真实的发生率,因为微血管阻塞可能在再灌注治疗后第1个24~48 h发生梗死区的扩展。在另一项研究中,研究结果由于受到实际心外膜血管再血管化时间异质性的影响而影响了微血管阻塞病变的严重性评估^[32]。

5 微血管阻塞与梗死区出血

作为微血管受损的一部分,再灌注治疗后出现红细胞在血管壁的间隙中溢出,称之为出血。早在90年代,在实验动物模型中观察到出血仅限于严重的微血管损伤部位,在无复流发生后,而且其严重程度与缺血持续的时间和严重性成正相关(缺血的严重程度主要取决于边支血流)^[12,15,33-35]。如没有再灌注大的出血是不会发生的,如表现为持续性冠脉阻塞时^[15]。出血的程度与病理性梗死面积高度相关,与再灌注治疗前血管闭塞时间成正比,但与溶栓治疗成独立的关系(血液溶解的状态并不增加出血量)^[13,36-37]。出血可以通过T2加权及T2*成像技术评估。出血在磁共振上的表现依赖于血红蛋白的降解产物产生的顺磁性效应^[38-39]。最初,出血由氧合血红蛋白组成而缺乏顺磁效应,随后,在急性心肌梗死最初的几天,氧合血红蛋白转变成去氧血红蛋白增加了顺磁效应而明显地降低了T2时间。去氧血红蛋白此后逐渐转变成高铁血红蛋白,

这在T1和T2加权序列将产生明显的顺磁性。在2周以后,高铁血红蛋白又转变成含有巨噬细胞的含铁血黄素,将导致T2值降低。因此,在心肌梗死的急性期,出血在CMR影像上表现为低强化,其周围为在T2加权影像上代表心肌水肿的高密度信号。在2例人体解剖标本上发现病理性的出血与在T2序列上的低强化信号密度具有密切的相关性^[40]。然而,微血管阻塞在未合并出血时在T2加权序列上仍然显示为低强化区域,同时在延迟钆增强的影像上表现为边缘持续性的低强化信号^[41-42]。一个潜在有效区别微血管阻塞是否合并出血的方法是直接T2定量,这种方法与传统的T2加权短轴Tau反转恢复序列相比更易发现心肌的水肿^[43-44]。在梗死核心,T2映射相比延迟钆增强下微血管阻塞其T2值是明显下降的。是否能通过T2值下降的等级来区分微血管阻塞是否同时合并出血尚需要进一步的研究。

近来在犬科动物模型中应用T2*成像与再灌注治疗3 d后梗死区的病理结果进行比较发现,病理上发现的出血灶与通过T2*成像技术发现的出血灶具有高度的一致性。尽管CMR测值可能会稍高估,但试验发现出血面积的大小与病理标本所测的大小具有高度的一致性。应用T2*序列具有潜在的优势,它可以区分微血管阻塞单独存在或是微血管阻塞同时合并有出血:出血伴随着值的降低,低于正常T2*水平,而微血管阻塞单独存在时没有此种现象^[42]。

在微血管阻塞6周后及近来在猪的心肌梗死动物模型再灌注急性期进行出血的进一步试验研究中^[45],微血管阻塞应用早期钆增强,出血应用T2*映射技术在再灌注后2天,1、2、4以及6周进行检测。微血管阻塞的程度在第2天最明显,2周左右逐渐降低,在第4周时完全恢复。在急性期出血的核心T2*的水平在4周左右时也逐渐恢复到正常参考值的水平。同样组织的病理学改变与CMR影像学改变上进行了比较。在梗死后的2周,有微血管阻塞区域的组织切片仍然显示由坏死的碎片和巨噬细胞浸润造成的微血管阻塞。在这个时间点,微血管阻塞的区域的铁离子沉积与T2*信号缺失相对应。在梗死后的6周左右,梗死区域出现广泛的胶原沉积以及心肌纤维化,同时没有证据能够说明铁离子的沉积与出血及微血管阻塞的过程是一致的。在这个试验中,仅仅研究了梗死区的出血。在随后进行的一些试验也支持上述试验的结果。在人群研究中发现晚期微血管阻塞的程度与梗死区的出血具有高度的相关性,相反与早期的微血管阻塞无明显相关^[46]。若干的一些研究表明梗死区的出血是左心室不良重构及主要不良心血管事件发生强有力的预测指标。因此,这些数据

提示出血可能反映的是严重的、可能不可逆的、持续的“微血管结构”的损伤,而不是潜在的可逆的“微血管功能”的损伤,但上述结果尚需要更进一步的研究来证实。

6 CMR 在微血管病变临床试验中的应用

微血管阻塞,特别是当针对该靶点治疗对微血管功能有潜在影响时越来越多的纳入到临床试验研究中^[47-49]。通过冠脉内注射干细胞治疗急性心肌梗死就是很好的用于评估微血管病变的临床试验。在很多已经发表的人体试验中已经开始应用CMR进行左心室射血分数、左心室容积检查,同时越来越多的试验亦使用CMR进行心肌梗死面积及微血管阻塞的评估^[50-52]。一些大的临床试验正在进行中,系统的微血管阻塞的评估将有助于识别哪些患者通过治疗可能更大的获益。比如,微血管阻塞的大量存在理论上将有可能影响干细胞移植效果的假设。优化干细胞注射的时间与微血管阻塞演进时间之间的关系将有助于明确干细胞治疗益处的可能病理生理机制。如是否有新生血管化、微血管功能的恢复或是由于细胞阻塞微血管造成微血管灌注损伤等^[53]。目前基于网络注册的临床研究也越来越多,这样做的目的是为了可以在进行大规模临床试验前及早地发现损伤效应的早期信号。

7 争论及未来发展的方向

目前,关于在什么时段应用CMR进行微血管阻塞病变的评估尚无统一的标准,主要焦点是何时应用增强技术及再灌注治疗时间如何确定方面。这与微血管阻塞的表现、阻塞的程度,在梗死治疗以及微血管功能不全在个体间的变异程度、可逆性等易变因素等相关。是否进行心肌出血的评估就能够提高微血管阻塞的诊断价值,以及采取何种最优的检查手段目前尚不清楚。新的检测手段,如T2*序列可能在理论上能够更灵敏、更特异地检测出严重的解剖微血管损伤。具体讲,即内皮损伤后与随后血液的溢出,可以通过测量血红蛋白的中间产物而获得。然而,需要大型研究来明确不同的CMR检查方式对微血管功能不全预测不良左心室重构及临床结局这一事件的价值。同时需要考虑是否需要在心肌梗死后7~10 d中不同的时间点进行微血管阻塞及梗死区出血的检测,特别是在需要指导辅助再灌注治疗的药物与治疗策略时以便于区分功能性与结构性的微血管内阻塞。目前研究表明CMR与急性期ST段的恢复、血管造影、心肌声学造影以及多层螺旋CT等检查微血管阻塞方面具有较好的相关性,但是目前还没有哪一种方法能够在“病理生理、诊断、预后”等方面作为微血管阻塞及梗塞区出血诊断的“金标准”。

8 结论

微血管阻塞以及相关的心肌出血征象是急性

心肌梗死再灌注治疗后常见现象,可以通过应用不同的CMR检测技术,包括首过灌注、早期或晚期钆增强,以及近来的T2及T2*技术。动物实验与人体试验均证实微血管阻塞的程度与左心室不良重构之间存在着相关性。同样,这种不良的影响通过对梗死的治疗可以反过来解释我们所观察到的由微血管阻塞所造成的不良预后。但是,目前还没有确切的证据能够证明微血管阻塞能够通过介入治疗的手段改善,如果能够通过介入方式改善的话,这可能将会大大地改善患者的预后。这或许部分与目前尚无标准化的方法评估微血管阻塞相关。将来需要建立最佳的CMR检查策略以及明确心肌梗死后何时进行CMR检查为最优的时间等大型研究。

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