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临床研究·论著

## 老年功能性消化不良患者血浆神经肽S受体1、5-羟色胺的表达及其临床意义\*

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**摘要:** 目的 探讨老年功能性消化不良(FD)患者血浆神经肽S受体1(NPSR1)、5-羟色胺(5-HT4)的表达及其临床意义。**方法** 选取2020年2月—2022年8月在武汉市第一医院就诊的96例老年FD患者作为FD组,另取同期该院健康体检老年人80例作为对照组。对比FD组与对照组临床资料、血浆NPSR1、5-HT4水平。多因素逐步Logistic回归分析影响老年FD发生的相关因素。绘制受试者工作特征(ROC)曲线,分析血浆NPSR1、5-HT4及两者联合检测对老年FD的诊断效能。**结果** FD组体质质量指数、脂肪肝、睡眠障碍、焦虑、抑郁及IL-6、CCK及SS水平高于对照组( $P < 0.05$ ),饮食规律、每周运动时间 $\geq 4$  h占比及MTL水平低于对照组( $P < 0.05$ )。FD组血浆NPSR1水平低于对照组( $P < 0.05$ ),5-HT4水平高于对照组( $P < 0.05$ )。多因素逐步Logistic回归分析结果显示,睡眠障碍[ $\hat{OR} = 2.735$  (95% CI: 1.299, 5.756)]、NPSR1 [ $\hat{OR} = 3.203$  (95% CI: 1.461, 7.023)]、5-HT4 [ $\hat{OR} = 3.093$  (95% CI: 1.410, 6.781)]为老年FD发生的危险因素( $P < 0.05$ );饮食规律 [ $\hat{OR} = 0.361$  (95% CI: 0.165, 0.792)]为老年FD发生的保护因素( $P < 0.05$ )。ROC曲线分析结果显示,血浆NPSR1、5-HT4及两者联合诊断老年FD的敏感性分别为78.13% (95% CI: 0.683, 0.857)、75.00% (95% CI: 0.649, 0.830)、73.96% (95% CI: 0.638, 0.821),特异性分别为72.50% (95% CI: 0.612, 0.816)、81.25% (95% CI: 0.706, 0.888)、95.00% (95% CI: 0.870, 0.984),曲线下面积分别为0.779 (95% CI: 0.711, 0.838)、0.784 (95% CI: 0.716, 0.843)、0.891 (95% CI: 0.836, 0.933)。**结论** 老年FD患者血浆NPSR1、5-HT4水平高于健康者,且血浆NPSR1、5-HT4联合诊断老年FD的效能较高。

**关键词:** 功能性消化不良;老年;血浆;神经肽S受体1;5-羟色胺

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## Expression and clinical significance of NPSR1 and 5-HT4 in plasma of elderly patients with functional dyspepsia\*

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**Abstract: Objective** To investigate the expression and clinical significance of neuropeptide S receptor 1 (NPSR1) and 5-hydroxytryptamine type 4 (5-HT4) in plasma of elderly patients with functional dyspepsia (FD). **Methods** Ninety-six elderly patients with FD who visited our hospital from February 2020 to August 2022 were selected as the FD group, and another 80 elderly individuals undergoing health checkup in our hospital during the same period were included as the control group. The clinical data and the plasma levels of NPSR1 and 5-HT4 were compared between the FD group and the control group. Multivariable stepwise Logistic regression analysis was performed to determine factors affecting the occurrence of FD in the elderly. The receiver operating characteristic

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(ROC) curve was plotted to analyze the diagnostic performance of the plasma levels of NPSR1 and 5-HT4 alone and their combination for FD in the elderly. **Results** The body mass index (BMI), proportions of patients with fatty liver, sleep disorder, anxiety, and depression, and levels of interleukin-6 (IL-6), cholecystokinin (CCK), and somatostatin (SS) in the FD group were higher than those in the control group ( $P < 0.05$ ), while the proportions of patients with regular diets and no less than 4 hours of exercise per week as well as the level of motilin (MTL) in the FD group were lower than those in the control group ( $P < 0.05$ ). The plasma level of NPSR1 in the FD group was lower than that in the control group ( $P < 0.05$ ), while the level of 5-HT4 in the FD group was higher than that in the control group ( $P < 0.05$ ). Multivariable stepwise Logistic regression analysis showed that combined sleep disorders [ $\hat{OR} = 2.735$  (95% CI: 1.299, 5.756)] and higher levels of NPSR1 [ $\hat{OR} = 3.203$  (95% CI: 1.461, 7.023)] and 5-HT4 [ $\hat{OR} = 3.093$  (95% CI: 1.410, 6.781)] were risk factors for the occurrence of FD in the elderly ( $P < 0.05$ ). In contrast, regular diets [ $\hat{OR} = 0.361$ , (95% CI: 0.165, 0.792)] were protective factors for the occurrence of FD in the elderly ( $P < 0.05$ ). The ROC curve analysis exhibited that the sensitivities of the plasma levels of NPSR1 and 5-HT4 alone and their combination in the diagnosis of FD in the elderly were 78.13% (95% CI: 68.30%, 85.66%), 75.00% (95% CI: 64.93%, 83.03%), and 73.96% (95% CI: 63.83%, 82.14%), with the specificities being 72.50% (95% CI: 61.20%, 81.61%), 81.25% (95% CI: 70.65%, 88.79%), and 95.00% (95% CI: 87.01%, 98.39%), and the areas under the ROC curves (AUCs) being 0.779 (95% CI: 0.711, 0.838), 0.784 (95% CI: 0.716, 0.843) and 0.891 (95% CI: 0.836, 0.933), respectively. **Conclusions** The plasma levels of NPSR1 and 5-HT4 in elderly patients with FD are significantly higher than those in healthy people, and the combination of the plasma levels of NPSR1 and 5-HT4 exhibits high diagnostic efficacy for FD in elderly patients.

**Keywords:** functional dyspepsia; elderly; plasma; neuropeptide S receptor 1; 5-hydroxytryptamine

功能性消化不良(functional dyspepsia, FD)为临床常见的一种功能性胃肠疾病,严重时可危及患者生命<sup>[1-2]</sup>。FD的发生、发展与环境、心理等因素有关。由于患者多无器质性病变,临床中多通过医师主观经验结合患者临床症状对FD进行诊断,该方法诊断的主观性较强,易出现漏诊、误诊<sup>[3]</sup>。核素扫描定量分析胃排空是诊断FD的金标准,但其检查费用昂贵,且存在一定的放射性,患者接受程度较低,临床应用存在一定的局限性,故亟须寻找更为客观、方便的方法诊断FD<sup>[4]</sup>。神经肽(Neuropeptides, NPS)参与机体神经内分泌、免疫等多个过程的调节,神经肽S受体1(neuropeptide S receptor 1, NPSR1)为一种新型的NPS,参与调节炎症反应、伤害性刺激等多个过程,与FD的发生有关<sup>[5]</sup>。5-羟色胺(5-hydroxytryptamine, 5-HT4)为胃肠道感觉信号调控的调节因子之一,其水平变化对FD的发生有一定的影响<sup>[6]</sup>。但目前老年FD患者与血浆NPSR1、5-HT4水平的关系尚不清楚,鉴于此,本研究通过分析老年FD患者和健康体检者的临床资料,探讨老年FD患者血浆NPSR1、5-HT4的表达及其临床意义。

## 1 资料与方法

### 1.1 临床资料

选取2020年2月—2022年8月在武汉市第一医

院就诊的96例老年FD患者作为FD组,另取同期本院健康体检老年人80例作为对照组。本研究经医院伦理委员会审批通过。研究对象均对本研究知情同意

### 1.2 纳入与排除标准

**1.2.1 研究组纳入标准** ①符合FD诊断标准<sup>[7]</sup>: a.餐后饱胀不适,b.早饱,c.上腹灼烧感,d.上腹痛,e.经检查排除引发上述症状的器质性疾病,f.上述症状发作时间>1个月,或既往1年内症状发作时间累计>3个月,符合上述中的1项及以上即可诊断为FD;②年龄>60岁;③病例资料完整;④首次诊断为FD且既往未接受FD相关治疗;⑤消化不良症状持续时间>3个月。

**1.2.2 研究组排除标准** ①心、肝、肾等重要脏器功能不全;②腹部手术史;③认知障碍或精神疾病;④合并恶性肿瘤;⑤合并甲状腺功能亢进、糖尿病、高血压等疾病影响患者消化功能;⑦妊娠或哺乳期女性;⑧消化疡或消化道出血;⑨近3个月使用激素、非甾体类抗炎药;⑩合并神经系统疾病。

**1.2.3 对照组纳入标准** ①为体检健康者;②年龄>60岁;③既往无消化道疾病;④体检资料齐备;⑤本次体检经通过相应的检查方法(包括内镜检查、血液检查、影像学检查等)未发现消化

系统或其他脏器的器质性病变。

**1.2.4 对照组排除标准** ①近期使用可能影响观察指标变化的相关药物；②依从性差；③临床资料不齐。

### 1.3 酶联免疫吸附试验检测血浆NPSR1、5-HT4水平

采集所有研究对象静脉血5 mL，采用酶联免疫吸附试验检测NPSR1、5-HT4水平，试剂盒购自深圳欣博盛生物科技有限公司。

### 1.4 临床资料收集

收集可能影响FD发生的临床资料，包括性别、年龄、体质量指数(body mass index, BMI)、是否合并基础疾病(高血压、糖尿病、高脂血症)、合并脂肪肝、吸烟史、饮酒史、睡眠障碍(匹兹堡睡眠质量指数≥8分<sup>[8]</sup>)、焦虑(焦虑自评量表评分>50分<sup>[9]</sup>)、抑郁(抑郁自评量表评分≥53分<sup>[10]</sup>)、是否饮食规律、每周运动时间、白细胞介素-6(Interleukin-6, IL-6)、胃动素(Motilin, MTL)、胆囊收缩素(Cholecystokinin, CCK)、生长抑制素(Somatostatin, SS)。

### 1.5 统计学方法

数据分析采用SPSS 21.0统计软件。计量资料以均数±标准差( $\bar{x} \pm s$ )表示，比较用t检验；计数资料以构成比或率(%)表示，比较用 $\chi^2$ 检验；影响因素的分析采用多因素逐步Logistic回归模型；绘制受试者工作特征(receiver operating characteristic, ROC)曲线。 $P<0.05$ 为差异有统计学意义。

## 2 结果

### 2.1 FD组与对照组临床资料比较

FD组与对照组性别构成、年龄、高血压、糖尿病、高脂血症、吸烟史、饮酒史比较，差异均无统计学意义( $P>0.05$ )。FD组与对照组BMI、脂肪肝、睡眠障碍、焦虑、抑郁、饮食规律、每周运动时间≥4 h占比及IL-6、CCK、SS、MTL水平比较，差异均有统计学意义( $P<0.05$ )；FD组BMI、脂肪肝、睡眠障碍、焦虑、抑郁及IL-6、CCK及SS水平高于对照组，饮食规律、每周运动时间≥4 h占比及MTL水平低于对照组。见表1。

表1 FD组与对照组临床资料比较

组别	n	男/ 女/例	年龄/(岁, $\bar{x} \pm s$ )	BMI/(kg/m <sup>2</sup> , $\bar{x} \pm s$ )	高血压 例(%)	糖尿病 例(%)	高脂血症 例(%)	脂肪肝 例(%)	吸烟史 例(%)	饮酒史 例(%)	睡眠障碍 例(%)
FD组	96	58/38	72.15 ± 5.42	23.25 ± 2.76	17(17.71)	22(22.92)	13(13.54)	20(20.83)	42(43.75)	48(50.00)	33(34.38)
对照组	80	43/37	70.83 ± 5.76	22.47 ± 2.19	8(10.00)	11(13.75)	7(8.75)	7(8.75)	30(37.50)	36(45.00)	12(15.00)
$\chi^2/t$ 值		0.793	1.564	2.047	2.128	2.407	0.995	4.906	0.705	0.437	8.607
P值		0.373	0.120	0.042	0.145	0.121	0.319	0.027	0.401	0.508	0.003
组别		焦虑 例(%)	抑郁 例(%)	饮食规律 例(%)	每周运动时间 例(%)	IL-6/(pg/mL, $\bar{x} \pm s$ )	MTL/(pg/mL, $\bar{x} \pm s$ )	CCK/(pg/mL, $\bar{x} \pm s$ )	SS/(pg/mL, $\bar{x} \pm s$ )		
FD组	27(28.13)	21(21.88)	63(65.63)	24(25.00)	72(75.00)	81.02 ± 7.23	396.74 ± 76.28	53.26 ± 12.73	54.67 ± 13.09		
对照组	10(12.50)	8(10.00)	70(87.50)	32(40.00)	48(60.00)	78.46 ± 6.89	428.13 ± 81.26	48.92 ± 11.48	49.85 ± 12.16		
$\chi^2/t$ 值		6.416	4.471	11.310	4.526	2.389	2.639	2.354	2.512		
P值		0.011	0.034	0.001	0.033	0.018	0.009	0.020	0.013		

### 2.2 FD组与对照组血浆NPSR1、5-HT4水平比较

FD组与对照组血浆NPSR1、5-HT4水平比较，经t检验，差异均有统计学意义( $P<0.05$ )；FD组血浆NPSR1水平低于对照组，5-HT4水平高于对照组。见表2。

### 2.3 影响老年FD发生的多因素分析

以老年FD发生情况为因变量(非FD=0, FD=

表2 FD组与对照组血浆NPSR1、5-HT4水平比较  
(pg/mL,  $\bar{x} \pm s$ )

组别	n	NPSR1	5-HT4
FD组	96	172.34 ± 15.81	1 805.32 ± 314.27
对照组	80	215.46 ± 18.72	1 241.75 ± 284.32
t值		16.568	12.366
P值		0.000	0.000

1), BMI、IL-6、MTL、CCK、SS、NPSR1、5-HT4 水平(均赋为实测值)、脂肪肝(否=0,是=1)、睡眠障碍(否=0,是=1)、焦虑(否=0,是=1)、抑郁(否=0,是=1)、饮食规律(否=0,是=1)、每周运动时间( $\geq 4\text{ h}$ =0,<4 h=1)为自变量,进行多因素逐步 Logistic 回归分析(引入水准是 0.05,剔除水准是

0.10),结果显示:睡眠障碍[ $\hat{\text{OR}}=2.735$ (95% CI: 1.299, 5.756)]、NPSR1 [ $\hat{\text{OR}}=3.203$ (95% CI: 1.461, 7.023)]、5-HT4 [ $\hat{\text{OR}}=3.093$ (95% CI: 1.410, 6.781)]为老年 FD 发生的危险因素( $P < 0.05$ );饮食规律[ $\hat{\text{OR}}=0.361$ (95% CI: 0.165, 0.792)]为老年 FD 发生的保护因素( $P < 0.05$ )。见表 3。

表3 影响老年FD发生的多因素逐步Logistic回归分析参数

自变量	$b$	$S_b$	Wald $\chi^2$	P 值	$\hat{\text{OR}}$	95% CI	
						下限	上限
睡眠障碍	1.006	0.458	4.825	0.017	2.735	1.299	5.756
饮食规律	-1.018	0.429	5.631	0.012	0.361	0.165	0.792
NPSR1	1.164	0.375	9.635	0.000	3.203	1.461	7.023
5-HT4	1.129	0.381	8.781	0.000	3.093	1.410	6.781

#### 2.4 血浆 NPSR1、5-HT4 及两者联合诊断老年 FD 的价值

ROC 曲线分析结果显示,血浆 NPSR1、5-HT4 及两者联合诊断老年 FD 的敏感性分别为 78.13% (95% CI: 0.683, 0.857)、75.00% (95% CI: 0.649, 0.830)、73.96% (95% CI: 0.638, 0.821),特异性分别

为 72.50% (95% CI: 0.612, 0.816)、81.25% (95% CI: 0.706, 0.888)、95.00% (95% CI: 0.870, 0.984),曲线下面积(area under curve, AUC)分别为 0.779 (95% CI: 0.711, 0.838)、0.784 (95% CI: 0.716, 0.843)、0.891 (95% CI: 0.836, 0.933)。见表 4 和图 1。

表4 血浆 NPSR1、5-HT4 及两者联合诊断老年FD的效能分析

指标	最佳截断值	敏感性/ %	95% CI		特异性/ %	95% CI		AUC	95% CI	
			下限	上限		下限	上限		下限	上限
NPSR1	190.43 pg/mL	78.13	0.683	0.857	72.50	0.612	0.816	0.779	0.711	0.838
5-HT4	1 078.49 pg/mL	75.00	0.649	0.830	81.25	0.706	0.888	0.784	0.716	0.843
联合		73.96	0.638	0.821	95.00	0.870	0.984	0.891	0.836	0.933

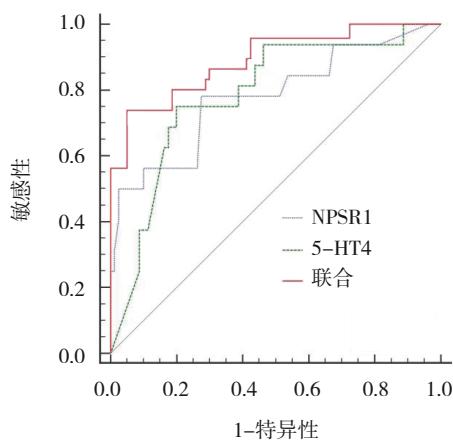


图1 血浆 NPSR1、5-HT4 及两者联合诊断老年FD的ROC曲线

### 3 讨论

FD 可存在一种或多种消化不良症状,为临床常见的功能性胃肠综合征,其症状可持续亦可反复发作,严重影响患者的日常生活<sup>[11-13]</sup>。目前 FD 的发病机制尚不清楚,可能与饮食、情绪等多种因素有关<sup>[14]</sup>。老年人群由于免疫功能降低、胃黏膜防御功能逐渐减退,致使 FD 反复发作,故及早诊断老年 FD 并积极干预,对改善预后意义重大<sup>[15]</sup>。

FD 患者中睡眠障碍人数占比较高,分析原因可能为频繁失眠患者长期睡眠不足,可在一定程度上损伤机体器官,促使 FD 的发生<sup>[16]</sup>。饮食规律与 FD 发生关系密切,不规律饮食可增加 FD 的发生风险。

NPSR1由胃肠道细胞表达,与FD的发生、发展关系密切。相关研究报道,NPSR1参与胃肠运动、感觉功能调节,进而调控失眠、焦虑等,与餐后饱胀等关系密切,其水平降低可增加FD的发生风险<sup>[17]</sup>。5-HT4水平变化与FD的发生关系密切,5-HT4受体激动剂可增加兴奋性神经信号通路的传导。相关研究表明,5-HT4水平升高可提高FD的发病率<sup>[18-20]</sup>。故在临床中需注意纠正患者不良生活习惯、提高认知及调节心理状态等,同时还应注意血浆NPSR1、5-HT4水平<sup>[21]</sup>。ROC曲线分析结果提示血浆NPSR1、5-HT4两者联合诊断老年FD的效能较高。分析血浆NPSR1、5-HT4水平变化可诊断老年FD的机制可能为:NPSR1可作为信号诱导参与机体的炎症反应,参与胃肠功能有关的生长抑制素等因子的表达,影响并参与胃肠道反应,进而可发挥促进胃肠功能的作用<sup>[22-24]</sup>;5-HT4具有增加结肠运动、传输速度的生理功能,并可促进黏膜上皮细胞的分泌,其在FD患者中多表现为过表达,并引发患者腹痛、食欲不振等临床表现<sup>[25-26]</sup>。目前仍有少数研究证实5-HT4、NPSR1与FD的发生、发展有关<sup>[20-21]</sup>,关于其诊断价值的报道尚无,本研究提出5-HT4联合NPSR1诊断FD对临床诊断和及早治疗老年FD具有一定意义,但本研究仍需要扩大病例数,增加随访节点动态观察老年FD患者5-HT4、NPSR1变化与诊断、疗效、进展的关系,以期为临床提供更多指导价值。

综上所述,老年FD患者血浆NPSR1、5-HT4水平高于健康者,且血浆NPSR1、5-HT4两者联合诊断老年FD的效能较高。

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