

• 综述 •

结核后肺疾病的发病机制

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【摘要】 结核后肺疾病(PTLD)是结核病患者治愈后可能出现的慢性肺部病变。PTLD 的核心致病机制包括: 肉芽肿异常形成与消退障碍是肺结构破坏的起始环节; TNF- α 、IL-6 等细胞因子与 NF- κ B、缺氧诱导因子-1 α (HIF-1 α) 等转录因子形成炎症调控轴, 驱动慢性炎症; 基质金属蛋白酶(MMPs)在其调控下介导肺组织重塑; 中性粒细胞与 CD4⁺ T 细胞的相互作用则平衡免疫防御与组织损伤。未来应聚焦于多组学技术分析 PTLD 的免疫-炎症网络、探索靶向 HIF-1 α /MMPs 轴的治疗策略, 并开展免疫细胞功能调控的干预研究, 为其精准防控提供新思路。

【关键词】 发病机制; 结核后肺疾病; 肉芽肿; 细胞因子; 中性粒细胞

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Pathogenesis of post-tuberculosis lung disease

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【Abstract】 Post-tuberculosis lung disease (PTLD) is a chronic pulmonary condition that may occur in patients after the cure of tuberculosis. The core pathogenic mechanisms of PTLD include abnormal formation and impaired resolution of granulomas initiating pulmonary structural damage; cytokines (such as TNF- α , IL-6) and transcription factors [such as NF- κ B, hypoxia inducible factor-1 α (HIF-1 α)] forming an inflammatory regulatory axis that drives chronic inflammation; matrix metalloproteinases (MMPs) mediating lung tissue remodeling under their regulation; and the interaction between neutrophils and CD4⁺ T cells, which balances immune defense and tissue injury. Future efforts should concentrate on applying multi-omics technologies to decipher the immune-inflammatory network in PTLD, exploring therapeutic strategies targeting the HIF-1 α /MMP axis, and conducting intervention studies on immune cell function regulation, thereby providing new insights for the precise prevention and control of PTLD.

【Key words】 Pathogenesis; Post-tuberculosis lung disease; Granuloma; Cytokines; Neutrophils

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结核病(tuberculosis, TB)是一种严重危害人类健康的慢性传染病。我国是 TB 高负担国家, 2023 年新发 TB 患者 74.1 万例, 居全球第 3 位^[1-3]。许多 TB 治愈者在治疗结束后仍会受到残余肺纤维化、空洞形成和结构扭曲的影响, 最终导致肺结构重塑, 进而损害呼吸能力和肺功能^[4], 这一 TB 后持续长

期呼吸损害被命名为 TB 后肺疾病 (post-tuberculosis lung disease, PTLD)。2019 年南非举行的第一届 TB 后肺部健康国际研讨会上将这一慢性疾病定义为“部分或全部由肺结核(pulmonary tuberculosis, PTB)所引起的具有慢性呼吸系统异常的一组肺疾病, 伴或不伴有临床症状”^[5]。PTLD 包括肺实质

病变、气道病变、肺血管病变、胸膜病变以及纵隔病变^[5-10],属于 PTB 所遗留的一组肺部后遗症、并发症或并存病。因耐药和广泛耐药 TB 负担的增加、TB 诊断延迟、不规范治疗等情况,PTLD 进一步复杂化,导致发生更具破坏性的肺部疾病和更严重的并发症^[11]。据估算,PTLD 占总结核病负担值的 47%^[12]。由于目前尚无统一的 PTLD 诊断标准,PTLD 患病率差异较大,在 18%~87%^[13],发病率为无 TB 史者的 2~4 倍^[14],且对患者肺功能具有长期影响^[10, 15]。

PTLD 的症状多样,常见的包括呼吸困难(33%~44%)、咳嗽(18%~36%)、咳痰(18%~26%)、喘息(8%~9%);在肺功能方面,51%~66%的患者无明显肺功能异常,但仍有 14%~21%的患者存在阻塞性通气功能障碍,20%~49%的患者存在用力肺活量的下降^[16-18]。研究表明 PTLD 的发生发展与肉芽肿的形成和消退、TNF- α 和 IL 等细胞因子的作用、缺氧诱导因子-1 α (hypoxia-inducible factor-1 α , HIF-1 α) 等转录因子的调控、基质金属蛋白酶(matrix metalloproteinases, MMPs) 等酶及中性粒细胞和 CD4⁺T 细胞的作用密切相关。本文梳理了当前 PTLD 的发生发展及相关机制,有助于进一步深化对该疾病的认识,推动其临床和基础研究的开展,进而优化疾病的预防和治疗策略。

一、PTLD 的发病机制概述

研究表明,PTLD 的发病机制与机体的免疫应答密切相关,涉及多种细胞、因子及通路的复杂交互作用。在结核分枝杆菌(*Mycobacterium tuberculosis*, MTB)感染后的恢复期,患者的免疫系统可能会持续处于激活状态,从而导致慢性炎症和组织损伤。肉芽肿的形成是机体对 MTB 的核心免疫反应,但其持续存在或消退障碍可导致肺组织纤维化和功能障碍^[19]。细胞因子在 PTLD 的发病机制中扮演重要角色。研究发现,促炎细胞因子如 TNF- α 和 IL-6 在 PTLD 患者中显著升高,这可能与炎症反应的持续性和免疫细胞的活化有关^[20]。这些细胞因子的表达受到关键转录因子 [如核因子 κ B(nuclear factor-kappa B, NF- κ B)、HIF-1 α 、信号转导与转录激活因子(signal transducer and activator of transcription, STAT)] 的精密调控,后者通过影响下游基因的表达,影响肺部的炎症状态、纤维化进程及组织修复^[21]。MMPs,特别是 MMP-2 和 MMP-9,作为细胞外基质降解和重塑的关键调控因子,在 PTLD 患者的肺组织中表达上调,其活性受到上述细胞因子和转录因子网络的调控,与肺组织的损伤和纤维化密切相关^[22-23]。此外,中性粒细胞和 CD4⁺T 细胞作为固有和适应性免疫应答的重要成员,不仅直接参与抗菌免疫和组织损伤,还通过释放细胞因子和趋化因子,与上述分子机制形成复杂的反馈回路,共同维持慢性炎症并推动 PTLD 的进展^[19, 24-25]。

二、肉芽肿的形成和消退与 PTLD 发生发展

1. 肉芽肿的形成与 PTLD 发生发展

肉芽肿是宿主应对 MTB 感染的关键免疫结构,但其异常分化可驱动 PTLD 的发生。MTB 感染后,巨噬细胞通过释放 TNF- α 和 IFN- γ 等细胞因子招募并激活免疫细胞,CD4⁺T 细胞进一步强化局部炎症反应,形成肉芽肿核心;肉芽肿内部的缺氧微环境通过激活 HIF-1 α 通路,不仅促进 MTB 的持久存活,还维持肉芽肿的慢性炎症状态,阻碍其正常消退^[26-28]。在 PTLD 中,肉芽肿表现为两种病理亚型:(1)纤维性肉芽肿,以 Th2 和 Treg 细胞为主导,通过分泌 IL-4、IL-13 和转化生长因子- β (transforming growth factor-beta, TGF- β) 促进胶原沉积,导致肺纤维化和限制性通气功能障碍^[4, 29];(2)细胞性肉芽肿,主要由活化的巨噬细胞和中性粒细胞组成,通过过度释放 TNF- α 及 MMPs(如 MMP-1/8),引发组织破坏和空洞形成^[23, 30]。此外,肉芽肿的核心-外围结构失衡(如促炎因子 TNF- α 与抗炎因子 TGF- β 比例失调)可导致慢性炎症持续,加重肺损伤^[31]。

2. 肉芽肿消退障碍与 PTLD 发生发展

肉芽肿的消退过程若受阻或失调,可能直接促进 PTLD 的发生发展,机制涉及免疫调控失衡、持续炎症及宿主-环境交互作用。肉芽肿正常消退需 Th1 型免疫反应主导的细胞凋亡和基质重塑,但 PTLD 患者中 Th2 优势或抗炎因子(如 IL-10 和 TGF- β)过度表达可抑制这一过程^[32-33]。即使 MTB 被清除,残留的炎症信号(如 IL-6 和 TNF- α)仍可维持局部免疫激活,导致持续性肺损伤^[34-35]。宿主遗传因素(如 MMP-1 基因多态性)和环境因素(如吸烟)可进一步干扰肉芽肿消退,例如烟草中的尼古丁通过调节巨噬细胞分泌 TNF- α ,可以加剧炎症和纤维化^[36],最终导致 PTLD 的典型病理结局——肺结构破坏、气道阻塞或肺动脉高压^[4, 37]。因此,理解肉芽肿的消退机制及其影响因素对预防 PTLD 具有重要意义。

三、细胞因子在 PTLD 发病机制中的作用

在 PTLD 的发病机制中,细胞因子通过多种途径影响疾病的发展,其不仅通过激活免疫细胞(如巨噬细胞和淋巴细胞)来增强局部免疫应答,还通过调节肺泡上皮细胞和成纤维细胞的功能,影响肺部的修复与纤维化进程^[19, 38]。在 MTB 感染后的慢性炎症环境中,细胞因子与免疫细胞之间形成复杂的相互作用网络。IL-6 不仅促进急性期反应,还影响 B 细胞分化和 T 细胞活化,成为从急性期向慢性炎症期过渡的重要调节剂,其持续高水平与肺纤维化、PTLD 不良结局相关^[39-40]。TGF- β 由 Treg 细胞产生,在 MTB 感染后的异常修复过程中被大量激活,驱动肌成纤维细胞活化和胶原沉积,与 PTLD 肺纤维化的发生相关^[41-42]。此外,IL-17 由 Th17 细胞分泌,在 TB

患者的肉芽肿周围表达,其表达常与中性粒细胞增多有关,并直接促进上皮细胞和成纤维细胞产生 MMP-3,导致组织损伤和纤维化^[43-45]。值得注意的是,细胞因子的表达受到转录因子的精密调控。例如,NF- κ B 和 HIF-1 α 可直接结合到 TNF- α 、IL-6 等基因的启动子区域,上调其转录水平,从而放大炎症反应^[21]。

在抗结核治疗过程中,细胞因子水平的变化也与预后相关,例如治疗前高浓度的 IL-6 与抗结核治疗更高的失败、复发和死亡风险相关^[46],而早期治疗期间 TGF- β 2 水平下降幅度较大与治疗后肺功能改善相关^[47]。通过调节这些细胞因子的表达和信号通路,可以为 PTLD 的治疗提供新的策略,例如使用细胞因子抑制剂来减轻炎症反应和改善肺功能^[48]。

四、转录因子在 PTLD 中的调控作用

1. 转录因子驱动 PTLD 病理过程的机制

转录因子在 PTLD 的发病机制中扮演着上游调控中心的角色,其异常表达和活性改变是驱动 PTLD 进展的核心环节。研究发现,转录因子如 NF- κ B、STAT、T-box 转录因子(T-box expressed in T cells, T-bet) 和 GATA 结合蛋白 3(GATA binding protein 3, GATA3)等 Th 细胞特异性转录因子在调控 PTLD 相关的免疫应答、炎症反应和纤维化进程中起着核心作用^[49-50]。慢性炎症环境中,NF- κ B 持续活化,上调 TNF- α 、IL-6 和 IL-1 β 等促炎因子,维持炎症并造成组织损伤^[21, 51]。T-bet 和 GATA3 分别主导 Th1 和 Th2 细胞的分化,其平衡状态直接影响机体抗 MTB 免疫的效能与 PTLD 的纤维化倾向^[52]。IL-6/JAK/STAT3 轴的持续激活促进成纤维细胞增殖、胶原合成及上皮-间质转化,加速肺纤维化^[53]。HIF-1 α 则在肉芽肿等病理性缺氧环境中稳定表达,调控包括 VEGF、糖酵解酶等多种靶基因,影响炎症、血管生成和细胞代谢^[54-55]。HIF-1 α 还能通过与 NF- κ B p65 相互作用、共招募至靶基因启动子,协同放大炎症反应^[56]。

2. 转录因子在 PTLD 中的调控网络

转录因子在 PTLD 中并非发挥孤立作用,而是构成多层次交互网络。在巨噬细胞与成纤维细胞中,NF- κ B 与 HIF-1 α 通过双向交叉对话形成正反馈环路:前者可直接诱导 HIF-1 α 转录,后者则增强 NF- κ B 的 DNA 结合及转录活性,协同放大炎症与缺氧反应^[50, 57]。此外,转录因子与非编码 RNA 的相互作用进一步细化该网络,如 miR-146a 靶向 IRAK1/TRAF6 负反馈抑制 NF- κ B 信号;而 miR-155 靶向 SOCS1 增强其活性,且这些 miRNA 的转录本身受 NF- κ B 等转录因子调控,形成正/负反馈调节圈^[58-60]。上述转录-表观遗传网络整合细胞内外危险信号,显著影响 PTLD 的炎症强度、组织修复质量及纤维化结局。

五、MMPs 在 PTLD 肺组织重塑与炎症中的作用

1. MMPs 在 PTLD 肺组织重塑中的作用

在 MTB 感染后 PTLD 患者中,特定 MMPs 的表达与肺组织重塑存在明确关联。研究发现,PTLD 患者的血清 MMP-1 水平明显高于健康对照组^[61]。在完成肺结核治疗 1 年后的患者中,MMP-1 与中重度肺纤维化有显著关联^[62]。MMP-1 转基因小鼠在 MTB 感染后,肺肉芽肿的肺泡破坏和胶原蛋白的分解显著增加^[63]。细胞模型、108 名患者的队列和单独的患者肺活检结果显示,中性粒细胞来源的 MMP-8 在结核病中上调并导致基质破坏^[23]。在活动型肺结核患者的痰液和支气管肺泡灌洗液的样本中,MMP-1、MMP-3、MMP-8 和 MMP-9 水平显著升高^[64]。来自人肺腔的基因表达数据表明,MMP-1 的表达较高,而腔内特异性抑制剂——组织金属蛋白酶抑制剂-3(tissue inhibitor of metalloproteinase-3, TIMP-3)的表达显著降低。这种 MMP-1/TIMP 轴的不平衡伴随着该区域的疾病进展和更高的细菌载量^[65]。

2. MMPs 与 PTLD 炎症反应的相互作用

在 MTB 感染过程中,MMPs 与炎症反应之间存在密切的双向互作。一方面,MMPs 通过降解细胞外基质破坏组织结构,同时释放储存在基质中的 IL-8、TGF- β 和 EGF 等活性因子,进一步招募免疫细胞并放大炎症。另一方面,炎症微环境中丰富的 TNF- α 、IL-17 等细胞因子可强烈诱导巨噬细胞、中性粒细胞及成纤维细胞表达多种 MMPs。例如,在中性粒细胞主导的反应中,预储存在颗粒中的 MMP-8 与诱导型 MMP-9 被大量释放,共同参与肺组织破坏与气道重塑^[25, 39, 66-67]。因此,MMPs 既是组织重塑的效应分子,也是炎症网络的关键环节,针对其干预需要权衡对炎症消退与结构修复的双重影响。研究发现,MMP-9 抗体与抗结核药物联合应用可以降低肺部细菌负荷和复发率^[68],表明在 MTB 感染环境中干预 MMPs 可能影响疾病进程。

六、中性粒细胞和 CD4⁺T 细胞在 PTLD 中的作用

在最初感染 MTB 后,中性粒细胞的迅速聚集和随后的快速死亡在肉芽肿坏死和干酪核心的形成中发挥作用^[69]。然而,在慢性炎症如 PTLD 中,中性粒细胞的持续活化和募集可能导致组织损伤。它们是唯一能够储存 MMPs 并且没有 TIMPs 的细胞,因此在 TB 中可以驱动基质的持续降解^[23]。此外,中性粒细胞还能通过释放中性粒细胞胞外陷阱和促炎细胞因子(如 IL-8),维持和放大炎症环境,吸引更多免疫细胞至病灶^[19-20]。CD4⁺T 细胞不同亚群的功能失衡与 PTLD 转归密切相关。MTB 感染后,Th1 细胞通过分泌 IFN- γ 来激活巨噬细胞的抗菌功能,有利于肉芽肿的稳定和控制感染,但过度的 Th1 反应也可能加剧炎症。Th2 细胞和 Treg 细胞的优势则

与纤维化进程相关,它们分泌的 IL-4、IL-13 和 TGF- β 促进成纤维细胞活化和胶原沉积^[38,70]。

七、小结

PTLD 的发病机制是一个由免疫炎症、分子调控和组织重塑共同构成的复杂网络,肉芽肿、细胞因子、转录因子、MMPs、中性粒细胞和 CD4⁺T 细胞发挥不同作用。转录因子(如 NF- κ B 和 HIF-1 α)作为上游调控核心,驱动促炎细胞因子(如 TNF- α 和 IL-6)的表达,这些细胞因子激活免疫细胞并诱导 MMPs(如 MMP-9)的产生,进行组织降解,而中性粒细胞与 CD4⁺T 细胞的异常互动,则使炎症反应在防御与损伤之间失衡。以上错综复杂的网络导致了肺结构的不可逆损害。基于此,未来的研究应利用单细胞测序、空间转录组学与蛋白质组学技术等多组学技术解析调控网络,精准绘制 PTLD 肺组织在不同阶段的免疫细胞图谱和分子网络,识别关键节点,开展系统性基础与临床研究,破解 PTLD 诊疗难点。

利益冲突 所有作者均声明不存在利益冲突

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