

· 老年人冠心病介入治疗专栏 ·

老年急性前壁心肌梗死患者1284例的临床特点及预后

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【摘要】目的 评价老年急性前壁ST段抬高型心肌梗死(STEMI)患者接受直接经皮冠状动脉介入治疗(PCI)后的临床特点及预后。**方法** 回顾性地分析沈阳军区总医院2006年1月至2012年9月收治的1284例老年STEMI行PCI治疗的患者, 年龄 ≥ 60 岁, 分为两组: 急性前壁心肌梗死(AMI)患者(前壁组)643例; 其他部位AMI患者(对照组)641例。记录并分析两组住院及随访期间(1年)有关主要不良心脏事件(MACE)的发生情况。**结果** (1)两组的基本情况: 与对照组相比, 前壁组脑血管疾病史、心肌梗死疾病史及高血压病史所占比例低($P < 0.05$, $P < 0.01$), 而男性、KILLIP $\geq$ II级及入院时心率 > 90 次/min患者所占比例高($P < 0.05$, $P < 0.01$), 其他临床特征差异无统计学意义($P > 0.05$); 与对照组比较, 前壁组患者血管紧张素转换酶抑制剂、 β 受体阻滞剂、硝酸酯类及利尿剂的药物应用更多($P < 0.01$), 并且接受PCI治疗中多支病变比例高, 平均支架长度、个数均显著增高($P < 0.01$)。(2)两组住院及随访期间MACE发生情况: 前壁组心源性死亡明显高于对照组[6.8% (43/632) vs 3.5% (22/629), $P < 0.01$], 而随访期间(1年)靶血管血运重建率低[4.7% (30/632) vs 9.4% (59/629), $P < 0.01$], 且年龄 ≥ 75 岁患者MACE发生率显著高于年龄 < 75 岁患者[25.4% (30/118) vs 15.8% (81/514), $P < 0.05$]。**结论** 老年急性前壁STEMI患者中男性高发, 心功能差、多支病变比例高, 病情重, PCI中植入支架多, 远期靶血管血运重建率低, ≥ 75 岁患者MACE发生率高, 预后差。

【关键词】 老年人; 急性前壁心肌梗死; 经皮冠状动脉介入治疗; 主要不良心脏事件

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Clinical features and prognosis of acute anterior myocardial infarction in elderly patients: analysis of 1284 cases

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【Abstract】Objective To investigate the clinical features and prognosis of percutaneous coronary intervention (PCI) for acute anterior ST-elevation myocardial infarction (STEMI) in the elderly patients. **Methods** Clinical data of 1284 elderly STEMI patients with age ≥ 60 years who underwent PCI from Jan 2001 to Sep 2012 in our department were collected in this study. There were 643 cases of acute anterior myocardial infarction (the anterior group), and 641 cases with infarction at other parts of the heart (the control group). The incidence of major adverse cardiovascular events (MACE) was recorded and analyzed in both groups during their hospitalizations and 1-year follow-up. **Results** The percentage of the patients with cerebrovascular diseases, myocardial infarction and hypertension was significantly lower in the anterior group than in the control one ($P < 0.05$, $P < 0.01$). While the former group had higher percentages in proportion of males, KILLIP $\geq$ II, and heart rate > 90 beats/min at admission than the latter one ($P < 0.05$ and $P < 0.01$). There was no significant difference in other clinical baseline information between the 2 groups ($P > 0.05$). In the application of angiotensin converting enzyme inhibitors, significantly more β -blockers, nitrates and diuretics were used in the anterior group than in the control one ($P < 0.01$). And the anterior group had a higher proportion of multi-vessel disease, a higher mean stent length and a higher average number of stents than the control group ($P < 0.01$). In 1 year after PCI, the cardiac mortality was obviously higher [6.8% (43/632) vs 3.5% (22/629), $P < 0.01$], and the rate of target vessel revascularization [4.7%(30/632) vs 9.4%(59/629), $P < 0.01$] was

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statistically lower in the anterior group than in the controls. The patients (≥ 75 years) had higher incidence of MACE than the other patients (< 75 years) [25.4% (30/118) vs 15.8% (81/514), $P < 0.05$]. **Conclusion** The elderly patients with acute anterior STEMI are more common in the males, with poor cardiac function, multivessel disease, severe illness, and more stents in PCI, but with a lower rate of long-term target vessel revascularization. The (≥ 75 years) patients have the higher incidence of MACE and poorer prognosis.

【Key words】 aged; acute anterior myocardial infarction; percutaneous coronary intervention; major adverse cardiovascular events
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急性ST段抬高型心肌梗死(ST-segment elevation myocardial infarction, STEMI)是发达国家及发展中国家人口死亡的最常见原因之一^[1]。尤其前壁STEMI,因其梗死部位是左心室,易发生结构和功能的重塑,严重时导致心脏扩大和心力衰竭^[2],预后更差。目前如何降低前壁STEMI死亡率,尚未达到理想水平。关于老年患者经皮冠状动脉介入治疗(percutaneous coronary intervention, PCI)的安全性及疗效备受关注。本研究主要观察老年前壁急性心肌梗死(acute myocardial infarction, AMI)患者的临床特点及PCI后的随访结果,探讨其临床预后。

1 对象与方法

1.1 研究对象

回顾性地分析2006年1月至2012年9月在沈阳军区总医院住院行PCI的老年急性STEMI患者1296例,其中前壁STEMI患者(前壁组)643例,其他部位STEMI患者(对照组)641例,12例患者(均为严重三支病变)选择冠状动脉旁路移植手术(coronary artery bypass grafting, CABG)治疗。

1.2 入选标准

患者均符合2013年美国心脏病学会(American College of Cardiology, ACC)/美国心脏联合会(American Heart Association, AHA)关于STEMI诊断标准^[3], (1)持续性胸痛 $\geq 20 \sim 30$ min,含服硝酸甘油症状不缓解。(2)STEMI症状出现 ≤ 12 h,心电图示两个或更多相邻导联ST段抬高(肢导 > 0.1 mV、胸导 > 0.2 mV),或新出现的左束支传导阻滞。(3)肌钙蛋白指标明显升高,符合AMI酶学变化规律。(4)年龄 ≥ 60 岁。(5)最近1次发病12h内。发病时间 > 12 h的STEMI患者行择期PCI。

1.3 排除标准

排除以下情况的患者:1年内脑血管意外病史;严重进展性疾病或预后不良使患者极度衰竭的疾病,或者因疾病预计寿命不足半年者;存在出血倾向;2个月内创伤史;严重肝、肾功能障碍;先天性

心脏病等器质性心脏病;免疫系统疾病、凝血功能障碍患者;正在参加其他临床试验。

1.4 治疗方案

所有患者均给予强化药物治疗,包括阿司匹林(aspirin)、氯吡格雷(clopidogrel)等。PCI治疗:患者在接受药物治疗的同时,于相应的治疗时间窗内行选择性冠状动脉造影,开通梗死相关动脉血管(infarct-related artery, IRA),分别进行完全血运重建或部分血运重建介入治疗。术后无明显残余狭窄($< 20\%$),术中、住院期间无主要不良心脏事件(major adverse cardiac events, MACE)为PCI成功。患者术前均口服负荷量阿司匹林300mg、氯吡格雷600mg。术中推注肝素5000~10000U。术后皮下注射低分子肝素2~7d;维持量氯吡格雷75mg,1次/d,6~12个月;并长期服用阿司匹林100mg,1次/d。所有患者出院后均定期进行电话随访,记录患者一般情况及MACE发生情况。

1.5 观察指标及评价标准

观察患者住院及随访期间(1年)MACE发生情况[定义为心血管死亡、明确的或很有可能的支架血栓形成、心肌梗死、恶性心律失常、心力衰竭(住院期间心力衰竭加重)、心绞痛再发并行靶血管血运重建]。

1.6 统计学处理

用SPSS18.0软件进行统计学分析。计量资料以均数 $\pm$ 标准差表示,正态分布资料的组间比较采用t检验,非正态分布资料的比较采用Wilcoxon秩和检验;计数资料采用百分率进行描述,组间比较采用 χ^2 检验或Fisher精确概率法。 $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 前壁组与对照组临床资料分析

2.1.1 两组患者临床基线资料的比较 与对照组相比,前壁组脑血管疾病史、心肌梗死疾病史及高血压病史所占比例低($P < 0.05$, $P < 0.01$),但是,

男性、KILLIP分级 $\geq$ II级及入院时心率 >90 次/min患者所占比例显著增高 ($P < 0.05$, $P < 0.01$), 提示前壁STEMI患者病情重, 心功能较差。并且前壁组总胆固醇、血肌酐、左室射血分数明显降低, 但D-二聚体、高密度脂蛋白胆固醇较高, 且差异有统计学意义 ($P < 0.01$; 表1)。

表1 两组患者基线资料的比较
Table 1 Comparison of the clinical baseline characteristics between 2 groups

Item	Anterior group (n = 643)	Control group (n = 641)
Age(years, $\bar{x} \pm s$)	68.47 $\pm$ 6.35	68.88 $\pm$ 6.27
Body mass(kg, $\bar{x} \pm s$)	68.99 $\pm$ 9.66	68.69 $\pm$ 11.88
Female[n(%)]	166 (25.8)**	238 (37.1)
Previous cerebrovascular disease[n(%)]	108 (16.8)*	137 (21.4)
Current smoker[n(%)]	313 (48.7)	332 (51.8)
Previous myocardial infarction[n(%)]	64 (10.5)**	97 (15.2)
KILLIP class $\geq$ II [n(%)]	205 (31.9)**	140 (21.8)
HR > 90 beats/min[n(%)]	131 (20.4)**	75 (11.7)
Hypertension[n(%)]	312 (48.5)*	350 (54.6)
Diabetes[n(%)]	112 (17.4)	130 (20.3)
LDL-C(mmol/L, $\bar{x} \pm s$)	2.74 $\pm$ 1.00	2.66 $\pm$ 0.71
HDL-C(mmol/L, $\bar{x} \pm s$)	1.50 $\pm$ 0.59**	1.37 $\pm$ 0.42
BUN(mmol/L, $\bar{x} \pm s$)	6.36 $\pm$ 1.90	6.51 $\pm$ 2.19
SCr(mg/L, $\bar{x} \pm s$)	88.84 $\pm$ 21.19**	92.75 $\pm$ 24.38
D-dimer(mg/L, $\bar{x} \pm s$)	1.01 $\pm$ 1.50**	0.61 $\pm$ 0.76
LVEF($\bar{x} \pm s$)	0.55 $\pm$ 0.09**	0.58 $\pm$ 0.09
TC(mmol/L, $\bar{x} \pm s$)	4.36 $\pm$ 1.39**	4.79 $\pm$ 2.32

HR: heart rate; LDL-C: low density lipoprotein cholesterol; HDL-C: high density lipoprotein cholesterol; BUN: blood urea nitrogen; SCr: serum creatinine; LVEF: left ventricular ejection fraction; TC: total cholesterol. Compared with control group, * $P < 0.05$, ** $P < 0.01$

2.1.2 两组患者临床药物使用情况的比较 前壁组患者在血管紧张素转换酶抑制剂、 β 受体阻滞剂、硝酸酯类及利尿剂的药物应用显著多于对照组 ($P < 0.01$; 表2), 进一步提示前壁STEMI患者病情重, 肾素-血管紧张素-醛固酮系统亢进, 导致心室重构。

2.2 前壁组冠状动脉造影结果及介入治疗情况

前壁组内急诊PCI444例, 其中单支病变105例, 多支病变339例, 左主干病变70例。IRA分布: 前降支397例, 第一对角支2例, 右冠状动脉19例, 左回旋支7例。术中死亡1例(术中心脏骤停)。PCI成功率97.75% (434/444)。择期PCI 199例, 其中单支病变44例。多支病变155例。IRA为左主干11例, 前降支175例, 右冠状动脉为6例, 回旋支为6例, 第一对角支1例。术中无死亡病例, 但住院期间死亡1例, PCI成功率99.50% (198/199)。

表2 两组患者临床药物使用情况的比较
Table 2 Comparison of clinical medications between 2 groups [n(%)]

Drug	Anterior group (n = 643)	Control group (n = 641)
Angiotensin II inhibitors	49 (7.6)	33 (5.2)
Statins	451 (70.1)	434 (67.8)
ACEI	489 (76.0)**	386 (60.4)
Intravenous nitrates	607 (94.5)**	481 (75.4)
β -blockers	581 (90.4)**	450 (70.3)
Low-molecular-weight heparins	548 (85.2)	556 (86.7)
Calcium-channel blockers	51 (7.9)	65 (10.2)
Diuretics	534 (83.0)**	352 (55.1)
Glycoprotein II b/III a inhibitors	253 (39.3)	244 (38.1)
Aspirin	639 (99.5)	638 (99.5)
Clopidogrel	638 (99.2)	637 (99.5)

ACEI: angiotensin-converting enzyme inhibitors. Compared with control group, ** $P < 0.01$

前壁组与对照组冠状动脉病变特点的比较结果表明, 前壁组患者接受PCI治疗中多支病变比例高, 平均支架长度、个数均显著高于其他组 ($P < 0.01$; 表3)。

表3 两组患者冠状动脉病变特点的比较
Table 3 Comparison of coronary artery lesions between 2 groups

Item	Anterior group (n = 643)	Control group (n = 641)
Single-vessel disease[n(%)]	149 (23.2)**	223 (34.8)
Multi-vessel disease[n(%)]	494 (76.8)**	418 (65.2)
Average diameter of stents (mm, $\bar{x} \pm s$)	3.04 $\pm$ 1.29	3.00 $\pm$ 0.77
Length of stents (mm, $\bar{x} \pm s$)	26.41 $\pm$ 5.80**	25.55 $\pm$ 7.08
PCI success[n(%)]	632 (98.3)	629 (98.1)
Average number of stents ($\bar{x} \pm s$)	1.57 $\pm$ 0.91**	1.20 $\pm$ 0.66

Compared with control group, ** $P < 0.01$

2.3 两组患者住院及随访期间PCI疗效分析

随访期间, 前壁组心源性死亡明显高于对照组 [6.8% (43/632) vs 3.5% (22/629), $P < 0.01$], 而血运重建率则显著低于对照组 [4.7% (30/632) vs 9.4% (59/629), $P < 0.01$]. 两组患者住院期间MACE发生情况比较差异无统计学意义。

2.4 前壁STEMI患者亚组分析

2.4.1 年龄 随访期间(1年)年龄 ≥ 75 岁患者MACE发生率显著高于60~74岁患者 [25.4% (30/118) vs 15.8% (81/514), $P < 0.05$]. 两年龄亚组患者住院期间MACE发生情况差异无统计学意义 ($P > 0.05$)。

2.4.2 性别 无论是住院期间还是随访期间, 男性MACE发生率与女性比较 [2.2% (10/477) vs

表4 两组患者住院及随访期间MACE发生情况比较

Table 4 Comparison of the MACE between 2 groups

[n(%)]

Item	Anterior group(n = 643)		Control group(n = 641)	
	In-hospital(n = 643)	Follow-up(n = 632)	In-hospital(n = 641)	Follow-up(n = 629)
MACE	11 (1.71)	111 (17.56)	12 (1.87)	109 (17.33)
Reinfarction	0 (0)	15 (2.37)	0 (0)	12 (1.91)
Malignant arrhythmias	2 (0.31)	7 (1.11)	3 (0.47)	2 (0.32)
Cardiac death	11 (1.71)	43 (6.80)**	12 (1.87)	22 (3.50)
Worsening heart failure or recurrent	0 (0)	16 (2.53)	0 (0)	14 (2.23)
Acute or subacute thrombosis	0 (0)	0 (0)	0 (0)	0 (0)
Target vessel revascularization	0 (0)	30 (4.70)**	0 (0)	59 (9.40)

MACE: major adverse cardiac events. Compared with control group, ** $P < 0.01$

0.6%(1/166); 18.6%(87/467) vs 14.5%(24/165)], 差异无统计学意义 ($P > 0.05$)。

2.4.3 急诊PCI与择期PCI 与择期PCI相比, 急诊PCI住院期间MACE发生率较高[2.3%(10/444) vs 0.5%(1/199)], 而随访期间MACE发生率则较低[16.4%(71/434) vs 20.2%(40/198)], 但差异均无统计学意义 ($P > 0.05$)。

2.4.4 心功能分级 随访期间KILLIP $\geq$ II级组较KILLIP $<$ II级组的患者MACE发生率显著增高[22.0%(44/200) vs 15.5%(67/432)], $P < 0.05$ 。两亚组住院期间MACE发生率差异无统计学意义 ($P > 0.05$)。

3 讨论

自1983年Hartzler首次报道AMI直接PCI以来, 国外大量临床试验研究均说明前壁STEMI患者PCI的重要性^[4,5]。然而我国1/4老年STEMI患者因年龄等因素考虑放弃PCI治疗^[6,7]。现国内对老年急性前壁STEMI患者PCI治疗的预后报道较少。

本研究发现前壁组男性多发, KILLIP $\geq$ II级、入院时心率 >90 次/min患者所占比例显著增高 ($P < 0.05$, $P < 0.01$)。并且, 左室射血分数值更低。进一步证明老年前壁AMI较其他部位AMI病情更重, 肾素-血管紧张素-醛固酮系统亢进活跃, 导致心室重构。在血管紧张素转换酶抑制剂、 β 受体阻滞剂及利尿剂的药物应用方面, 前壁组也显著高于对照组 ($P < 0.01$)。

Uslu等^[8]的前瞻性研究表明, 通过观察30例急性前壁STEMI患者[年龄 (52 $\pm$ 12岁)]行PCI治疗后的左心室的重塑及超声心动图变化, 认为前壁AMI行PCI治疗预后较好。本研究结果也证实, 前壁组手术成功率达98.3% (632/643), 而住院期间死亡率仅为1.71% (16/643)。住院期间术后患者症状均明显减轻或消失。并且进一步证实前壁组与其他部位STEMI患者相比, 心功能更差、多支病变比例高, 病情重,

PCI术中植入支架多, 远期靶血管血运重建率低, 随访期间心源性死亡人数高 ($P < 0.05$)。说明前壁组预后较对照组更差。

在影响冠心病预后危险因素流行病学研究中, 年龄是一个影响预后的关键因素。De Felice等^[9]的研究认为 ≥ 75 岁的STEMI患者PCI术后1年死亡率显著高于年轻患者, 年龄对于PCI预后是危险因素。而本研究亦得出此结论: 1年内的随访期间 ≥ 75 岁的患者的MACE事件发生率显著高于 ≤ 60 岁 $\sim < 75$ 岁患者。对于STEMI患者除年龄是影响预后的危险因素外, Shiraishi等^[10]研究证实心功能 (KILLIP $\geq$ II级) 同样为AMI患者行PCI治疗后影响预后的关键因素。我们研究也显示了随访期间KILLIP $\geq$ II级患者MACE发生率显著高于KILLIP $<$ II级组 ($P < 0.05$)。

Gevaert等^[11,12]的研究及CRUSADE研究显示女性AMI患者死亡率高于男性。考虑女性患者恶性心律失常、梗死后心绞痛及消化道出血等相关介入并发症比例均比男性高。但性别是否为影响AMI患者住院预后的独立危险因素尚有争论^[13,14]。而本研究男性患者住院及随访期间的MACE事件发生率均高于女性患者, 但均无统计学差异。可能与本研究入选患者为老年前壁STEMI女性, 且占的比例较小有关。本研究同样得出, 急诊PCI和择期PCI在住院及随访期间的MACE事件发生率方面差异无统计学意义, 这与Hochman等^[15]2006年公布的OAT结果是不同的。OAT研究结果认为, 择期行PCI的心肌梗死患者开通IRA并不能降低临床事件, 反而有增加再梗死发生的趋势。OAT试验入选的是相对年轻的 (平均年龄58岁) 心肌梗死后状态稳定的患者。而本研究认为择期PCI治疗老年前壁STEMI患者疗效不劣于急诊PCI。

综上所述, 老年前壁STEMI患者的临床与冠状动脉病变特点有其特殊性, 以心功能差、血管病变程度较重为主。而年龄 ≥ 75 岁, 心功能较差 (KILLIP

≥ II级)的患者行PCI预后相对较差。急诊PCI和择期PCI均能有效阻止和逆转心肌缺血,改善心绞痛症状。但是,其长期疗效尚不明确。患者的介入治疗时机也需进一步研究,需要多中心、大样本、前瞻性的临床研究进一步证实。

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