

· 临床研究 ·

老年冠心病合并心房颤动伴恶性肿瘤患者的抗栓治疗现状及临床转归

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【摘要】目的 探讨冠心病(CAD)合并心房颤动(AF)伴恶性肿瘤的老年患者中抗栓药物治疗的现状以及对临床转归的影响。**方法** 连续募集2010年1月至2017年12月在中国人民解放军总医院住院期间确诊为CAD合并AF同时伴恶性肿瘤的≥65岁老年患者,收集患者的临床基线资料及口服抗栓药物治疗情况。对符合入排标准的患者进行为期1年的随访,观察随访期间主要不良心血管事件(MACEs)和主要出血事件[出血学术联盟(BARC)≥2型]的发生情况。在此基础上,分析口服抗栓药物治疗对老年CAD合并AF伴恶性肿瘤患者上述临床转归的影响。采用SPSS 17.0统计软件进行数据分析。根据数据类型,组间比较分别采用 t 检验、Mann-Whitney U 检验及 χ^2 检验。采用多元logistic回归模型进行校正,以确定抗栓药物治疗对不良临床结局的疗效和安全性的独立预测能力。**结果** 本研究纳入CAD合并AF并伴恶性肿瘤的老年患者135例,确诊为急性冠脉综合征患者占40.0%(54/135),行冠脉支架植入术患者占7.4%(10/135)。在所有恶性肿瘤分类中,乳腺癌(17.0%,23/135)及肺癌(15.6%,21/135)患者占比最多。根据患者服用抗血小板药及抗凝药情况将患者分为抗栓治疗组($n=71$)和非抗栓治疗组($n=64$)。与非抗栓治疗组相比,抗栓治疗组患者年龄[(77.4±5.7)和(80.3±6.8)岁]、血浆D-二聚体[1.03(0.34,1.42)和1.82(0.51,2.43)mg/L]较低,血小板计数[(199.9±65.0)×10⁹/L和(176.7±59.8)×10⁹/L]、应用质子泵抑制剂的比例[59.2%(42/71)和29.7%(19/64)]较高,差异均有统计学意义(均 $P<0.05$)。在抗栓治疗组患者中,应用口服抗凝药物治疗的患者占比为38.0%(27/71),单一抗血小板药物治疗的患者占比为32.4%(23/71),其次为双联抗血小板药物治疗患者(均为阿司匹林联合氯吡格雷,29.6%,21/71)。logistic回归分析结果显示,应用抗栓药物治疗是老年CAD合并AF伴恶性肿瘤患者MACEs事件的独立保护性因素($OR=0.111,95\%CI\ 0.026\sim0.473;P<0.05$);而BARC≥2的出血事件发生风险在2组之间未见显著的差异($OR=0.724,95\%CI\ 0.059\sim8.826;P>0.05$)。**结论** 在老年CAD合并AF伴恶性肿瘤的患者中,抗栓治疗显著降低主要缺血事件的发生且未增加出血事件的发生风险。因此,有必要加强对老年CAD合并AF伴恶性肿瘤患者的个体化抗栓治疗。

【关键词】 老年人;冠心病;心房颤动;恶性肿瘤;抗栓治疗

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Antithrombotic therapy status and clinical outcome of elderly patients with coronary artery disease complicated with atrial fibrillation and malignant tumor

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【Abstract】 Objective To observe the status of antithrombotic drug therapy and its influence on clinical outcome in elderly patients with coronary artery disease (CAD) complicated with atrial fibrillation (AF) and malignant tumor. **Methods** Elderly patients ≥65 years old who were diagnosed with CAD combined with AF and malignant tumor during hospitalization in Chinese PLA General Hospital from January 2010 to December 2017 were continuously recruited, and their clinical baseline data and condition of oral antithrombotic drug treatment were collected. All of the patients meeting our inclusion criteria were followed up for 1 year, the incidences of major adverse cardiovascular events (MACEs) and major bleeding events [bleeding academic research consortium (BARC) class ≥2]. On this basis, the effects of oral antithrombotic therapy on the above clinical outcomes were analyzed in these patients. SPSS statistics 17.0 was used for data analysis. According to the data type, student's t test, Mann-Whitney U test or χ^2 -square test was used for comparison between groups. Multivariate logistic regression model was used for correction to determine the independent prediction ability of antithrombotic drug therapy for efficacy and safety of adverse clinical outcomes. **Results** A total of 135 elderly patients with CAD complicated with AF and malignant tumor who met the inclusion criteria were enrolled in this study. Acute coronary syndrome (ACS)

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was diagnosed in 40% of patients (54/135) and stenting was performed in 7.4% (10/135). Breast cancer (17.0%, 23/135) and lung cancer (15.6%, 21/135) accounted for the largest proportion most common. The patients were divided into antithrombotic treatment group ($n=71$) and non-antithrombotic treatment group ($n=64$). The antithrombotic treatment group had younger age [(77.4 $\pm$ 5.7) *vs* (80.3 $\pm$ 6.8) years] and lower plasma D-dimer level [1.03 (0.34, 1.42) *vs* 1.82 (0.51, 2.43) mg/L], and higher platelet count [(199.9 $\pm$ 65.0) $\times 10^9$ /L *vs* (176.7 $\pm$ 59.8) $\times 10^9$ /L] and larger proportion of administration of proton pump inhibitors [59.2% (42/71) *vs* 29.7% (19/64)] when compared with the non-antithrombotic treatment group (all $P<0.05$). In the antithrombotic treatment group, 38.0% (27/71) of patients were treated with oral anticoagulant drugs, 32.4% (23/71) with single antiplatelet agents, and 29.6% (21/71) with dual antiplatelet agents (all aspirin combined with clopidogrel). Logistic regression analysis showed that antithrombotic therapy was an independent protective factor for MACEs in elderly CAD patients with AF and malignant tumor ($OR=0.111$, 95% CI 0.026–0.473; $P<0.05$); the risk of bleeding events with $BARC\geq 2$ was not significantly different between the two groups ($OR=0.724$, 95% CI 0.059–8.826; $P>0.05$). **Conclusion** Antithrombotic therapy significantly reduces the incidence of MACEs and does not increase the risk of bleeding events in elderly CAD patients with AF and malignant tumors. It is necessary to strengthen the individualized antithrombotic therapy for elderly patients with CAD complicated with AF and malignant tumor.

【Key words】 aged; coronary heart disease; atrial fibrillation; malignant tumor; antithrombotic treatment

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冠心病 (coronary artery disease, CAD) 是导致老年人发病和死亡的主要原因^[1]。心房颤动 (atrial fibrillation, AF) 是普通人群中最常见的心律失常,患者年龄相对较大,卒中风险较高,死亡率增加^[2,3]。此外,AF 也是急性心肌梗死 (acute myocardial infarction, AMI) 患者预后不良的一个明确标志,与死亡风险增加相关^[4,5]。在癌症患者中,并发 AF 更为常见,大约 5%~10% 的活动性癌症患者在治疗肿瘤的过程中合并 AF,尤其在需要进行肿瘤手术的患者当中,AF 发病率可高达 20%^[6]。目前 CAD 合并 AF 伴恶性肿瘤患者的管理指南并没有提供最佳的抗栓指导策略。本研究旨在探索年龄 ≥ 65 岁的老年 CAD 合并 AF 伴恶性肿瘤患者使用抗栓药物治疗的有效性及其安全性,以期 CAD 合并 AF 伴恶性肿瘤的老年患者提供抗栓用药支持。

1 对象与方法

1.1 研究对象

回顾性连续收集 2010 年 1 月至 2017 年 12 月于中国人民解放军总医院心血管内科住院期间确诊为 CAD 合并 AF 伴恶性肿瘤的 ≥ 65 岁老年患者作为研究对象。患者 CAD 的诊断根据 2015 年欧洲心脏病学会 (European Society of Cardiology, ESC) 标准^[7],AF 诊断根据标准 12 导联心电图记录的不规则心律,包括离散 P 波以及不规则 QRS 波簇下不规则心房活动 (F 波)^[8]。在上述诊断基础上,在病例系统中诊断为恶性肿瘤的患者被纳入研究中。排除标准:生命体征不平稳;严重肝肾功能不全;预期寿命 <1 个月的终末期患者;抗血小板及抗凝药物使用禁忌证或由于非出血因素不能耐受抗血小板及抗凝药物治疗的患者;患有遗传性蛋白 C 缺陷症、系统性红斑狼疮及抗磷脂抗体综合征、肾病综合征等凝血障碍性疾病有自发性出血倾向及拒绝接受随访或失访的

患者。本研究通过解放军总医院伦理委员会论证审查 (S2020–285–01),所有患者均签署知情同意书。

1.2 基线信息收集及临床随访

本研究从医院病例档案系统中提取所有入选的 CAD 合并 AF 伴恶性肿瘤患者的基线统计资料和临床特征,包括一般情况、既往病史及实验室检查情况。其中,接受抗栓药物治疗的患者持续服药。采用门诊、住院和电话随访 3 种方式进行随访,随访时间均在出院后的 12 个月,不能门诊或住院随访的患者通过电话随访并网传资料。随访内容包括用药信息、缺血事件和出血事件发生情况。主要不良心血管事件 (major adverse cardiovascular events, MACEs) 定义为全因死亡、非致死性心肌梗死、非致死性卒中和全身性栓塞。根据出血学术联盟 (bleeding academic research consortium, BARC) 的 $BARC\geq 2$ 的标准进行出血事件定义^[9]。

1.3 统计学处理

采用 SPSS17.0 统计软件进行数据分析。符合正态分布的计量资料采用 t 检验,用均数 $\pm$ 标准差 ($\bar{x}\pm s$) 表示;非正态分布的计量资料,用中位数 (四分位数间距) [$M(Q_1, Q_3)$] 表示,采用 Mann-Whitney U 检验。计数资料用例数 (百分率) 表示,采用 χ^2 检验。采用多元 logistic 回归模型进行校正,以确定抗栓药物治疗对不良临床结局的疗效和安全性的独立预测能力,包括抗栓治疗和非抗栓治疗组间存在显著差异的基线临床特征。 $P<0.05$ 为差异有统计学意义。

2 结果

2.1 患者的基线资料

在 2 437 例连续入选的诊断为 CAD 和 AF 的患者中,最终共有 135 例符合条件的 CAD 合并 AF

伴恶性肿瘤患者被纳入分析,患者年龄 66~91 (78.79±6.38)岁,女性占 43.0%(58/135)。纳入研究的患者中,阵发性 AF 患者占 53.3%(72/135),持续性患者占 16.3%(22/135),其他非瓣膜型 AF 患者占 30.4%(41/135),SCAD 患者占 60.0%(81/135),ACS 患者占 40.0%(54/135)。肿瘤前三位为乳腺癌(17.0%,23/135)、肺癌(15.6%, 21/135)和直肠癌(11.1%,15/135)。

根据患者服用抗血小板药及抗凝药情况分为 2 组。其中抗栓治疗组患者 71 例,非抗栓治疗组患者 64 例。与非抗栓治疗组相比,抗栓治疗组患者年龄较小,血浆 D-二聚体较低,血小板计数较高,经皮冠状动脉介入治疗(percutaneous coronary intervention,PCI)、CHA2DS2-VASc 评分(≥2 分)及应用质子泵抑制剂(proton pump inhibitor,PPI)的比例均较高,差异均有统计学意义(均 $P<0.05$;表 1)。

表 1 2 组患者基线资料比较
Table 1 Comparison of clinical baseline data between two groups

Item	Non-antithrombotic treatment group($n=64$)	Antithrombotic treatment group($n=71$)	P value
Age(years , $\bar{x}\pm s$)	80.3±6.8	77.4±5.7	0.008
Gender[$n(\%)$]			0.602
Male	38(59.4)	39(54.9)	
Female	26(40.6)	32(45.1)	
BMI(kg/m ² , $\bar{x}\pm s$)	23.9±4.5	23.9±3.0	0.943
Smoking[$n(\%)$]	6(9.4)	5(7.0)	0.836
PCI[$n(\%)$]	1(1.6)	9(12.7)	0.031
CHA2DS2-VASc score ≥2 points[$n(\%)$]	41(64.1)	57(80.3)	0.035
HAS-BLED score ≥2 points[$n(\%)$]	58(90.6)	62(87.3)	0.542
Comorbidity[$n(\%)$]			
Hypertension	45(70.3)	51(71.8)	0.846
Hyperlipidemia	8(12.5)	16(22.5)	0.128
Diabetes mellitus	16(25.0)	22(31.0)	0.440
Renal insufficiency	14(21.9)	9(12.7)	0.156
Cardiac insufficiency	8(12.5)	9(12.7)	0.771
Peripheral venous puncture or central venous catheterization	9(14.1)	6(8.5)	0.300
Type of atrial fibrillation[$n(\%)$]			
Paroxysmal atrial fibrillation	34(53.1)	38(53.5)	0.963
Persistent atrial fibrillation	10(15.6)	12(16.9)	0.841
Other non-valvular atrial fibrillation	20(31.3)	21(29.6)	0.833
Type of CAD[$n(\%)$]			
SCAD	43(67.2)	38(53.5)	0.106
ACS	21(32.8)	33(46.5)	0.106
Medical history[$n(\%)$]			
Chronic nephrosis	12(18.8)	7(9.9)	0.138
Hepatopathy	10(15.6)	8(11.3)	0.457
Stroke	14(21.9)	17(23.9)	0.775
Bleeding	1(1.6)	4(5.6)	0.211
Laboratory test index			
Urea[mmol/L , $M(Q_1, Q_3)$]	7.06(4.99,8.23)	16.62(4.57,7.51)	0.203
Uric acid(μmol/L , $\bar{x}\pm s$)	345.2±116.2	343.5±109.8	0.933
Creatinine(μmol/L , $\bar{x}\pm s$)	92.5±48.8	84.3±21.5	0.218
Aspartate aminotransferase[U/L , $M(Q_1, Q_3)$]	25.52(15.40,26.90)	30.26(16.10,31.85)	0.559
Alanine aminotransferase[U/L , $M(Q_1, Q_3)$]	21.02(10.80,25.90)	33.78(12.20,25.65)	0.712
Plasma fibrinogen(g/dl , $\bar{x}\pm s$)	3.8±1.1	3.6±1.1	0.575
Plasma D-dimer[mg/L , $M(Q_1, Q_3)$]	1.82(0.51,2.43)	11.03(0.34,1.42)	0.006
International normalized ratio	1.1±0.2	1.1±0.2	0.480
Homocysteine(μmol/L , $\bar{x}\pm s$)	16.8±5.8	16.7±5.5	0.971
Troponin T[ng/ml , $M(Q_1, Q_3)$]	0.2±0.1	0.4±0.1	0.533
C-reactive protein(mg/dl , $\bar{x}\pm s$)	0.7±0.5	0.6±0.49	0.413
Platelet count(×10 ⁹ /L , $\bar{x}\pm s$)	176.7±59.8	199.9±65.0	0.040
Hemoglobin(g/L , $\bar{x}\pm s$)	119.3±19.6	125.0±18.3	0.099
Triglyceride(mmol/L)	1.1±0.6	1.3±0.7	0.067
Total cholesterol(mmol/L , $\bar{x}\pm s$)	3.7±0.9	4.0±1.1	0.080
Total cholesterol/high-density lipoprotein cholesterol ratio[$M(Q_1, Q_3)$]	4.82(2.93,4.16)	3.93(2.60,4.89)	0.904
Medication[$n(\%)$]			
Statins	46(71.9)	60(84.5)	0.074
ACEI/ARB	5(7.8)	8(11.3)	0.497
PPI	27(42.2)	42(59.2)	0.049
CCB	19(29.7)	15(21.1)	0.253

BMI: body mass index; PCI: percutaneous coronary intervention; CAD: coronary artery disease; SCAD: stable coronary artery disease; ACS: acute coronary syndrome; ACEI: angiotensin-converting enzyme inhibitors; ARB: angiotensin receptor blocker; PPI: proton pump inhibitor; CCB: calcium channel blocker.

2.2 抗栓药物治疗现状分析

纳入患者中,52.6%(71/135)接受抗栓药物治疗,单一抗血小板药物治疗的患者占32.4%(23/71),其次为双联抗血小板药物治疗患者(均为阿司匹林联合氯吡格雷,29.6%,21/71)。抗栓治疗方案中包含口服抗凝药物(oral anticoagulant,OAC)治疗的患者占38.0%(27/71)。

2.3 抗栓药物治疗老年 CAD 合并 AF 伴恶性肿瘤的临床转归

随访期间,74例(54.8%,74/135)患者发生MACEs事件,其中全因死亡66例(89.2%),非致死性心肌梗死1例(1.4%),非致死性卒中7例(9.5%),无全身栓塞病例。8例(5.9%)患者发生BARC≥2出血事件,其中4例(3.0%)患者发生BARC≥3出血事件。

通过对比抗栓治疗组和非抗栓治疗组患者基线信息筛选出存在差异的变量,在此基础上,加入针对老年CAD合并AF伴恶性肿瘤患者临床转归相关的变量纳入Cox回归模型中。抗栓治疗组和非抗栓治疗组之间存在差异的变量有年龄、CHA2DS2-VASc评分≥2分、应用PPI情况、行PCI手术、血浆D-二聚体及血小板计数,在此基础上,纳入与肿瘤、心血管疾病进展相关的因素,包括性别、高血压、糖尿病、体质质量指数、血红蛋白、总胆固醇/高密度脂蛋白胆固醇比率和他汀类药物的使用情况进行校正^[10]。与未服用抗栓药物治疗组患者相比,应用抗栓药物治疗组患者MACEs的发生风险显著降低($P=0.003$);而BARC≥2的出血事件发生风险在2组之间差异无统计学意义(表2)。

3 讨论

前期已有研究证实,同时患有AF和CAD的患者可以从OAC和双重抗血小板治疗中获益,联合抗血小板/抗凝治疗的低依从性会增加血栓栓塞性卒中和心肌梗死复发的现实风险^[11]。阿司匹林是SCAD患者二级预防的金标准,阿司匹林已被证实可以减少约20%~25%的主要心血管事件^[12]。然

而,老年人AF合并冠心病或PCI治疗后,为防止出血事件发生,通常会缩短使用抗血小板或抗凝治疗时间,在长期随访中,只有不到十分之一的患者在规定的时间内坚持使用抗栓治疗^[13]。在CAD合并AF基础上,若合并恶性肿瘤,应用抗栓药物概率会进一步降低。在本研究纳入患者中,仅约半数患者接受了抗栓药物治疗。目前,国内外临床指南一致推荐CAD合并AF患者有必要应用口服抗栓药物治疗以降低MACEs的发生风险^[11]。根据2020年ESC发布的非持续性ST段抬高型急性冠脉综合征患者的管理指南,对于非瓣膜性AF患者,建议将由预防卒中推荐剂量的新型OAC和单抗血小板药物治疗组成的双联抗血小板治疗作为短期(1周)三联抗栓治疗后12个月的治疗策略^[14]。2020年ESC制定的AF管理指南推荐对于合并有ACS的AF患者,尤其是MACEs风险增加的患者,至少需要短期的三联疗法,且无论选择何种初始治疗方案,均应采用双联抗血小板治疗^[15]。对于CAD合并AF伴恶性肿瘤的患者,由于血液的高凝状态,导致MACEs的发生风险升高。但是,由于恶性肿瘤也是患者发生出血事件的危险因素,因此,在上述老年共病患者中应用抗栓药物的获益尚不清楚。

本研究发现,未服用抗栓药物者MACEs事件的发生率显著高于应用抗栓药物者MACEs事件的发生率。目前已有研究证实,正常生理情况下的血小板可以促进肿瘤的进展,使用抗血小板药物治疗已经被认为是一种阻止驱动癌症生长和转移的治疗策略^[16]。在肿瘤细胞周围形成的血小板聚集,可促进肿瘤细胞扩散,因此,抗栓药物通过抑制血小板功能的同时,可以干扰恶性肿瘤的转移^[17]。此外,通过抗血小板药物还可发挥直接抗肿瘤的效应,包括减少血小板-肿瘤细胞的相互作用,减少血小板分泌促血管生成及生长的细胞因子和趋化因子达到抑制肿瘤进展的作用。前期已有研究证实,定期使用抗血小板药物阿司匹林可使结肠癌患者死亡率降低38.1%(194/509)^[18]。此外,最近一项针对活动性癌症和AF患者($n=22\,000$)全国性研究显示,通过对活

表2 抗栓治疗对 CAD 合并 AF 伴恶性肿瘤患者临床转归的影响

Table 2 Influence of antithrombotic therapy on clinical outcome of CAD patients with AF and malignant tumor [n(%)]				
Item	Non-antithrombotic treatment	Antithrombotic treatment	Adjusted HR(95CI)	P value
	group (n = 64)	group (n = 71)		
MACEs	50 (78.1)	24 (33.8)	0.111 (0.026-0.473)	0.003
BARC≥2 bleeding events	3 (4.7)	5 (7.0)	0.724 (0.059-8.826)	0.800

Adjustment factors are age, CHA2DS2-VASc score ≥2 points, PCI, plasma D-dimer, platelet count, hemoglobin, gender, hypertension, diabetes mellitus, body mass index, total cholesterol/high-density lipoprotein cholesterol ratio, and use of statins and proton pump inhibitors. CAD: coronary artery disease; AF: atrial fibrillation; MACEs: major adverse cardiovascular events; BARC: bleeding academic research consortium; PCI: percutaneous coronary intervention.

动性癌症患者缺血性卒中、颅外动脉血栓栓塞、所有大出血和死亡的综合结局进行评估,应用口服抗凝治疗对患者预后具有保护作用^[6]。在本研究中,老年CAD合并AF患者中应用口服抗栓药使死亡风险降低45.5%(30/66),因此,本研究发现的全因死亡率的降低可能不仅仅降低了与心血管缺血事件相关的死亡风险,同样可能降低了恶性肿瘤的死亡风险。

本研究存在一定的局限性。由于本研究纳入样本量相对较小,因此难以对不同抗血小板、抗凝及联合应用治疗策略对结局的影响进行比较分析。此外,病例是在心血管内科门诊或住院患者中募集,选取合并恶性肿瘤的患者进行分析,入组患者针对肿瘤的分期和治疗均非在入组时完成,且多数患者针对恶性肿瘤的分期和治疗在外院进行,无法在解放军总医院病例系统中获取,因此,不足以体现肿瘤恶性程度和分期对终点事件的影响。此外,本研究是基于单中心的回顾性研究设计,且由于评价疗效与安全性的相关因素与纳入人群的样本量、疾病严重程度、随访质量有关,因此,本研究结论还需要在大规模、多中心、前瞻性募集的老年CAD合并AF伴恶性肿瘤的患者中进一步验证。

综上,本研究发现在真实世界的CAD合并AF伴恶性肿瘤的老年患者中,应用口服抗栓药物治疗能够显著降低严重心血管缺血事件的发生风险,且并不增加临床相关出血事件的发生风险。因此,本研究认为,抗栓药物治疗可以安全应用于CAD合并AF伴恶性肿瘤的老年患者。

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