

· 临床研究 ·

甘油三酯葡萄糖指数对心房颤动射频消融术后晚期复发的应用价值

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【摘要】目的 探讨甘油三酯葡萄糖指数(TyG 指数)在非糖尿病持续性房颤(PeAF)患者导管射频消融(RFCA)术后晚期复发方面的临床意义及应用价值。**方法** 回顾性分析 2020 年 1 月至 2021 年 8 月于郑州市第七人民医院与河南省胸科医院心血管内科就诊,首次行 RFCA 治疗的 242 例非糖尿病 PeAF 患者的临床资料,于术后 1、3、6、12 个月定期随访患者房颤复发情况。根据 RFCA 术后 3 个月至 1 年内是否复发将患者分为未复发组(190 例)和复发组(52 例)。采用 SPSS 26.0 与 GraphPad 9.0 软件进行统计与绘图。根据数据类型,分别采用 *t* 检验、Mann-Whitney *U* 检验、 χ^2 检验或校正 χ^2 检验进行组间比较。采用多因素 Cox 回归分析非糖尿病 PeAF 患者晚期复发的独立危险因素及 TyG 指数对术后复发的预测价值。**结果** 复发组 PeAF 病史更久,更倾向合并冠状动脉粥样硬化性心脏病(CAD),左心房内径(LAD)、TyG 指数明显更大,术后未应用血管紧张素受体脑啡肽酶抑制剂(ARNI)治疗的比例更高($P<0.05$)。PeAF 病史、CAD、LAD、术后应用 ARNI 和 TyG 指数是术后 1 年内复发的独立影响因素($P<0.05$)。TyG 指数较高的非糖尿病 PeAF 患者晚期更易复发。**结论** TyG 指数对非糖尿病 PeAF 患者 RFCA 术后晚期复发具有良好的预测价值,对 PeAF 患者的综合管理具有一定的指导意义。

【关键词】 心房颤动;甘油三酯葡萄糖指数;经导管消融;复发;胰岛素抵抗

【中图分类号】 R541.7

【文献标志码】 A

【DOI】 10.11915/j.issn.1671-5403.2023.04.052

Application of triglyceride-glucose index to late recurrence after radiofrequency catheter ablation of atrial fibrillation

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【Abstract】 Objective To investigate the clinical implications and application value of triglyceride-glucose (TyG) index in late recurrence after radiofrequency catheter ablation (RFCA) in the non-diabetic patients with persistent atrial fibrillation (PeAF).

Methods The clinical data were retrospectively reviewed of 242 non-diabetic PeAF patients, who received RFCA for the first time at Cardiology Department in Seventh People's Hospital of Zhengzhou and Henan Provincial Chest Hospital from January 2020 to August 2021. The patients were regularly monitored for recurrence at 1, 3, 6 and 12 months following the procedure, and according to recurrence within 3-12 months, they were divided into non-recurrence group ($n=190$) and recurrence group ($n=52$). Statistics and graphics were performed using SPSS statistics 26.0 and GraphPad 9.0. Depending on data type, *t* test, Mann-Whitney *U* test, χ^2 test or adjusted χ^2 test was used for comparison between groups. Multifactorial Cox regression was used for analyzing independent risk factors for late recurrence and the predictive value of TyG index for postoperative recurrence in the non-diabetic PeAF patients. **Results** The recurrence group had a longer PeAF history with a higher tendency to develop coronary artery disease (CAD), a significantly larger left atrial diameter (LAD), a higher TyG index, and a higher proportion of patients not treated with angiotensin receptor neprilysin inhibitor (ARNI) ($P<0.05$). PeAF history, CAD, LAD, postoperative ARNI treatment and TyG index were independent risk factors for recurrence ($P<0.05$). Non-diabetic PeAF patients with higher TyG index were more prone to recurrence. **Conclusion** TyG index has a good predictive value for late recurrence after RFCA in non-diabetic PeAF patients, providing significant guidance for their comprehensive management.

【Key words】 atrial fibrillation; triglyceride-glucose index; catheter ablation; recurrence; insulin resistance

This work was supported by the Henan Joint Projects for Medical Science and Technology (SB201903031).

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收稿日期: 2022-10-18; 接受日期: 2022-11-04

基金项目: 河南省医学科技攻关计划省部共建项目(SB201903031)

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心房颤动是临幊上最为常见的心律失常之一,我国心房颤动患病率约为1.6%,校正年龄后男性与女性患病率分别为1.7%和1.4%^[1],其患病率逐年提升。心房颤动可导致全因死亡率增加1.5~2.0倍,其并发症如脑卒中、血栓栓塞、心力衰竭、认知功能下降等可降低患者生活质量,增加致残率与社会医疗负担^[2]。目前经导管射频消融术(radiofrequency catheter ablation, RFCA)为心房颤动的一线治疗手段,随着心房颤动节律控制在心房颤动综合管理中地位的提升,RFCA治疗的优势进一步提升。

对于持续性心房颤动(persistent atrial fibrillation, PeAF)患者RFCA术后高复发的问题,除了消融策略及技术的提高,心房颤动相关危险因素及合并症的管理可协同降低患者的复发率。胰岛素抵抗(insulin resistance, IR)是心房颤动术后复发的重要危险因素^[3],是多种代谢相关疾病的病理基础,与心血管疾病密切相关。甘油三酯葡萄糖指数(triglyceride-glucose index, TyG index)是一种评价胰岛素抵抗的新型指标,其对心力衰竭、冠心病风险的预测能力已被证实^[4],但其相关的心房颤动应用研究仍较少。本研究分析TyG指数在非糖尿病PeAF患者导管射频消融术后晚期复发方面的应用价值,为心房颤动消融术后的综合管理提供临床依据。

1 对象与方法

1.1 研究对象

回顾性分析2020年1月至2021年8月于郑州市第七人民医院与河南省胸科医院心血管内科就诊,首次行RFCA的242例非糖尿病PeAF患者的临床资料。所有患者均符合《心房颤动:目前的认识和治疗建议(2021)》手术适应证^[2]。纳入标准:(1)有明显持续性房颤症状;(2)抗心律失常药物治疗无效或存在抗心律失常禁忌;(3)持续性房颤合并慢性心力衰竭;(4)房颤诱发心动过速性心肌病。排除标准:(1)合并急性心力衰竭、急性心肌梗死或急性脑卒中;(2)合并严重的未控制的甲状腺功能亢进;(3)合并中重度瓣膜性心脏病、严重肺源性心脏病或先天性心脏病;(4)合并严重肝肾功能不全或恶性肿瘤,且预期寿命<1年;(5)既往患糖尿病,住院期间24 h空腹血糖(fasting blood glucose, FBG)>7 mmol/L或餐后2 h血糖>11.0 mmol/L或糖化血红蛋白>6.5%;(6)既往行瓣膜置换/修复术;(7)术前病史资料、实验室或影像学检查缺失。根据RFCA术后3个月至1年内是否复发将患者分为未复发组(190例)和复发组(52例)。

1.2 方法

1.2.1 消融前检查

所有患者在入院后留取24 h内空腹血样,于检验科完善样本化验:FBG、血肌酐

(creatinine, Cr)、尿酸(uric acid, UA)、甘油三酯(triglyceride, TG)、总胆固醇(total cholesterol, TC)、低密度脂蛋白胆固醇(low-density lipoprotein cholesterol, LDL-C)、高密度脂蛋白胆固醇(high-density lipoprotein cholesterol, HDL-C)。TyG指数计算公式为:甘油三酯葡萄糖指数=Ln[空腹血糖(mg/dl)×甘油三酯(mg/dl)/2]^[5]。所有患者术前均通过肺静脉CT血管成像或经食道超声心动图(transesophageal echocardiography, TEE)排除左心房或左心耳血栓,经胸超声心动图(transthoracic echocardiography, TTE)测量左心房前后径(left atrial diameter, LAD)、左室射血分数(left ventricular ejection fraction, LVEF)、左心室舒张末期内径(left ventricular end-diastolic dimension, LVEDD)、二尖瓣反流面积(mitral regurgitation area, MRA)。左心房容积(left atrial volume, LAV)根据肺静脉CTA所测值计算:左心房容积=左房前后径×上下径×左右径×0.523^[6]。

1.2.2 经导管射频消融 常规消毒、铺巾,予以2%利多卡因局部麻醉后,穿刺右股静脉置入6F鞘管,置入冠状窦电极,再次成功穿刺右股静脉置入8.5F鞘管。在X线辅助下沿8.5F鞘管送入房间隔穿刺鞘至右心房,送入穿刺针穿刺房间隔后送鞘管至左心房,静脉注射肝素钠100 U/kg,行左右肺静脉造影,在CARTO三维标测系统指导下采点构建左房三维模型。沿左、右肺静脉前庭逐点消融至左右肺静脉实现双向电隔离,静脉滴注异丙肾上腺素,行心内电生理检查验证双向阻滞成功。环肺静脉消融未转复为窦性心律者行左心房顶部、二尖瓣峡部、前壁线性消融及左房碎裂电位消融。若术中记录到典型心房扑动,则额外消融三尖瓣峡部线。若心房颤动仍未终止,则行心脏电复律术恢复窦律。

1.2.3 术后管理 术后穿刺点局部绷带压迫且制动12 h,术后复查12导联心电图,经胸超声心动图排除术后心包积液发生。所有患者根据CHA₂DS₂-VAS_c评分常规抗凝3个月(CH A₂DS₂-VAS_c评分≥2分建议长期抗凝,应用华法林患者定期复查凝血酶原时间国际标准化率在2.0~3.0)。术后1个月内规律服用质子泵抑制剂预防心房食管瘘发生。术后口服胺碘酮维持3个月降低空白期心房颤动复发率并定期复查甲状腺功能。

1.2.4 随访 术后1、3、6、12个月定期门诊复查常规12导联心电图、24 h动态心电图及电话随访。随访12个月内出现与术前一致的心房颤动相关症状(包括心悸、胸闷、心律绝对不齐等)的患者,应及时完善常规12导联心电图或24 h动态心电图检查。心房颤动复发定义为RFCA 3个月后发生心房颤动、心房扑动或房性心动过速(房性心动过速持续

时间≥30 s)。术后3个月内发生心房颤动、心房扑动或房速定义为空白期发作,不纳入复发组。

1.3 统计学处理

采用SPSS 26.0与GraphPad 9.0软件进行统计分析与绘图。符合正态分布的计量资料以均数±标准差($\bar{x} \pm s$)表示,组间比较采用t检验;不符合正态分布的计量资料使用中位数(四分位数间距)[$M(Q_1, Q_3)$]表示,组间比较采用Mann-Whitney U检验。通过四分位数将TyG指数分为3组:TyG指数≤7.96;7.96<TyG指数≤9.05;TyG指数>9.05。采用单因素和多因素Cox回归分析筛选PeAF术后复发的独立危险因素,应用Kaplan-Meier曲线评估不同程度的TyG指数对术后复发的预测价值。 $P<0.05$ 为差异有统计学意义。

2 结 果

2.1 2组患者一般资料比较

与未复发组比较,术后复发组有更长时间的PeAF病史,更易合并CAD,同时BMI、LAD、LAV、

LVEF、FBG、TC、UA、LDL-C和TyG指数高于未复发组,差异均有统计学意义($P<0.05$;表1)。

2.2 TyG指数的相关性分析

TyG指数与术前应用他汀类药物无显著相关性($P=0.327$)。TyG指数术后复发的相关性分析结果显示,PeAF术后复发组的TyG指数明显高于未复发组($B=0.685$, $OR=1.984$, 95% CI 1.143~3.445; $P=0.015$)。

2.3 术后复发的多因素Cox回归分析

纳入单因素回归分析和临床应用中有意义的自变量(吸烟史、饮酒史、术后应用ARNI药物、LVEDD)行多因素Cox回归分析,在校正混杂因素后,TyG指数、PeAF病史、CAD、LAD和术后应用ARNI均为术后1年内复发的独立危险因素($P<0.05$;表2)。与未复发组相比,复发组PeAF病史更久,更易合并CAD、LAD,TyG指数更大,术后未应用ARNI治疗的比例更高($P<0.05$)。对术前未合并CAD及PeAF病史≤3年的患者作亚组分析,结果显示TyG指数仍为术后晚期复发的预测因素($P<0.001$)。

表1 2组患者一般资料比较

Table 1 Comparison of baseline data between two groups

Item	Non-recurrence group ($n=190$)	Recurrence group ($n=52$)	t/χ^2	P value
Gender[n (%)]			2.277	0.131
Male	110(57.9)	24(46.2)		
Female	80(42.1)	28(53.8)		
Age(years, $\bar{x} \pm s$)	63.03±12.32	64.54±9.95	0.812	0.418
PeAF history(months, $\bar{x} \pm s$)	19.76±30.91	47.15±76.09	3.931	<0.001
BMI(kg/m^2 , $\bar{x} \pm s$)	24.65±3.47	26.75±2.96	3.968	<0.001
Smoking[n (%)]	34(17.9)	10(19.2)	0.049	0.825
Alcohol drinking[n (%)]	18(9.5)	10(19.2)	3.799	0.051
CAD[n (%)]	60(31.6)	26(50.0)	6.048	0.014
SAHS[n (%)]	0(0.0)	0(0.0)	-	-
HBP[n (%)]	64(33.7)	20(38.5)	0.411	0.521
CI/TIA[n (%)]	16(8.4)	6(11.5)	0.177	0.674
Pre-statins[n (%)]	56(29.5)	18(34.6)	0.508	0.476
Post-statins[n (%)]	108(56.0)	30(60.0)	0.012	0.913
Post-ARNI[n (%)]	54(28.4)	10(19.2)	1.773	0.183
Radiology($\bar{x} \pm s$)				
LAD(mm)	43.05±5.81	45.85±5.61	3.095	0.002
LAV(ml)	145.68±49.34	162.24±54.39	2.097	0.037
LVEF(%)	56.37±10.65	60.77±8.89	2.730	0.007
LVEDD(mm)	48.05±5.89	47.81±6.36	0.261	0.794
MRA(mm^2)	5.72±4.28	6.27±4.71	0.807	0.421
Laboratory tests				
FBG(mmol/L , $\bar{x} \pm s$)	5.39±0.73	5.63±0.63	2.189	0.030
TG[mmol/L , $M(Q_1, Q_3)$]	1.07(0.79, 1.46)	1.12(0.90, 1.97)	-2.102	0.036
TC(mmol/L , $\bar{x} \pm s$)	4.06±0.91	4.60±1.20	3.550	<0.001
Cr(mmol/L , $\bar{x} \pm s$)	73.95±17.11	76.98±25.99	0.999	0.319
UA(mmol/L , $\bar{x} \pm s$)	334.12±109.09	372.42±122.98	2.182	0.030
HDL-C(mmol/L , $\bar{x} \pm s$)	1.27±0.35	1.26±0.32	0.265	0.791
LDL-C(mmol/L , $\bar{x} \pm s$)	2.34±0.74	2.72±0.93	3.117	0.002
TyG index($\bar{x} \pm s$)	8.46±0.53	8.67±0.57	2.549	0.011

PeAF: persistent atrial fibrillation; BMI: body mass index; CAD: coronary artery disease; SAHS: sleep apnea hypopnea syndrome; HBP: high blood pressure; CI: cerebral infarction; TIA: transient ischemic attack; ARNI: angiotensin receptor neprilysin inhibitor; LAD: left atrial diameter; LAV: left atrial volume; LVEF: left ventricular ejection fraction; LVEDD: left ventricular end-diastolic diameter; MRA: mitral regurgitation area; FBG: fasting blood glucose; TG: triglyceride; TC: total cholesterol; Cr: creatinine; UA: uric acid; HDL-C: high-density lipoprotein cholesterol; LDL-C: low-density lipoprotein cholesterol; TyG: triglyceride-glucose. -: no datum.

表2 术后复发的多因素 Cox 回归分析

Table 2 Multifactorial Cox regression analysis of postoperative recurrence

Factor	B	SE	Wald χ^2	P value	HR	95% CI
PeAF history	0.012	0.002	30.964	<0.001	1.012	1.008~1.016
CAD	1.135	0.311	13.288	<0.001	3.111	1.690~5.728
LAD	0.128	0.023	30.328	<0.001	1.137	1.086~1.190
Post-ARNI	-1.053	0.364	8.379	0.004	0.349	0.171~0.712
TyG index	0.607	0.279	4.741	0.029	1.836	1.063~3.171

PeAF: persistent atrial fibrillation; CAD: coronary artery disease; LAD: left atrial diameter; ARNI: angiotensin receptor neprilysin inhibitor; TyG: triglyceride-glucose.

2.4 TyG 指数的 Kaplan-Meier 曲线分析

进一步评估不同程度的 TyG 指数的术后复发率, Kaplan-Meier 曲线分析结果显示, TyG 指数 > 9.05 组的患者在 RFCA 术后 1 年内更易复发 ($P < 0.001$; 图 1)。

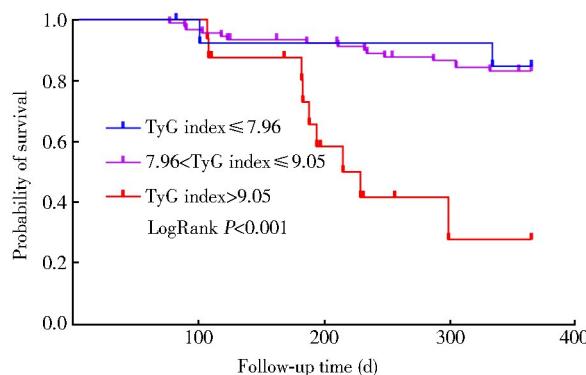


图1 TyG 指数的 Kaplan-Meier 曲线分析

Figure 1 Kaplan-Meier curve analysis of TyG index

TyG: triglyceride-glucose.

3 讨论

2020 年欧洲心脏病学会指南对心房颤动患者的综合管理提出了“ABC”管理理念,即抗凝/预防卒中、更好的症状控制及心血管危险因素和共病管理^[7]。近年来节律控制的重视进一步提高了 RFCA 的重要性。但对于 PeAF,由于左心房基质的改变,单纯的环肺静脉隔离已不足以有效终止心房颤动且复发率较高。因此,除了 RFCA 策略的改进,强化心血管危险因素及合并症的管理将十分重要。

本研究证实了 CAD、LAD 和 ARNI 对 RFCA 术后复发的预测作用,考虑与以下机制有关。CAD 常与心房颤动并存且相互影响,Cui 等^[8]一项注册研究显示合并稳定型 CAD 的心房颤动患者术后的晚期复发率明显高于未合并者 (38.9% 和 31.2%; $P = 0.04$),且稳定型 CAD 与心房颤动复发独立相关 ($HR = 1.19$, 95% CI 1.02~1.14; $P = 0.02$),类似的结论在其他研究中同样得到证实^[9]。既往研究证实 CAD 主要从心肌电重构及结构重构参与心房颤动发

生及术后复发:(1)心肌缺血使心肌细胞 $\text{Na}^+ \text{-Ca}^{2+}$ 交换增加,促进钙离子外流引起电重构;(2)梗死区的心房肌细胞电传导降低增加心房颤动易感性^[10,11];(3)心肌缺血导致的氧化应激可引起心房纤维化、心室舒张功能减退相关的心房压力增加^[12]。LAD 的结构重构是心房颤动发生和维持的重要基础,尤其是 PeAF 患者,心房颤动长期存在导致 LAD 进一步增加,造成了恶性循环^[13],而针对心力衰竭患者的有效抗重构药物 ARNI 也在最新的队列研究中显示了其与低心房颤动复发风险的相关性 ($HR = 0.39$, 95% CI 0.24~0.63; $P < 0.001$)^[14]。

IR 是代谢综合征、糖尿病前期及糖尿病的共同特征,且为心房颤动 RFCA 术后复发的独立危险因素。Wang 等^[15]研究证实 IR 是心房颤动 RFCA 术后 1 年内复发的独立危险因素,Kaplan-Meier 曲线显示 IR 组的复发率显著高于无 IR 组 ($P = 0.001$)。IR 也可通过电重构和结构重构主要参与心房颤动的发生与术后复发:(1)IR 可增加氧化应激、高磷酸化钙相关蛋白和间质纤维化促进心房结构重构^[16];(2)使心房电传导延迟和低电压区形成,从而导致心房电重构^[17];(3)IR 损伤左心室舒张功能,从而增加左心房内压力,促进心房颤动的发生^[18]。综上可知,IR 密切参与心房颤动基质的形成,与心房重构密切相关,因此有效评价非糖尿病患者的 IR 水平有利于从上游指导预防心房颤动的发生和发展。

TyG 指数是评价 IR 的新型指标,目前已被应用于冠心病、心力衰竭等疾病的风评估中^[19,20],但 TyG 指数相关心房颤动复发的应用研究相对较少。既往有研究证实 TyG 指数是老年患者慢性心力衰竭合并心房颤动预后不良的独立预测因子,TyG 指数的严重程度与严重心律失常的发生率密切相关^[21]。本研究与 Tang 等^[3]研究结果均证实了较高的 TyG 指数与非糖尿病 PeAF 患者术后晚期复发密切相关。因此,利用 TyG 指数指导早期干预 IR 对预防心房颤动术后复发具有十分重要的意义。同时,钠-葡萄糖协同转运蛋白 2 抑制剂 (sodium-

dependent glucose transporters 2 inhibitors, SGLT2i)在心脏保护方面的作用是目前的研究热点,该类药物可有效减少心外膜脂肪的分布、减轻心房扩张和肺静脉压力升高、延缓心房重构^[22,23],进一步提示了SGLT2i在预防心房颤动术后复发中的应用价值。而对于非糖尿病PeAF患者,TyG指数在指导此类患者药物治疗的上游管理上将具有十分重要的意义。

本研究为小样本回顾性非随机对照研究,随访时间较短,且随访过程中可能存在部分患者缺失,未来仍需更长时间的跟踪随访,进一步扩大入组人群。

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