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小胶质细胞-星形胶质细胞的交互作用及其介导的神经炎症在阿尔茨海默病中的研究进展

胡 鑫, 汪 蔚, 张晨曦, 郑慧慧, 李鹏洋, 赵红晔*, 邓凤春*

(齐齐哈尔医学院基础医学院, 黑龙江 齐齐哈尔 161006)

【摘要】 阿尔茨海默病(Alzheimer's disease, AD)是一种侵袭性神经退行性疾病,其发病原因迄今未清。神经炎症是中枢神经系统(central nervous system, CNS)中由小胶质细胞和星形胶质细胞激活的一种慢性炎症反应,与多种炎症因子的释放和血脑屏障(blood brain barrier, BBB)的破坏密切相关。研究表明,神经炎症是继 β -淀粉样蛋白(amyloid- β protein, A β)沉积和神经原纤维缠结(neurofibrillary tangles, NFTs)后AD的第三大病理改变。本文总结了小胶质细胞-星形胶质细胞的交互作用,并对其在神经炎症和AD中的作用进行整理和讨论,以期为AD的发病机制及防治研究提供理论支持和实验参考。

【关键词】 神经炎症; 小胶质细胞; 星形胶质细胞; 阿尔茨海默病

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Progress in microglia-astrocyte interactions and their mediation of neuroinflammation in Alzheimer's disease

HU Xin, WANG Qian, ZHANG Chenxi, ZHENG Huihui, LI Pengyang, ZHAO Hongye*, DENG Fengchun*
(School of Basic Medicine, Qiqihar Medical University, Qiqihar 161006, China)

【Abstract】 Alzheimer's disease (AD) is an invasive neurodegenerative disease, the cause of which is still unknown. Neuroinflammation is a chronic inflammatory response activated by microglia and astrocytes in the central nervous system that is closely related to the release of many inflammatory factors and the destruction of the blood-brain barrier. Studies have shown that neuroinflammation is the third largest pathological change in AD after β -amyloid deposition and neurofibrillary tangles. In this paper, the information available on microglia, astrocytes and their interactions is summarized. The roles of these cells in neuroinflammation and AD are presented and discussed to provide a theoretical and experimental reference for the pathogenesis, prevention, and treatment of AD.

【Keywords】 neuroinflammation; microglia; astrocytes; Alzheimer's disease

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[作者简介] 胡鑫(2001—),男,学士,研究方向:阿尔茨海默病机制。E-mail:2322284711@qq.com

[通信作者] 赵红晔(1977—),女,博士,副教授,硕士生导师,研究方向:心脑血管疾病发病机制与防治。E-mail:784911653@qq.com

邓凤春(1975—),男,硕士,副教授,研究方向:心脑血管疾病发病机制与防治。E-mail:16964089@qq.com

*共同通信作者

神经胶质细胞,尤其是相互独立而又紧密联系的小胶质细胞和星形胶质细胞维护着大脑的先天免疫系统和微环境的稳态。研究表明,活化的小胶质细胞和星形胶质细胞在诱导神经炎症反应通路中扮演着重要角色^[1-3]。不仅如此,小胶质细胞和星形胶质细胞还可通过细胞因子、趋化因子、三磷酸腺苷(adenosine triphosphate, ATP)、补体蛋白和生长因子等可溶性因子来调控彼此的功能^[4],而失衡的交互作用是神经退行性疾病发生的基础^[4]。阿尔茨海默病(Alzheimer's disease, AD)是一种进行性认知功能障碍和记忆障碍的神经退行性疾病,常伴有情绪冷漠、焦虑和抑郁^[5]。研究证明,神经炎症在推动AD进展的β-淀粉样蛋白(amyloid-β protein, Aβ)积累、神经元损伤和认知缺陷等致病事件中起内在作用^[6-7]。

在AD早期,小胶质细胞和星形胶质细胞发挥神经保护作用,但小胶质细胞和星形胶质细胞的过度激活产生的大量促炎因子则会导致神经炎症和神经毒性反应。值得注意的是,在AD患者的老年斑附近发现了大量活化的小胶质细胞和星形胶质细胞,进一步证实它们在AD发病机制中起着至关重要的作用^[8]。

1 小胶质细胞-星形胶质细胞的生理功能及其交互作用

1.1 小胶质细胞

小胶质细胞不仅是大脑主要的先天免疫细胞,也是大脑病理损伤的第一反应者。在正常条件下,小胶质细胞以静止状态存在,在中枢神经系统损伤和病原体防御等反应中发挥着“免疫监视”功能^[9-10]。在病理状态下,脑内微环境受到不同干扰时,小胶质细胞被迅速激活为M1促炎表型或M2抗炎表型。M1表型小胶质细胞通过释放促炎因子和毒性物质来杀灭病原体,而M2表型小胶质细胞则可以促进神经元的存活和神经系统的发育来实现对中枢神经系统的保护作用^[11]。此外,小胶质细胞还通过吞噬和清除细胞碎片参与突触修剪和神经回路的发育^[12]。在AD早期,活化的小胶质细胞能够通过增强其自身吞噬作用来清除和降解Aβ的聚集。而过度活化的小胶质细胞则能够释放肿瘤坏死因子(tumor necrosis factor alpha, TNF-α)、白介素-1β(interleukin-1β, IL-1β)、IL-6和一氧化氮(nitric oxide, NO)等促炎因子激活核因子-κB(nuclear factor-κB, NF-κB),NF-κB又是活化M1表型小胶质

细胞相关的关键转录因子,该途径的启动会促进一系列毒性细胞因子的释放,并最终导致AD的持久慢性神经炎症环境^[13-14]。

1.2 星形胶质细胞

星形胶质细胞是大脑中最常见的神经胶质细胞,最初被认作是支持细胞。研究表明,星形胶质细胞在维持神经元代谢、特定转运蛋白对谷氨酸和γ-氨基丁酸(γ-aminobutyric acid, GABA)的摄取以及脑稳态中发挥重要作用^[15-18]。星形胶质细胞还可通过促进胶质递质的释放来参与突触发生和神经元回路的发育,这表明星形胶质细胞与神经元的相互作用在突触形成和生长过程中起首要作用^[19]。在APP/PS1 AD小鼠模型中,胶质纤维酸性蛋白(glial fibrillary acidic protein, GFAP)的消耗减弱了星形胶质细胞对Aβ的吞噬作用,从而加重Aβ负荷^[20];而星形胶质细胞吞噬作用的提高则可改善神经损伤、炎症反应和Aβ介导的病理反应^[21]。此外,星形胶质细胞的损伤会影响其对谷氨酸水平升高的感知能力,破坏神经元周围的微环境,导致N-甲基D-天冬氨酸(N-Methyl-D-aspartic acid, NMDA)受体被过度刺激,继而引发谷氨酸的过度激活,最终导致神经元受到兴奋性毒性损伤^[22]。现已证明,星形胶质细胞可由Janus激酶(Janus kinases, JAK)/转录激活因子3(signal transducer and activator of transcription, STAT3)、钙调神经磷酸酶(calcineurin, CN)/活化T细胞核因子(nuclear factor of activated T-cells, NFAT)、NF-κB和丝裂原激活的蛋白激酶(mitogen-activated protein kinase, MAPK)四种信号通路激活^[23]。与被激活的小胶质细胞相似,星形胶质细胞的激活会促进IL-1β、IL-6和TNF-α等促炎因子的产生,从而引发有害的级联反应,最终导致神经元功能受损^[24]。

1.3 小胶质细胞-星形胶质细胞的交互作用

小胶质细胞和星形胶质细胞是CNS的关键细胞,两者之间的交互作用不仅共同完成中枢神经系统的调节功能,而且对于脑稳态的维持和神经元的生存也是必要的。在脑内微环境遭受干扰时,两者独立而又协同的作用也是保障中枢神经系统健康的重要特征。研究表明,在大脑发育过程中星形胶质细胞产生的IL-33可增强小胶质细胞的吞噬能力、促进神经回路的发育和突触重塑^[25]。小胶质细胞还可通过释放IL-1β、TNF-α和IL-6等细胞因子来促进星形胶质细胞的神经保护反应^[26]。小胶质

细胞可决定星形胶质细胞的神经保护或神经毒性功能,而星形胶质细胞则可通过其分泌的各种分子调节小胶质细胞的表型和功能。因此,小胶质细胞与星形胶质细胞的交互作用对于维持脑内微环境的稳态是至关重要的。

2 神经炎症中小胶质细胞与星形胶质细胞的交互作用

2.1 小胶质细胞对星形胶质细胞的调节作用

在神经炎症前期,小胶质细胞分泌的 IL-10 驱动星形胶质细胞产生转化生长因子(transforming growth factor beta, TGF-β),以此对抗神经炎症的继续发展。然而,当炎症持续存在,则会刺激小胶质细胞过度激活,进而释放 C1q、TNF-α 和 IL-1β 诱导星形胶质细胞产生更多的促炎因子,进一步加重神经炎症的发展^[27-28]。研究表明,由肠道菌群产生的色氨酸代谢物作用于小胶质细胞产生的血管内皮生长因子-β(vascular endothelial growth factor-β, VEGF-β)和 TGF-α,在神经退行性疾病和神经炎症过程中影响星形胶质细胞促炎因子的表达^[29]。此外,在 ATP 刺激下,小胶质细胞释放的细胞外囊泡可以上调星形胶质细胞中 IL-6 与 IL-10 的表达水平,以减少促炎因子的释放,进而改善神经炎症的发展^[30]。星形胶质细胞还通过小胶质细胞依赖的 toll 样受体参与 CNS 中免疫反应的调节,表明小胶质细胞在星形胶质细胞的激活中起着重要作用。

2.2 星形胶质细胞对小胶质细胞的调节作用

CN/NFAT 不仅是 M1 表型小胶质细胞的主要调节因子,而且可以激活星形胶质细胞^[31]。在 APP/PS1 AD 小鼠模型中,抑制星形胶质细胞中的 CN/NFAT 信号通路可以调节小胶质细胞的激活。炎症条件下,星形胶质细胞释放的纤溶酶原激活物抑制剂-1(plasminogen activator inhibitor-1, PAI-1)可以通过低密度脂蛋白受体相关蛋白(low density lipoprotein receptor-related protein, LRP)-1/JAK/STAT1 轴调节小胶质细胞迁移和吞噬作用^[32]。同样,PAI-1 也依赖于玻连蛋白(vitronectin)和 toll 样受体的方式调节小胶质细胞的吞噬活性^[33]。钙稳定调节蛋白 Calhm2 在 $[Ca^{2+}]_o$ (细胞外钙离子浓度)升高时被激活,调节星形胶质细胞中 ATP 的释放,进而与小胶质细胞表面的 P2Y12 和 P2Y6 相结合,促进小胶质细胞的吞噬作用和促炎因子的产生,从而进一步加重神经炎症的发展^[34-36]。研究证明,在星形胶质细胞中,诱导型一氧化氮合酶(inducible

nitric oxide synthase, iNOS)、内皮型一氧化氮合酶(endothelial nitric oxide synthase, eNOS)和神经元型一氧化氮合酶(neuronal nitric oxide synthase, nNOS)诱导 NO 的产生,从而使兰尼碱受体(ryanodine receptor, RyR)介导的 Ca^{2+} 进一步在细胞/亚细胞区室中释放^[37-40]。 $[Ca^{2+}]_i$ (细胞内钙离子浓度)升高可促进星形胶质细胞释放心房钠尿肽(atrial natriuretic peptide, ANP),ANP 又可促进小胶质细胞产生环磷酸鸟苷(cyclic guanosine monophosphate, cGMP),使小胶质细胞产生抗炎或促炎的作用^[37-40]。

3 不同途径调控小胶质细胞-星形胶质细胞失衡的交互作用与 AD

作为大脑中最主要的神经胶质细胞,小胶质细胞和星形胶质细胞在调节大脑神经炎症方面发挥着重要作用。两者之间失调的交互作用在 AD 和帕金森等神经退行性疾病的发生发展中表现出密切的关系(图 1)。

3.1 铁离子调控小胶质细胞-星形胶质细胞异常的交互作用与 AD

铁调节蛋白(iron regulatory protein, IRP)/铁反应元件(iron responsive element, IRE)是机体铁稳态的重要调控系统,IRP 与 IRE 的结合可以调节淀粉样前体蛋白(amyloid precursor protein, APP)的加工。体外研究表明,APP 的消减会明显诱导细胞中的铁滞留,而 APP 过表达则会促进铁的清除^[41]。在 APP mRNA 的 5'-UTR 拥有一个功能性的 IRE 干环,位于 IL-1β 反应盒域的上游^[42]。当铁水平降低时,游离铁与 IRP1 解离,允许 IRP1 与 APP 5'-UTR IRE 结合并抑制 APP 的翻译。IL-1 可通过炎症级联间接参与铁稳态。IL-1 可通过增加 IRP 的募集,从而增加与 APP 5'-UTR IRE 的结合,进而减少 APP 的表达^[43]。如前所述,神经炎症中 IL-1 的过度释放可能会使铁发生积蓄,从而导致铁负荷。处于铁负荷时,铁可能通过 NF-κB 介导促炎因子的释放而激活小胶质细胞,使其表达更多的铁蛋白以清除细胞外的铁,导致细胞内铁滞留和 TNF-α 表达增加,并最终被 Aβ 斑块浸润。Aβ 的形成可诱导小胶质细胞和星形胶质细胞在高铁环境中表达更多的促炎因子,正反馈加剧脑部铁积累和神经炎症作用。此外,星形胶质细胞分泌的铁调素可以调节脑微血管内皮细胞(brain microvascular endothelial cells, BMVECs)上的膜铁转运蛋白(ferroportin 1,

FPN1),诱导 FPN1 的内化和降解,从而调控铁的转运^[44]。IL-6 是激活 JAK/STAT3 途径表达铁调素 mRNA 的最强正向调节因子之一。活化的小胶质细胞释放的 IL-6 通过启动细胞间级联反应,刺激星形胶质细胞释放铁调素,再经过铁调素-FPN1 轴向神经元发出信号,以防止铁的释放。因此,脑内铁负荷将通过铁转运蛋白-铁调素复合物的内化而增强^[45]。另外,用携带铁调素基因的重组腺病毒治疗可减少大脑中的铁潴留和氧化应激^[46]。这些研究证明了铁调素在治疗 AD 中的出色作用,但铁调素是否可以作为治疗 AD 的潜在靶点需要更深入的研究。而运用铁螯合则是减少大脑对铁吸收的最直接方法,这在一定程度上可以改善因铁积蓄而引起的 AD 症状,但也会对人体产生过敏反应、肝肾衰竭等毒性作用^[47-48]。如何联合其他方法以降低铁螯合的毒性作用来治疗 AD 是一个值得研究的方向。

3.2 外周免疫细胞调控小胶质细胞-星形胶质细胞异常的交互作用

在神经炎症的背景下,星形胶质细胞衍生的 VEGF-A 与内皮细胞的相互作用增加了血脑屏障 (blood brain barrier, BBB) 的通透性,并允许外周免疫细胞浸润^[49];而 VEGF-A 的产生会随着被激活的小胶质细胞分泌的 IL-1 β 而表达上调^[50]。迁移到 AD 大脑的 T 细胞所产生 IL-17 和 IFN- γ ,可加剧中枢神经系统的炎症反应^[51-52]。一方面,IL-17 可与星形胶质细胞表达的 IL-17 受体相结合,从而激活 JAK2-STAT1/3 信号传导,进而诱导星形胶质细胞的增殖、VEGF 表达上调和促炎转录程序的激活^[53]。另一方面,IFN- γ 可以刺激小胶质细胞中主要组织相容性复合体 (major histocompatibility complex type 2, MHC II) 类分子、CD40、CD86 的表达和诱导趋化因子 CXCL10、CCL2 和 CCL5 的分泌,进而增强 T 细胞的活化和募集^[54-55]。而 CCL2 的水平升高可加速 AD 的临床恶化,特别是在痴呆前阶段^[56]。此外,IFN- γ 可增强小胶质细胞的运动性和吞噬活性,以此对抗神经炎症的发展^[57]。研究表明,星形胶质细胞在受到 IFN- γ 刺激后,可以上调 MHC II 类分子的表达,使其成为非特异性抗原提呈细胞,进而刺激 T 细胞的活化^[58]。因此,T 细胞可通过与小胶质细胞和星形胶质细胞的交互作用而驱动 AD 的发展,从而使慢性炎症持续存在。在 AD 动物模型中,IL-17 的消耗被证明可以预防认知障碍、突触功能障碍和挽救神经炎症^[59-60]。不仅如此,在 AD 早期,B 细胞

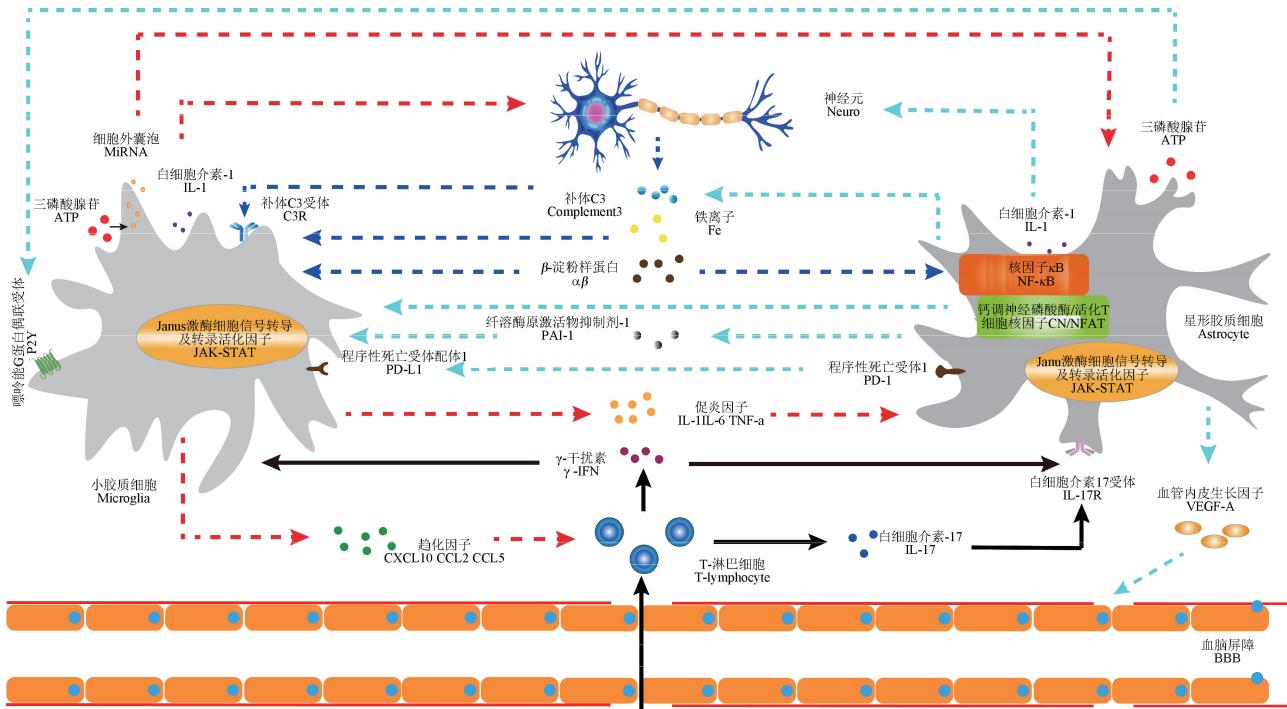
的减少也会改善记忆缺失,减轻 A β 负荷以延缓 AD 的发展^[61]。因此,有必要对外周免疫细胞进行靶向治疗,通过免疫疗法或联合其他策略来治疗和防治 AD。同时,维持 BBB 的完整性以防止 T 细胞迁移或阻断 IL-17 的释放可能是治疗 AD 的重要途径。

3.3 miRNA 调控小胶质细胞-星形胶质细胞失调的交互作用与 AD

值得注意的是,miRNA 参与多种神经退行性疾病的发生。在 AD 中,miRNA 通过调节各类途径的表达,特别是神经炎症机制,在 AD 的发病机制中起关键作用。研究表明,A β 会降低雷帕霉素靶蛋白 (mammalian target of rapamycin, mTOP) 活性以此抑制 Argonaute (Ago2) 蛋白磷酸化从而降低 miRNA 活性,而 Ago2 磷酸化的抑制会使星形胶质细胞中积聚无活性的微核糖核蛋白 (miRNA-containing ribonucleic protein, miRNP),进而限制与靶 mRNA 的结合,增加促炎因子的产生,最终加重神经炎症的发展。而 mTORC1 的重新表达会激活 miR-146 以此减少炎症因子的产生,但 miR-146a 表达升高会增加小胶质细胞对 A β 耐受性,导致 A β 清除降低^[62-63]。因此,如何平衡两者之间关系,以达到最大化的治疗效果是值得深思的问题。此外,星形胶质细胞分泌的 miR-873a-5p 通过抑制细胞外调节蛋白激酶 (extracellular regulated protein kinases, ERK) 和 NF- κ B 信号通路的磷酸化来调控 M2 表型小胶质细胞的转化以及减少促炎因子的产生^[64]。随着纳米技术的快速发展,我们是否可以以纳米材料为载体靶向运输 miRNA 来改善疾病进展是未来开发新靶向药物治疗 AD 的研究方向之一。

3.4 其他途径调控小胶质细胞-星形胶质细胞失调的交互作用与 AD

作为小胶质细胞和星形胶质细胞交互作用的关键介质,IL-3 是 AD 治疗干预的一个关键节点。A β 刺激星形胶质细胞释放的 IL-3 与小胶质细胞上的 IL-3 受体结合,可增强小胶质细胞吞噬 A β 的能力^[65]。从而降低 A β 对小胶质细胞和星形胶质细胞中 NF- κ B 的激活,减少促炎因子的释放,进而改善 AD 的病理学特征^[65]。病理状态下,神经元过度产生的 A β 会刺激星形胶质细胞中 NF- κ B 的激活与补体 C3 的释放,从而与小胶质细胞和神经元上的 C3a 受体相结合,以此诱导小胶质细胞中 IL-1 α 的分泌,进而正反馈活化星形胶质细胞,并加重 A β 的沉积^[66]。在 AD 的炎症环境中,小胶质细胞、星形



注: ATP:三磷酸腺苷;C3R:补体 C3 受体;C3:补体 C3;PD-L1:抑制程序性死亡受体-配体 1;PD-1:程序性死亡受体 1;IFN- γ : γ 干扰素;VEGF-A:血管内皮生长因子;IL-1:白细胞介素-1;IL-6:白细胞介素-6;TNF- α :肿瘤坏死因子 α ;CXCL10:C-X-C 基序 趋化因子 10;CCL2:趋化因子配体 2;CCL5:趋化因子配体 5;IL-17:白细胞介素-17;IL-17R:白细胞介素-17 受体;PAI-1:纤溶酶原激活物抑制剂-1;NF- κ B:核因子 κ B;JAK-STAT:Janus 激酶细胞信号转导及转录活化因子;CN/NFAT:钙调神经磷酸酶/活化 T 细胞核因子;A β : β -淀粉样蛋白。

图 1 小胶质细胞与星形胶质细胞异常的交互作用

Note. ATP, Adenosine triphosphate. C3R, Complement C3 receptor. C3, Complement C3. PD-L1, Inhibition of programmed death receptor-ligand 1. PD-1, Programmed death receptor 1. IFN- γ , Interferon- γ . VEGF-A, Vascular endothelial growth factor. IL-1, Interleukin-1. IL-6, Interleukin-6. TNF- α , Tumor necrosis factor α . CXCL10, C-X-C motif chemokine 10. CCL2, Chemokine ligand 2. CCL5, Chemokine ligand 5. IL-17, Interleukin-17. IL-17R, Interleukin-17 receptor. PAI-1, Plasminogen activator inhibitor-1. NF- κ B, Nuclear factor- κ B. JAK-STAT, Janus kinase cell signal transduction and transcriptional activation factor. CN/NFAT, Calcineurin/activated T cell factor. A β , amyloid- β protein.

Figure 1 Abnormal interaction of microglia with astrocyte

胶质细胞与神经元之间的交互作用形成正反馈作用,最终导致神经系统紊乱和自我放大的炎症反应。研究表明,抑制程序性死亡受体-配体 1 (programmed death ligand 1, PD-L1)/程序性死亡受体 1 (programmed cell death 1, PD-1)也可以改善小胶质细胞的炎症反应^[67]。在 APP/PS1 AD 小鼠中,星形胶质细胞表达 PD-L1 而小胶质细胞表达 PD-1,星形胶质细胞 PD-L1 和小胶质细胞 PD-1 的协同作用对于去除 APP/PS1 AD 小鼠中 A β 负荷至关重要,其中 PD-1 调节 AD 中由 IL-1 β 介导的炎症反应以及补体的释放。因此,预防 PD-L1 的分泌以及应用 PD-1 阻断抗体可以作为一种有效的治疗策略^[68]。炎症条件下,星形胶质细胞分泌的氨基肽酶 N (aminopeptidases, ANPEP) 诱导血管紧张素 IV (angiotensin type 4, Ang IV) 生成增加,从而与小胶质细胞上的血管紧张素 I 型受体 (angiotensin type 1

receptor, AT1R) 相互作用而加剧神经炎症^[69]。而目前针对 ANPEP 改善 AD 的研究在国内外鲜见,因此,ANPEP 有着可作为治疗 AD 神经炎症靶点的潜力。

4 展望

神经炎症在 AD 的发生发展中发挥着重要作用,目前已有证据表明小胶质细胞和星形胶质细胞的交互作用是相互依存的,但小胶质细胞与星形胶质细胞过度活化所表现的交互作用可能会导致神经炎症。因此,解析小胶质细胞与星形胶质细胞的交互作用对于理解 AD 发生发展至关重要。目前国内对于小胶质细胞与星形胶质细胞交互作用的研究鲜见,是一个值得深入探讨治疗神经退行性疾病潜力的方向。针对 AD 的神经病理学特征和调节神经炎症的联合治疗策略可能是显著改善 AD 进展的

一种方法。因此,需要更多的研究来证实 AD 中神经炎症信号及其分子基础。同时,中药药理作用广泛、资源丰富,在治疗和改善 AD 的研究中也发挥着重要的作用^[70-72]。目前,神经炎症的改善大多通过小胶质细胞表型的转换而实现,但靶向小胶质细胞的治疗方法是否能够以有益的方式改变星形胶质细胞表型是值得深思的问题。

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