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· 综述 ·

牙周炎与消化系统癌症相关性研究进展

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【摘要】 牙周炎与许多全身系统性疾病密切相关。消化系统癌症是常见的恶性肿瘤,越来越多的证据表明牙周炎与多种消化系统癌症有关。本文总结回顾了目前牙周炎与食管癌、胃癌、结直肠癌的相关研究,分析了微生物、免疫、炎症、基因等方面的机制。现有研究表明:牙周炎患者口内的牙周致病菌和幽门螺杆菌含量上升,分泌大量毒力因子和致病酶,抑制或逃避宿主的非特异性免疫功能,导致与口腔相通的消化系统器官更易受癌细胞侵袭。免疫炎症因子白细胞介素-1 β (interleukin-1 β , IL-1 β)、白细胞介素-6(interleukin-6, IL-6)、肿瘤坏死因子- α (tumor necrosis factor- α , TNF- α)在牙周炎与消化系统癌症患者的血浆中均升高,通过激活内皮细胞、增加黏附分子表达和诱导基质金属蛋白酶产生,从而促进癌症的发生发展。另外,参与炎症反应的甲酰肽受体以及牙周炎治疗靶点核因子 κ B(nuclear factor kappa-B, NF- κ B)与多种癌症相关,但机制尚未明确。

【关键词】 牙周炎; 消化系统癌症; 食管癌; 胃癌; 结直肠癌; 牙周致病菌; 炎症因子; 白细胞介素-1 β ; 白细胞介素-6; 肿瘤坏死因子- α ; 核因子 κ B

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Research progress on the study of the relationship between periodontitis and cancers of the digestive system

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【Abstract】 Periodontitis is closely related to many systemic diseases. Cancer of the digestive system is a common malignant tumor. Increasing evidence has shown that periodontitis is related to various digestive system cancers. This review summarizes the current research on the relationship between periodontitis and esophageal cancer, gastric cancer, and colorectal cancer and analyzes the possible mechanisms, including via microorganisms, immunity, inflammation, and genes. The content of periodontal pathogens and *Helicobacter pylori* in the mouth of patients with periodontitis is increased, with the secretion of many virulence factors and pathogenic enzymes and inhibition or evasion of the host's non-specific immune function, making the digestive system organs connected to the oral cavity more vulnerable to cancer cell invasion. The plasma levels of interleukin-1 β (IL-1 β), interleukin-6(IL-6) and tumor necrosis factor- α (TNF- α) in patients with periodontitis and digestive system cancers are increased. These elevated factors promote the occurrence and development of cancer by activating endothelial cells, increasing the expression of adhesion molecules and inducing

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the production of matrix metalloproteinases. Additionally, formyl peptide receptors involved in the inflammatory response and NF- κ B, as therapeutic targets of periodontitis, are associated with many cancers, but the mechanism is unclear. Periodontal health is considered a breakthrough point to provide a reference for the prevention and treatment of patients with these three common cancers of the digestive system.

【Key words】 periodontitis; cancer of the digestive system; esophageal cancer; gastric cancer; colorectal cancer; periodontal pathogen; inflammatory cytokines; interleukin-1 β ; interleukin-6; tumor necrosis factor- α ; nuclear factor kappa-B

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目前很多研究报道了牙周炎与系统性疾病之间的关系,牙周炎已被认为不仅是一种局限在口腔的疾病,也可能是全身系统性疾病在口腔的一种表现,这种关系已被广泛关注^[1]。牙周炎是由牙菌斑生物膜引起的牙周支持组织的慢性感染性疾病,主要表现为牙龈出血、牙周袋形成、牙槽骨吸收、牙松动移位。口腔作为消化道的起始端,与消化系统微生物群以及细胞因子的交叠和联系非常密切^[2]。消化系统癌症是常见的恶性肿瘤,其发病率和病死率高,早期诊断率低,且晚期患者治疗费用高、疗效差。牙周炎与消化系统癌症,尤其与食管癌、胃癌、结直肠癌之间的关系一直都有报道,但牙周炎在其中的作用仍未确定,是协同还是独立危险因素并不明确,需有更针对性的研究来控制混杂因素,以证明其相关性和因果关系。本文重点以食管癌、胃癌和结直肠癌这三种最常见的消化系统癌症为例,对牙周炎与消化系统癌症的相关性研究作一综述,以期对消化系统癌的预防和治疗提供参考。

1 牙周炎与食管癌的关系

最新研究显示,食管癌(esophageal cancer, EC)的全球发病率在所有癌症中排名第9,病死率排名第6^[3]。食管癌的类型包括食管腺癌和食管鳞状细胞癌^[4]。目前研究表明,食管癌与人种、吸烟、饮酒、胃食管逆流性疾病、饮食、肥胖等因素有关^[5]。研究表明牙齿缺失在食管癌的发生发展中起着潜在的作用^[6]。

目前有大量研究显示牙周炎、牙齿缺失与食管癌之间有密切的关联。Lo等^[7]大规模队列研究发现,有牙周病病史的个体患食管腺癌的风险增

加(HR = 1.43)。Nwizu等^[8]队列研究显示绝经后妇女牙周病会提高患食管癌的风险(HR = 3.28)。研究显示牙齿缺失增加了食管鳞状细胞癌的患病风险(RR = 1.3)^[6]。Lee等^[9]回顾性队列研究显示男性在接受牙周预防性洁治后患食管癌的风险降低。Guha^[10]、Abnet^[11]、Hiraki^[12]以及Chen等^[13]分别于中欧与拉丁美洲、伊朗、日本、中国泰兴开展的四项病例对照研究均显示牙齿缺失与患食管癌的风险呈正相关。这些研究都提示了牙齿缺失与消化道癌症的关系,而牙周炎又是牙齿缺失的最主要原因。

牙周炎与食管癌的相关性可能与牙周致病菌有关。有研究指出牙龈卟啉单胞菌与食管鳞状细胞癌高患病风险有关,而福赛坦氏菌与食管腺癌高患病风险有关^[14]。研究表明在食管鳞状细胞癌患者上皮中可检测到牙龈卟啉单胞菌的抗原和DNA,其具体机制可能为:牙龈卟啉单胞菌激活非受体酪氨酸蛋白激酶家族中的Janus激酶2(janus kinase 2, JAK2)和糖原合成酶激酶3 β (glycogen synthase kinase-3 β , GSK3 β)途径,增加上皮细胞中白细胞介素-6(interleukin-6, IL-6)的产生;通过分泌核苷二磷酸激酶促进肿瘤的发生;通过多种机制抑制上皮细胞凋亡;上调微小核糖核酸-203(microRNA-203, miR-203)抑制细胞凋亡,降低p53抑癌因子水平^[15]。虽然这些研究结果提示牙周致病菌在食管癌致病中的作用,但缺乏口腔其他危险因素在其致病过程中作用的研究。Abnet^[16]及Michaud等^[17]队列研究表明,在控制危险因素后,牙齿缺失与食管癌之间的关系无统计学意义。因此,对于牙周炎与食管癌的关系,还需更多研究证据的支持。

2 牙周炎与胃癌的关系

胃癌是常见的恶性肿瘤之一,其全球死亡率仅次于肺癌^[3]。据估计,中国每年有22万余人死于胃癌,几乎占世界胃癌死亡人数的一半^[3]。胃癌的发病机制是一个多因素、多阶段的过程,最常见的危险因素是幽门螺杆菌感染、吸烟和酗酒。目前有一些研究表明牙周炎、牙齿缺失与胃癌之间有密切联系。meta分析表明牙齿缺失可能和胃癌发病率增加有关^[18]。Lo等^[7]研究显示有牙周病病史的个体患胃癌的风险增加。一项牙周病原菌定植与胃癌癌前病变相关性的横断面研究表明,胃癌癌前病变患者相较于对照组,其探诊出血发生率较高、牙周情况较差^[19]。

牙周炎与胃癌的关系可能与口腔细菌多样性改变相关。研究显示有胃癌前病变的患者口腔中齿垢密螺旋体、福赛坦氏菌和伴放线聚集杆菌的定植增加,牙菌斑中的细菌多样性降低^[19]。最新研究表明,当患有牙周炎时,口腔就会成为幽门螺杆菌的胃外贮存场所,而幽门螺杆菌感染是胃癌的最大危险因素之一^[20]。动物实验显示,幽门螺杆菌可诱发小鼠胃慢性萎缩性胃炎,可改变胃内微生物群^[21]。与胃癌发生有关的幽门螺杆菌成分主要有细胞毒素相关基因A(cytotoxic-associated gene A, CagA)和空泡毒素A(vacuolating cytotoxin, VacA)这两种毒素。由细胞毒素相关基因(cytotoxic-associated gene, Cag)致病性岛编码形成的蛋白质cag-T4SS通过细菌和上皮细胞膜将CagA从黏附的幽门螺杆菌输入到宿主细胞中;而VacA作为一种分泌毒素,可引起宿主胃上皮细胞的空泡化、线粒体膜通透性改变、自噬和凋亡等^[22]。这些研究表明牙周病原菌和口腔细菌多样性改变是导致胃癌前病变风险增加的重要因素。

然而,Michaud等^[17]在美国的队列研究以及Shakeri等^[23]在伊朗开展的病例对照研究,均显示牙周炎与胃癌之间的关系无统计学意义。这些不同的研究结果可能由于研究对象的种族或研究的方法不同所致,因此还需要更多设计严密的队列研究或者临床随机对照试验来证实。

3 牙周炎与结直肠癌的关系

结直肠癌包括结肠癌和直肠癌,其全球发病率在所有癌症中分别排名第4和第9^[3]。结直肠癌是美国最常见的恶性肿瘤之一,其男性发病率比女性高30%~40%^[24]。除了与食管癌、胃癌相似的

因素外,结直肠癌的危险因素包括息肉形成、血吸虫病、慢性非特异性溃疡性结肠炎。meta分析表明,牙齿丧失与结直肠癌的风险增加相关^[25]。

几项大规模研究均显示牙周炎或牙齿脱落与结直肠癌相关。美国国家健康和营养调查中,牙周炎患者患结直肠癌的风险显著增加(RR = 3.58)^[26]。在美国护士人群中进行的大规模队列研究^[27]显示,17颗牙以下的女性患结直肠癌的风险较高(HR = 1.20)。Michaud等^[28]在黑人 and 白人老年人中进行的队列研究中显示重度牙周炎的结直肠癌发病率升高(HR = 2.12)。Arora等^[29]在15 333名瑞典双胞胎进行的队列研究中发现,牙周炎可增加患结直肠癌的风险(HR = 1.62)。

牙周炎与结直肠癌的相关性可能与牙周炎患者具核梭杆菌感染相关。研究指出,作为牙周炎第二复合体中的微生物,具核梭杆菌在结直肠癌组织中富集,并与患者生存期的缩短有关^[30]。FadA黏附素作为介导具核梭杆菌附着和侵袭的主要成分,激活E-钙黏蛋白/ β -连环素蛋白(E-cadherin/ β -catenin)途径,诱导大肠癌DNA损伤和细胞生长。实验显示,FadA基因敲除后,小鼠大肠癌细胞DNA损伤较少^[31]。上述研究提示牙周炎致病菌具核梭杆菌可能是结直肠癌的危险因素,但仍缺乏明确的证据证实这种因果关系。

也有部分研究提出,牙齿脱落作为牙周炎表现之一,并不能证明与结直肠癌相关。Michaud等^[17]队列研究及Hiraki等^[12]病例对照研究发现,牙齿脱落与头颈癌、食管癌、肺癌、肾癌和胰腺癌的风险增加相关,但与结直肠癌和卵巢癌无关。

4 牙周炎与消化道癌症相关作用机制

多数文献表明,牙周炎与食管癌、胃癌、结直肠癌之间有一定相关性,而其机制有很多共同点,也有其特殊之处。

4.1 微生物

与牙周炎关系密切的龈下细菌可按其聚集特性以及与牙周状况的关系,分为6个主要微生物复合体。其中,红色复合体中的牙龈卟啉单胞菌、福赛坦氏菌、齿垢密螺旋体,橙色复合体中的具核梭杆菌,以及绿色复合体中的伴放线聚集杆菌,这些与牙周炎密切相关的细菌,与食管癌、胃癌、结直肠癌高患病风险相关。这些牙周致病菌分泌大量毒力因子和致病酶,抑制或逃避宿主的非特异性免疫功能,不仅对牙周组织产生损害,并且对宿主全身免疫系统产

生一定攻击,而消化道与口腔相通的解剖特性,使得其成为消化道癌症的潜在危险因素^[32]。

4.2 免疫炎症因子

研究证实白细胞介素-1 β (interleukin-1 β , IL-1 β)、IL-6、肿瘤坏死因子- α (tumor necrosis factor- α , TNF- α)等炎症细胞因子在牙周组织的破坏中起关键作用^[1],这些炎症因子在牙周炎患者与食管癌、胃癌、结直肠癌患者血浆中均升高^[4, 33-34]。IL-1 β 激活内皮细胞产生血管内皮生长因子,为肿瘤进展提供炎症微环境^[30];IL-1 β 也与促进细胞迁移的E-cadherin低表达有关,导致更高的侵袭性和较低的患者生存率^[35];同时IL-1 β 诱导基质金属蛋白酶-9(matrix metalloprotein-9, MMP-9)的表达,在肿瘤侵袭中起作用。IL-6可通过增加基质金属蛋白酶的表达来影响侵袭和转移的过程^[34];IL-6还可上调各种黏附分子表达,导致肿瘤细胞与内皮细胞黏附,对肿瘤扩散产生影响;大多数IL-6靶向基因与细胞周期进程和凋亡抑制有关,可能对癌症的发展产生影响^[30]。TNF- α 可诱导活性氧化合物和金属蛋白酶的产生^[36],产生的活性氧具有诱导DNA损伤的能力,而产生的金属蛋白酶会影响运动和侵袭过程。

除了上述微生物及免疫炎症因子外,甲酰胺受体参与炎症反应,在多种癌症中起重要作用^[37]。由此推测,牙周炎可能增加炎症介质的产生,调节炎症反应过程,从而增加食管癌、胃癌、结直肠癌的风险。从基因学角度,微小核糖核酸和RNA结合蛋白受靶点核因子 κ B(nuclear factor kappa-B, NF- κ B)信号通路基因的调控,而NF- κ B被认为是炎症性疾病的治疗靶点,特别是牙周炎。牙周炎与胃癌、结直肠癌等多种癌症的发生发展均有一定相关性^[38-39],但具体机制尚不明确。

5 小结

大多数研究表明,在调整了性别、年龄、吸烟、饮酒以及其他全身健康相关因素后,牙周炎与食管癌、胃癌、结直肠癌这三类消化系统癌症相关。目前关于牙周炎与癌症的相关机制主要有微生物、免疫、炎症和基因四方面,但大多尚不明确,需要更多的基础和临床研究来加以验证及探索。此外,牙周炎的严重程度与癌症风险的强弱也可能存在关联,但目前很少有研究牙周炎严重程度与癌症的关系。因此,在今后研究中应由专业医生对研究对象进行仔细的口腔及全身检查,得到准

确的牙周炎诊断及分型分度,再进一步分析牙周炎与癌症的关系。

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