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· 专家论坛 ·

种植义齿冠根比与临床并发症

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【摘要】天然牙的冠根比理论已经被口腔医学领域广泛认同，在预测判断天然牙的保留价值、义齿修复时基牙选择等方面有着重要的临床意义。过去几十年中，学者们根据天然牙的冠根比理论，提倡植入尽量长的种植体以提高成功率。然而随着短种植体的应用，种植理念发生了新的变化，种植义齿冠根比(crown-implant ratio, C/I)与并发症的关系成为了目前研究的热点之一。本文根据循证文献就C/I的概念、C/I与种植体存留率及种植修复临床并发症进行分析讨论和总结，并提出建议：虽然目前多数的研究表明C/I与种植体存留率及颈部边缘骨吸收无显著相关性，但可能会增加机械并发症的风险。建议临床种植修复时C/I值尽量小于3，冠长尽量小于15 mm；同时在使用短种植体及超短种植体时，选用增加骨-种植体接触面积的种植体系统，采用联冠或桥等夹板式修复方式。

【关键词】种植牙；短种植体；冠根比；种植体存留率；生物并发症；种植体颈部骨吸收；种植体周围炎；机械并发症；联冠修复



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Research progress on the crown-implant ratio and clinical complications XU Shulan, GUO Zehong, NING Yingyuan, GAO Yan. Center of Oral Implantology, Stomatological Hospital, Southern Medical University, Guangzhou 510280, China

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【Abstract】The crown-root ratio (C/R) theory of natural teeth has been widely recognized in the field of stomatology, and has important clinical significance in predicting and assessing the prognosis of natural teeth as well as for abutment selection during denture restoration. In the past few decades, scholars have advocated for the implantation of implants as long in length as possible to improve the success rate according to the theory of crown-root ratio of natural teeth. How-

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ever, with the application of short implants, our philosophy of implantation has changed, and the relationship between the crown-implant (C/I) ratio and complications has become one of the current research hotspots. In this paper, the concept of the crown-implant ratio, the research progress of the C/I ratio, the implant survival rate and clinical complications of implant restoration were reviewed and summarized, and the following suggestions were put forward: although most studies have shown no significant correlation between the C/I ratio and implant survival or marginal bone loss, this relationship may increase the risk of mechanical complications. A C/I < 3 and a crown length < 15 mm are recommended in implant restoration; when ultra-short implants are applied, the implant system can increase the bone-to-implant contact area, and splint prostheses such as crown or bridge are recommended.

【Key words】 implant; short implant; crown-implant ratio; implant survival rate; biological complications; bone resorption in the neck of implant; peri-implantitis; mechanical complications; union crown repair

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随着种植体表面处理的不断改进,以及短种植体的发展与应用,种植义齿适应证逐步扩大,使一些牙槽骨吸收严重、骨高度不足、咬合空间增大的患者得以种植修复,这必然导致种植义齿冠根比(crown-implant ratio, C/I)的增大。在进行短种植体的临床研究时,不可避免需要考虑C/I的影响。因此,种植义齿的C/I与种植修复的长期成功率的关系成了许多临床医师和学者需考虑的因素。虽其结论仍存在争议,但仍可总结各学者的研究来给予临床一些指导与启发。种植治疗中的临床并发症主要包括生物并发症和机械并发症。本文主要针对C/I与种植体存留率、生物学并发症以及机械并发症的关系进行阐述。

1 种植义齿冠根比的概念

C/I分为临床冠根比(clinical crown-implant ratio, c C/I)和解剖冠根比(anatomical crown-implant ratio, a C/I)(图1)。c C/I指修复体顶端至骨-种植体界面的高度/种植体末端至骨-种植体界面的高度。a C/I指修复体顶端至修复体-基台界面的高度/种植体末端至修复体-基台界面的高度。简单来说,使用c C/I时,杠杆臂的支点位于种植体-骨界面的牙槽嵴顶,而a C/I杠杆臂的支点位于基台肩台处。随着牙槽骨的吸收,只要牙冠高度没变化,a C/I是不变的;而c C/I会随着牙槽骨的吸收而增大。因此,多数学者认为c C/I更能反应真实的情况。因此,目前大多数文章是以c C/I为研究参数,或同时统计两种C/I值,也有学者在评估机械并发症时应用a C/I,而评估生物并发症时采用c C/I^[1]。

在天然牙牙体缺损的全冠修复中,适当的基牙冠根比是保证修复体长期预后的关键因素之一。其重要性可以用I类杠杆的生物力学概念来

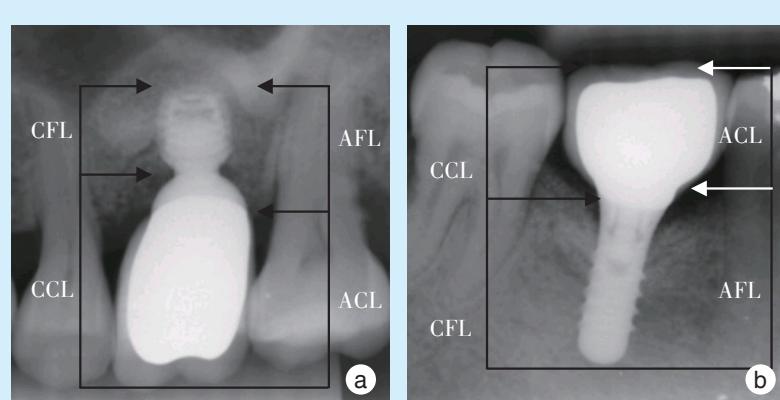
解释。当超过一定的冠根比时,牙周会更容易受到严重咬合力的伤害。McGuire和Nunn^[2]在一项对100例牙周炎患者预测牙齿缺失的8年的前瞻性研究中发现:预测天然牙的长期预后时,冠根比是临床医生要考虑的一个重要因素。冠根比越小越符合生物力学原则,理想冠根比是1:2或更低,一般不能超过1:1^[3]。

但由于种植体缺乏天然牙的牙周膜,种植体与骨的连接是通过骨整合,因此天然牙的冠根比原则可能并不适用于种植义齿。

2 种植义齿冠根比与种植体存留率

不利的C/I往往出现在牙槽骨吸收、颌间距离增大、骨高度不足的患者当中,此时往往采用短种植体进行修复。临床研究表明^[4-5]:C/I违反了Anter法则的种植修复仍可成功存留于患者口内,种植C/I与种植体存留率间未发现相关性^[6-7]。近几年的临床研究^[8]以及系统性综述^[9]也表明,短种植体与常规种植体一样具有较高的存留率,C/I与种植体的存留率无显著相关性,不利的C/I也并不会引起种植体的失败^[8-10]。

在短种植单冠修复的研究中^[11-14],短种植体的存留率较高(均大于91.3%),C/I与种植体存留率未发现有显著相关性:短种植体单冠修复能够在临幊上应用良好^[11]。但Naenni等^[12]等认为6 mm短种植体的5年存留率显著比10 mm常规种植体低,上颌和下颌差异无统计学意义。这与Mezzomo等^[13]的结论一致。Fabio等^[15]的研究表明6 mm种植体较10 mm种植体出现种植体失败的可能性更大。也有研究认为,短种植体失败的高峰期在植入后4~6年^[16],但标准长度种植体失败率的高峰时间在使用后6~8年,短种植体较标准长度种植



a: periapical digital radiograph of the bone level implant (Bicon implant system). The clinical C/I ratio (c C/I) and anatomical C/I ratio (a C/I) measurement methods are presented; b: periapical digital radiograph of the tissue level implant (Straumann implant system). The clinical C/I ratio (c C/I) and anatomical C/I ratio (a C/I) measurement methods are presented. CFL: clinical fixture length; CCL: clinical crown length; AFL: anatomic fixture length; ACL: anatomic crown length. c C/I = CCL/CFL; a C/I = ACL/AFL

Figure 1 The clinical C/I ratio and anatomical C/I ratio measurement methods are presented in the bone level implant system and the tissue level implant system

图1 骨水平种植体(Bicon种植系统)、软组织水平种植体(Straumann种植系统)临床冠根比与解剖冠根比

体早2.5年^[17]。

虽然目前的研究证明短种植体的存留率较高,并没有发现C/I与种植失败的直接相关性^[18],但进行单冠修复时,增大C/I,种植体远期风险较长种植体更高。临幊上对于6 mm短种植体或4 mm的超短种植体,推荐联冠修复或增大种植体直径以降低远期风险。

3 种植义齿冠根比与生物并发症的关系

颈部骨吸收一直是研究C/I的学者们关注的焦点^[19]。因为种植体与牙槽骨的结合程度,特别是临近牙槽嵴顶的骨吸收程度直接影响着种植体的成功率。C/I与种植体颈部骨吸收的关系一直存在争议,而应力与骨的吸收、改建息息相关,在研究骨的吸收或改建时往往要先研究其所受到的应力情况。

3.1 种植义齿冠根比与种植体颈部骨应力的关系

在分析种植体颈部骨吸收时,需分析种植体受力时颈部骨应力分布情况^[20]。种植体支持的修复体是一种I类杠杆的力学形式。当冠根比增大时,会使垂直向的力臂增大,这可能会增加颈部骨应力。同时由于牙冠存在近远中向及颊舌向的悬臂(相对于种植体直径而言的悬臂),C/I的增加会增大所受的非轴向力。

通过三维有限元分析,有研究发现C/I增大,颈部皮质骨的应力增大^[21]。而Verri等^[22]发现颈部

骨所受的应力与受力方向相关:在轴向受力时,不同冠长有相似的应力分布;在受到非轴向力时,冠长增加,一侧的应力增大,最大应力值是轴向受力最大值的5倍以上;但同样的,在所有的模型中,随着冠长增加,皮质骨的应力均增大。有研究报道,牙冠高度每增加1 mm,应力可能增加20%^[3]。Wang等^[23]通过有限元分析还发现缩短冠长来降低C/I以及通过增长种植体长度来降低C/I,能更显著减小种植体周围骨应力。在另一项三维有限元分析中发现,增加种植体直径(C/I不变)可减小3.5倍颈部应力,而增加种植体长度(C/I减小)只可减小1.65倍应力;这意味着前者C/I比后者大,却应力降低更多^[24]。Moraes等^[25]对C/I较大的单冠种植的三维有限元分析也表明较常规直径种植体,宽直径种植体应力分布更有利。而Sotto-Maior等^[26]等认为,C/I影响应力分布仅仅是在受到非轴向力时。

由此可见,增大种植体的直径比增大种植体的长度能更有效改善应力分布。但种植体的长度与骨应力之间的相关性没有被证实,且相比种植体长度而言,颈部应力与冠高度更相关。C/I与颈部应力并非线性正相关的关系,只能说C/I增大,种植体颈部应力增大的风险增高。

3.2 种植义齿冠根比与颈部骨吸收的关系

许多理论研究表明,种植体的颈部2~3 mm是主要承担力量并传到至骨的部位^[3],因而选择长种



植体来降低C/I并不能有效降低颈部应力。种植体颈部的应力与颈部的骨吸收的关系是研究者们所关心的。Hingsammer等^[27]对6.5 mm短种植体的临床研究结果中表明C/I增大,提高了颈部骨应力,其与边缘骨吸收紧密相关,这与一些学者研究相似^[28]。Anitu等^[6]等发现冠高度平均为17 mm时,骨吸收小于2 mm;当冠高度平均21 mm时,骨吸收大于2 mm,因此提出:对于颈部骨吸收,相较于C/I,冠高度是更有效的影响参数。Hingsammer等^[27]建议C/I不要超过1.7,以避免可能造成的颈部骨吸收。但有学者提出,根据Wolff's原则,骨会适应局部力学环境^[29-30],应力增大不一定会引起骨吸收,这一结论得到大多数学者的支持^[31]。5年临床纵向研究也证实高C/I与种植体边缘骨吸收无关^[32]。甚至,有学者发现高C/I时,颈部骨吸收更少^[33]。这可能是由于骨对受力刺激的本能反应,在受到咬合力的刺激时,刺激部分区域骨的形成,但该应力的阈值尚未明确。Garaicoa-Pazmiño等^[34]的研究也得出了相似的结论:当C/I在0.6/1~2.36/1时,C/I值越高,颈部边缘骨吸收越少。也有研究认为冠的近远中径与颈部骨吸收有关^[11,35],这可能与近远中径会增大种植体所受的侧向力有关。

总体来看,目前大多数学者的临床研究未发现C/I与种植支持式修复体的种植体颈部骨吸收有显著相关性^[35-37]。但由于临床极端C/I病例较少,其结论存在一定的局限性。在临幊上不能忽视在冠高度较大时种植体颈部应力增加的风险。在临幊应用短种植体时,冠高度过大或近远中径过大时需谨慎使用。

4 种植义齿冠根比与机械并发症

种植修复常见的机械并发症有:螺丝松动、螺丝折断、基台松动、基台折断、种植体折裂、牙冠松动、支架折断、烤瓷冠崩瓷等^[31,38]。

三维有限元法被认为是一种有效的生物力学分析工具^[39]。与机械并发症发生率直接相关的是机械部件所受到的应力大小。在种植体三维有限元分析的模型中,种植体轴向受力时,应力集中在种植体与螺丝及基台与种植体界面之间,不同C/I时应力大小无显著差别;而非轴向受力时,随着牙冠增长,C/I增大,杠杆臂增大,这两个界面之间的应力明显增大^[22]。Ramos等^[40]对不同C/I的三维有限元应力分析也得到了相似的结果:在受到轴向

力时,冠的高度不影响螺丝的应力;但在受到侧向力时,冠的高度在12.5~15 mm时,会显著影响螺丝和皮质骨的应力分布。Nissan团队^[41]的研究也表明冠长小于15 mm时,无论C/I多大,均可期望获得较高的成功率;而冠长大于15 mm,出现机械并发症的风险增大。可见,在受侧向力时,增大的C/I及牙冠高度可能会增加出现机械并发症的风险。

在C/I与机械并发症的关系的临幊研究中,不同团队观点不一致。部分学者认为C/I与机械并发症无显著相关性^[10]。有学者对6 mm种植体的单冠修复的1~5年随访观察,未发现高C/I与机械并发症显著相关^[11]。有研究表明:悬臂大于15 mm、夜磨牙、修复体支架长度等与机械并发症发生概率增大有关,而固位方式(螺丝或粘结)、使用了角度基台、C/I等与机械并发症无明显相关性^[42]。

而另一些研究证明短种植体的应用使C/I增大,导致螺丝松动、螺丝折断、崩瓷等机械并发症的风险增大^[43-44]。这与Sun等^[31]回顾性队列研究的结果相同,且解剖牙冠越长,发生机械并发症的风险越高^[38]。同时,研究者发现由于临幊上研究C/I与机械并发症的关系时,往往采用的是短种植体与高的解剖牙冠的修复方式,在进行总结分析时,部分研究者认为牙冠解剖高度与C/I应是两个概念。虽然往往牙冠高度增大,可能会导致C/I增大,但不是必然的。Nissan等^[41]认为冠高大于15 mm时,会增加机械并发症的发生率。

虽然目前大多数学者支持在种植义齿修复中,牙冠高度增大及C/I的增大会增加出现机械并发症的风险的结论,但仍存在一定的争议。建议临幊上在C/I增大时,尽量减小牙冠高度,同时进行精细的调合处理,减小风险。

5 总结与建议

目前大多数临幊研究均表明C/I与种植体存留率及颈部边缘骨吸收等生物学并发症无显著相关性,但可能会增加机械并发症的风险。笔者认为对这些结论还有待进一步研究,其原因:①体外研究的三维有限元分析采用计算机模拟环境,材料特质假定为线性、各向同性和均匀性,受力为静态咬合载荷,其缺乏生物应答反应,故不能客观反应临幊情况;②临幊研究收集的病例中,C/I>3的病例临幊上较少,在研究样本中占总样本中的数量偏低;且部分病例的种植修复设计方式为夹板式联冠修复,故不利的C/I导致的危害因夹板的设



计而减小了;③推荐的理想天然牙冠根比是1:2,由于种植体的骨结合机制与天然牙不同,C/I可不完全遵守天然牙的Anter法则,其理想范围目前尚无定论。笔者建议临床种植修复时冠根比尽量小于3,冠长尽量小于15 mm。

为减小种植修复出现机械并发症的发生率,建议当临幊上选择<6 mm短种植体及超短种植体时,尽可能选用大直径、同时选择能增加骨-种植体接触面积的种植体系统。并且采用联冠或桥等夹板式设计和没有悬臂负荷等修复方式,以减小各部分机械部件及骨的应力。

随着目前种植系统和生物材料的日渐成熟,种植系统表面设计的不断改进,使种植体表面的螺纹设计达到更为合理地分散生物力学的方向及分布,使C/I值较大的种植牙也能在临幊上取得较高的成功率^[45]。

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