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· 专家论坛 ·

糖尿病患者口腔种植治疗研究现状

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【摘要】 2017年全世界有4.51亿(年龄18~99岁)糖尿病患者, 预测至2035年这个数字将达5.92亿人, 而糖尿病患者的一系列并发症常会导致其口腔相关的血管与骨组织病变, 因此口腔种植科医生亟需了解糖尿病患者的临床特点以为其提供最佳的治疗方式。对于口腔种植医生而言, 对血糖控制不良的糖尿病患者进行口腔种植治疗目前仍存在以下几项难题: ①糖尿病患者拔牙后牙槽窝愈合缓慢, 常需辅以引导骨再生术, 从而延长治疗周期, 增加患者痛苦; ②糖尿病患者牙槽植骨后新骨生成率低; ③糖尿病患者牙种植体取得有效骨结合所需时间长, 效果差; ④糖尿病患者牙种植体周围组织健康受血糖水平影响, 维护不易。目前的研究认为, 糖尿病患者当血糖水平得到很好控制时($HbA1c \leq 6\%$), 种植体的远期成功率是可预期的。本文将对糖尿病患者口腔种植治疗的研究现状进行述评, 以为临床提供参考。

【关键词】 口腔种植; 糖尿病; 骨代谢; 骨结合; 种植体成功率; 种植体周围疾病

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Current status of dental implantation therapy for diabetic patients SONG Yingliang, ZHANG Sijia. State Key Laboratory of Military Stomatology & National Clinical Research Center for Oral Diseases&Shaanxi Engineering Research Center for Dental Materials and Advanced Manufacture, Department of Implant Dentistry, School of Stomatology, The Fourth Military Medical University, Xi'an 710032, China

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【Abstract】 In 2017, there were 451 million people (ages 18 to 99) with diabetes worldwide, and this number is expected to grow to 592 million by 2035. A series of complications in diabetic patients often leads to oral vascular and bone lesions. Therefore, dental implant doctors urgently need to understand the clinical characteristics of diabetes mellitus patients to provide the best treatment. For dental implant doctors, the following problems still exist in the treatment of diabetic patients with poor blood sugar control: ① alveolar fossa healing in diabetic patients is slow after extraction, and bone regeneration is often needed, which prolongs the treatment cycle and increases the pain of patients; ② the

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rate of new bone formation in diabetic patients after alveolar bone grafting is slow; ③ it takes a long time for the body to achieve effective bone bonding after dental implantation in diabetic patients, and the outcomes are poor; ④ the health of the tissue around dental implants is affected by blood sugar level, which is difficult to maintain in diabetic patients. Current studies suggest that the long-term success rate of implants is predictable in diabetic patients when blood sugar levels are well controlled ($HbA1c < 6\%$). This article will review the current research status of dental implantation therapy for diabetic patients to provide a reference for clinical practice.

【Key words】 Oral implantation; Diabetes; Bone metabolism; Bone union; Implant success rate; Periimplant disease

自上世纪60年代由Branemark教授发现“骨结合”现象以来,种植修复技术凭借其出色的生物学性能和理想的美学效果,已经成为广大医生和患者首选的缺牙修复方式。但对于糖尿病(diabetes mellitus, DM)患者,其在骨骼与血管系统的并发症常导致其拔牙创骨愈合减缓,引导骨再生术(guided bone regeneration, GBR)后新骨生成率低,种植体骨结合失败率高和种植体周围骨丧失加剧^[1-3]。针对糖尿病缺牙患者的种植治疗已经成为本领域的研究热点。2017年全世界有4.51亿(年龄18~99岁)糖尿病患者^[4],预计至2035年该数字将超过5.92亿人^[5]。与此同时,我国糖尿病发病率不断增加,目前已成为世界糖尿病患病人数第二大国家,因此,口腔种植医生亟需了解糖尿病缺牙患者的临床特征以为其提供相应的治疗。

糖尿病按照病因可以分为1型与2型糖尿病。其中1型是一种多基因自身免疫性疾病,其病因是由分泌胰岛素的胰腺 β 细胞被破坏进而导致的胰岛素分泌绝对不足^[6]。1型糖尿病通常起源于免疫调节系统的异常,导致固有免疫系统活化,进而迅速并大量地产生自身反应性 $CD4^+$ 、 $CD8^+$ T淋巴细胞和B淋巴细胞,最终摧毁自身的胰岛素分泌 β 细胞^[7]。而2型糖尿病是一种以高血糖和脂质代谢改变为特点的代谢紊乱性疾病,其病因是由于全部或部分失去功能的胰岛 β 细胞不能分泌足量的胰岛素来弥补自身不同程度的胰岛素抵抗^[8]。而营养过剩,缺乏锻炼或肥胖均可导致胰岛素抵抗。代谢缺陷导致的2型糖尿病进一步发展表现为胰岛 β 细胞无法分泌足够与血液中较高的葡萄糖水平所匹配的胰岛素^[9]。而这一切均可由以下因素引起:过度进食、胰高血糖素分泌增加、肠促胰岛素分泌减少、皮下扩张性脂肪组织损伤、脂肪组织炎、内源性葡萄糖增加和外周胰岛素抵抗的进行性发展^[10]。慢性热量过剩是2型糖尿病

发展的主要病因,尤其对于基因和表观遗传学中具有2型糖尿病高易感性的人群^[11]。

目前,口腔种植修复技术已成为一种广泛应用的修复缺牙方法,糖尿病作为其相对禁忌证的资格已成为研究讨论的热点。由于越来越多的糖尿病患者要求进行种植修复治疗,就目前所掌握的资料来看,出于谨慎的态度将糖尿病列为种植修复治疗的相对禁忌证仍有必要,对于血糖水平控制较差($HbA1c \geq 8\%$)的患者需要更加谨慎。当血糖水平得到很好控制时($HbA1c \leq 6\%$),种植体的远期成功是可预测的,其并发症发生率与非糖尿病缺牙患者近似。本文将对糖尿病患者口腔种植治疗的研究现状进行述评。

1 糖尿病对骨代谢的影响

大量证据表明,糖尿病通过引起新陈代谢和内分泌紊乱进而影响骨质和骨量^[12-14]。研究证实,糖尿病患者体内胰岛素的调节水平与骨髓来源间充质干细胞的活动水平相关^[15]。目前,已经确定1型糖尿病患者的骨密度较正常人群下降^[16],降低的骨密度和由糖尿病引发的血管并发症均增加了骨折的风险^[17];而对于2型糖尿病患者,据目前大量的荟萃分析结果表明,其骨密度较正常值范围内未发生变化甚至有所增加^[18]。尽管如此,2型糖尿病患者骨折风险还是较血糖正常人群高^[19],这个自相矛盾的现象可能是由于2型糖尿病患者身体其他并发症引起更多摔倒事故所导致。此外,新骨形成减少和骨质不良也被认为是其骨折风险更高的原因。在2型糖尿病动物模型上发现其骨骼机械强度下降,尽管其骨密度升高^[20]。研究指出糖尿病患者种植体骨结合成功率低于健康患者人群,在他们身上能够观察到不完全和延缓的骨愈合,且新生骨呈现出不成熟的状态^[21]。尽管如此,Khandelwal等^[22]仍然在 $HbA1c \geq 7\%$ 的患者口

内成功完成了种植修复治疗。

与此同时,骨代谢率的降低可能导致糖尿病患者骨骼的脆性增加。因骨代谢率降低,陈旧的骨无法被新骨取代,这就导致了骨骼的机械强度降低^[23]。有相关的基础研究表明,糖尿病患者成骨细胞活动减少^[24]。在1型糖尿病动物模型体内发现,伴随着骨代谢率的降低会出现骨矿化度降低,2型糖尿病大鼠模型也表现出降低的骨代谢率^[25-26]。肿瘤坏死因子- α (tumor necrosis factor- α , TNF- α), 白介素-1 β (interleukin-1 β , IL-1 β)和白介素-6 (interleukin-6, IL-6)等细胞因子在炎症反应中扮演重要角色,但其在成骨分化过程中的具体作用还存在争议^[27],糖尿病可能通过过度的炎症反应导致促炎性细胞因子如IL-6,白介素-1 β (interleukin-1 β , IL-1 β), 基质金属蛋白酶(matrix metalloproteinases, MMPs)和TNF- α 表达水平的改变来影响骨代谢^[28-29]。在关于糖尿病对骨吸收影响的研究中,也有部分研究表明破骨细胞的活动增加^[30]。

糖尿病患者常显示出骨折愈合的延迟,一项纳入477例糖尿病患者髋部骨折的研究报道指出,这些患者需要更长的住院时间来达到愈合^[30]。在高脂高糖喂养的糖尿病大鼠体内发现,骨折后糖尿病大鼠骨痂明显较血糖正常的对照组小,且骨折愈合区内脂肪含量增高,影响骨折愈合的质量^[31],且在其早期软骨化骨过程中会发生软骨的吸收^[32]。尽管严格控制血糖水平,口服伏格列波糖仍无法逆转糖尿病对骨代谢活动的影响^[33]。

2 糖尿病患者骨结合的研究现状

目前,大量研究均认为控制不佳的血糖水平会对糖尿病患者牙槽骨骨质与骨量产生不良的影响^[34-35]。因此,为了维护牙槽骨的健康,口腔种植医生应该对患者强调认真控制血糖的好处,指出高血糖会对种植治疗结果产生负面影响。血糖控制的好坏是判断糖尿病患者种植体远期成功的一个重要的参数^[36]。

种植体骨结合过程包括周围骨的重塑,成骨细胞的迁移、增殖以及相关支持结缔组织的改建。糖尿病影响口腔种植体骨结合过程的作用机理还有待进一步研究,但血糖水平升高和胰岛素抵抗可能会对种植体周围骨的改建产生影响^[37]。纤连蛋白与整合素 $\alpha 5\beta 1$ 均参与成骨细胞的粘附并在骨结合活动中扮演信号传导的角色。而糖尿病会通过干扰纤连蛋白与整合素 $\alpha 5\beta 1$ 的表达水

平进而干扰种植体骨结合的过程^[38]。此外,胰岛素治疗可以在大鼠体内正向调节种植体的骨结合水平^[39]。

Hasegawa在2型糖尿病大鼠的胫骨远端植入种植体,术后8周取材发现,2型糖尿病大鼠体内的种植体表面含有大量软组织,软组织广泛穿插于新生的骨组织中,同时新生的骨组织连续性很差,种植体稳定性较差,而对照组大鼠体内的种植体表面骨组织连续性则较为完整^[40]。

目前临床试验结果表明,糖尿病患者较非糖尿病患者其牙槽骨在受到损伤的情况下骨丧失风险有所增加^[41]。种植体理想的骨结合是可以形成种植体与骨组织的直接接触,在分子水平上形成结合。然而在骨质疏松的情况下种植体形成骨结合的速度要较正常骨质减缓,而糖尿病患者大多都伴随着不同程度的骨质疏松。但也有研究指出,不同HbA1c水平的患者($\leq 6\%$ 、6.1%-8%、8.1%-10%、 $\geq 10\%$),种植体植入后1年的稳定性并无差异^[42]。

严格控制的血糖水平可以减少患者微小血管并发症,与此同时,糖尿病患者体内与骨吸收代谢相关的血清和尿液中指标也显著减少,如骨钙素、吡啶啉和骨特异性碱性磷酸酶^[43]。医生应对接受种植治疗的糖尿病患者反复强调血糖控制的必要性。

3 糖尿病对口腔种植体成功率的影响

糖尿病对患者口腔种植体成功率的影响具有争议^[37,44-49]。糖尿病患者种植体成功率是否较非糖尿病患者低,目前尚无明确的结论。虽然考虑到高血糖对于牙槽骨的不利影响,但从实验室到临床研究还是不会给出一个完全一致的结论^[50-51]。有研究指出,糖尿病患者在完成修复后第一年内显示出较对照患者更低的种植体成功率^[52]。通过荟萃分析指出,糖尿病患者发生种植体边缘性骨缺损的比例更大^[1,51]。系统性回顾研究指出,血糖控制较差的患者显示出更剧烈的种植体边缘骨吸收程度^[53]。

目前,大量研究集中在证明糖尿病患者种植体成功率与非糖尿病患者无区别,但是由于临床研究样本纳入标准的统一性及检查的全面性仍存在差异,以及动物实验的不全面性,因此对于糖尿病患者种植体成功率仍待进一步深入研究^[42,54-58]。Tawil研究报告显示种植体存留率在非糖尿病人群

中与血糖控制良好的糖尿病缺牙患者之间(平均糖化血红蛋白值 $<7\%$)没有显著性差异,整体植入存活率在非糖尿病人群和糖尿病人群中是相似的,分别为98.8%和97.2%^[59]。在一项仅包括血糖水平控制不佳患者的研究中,尽管观察到一些并发症(软组织炎症、种植体旋转),但均达到98%的成功^[22]。目前被广为接受的观点是血糖得到良好控制的糖尿病缺牙患者有着与非糖尿病缺牙患者相似的种植近期成功率。关于糖尿病患者年龄和患病时间是否会影响种植体成功率已经得到证实是无关的^[42, 60-61]。

然而,糖尿病患者血糖波动与骨结合显著相关。血糖波动通常是由于糖尿病患者血糖控制不当,其易在夜间出现低血糖,餐后出现高血糖,进而造成血糖波动频率较密集,幅度较大。研究表明血糖波动是糖尿病并发症的诱因,其会加速胰岛细胞凋亡^[62]。刘乃彬等^[63]研究显示过高的血糖波动较稳定持续性的高血糖对2型糖尿病大鼠种植体骨结合的影响更大。

随着种植技术理论的不断更新,即刻种植功能负载成为了可能。大量研究表明,即刻负载(轻受力)的种植体并不影响骨愈合的过程并可以取得良好的骨结合^[64]。目前已有研究表明,对于血糖水平控制在正常范围内的2型糖尿病患者可以实现种植体的即刻负载^[59]。

4 糖尿病与种植体周围疾病的关联

牙周炎是糖尿病口腔并发症的主要表现。糖尿病的基本病理变化包括胶原分解增加与合成减少、中性粒细胞功能降低、大血管与微小血管病变、免疫水平低下等,其会增加机体对牙周疾病的易感性,引起机体对牙周致病菌群抵抗力下降,进而加速并加重牙周组织的破坏^[65]。研究显示糖尿病患者对牙周炎的易感性增加,由于血糖水平的稳态没有办法得到长时间维持,在患者免疫水平低下时其牙周组织更易发生感染,而种植体周围组织炎症也是种植早期失败的主要原因之一^[14]。目前临床上最常见的糖尿病类型为2型糖尿病,其约占临床90%的病例^[61]。由于2型糖尿病导致的病理变化,其发生牙周炎和失牙的几率更大。2型糖尿病可能会增加宿主对口腔菌群的炎症反应,这种反应可能会加剧牙周炎和牙龈炎易感人群的发病风险^[66]。

糖尿病与种植体周围炎的关系仍存在争

议^[3, 61, 67-68]。对于不同文献中报道的种植体周围炎其本身就依据不同的诊断标准,因此很难断定糖尿病与种植体周围炎的确切联系。牙周病史对种植体周围炎具有更强的指示性,即使糖尿病患者的牙周病发病风险高于非糖尿病人群^[69],但牙周病与种植体周围炎两者的具体联系仍需进一步的临床与实验室证据^[70]。

Gomez-Moreno的前瞻性研究结果表明,糖尿病患者接受种植治疗后,HbA1c的升高会导致种植体周围出现更多的骨吸收^[71]。在一项临床随机对照试验中,患者被按照HbA1c水平分为三组,其平均值分别为4.8%,6.1%和8.4%,研究发现HbA1c水平为8.4%的患者组其牙周状况与种植体周围软组织状况均较其余两组差^[72]。在另一项临床随机对照实验中,两组患者的平均HbA1c分别为5%与4.5%,在完成口腔种植修复后一年观察期中,两组患者种植体成功率并无区别,但HbA1c 5%这一组的患者显示出更明显的种植体边缘骨吸收程度^[73]。但在一项旨在评估糖尿病与种植体周围骨吸收的临床对照试验中,其结果指出糖尿病与种植体周围骨吸收程度关系较弱^[74]。

研究表明,未经控制的糖尿病患者具有比血糖正常人群更高的牙菌斑指数^[75]。种植体周围组织的炎症反应也与增多的牙菌斑呈正相关^[76]。一项体外研究表明,在种植体表面粘附的细菌对种植体存留率和远期成功率有很大的影响,有效的牙周治疗、牙周炎症的缓解与糖化血红蛋白水平的降低呈正相关^[77]。但在高脂高糖喂养的糖尿病大鼠体内发现,严重的胰岛素抵抗和紊乱的血糖水平会加速牙周炎的爆发^[78]。因此,牙周疾病的控制和治疗应该是糖尿病缺牙患者治疗计划的一个重要的组成部分。之前大量动物实验研究指出血糖水平影响骨代谢与种植体骨结合^[40]。考虑到糖尿病患者牙周病、伤口愈合不良和感染的风险上升,建议对糖尿病患者种植体周围组织进行严格的维护和关注^[42, 79]。有研究指出,含漱液的使用可以有效减少种植体周围黏膜炎的发生^[80]。

依据美国糖尿病协会的标准认为HbA1c水平 $\leq 6.0\%$ 的患者为血糖水平控制较好的患者,而HbA1c水平 $> 8.0\%$ 被认为是控制较差。对于血糖控制较差的患者,建议医生持谨慎保守的治疗态度,将牙周维护与血糖水平监控结果作为种植体远期成功的参考标准之一^[53]。

目前认为糖尿病患者存在拔牙创愈合缓慢,

种植体骨结合差,种植体周围骨吸收风险升高和种植体远期成功率降低等特点;当血糖水平得到很好控制时($HbA1c \leq 6\%$),种植体的远期成功率是可预测的,其并发症发生率与非糖尿病人群近似。针对糖尿病缺牙患者口腔种植的相关临床远期研究结果,需要进一步研究。

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