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# 炎症因子与早发性卵巢功能不全的双向孟德尔随机化研究

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**摘要:** 目的 采用双向孟德尔随机化 (MR) 方法分析炎症因子与早发性卵巢功能不全 (POI) 的因果关系, 为POI防治提供依据。方法 91种炎症因子资料来源于IEU OpenGWAS数据库, 包括14 824名研究对象; POI资料来源于FinnGen数据库, 包括118 484名研究对象 (其中254例POI患者)。采用逆方差加权法, 以炎症因子为暴露, POI为结局进行正向MR分析; 以POI为暴露, 炎症因子为结局进行反向MR分析。采用Cochran Q检验、MR-Egger回归法和MR-PRESSO检验进行敏感性分析。结果 正向MR分析结果显示, 白细胞介素-10 ( $OR=0.410$ , 95%CI: 0.233~0.721)、白细胞介素-33 ( $OR=2.826$ , 95%CI: 1.228~6.504)、C-C基序趋化因子配体19 ( $OR=0.583$ , 95%CI: 0.364~0.932)、单核细胞趋化蛋白-3 ( $OR=0.559$ , 95%CI: 0.335~0.936)、白细胞介素-18受体1 ( $OR=1.370$ , 95%CI: 1.030~1.821) 和白细胞介素-13 ( $OR=1.990$ , 95%CI: 1.034~3.832) 与POI存在统计学关联。反向MR分析结果显示, POI与C-C基序趋化因子配体23 ( $OR=0.981$ , 95%CI: 0.968~0.994)、轴抑制蛋白1 ( $OR=0.978$ , 95%CI: 0.963~0.994) 等15种炎症因子存在统计学关联, 且均为负相关。敏感性分析未发现异质性和水平多效性 (均 $P>0.05$ )。结论 白细胞介素-33、白细胞介素-18受体1和白细胞介素-13水平与POI风险增加有关; POI可能与C-C趋化因子配体23、轴抑制蛋白1等15种炎症因子水平降低有关。

**关键词:** 炎症因子; 早发性卵巢功能不全; 孟德尔随机化

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## Association between inflammatory cytokines and premature ovarian insufficiency: a bidirectional Mendelian randomization study

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**Abstract: Objective** To examine the causal relationship between inflammatory cytokines and premature ovarian insufficiency (POI) using bidirectional Mendelian randomization (MR) approach, so as to provide the basis for the prevention and treatment of POI. **Methods** The data for 91 inflammatory cytokines were sourced from the IEU OpenGWAS database, comprising 14 824 participants. GWAS data for POI were sourced from the FinnGen database, including 118 484 individuals (among which 254 were POI cases). MR analysis was performed using the inverse variance weighted (IVW) method with inflammatory cytokines as exposure and POI as the outcome for forward MR analysis and POI as the exposure and inflammatory cytokines as outcome for reverse MR analysis. Sensitivity analysis were conducted using Cochran's Q test, MR-Egger regression, and the MR-PRESSO test. **Results** Forward MR analysis demonstrated statistically significant associations between POI and interleukin-10 ( $OR=0.410$ , 95%CI: 0.233~0.721), interleukin-33 ( $OR=2.826$ , 95%CI: 1.228~6.504), C-C motif chemokine ligand 19 ( $OR=0.583$ , 95%CI: 0.364~0.932), monocyte chemoat-

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tractant protein-3 ( $OR=0.559$ , 95%CI: 0.335–0.936), interleukin-18 receptor 1 ( $OR=1.370$ , 95%CI: 1.030–1.821), and interleukin-13 ( $OR=1.990$ , 95%CI: 1.034–3.832). Reverse MR analysis revealed significant negative associations between POI and 15 inflammatory cytokines, including C-C motif chemokine ligand 23 ( $OR=0.981$ , 95%CI: 0.968–0.994) and axin-1 ( $OR=0.978$ , 95%CI: 0.963–0.994). Sensitivity analysis showed no evidence of heterogeneity or horizontal pleiotropy (all  $P>0.05$ ). **Conclusion** Elevated levels of interleukin-33, interleukin-18 receptor 1 and interleukin-13 were associated with an increased risk of POI, while POI may be associated with decreased levels of 15 inflammatory cytokines including C-C motif chemokine ligand 23 and axin-1.

**Keywords:** inflammatory cytokine; premature ovarian insufficiency; Mendelian randomization

早发性卵巢功能不全 (premature ovarian insufficiency, POI) 是一种 40 岁前卵巢功能丧失、引发生育障碍和类似更年期症状的疾病, 主要表现为潮热、睡眠障碍、性欲减弱、生殖器官萎缩和情绪波动等症状, 后期可导致骨质疏松、2 型糖尿病和认知衰退等<sup>[1]</sup>。与更年期相比, POI 具有一定的可逆潜力, 约 5%~10% 的患者治疗后成功受孕<sup>[2]</sup>, 因此探索其发病机制并实施干预具有重要的临床意义。研究发现, 自身免疫机制参与了 POI 发展, 自身免疫相关因素占 POI 发病的 4%~30%<sup>[3]</sup>。炎症因子在免疫系统中维持促炎与抗炎的平衡, 与 POI 发病及转归密切相关。不同研究存在差异, 高红娜等<sup>[4]</sup>发现 POI 患者血清和卵泡液中的白细胞介素-6 (IL-6)、肿瘤坏死因子- $\alpha$  (TNF- $\alpha$ ) 等炎症因子水平显著升高; 而 HUANG 等<sup>[5]</sup>发现 POI 患者 Th1 细胞优势可促进干扰素- $\gamma$  分泌, 抑制 IL-2 和 TNF- $\alpha$  的产生。本研究采用双向孟德尔随机化 (Mendelian randomization, MR) 方法分析 91 种炎症因子与 POI 的因果关系, 为 POI 防治提供依据。

## 1 资料与方法

### 1.1 资料来源

炎症因子相关基因单核苷酸多态性 (single nucleotide polymorphism, SNP) 位点资料来源于布里斯托大学 MRC 综合流行病学部门 (Integrative Epidemiology Unit, IEU) 开发的全基因组关联研究 (genome-wide association studies, GWAS) 公开数据库 IEU OpenGWAS (<https://gwas.mrcieu.ac.uk>), 包括 14 824 名研究对象的 91 种炎症因子, 并校正了年龄、性别和体质指数等混杂因素。POI 资料来源于 FinnGen 数据库, 包括 118 484 名研究对象 (其中 254 例 POI 患者)<sup>[6]</sup>。FinnGen 数据库和炎症因子 GWAS 之间重叠度较低, 能有效减少样本重复引起的偏差, 提高研究的准确性和可靠性<sup>[7]</sup>; 炎症因子和 POI 的研究对象均为欧洲人群。

## 1.2 方法

### 1.2.1 工具变量筛选

MR 研究基于 3 个关键假设: 相关性、独立性和排他性。设置以下条件筛选工具变量<sup>[8]</sup>: 仅纳入与炎症因子存在显著关联的 SNP ( $P\leq 5\times 10^{-6}$ ); 排除连锁不平衡的 SNP ( $r^2<0.001$ ,  $kb=10\ 000$ ), 减少连锁不平衡引起的等位基因非随机分布, 确保工具变量的独立性; 通过分析等位基因频率, 识别并指定正向等位基因, 删除回文 SNP, 确保遗传信息解读一致、准确; 计算所有 SNP 的  $F$  统计量, 剔除弱工具变量, 确保工具变量与暴露因素强相关,  $F>10$  表示不存在弱工具变量偏倚。采用 PhenoScanner 工具比对并剔除与 POI 直接相关的 SNP<sup>[9]</sup>。

### 1.2.2 MR 分析

采用 R 4.2.2 软件的 TwoSampleMR 0.5.6 程序包和 MR-PRESSO 1.0 程序包统计分析。以逆方差加权法 (inverse-variance weighted, IVW) 作为主要分析方法, 同时结合加权中位数法 (weighted median estimator, WME)、MR-Egger 回归法、简单模式和增强模式估计炎症因子与 POI 的双向因果关系。

### 1.2.3 敏感性分析

采用 Cochran  $Q$  检验评估工具变量间的异质性,  $P>0.05$  表示不存在异质性<sup>[10]</sup>。采用 MR-Egger 回归法检验工具变量的水平多效性,  $P>0.05$  表示不存在水平多效性<sup>[11]</sup>。采用 MR-PRESSO 检验评估水平多效性, 识别并排除异常 SNP。

## 2 结 果

### 2.1 正向 MR 分析结果

以 91 种炎症因子为暴露, POI 为结局进行正向 MR 分析, 结果显示, IL-33、IL-18R1 和 IL-13 水平升高与 POI 风险增加有关 (均  $P<0.05$ ); IL-10、C-C 基序趋化因子配体 19 (CCL19) 和单核细胞趋化蛋白-3 (MCP-3) 水平升高与 POI 风险降低有关 (均  $P<0.05$ )。Cochran  $Q$  检验结果提示无异质性,

MR-Egger 回归法、MR-PRESSO 检验结果提示无水平多效性 (均  $P > 0.05$ )。见表 1。

## 2.2 反向 MR 分析结果

以 POI 为暴露, 91 种炎症因子为结局进行反向 MR 分析, 结果显示, POI 与 15 种炎症因子水平下降有关 (均  $P < 0.05$ ), 包括 CCL23、轴抑制蛋白 1 (AXIN1)、程序性死亡配体 1 (PD-L1)、MCP-2、

CCL4、C-X-C 趋化因子配体 6 (CXCL6)、肿瘤坏死因子超家族成员 14 (TNFSF14)、 $\beta$ -神经生长因子 ( $\beta$ -NGF)、IL-33、CXCL1、NK 细胞受体 p11 (NKp11)、抑瘤素 M (OSM)、IL-5、IL-15R $\alpha$  和 TNFSF12。Cochran Q 检验结果提示无异质性, MR-Egger 回归法、MR-PRESSO 检验结果提示无水平多效性 (均  $P > 0.05$ )。见表 2。

表 1 炎症因子与 POI 的正向 MR 分析结果

Table 1 Results of forward MR analysis of association between inflammatory cytokines and POI

暴露	结局	SNP数量	IVW法		Cochran Q 检验P值	MR-Egger 回归 截距P值	MR-PRESSO 检验P值
			OR值 (95%CI)	P值			
IL-10	POI	19	0.410 (0.233 ~ 0.721)	0.002	0.224	0.315	0.150
IL-33	POI	11	2.826 (1.228 ~ 6.504)	0.015	0.563	0.518	0.700
CCL19	POI	19	0.583 (0.364 ~ 0.932)	0.024	0.485	0.938	0.510
MCP-3	POI	19	0.559 (0.335 ~ 0.936)	0.027	0.977	0.982	0.930
IL-18R1	POI	23	1.370 (1.030 ~ 1.821)	0.031	0.287	0.215	0.260
IL-13	POI	12	1.990 (1.034 ~ 3.832)	0.040	0.444	0.389	0.560

表 2 炎症因子与 POI 的反向 MR 分析结果

Table 2 Results of reverse MR analysis of association between inflammatory cytokines and POI

暴露	结局	SNP数量	IVW法		Cochran Q 检验P值	MR-Egger 回归 截距P值	MR-PRESSO 检验P值
			OR值 (95%CI)	P值			
POI	CCL23	13	0.981 (0.968 ~ 0.994)	0.004	0.348	0.279	0.290
POI	AXIN1	13	0.978 (0.963 ~ 0.994)	0.006	0.616	0.595	0.590
POI	PD-L1	13	0.982 (0.970 ~ 0.995)	0.007	0.943	0.928	0.960
POI	MCP-2	13	0.981 (0.966 ~ 0.996)	0.011	0.635	0.617	0.690
POI	CCL4	13	0.983 (0.970 ~ 0.996)	0.012	0.601	0.517	0.680
POI	CXCL6	13	0.984 (0.971 ~ 0.997)	0.014	0.583	0.497	0.650
POI	TNFSF14	13	0.983 (0.968 ~ 0.997)	0.020	0.785	0.774	0.760
POI	$\beta$ -NGF	13	0.985 (0.973 ~ 0.998)	0.022	0.303	0.235	0.310
POI	IL-33	13	0.984 (0.970 ~ 0.998)	0.030	0.860	0.808	0.910
POI	CXCL1	13	0.986 (0.973 ~ 0.999)	0.032	0.495	0.412	0.560
POI	NKp11	13	0.986 (0.974 ~ 0.999)	0.037	0.252	0.243	0.320
POI	OSM	13	0.984 (0.968 ~ 0.999)	0.039	0.145	0.138	0.170
POI	IL-5	13	0.985 (0.970 ~ 0.999)	0.042	0.958	0.956	0.960
POI	IL-15R $\alpha$	13	0.985 (0.969 ~ 0.999)	0.048	0.809	0.827	0.890
POI	TNFSF12	13	0.985 (0.970 ~ 0.999)	0.048	0.160	0.178	0.140

## 3 讨 论

本研究采用双向 MR 方法探讨炎症因子与 POI 的因果关系, 正向 MR 分析结果显示, IL-10、CCL19 和 MCP-3 与 POI 风险降低有关, IL-33、IL-18R1 和 IL-13 与 POI 风险增加有关; 反向 MR 分析结果显示, POI 与 CCL23、AXIN1 等 15 种炎症因子水平降低有关。虽然研究样本来源于欧洲人群 GWAS 数据, 对其他地区的适用性存在差异, 但鉴

于人类遗传学的广泛共性, 本研究结果为炎症因子与 POI 的因果关系和机制提供了证据和思路, 为预防和治疗 POI 提供了参考。

炎症因子可能主要通过参与炎症反应及免疫调节参与 POI 的疾病调控及转归。IL-10 由巨噬细胞、Th1 细胞等免疫细胞分泌, 通过 IL-10 受体发挥功能, 其机制可能为通过抑制单核细胞、巨噬细胞向 T 细胞呈递抗原, 降低 IL-1、IL-6 等炎症因子水平, 抑制细胞凋亡参与机体免疫调节<sup>[12]</sup>。而免疫失调是

POI 的重要病因, 免疫细胞异常、炎症因子失衡等均与 POI 发生密切相关<sup>[13]</sup>。IL-18R1、IL-33 炎症因子在免疫系统疾病中发挥重要作用, 可通过调节免疫对 POI 疾病转归产生影响。IL-18R1 是 IL-18 受体蛋白, 两者相互作用调节免疫和炎症反应, 结合后激活下游信号传导, 影响细胞功能, 是炎症及免疫性疾病治疗靶点<sup>[14]</sup>。当细胞坏死或组织受损时, IL-33 被释放到细胞外, 与免疫细胞表面的生长刺激表达基因 2 蛋白受体结合, 促使辅助型 T 细胞 2 分化, 引发炎症反应<sup>[15]</sup>。研究显示, IL-33 调控的免疫细胞能通过分泌细胞因子、生长因子等可溶性介质, 影响卵巢细胞增殖、分化, 影响卵巢生理及病理功能<sup>[16]</sup>。IL-10、IL-18R1 和 IL-33 均与炎症反应、免疫密切相关, 提示炎症反应、免疫调节与 POI 风险有关, 为研究早期防治 POI 提供了靶点。

反向 MR 分析结果揭示了 IL-33 与 POI 的动态病理关联, POI 进展至晚期时, 卵巢组织损伤导致 IL-33 分泌细胞 (内皮细胞/成纤维细胞) 减少, 伴随 Treg 细胞介导的免疫抑制、铁死亡相关氧化应激和雌激素缺乏 (通过下调 ER 信号及 AXIN1 依赖的 Wnt 通路) 进一步抑制 IL-33 表达<sup>[17-18]</sup>。POI 的慢性炎症通过 NF-κB/AhR 通路抑制 CCL23 转录, 削弱其通过 CC 基序趋化因子受体 1 招募调节性 T 细胞及抑制促炎因子释放的能力, 加剧炎症<sup>[19]</sup>。而雌激素下降通过调控 AXIN1 的转录/稳定性, 导致 Wnt 信号失衡、铁代谢基因表达下调, 加重铁死亡相关氧化应激, 最终形成炎症-氧化应激-Wnt 通路紊乱的恶性循环, 驱动卵泡闭锁及卵巢储备功能下降<sup>[20]</sup>。以上机制表明 IL-33 在 POI 晚期因卵巢功能衰退导致分泌减少, 与 CCL23 转录抑制及 AXIN1-Wnt 轴失调共同构成双向病理循环。

在转化方面, 针对 IL-18R1 可通过设计拮抗剂以降低 POI 风险; 或增强 CCL19、IL-10 以增强保护效应。此外, 需分阶段干预, 早期通过抗 IL-33 或 CCL23 补充剂抑制炎症, 晚期则需联合 IL-33 补充、雌激素替代、铁死亡抑制剂及 AXIN1-Wnt 通路调控, 以恢复卵泡微环境稳态及卵巢功能。可开发高灵敏度和特异度的诊断试剂盒, 快速检测上述指标, 针对拮抗剂、补充剂等开发需进行实验研究, 但上述成果能否转化为 POI 的临床应用仍有待进一步深入研究。

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