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早发性卵巢功能不全致病因素及机制研究进展^{*}

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早发性卵巢功能不全(premature ovarian insufficiency, POI)是指女性 40 岁之前出现卵巢功能减退甚至衰竭^[1]。POI 以高促性腺激素和低雌激素血症为特征,临床症状多表现为月经紊乱(闭经或月经稀发)、生育能力下降甚至不孕,常伴有潮热、盗汗、失眠等围绝经期症状。此外,在 POI 患者中,心血管疾病、骨质疏松症等疾病的患病风险及死亡风险均增高,严重影响了患者的生活质量和生命安全^[2]。POI 发病具有年龄特异性,在 <40 岁的女性中发病率约为 1%,而在 <30 岁的女性中约为 0.1%^[3]。近年来 POI 患病率持续上升,全球自发性 POI 患病率已高达 3.7%^[4]。POI 病因复杂,已确诊的 POI 病例中 70%~90% 的患者病因尚未明确。明确 POI 的病因及发病机制对寻求有效治疗方案、避免女性生殖损害、维护女性生殖健康具有积极意义。基于此,本文对近年来有关 POI 的致病因素及有关机制进行综述如下。

1 遗传因素

研究发现,25%~30% 的 POI 病例是遗传缺陷引起的,并且超过 75 个基因参与了 POI 的发生^[5],这些基因影响了性腺发育、减数分裂、DNA 损伤修复、卵泡发育、激素代谢、线粒体功能等多个过程^[6]。

特纳综合征(Turner syndrome, TS)是由 X 染色体完全或部分缺失引起的罕见疾病,大约每 2500 名新生女婴中就有 1 名受其影响^[7]。身材矮小和 POI 是 TS 的主要特征。TS 核型主要包括 45,X0 染色体、镶嵌型以及 X 染色体结构异常。患 TS 镶嵌型或 X 染色体结构畸变的女性可能有较高的机率拥有足够的卵巢储备;而 45,X0 核型的 TS 患者由于青春期前所有卵泡的退化以及条纹卵巢的存在,常观察到原发

性闭经现象^[7]。正常女婴出生时卵巢内约有 200 万个卵母细胞,但 TS 女性在出生时卵巢内的卵母细胞明显减少。与正常核型人群相比,TS 45,X0 核型胎儿生殖细胞凋亡发生率明显增高^[8],这可能是 TS 患者发生 POI 的主要原因之一。

脆性 X 智力低下 1 基因(fragile X mental retardation 1 gene, FMR1)是 X 连锁基因,其 5' UTR 区含有 1 个 CGG 三核苷酸序列。在该区域内 CGG 55~200 的重复扩增(称为前突变)会导致脆性 X 相关原发性卵巢功能不全(fragile X-associated primary ovarian insufficiency, FXPOI)^[9]。1 项关于 FMR1 CGG 重复序列长度与特发性 POI 严重程度的相关性 Meta 分析^[10]表明,FMR1 基因前突变与各阶段特发性 POI 的易感性增加密切相关,约有 20% 携带 FMR1 前突变基因的女性会发生 FXPOI,而在普通人群中此比例为 1%。FMR1 基因突变引起 POI 的病理机制尚未完全清楚,目前存在 2 种理论:①RNA 毒性机制,即突变导致 FMR1 编码产物减少而 mRNA 累积过多,累积的 mRNA 可能产生细胞毒性作用,导致卵泡损伤和闭锁;②蛋白质相关机制,即重复相关的非 AUG 翻译导致了含有异常聚甘氨酸的蛋白质形成,称为 FMR polyG,该蛋白可通过蛋白与蛋白的相互作用,隔离活细胞发挥正常功能所需的特定蛋白^[9],进而导致卵巢功能受损。

动物研究发现,BRCA2 基因在卵泡发育、卵母细胞成熟中必不可少,其参与双链 DNA 的损伤修复,BRCA2 缺陷或突变会阻碍 DNA 损伤修复过程,进而诱发 POI^[11]。卵泡刺激素与受体结合后刺激环磷酸腺苷的产生,这对卵泡发育和成熟至关重要,而 FSHR 基因突变会影响环磷酸腺苷的产生,导致卵泡无法发育成熟,并长期停留于初级、次级或窦卵泡阶段,这可能与 POI 的发病密切相关^[12]。新生儿卵巢同源蛋白盒基因(newborn ovary homeobox gene, NOBOX)是

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卵母细胞特异性的同源盒基因,可调控 RB1 基因的表达,诱导 G2/M 阻滞,该基因缺陷可能通过影响 RB1 表达导致细胞周期失调^[13]。研究证实 NOBOX 参与调控卵母细胞减数分裂 GV 阻滞,其序列变异可能会影响卵母细胞形成和卵泡发育,进而诱发 POI。生长分化因子 9 (growth differentiation factor 9, GDF9) 是卵泡发生和排卵的重要调节因子。GDF9 基因突变会诱导潜伏 GDF9 的激活,增强成熟 GDF9 的生物活性,其活性的增强会增加生长卵泡的比例,导致卵巢储备过早耗尽,进而诱发 POI^[14]。肿瘤抑制因子结节性硬化复合物 1 ((tuberous sclerosis complex, TSC1) 在维持原始卵泡沉默中发挥重要作用,小鼠卵母细胞中缺乏 TSC1 会刺激大量原始卵泡激活,导致 POI^[15]。除上述基因外, NR5A1、POLG、FIGLA、FOXL2、STAG3、HFM1、MCM8、MCM9、FANCA、TP63、POLR3H、MEIOB、DMC1、KHDRBS1、EIF4ENIF1、BNC1 等多个基因的遗传变异都与 POI 相关^[16],但具体发病机制仍需进一步探索。

2 自身免疫性因素

自身免疫性疾病与 POI 密切相关,患有自身免疫性疾病或处于自身免疫失调临床前状态的女性发生 POI 的风险会更高^[17]。据估计,4%~30% 的 POI 病例与自身免疫性疾病相关^[18],其中最常见的是甲状腺相关疾病,如甲状腺功能减退、桥本甲状腺炎。此外,糖尿病、阿狄森氏病、特发性血小板减少性紫癜、自身免疫性溶血性贫血、系统性红斑狼疮、类风湿关节炎、克罗恩病、干燥综合征以及慢性活动性肝炎等多种自身免疫性疾病也与 POI 相关^[19]。自身免疫性卵巢损伤一般通过改变 T 细胞亚群、增加产生自身抗体的 B 细胞、减少细胞毒性 T 淋巴细胞以及自然杀伤细胞的数量和活性等多种机制介导^[20]。此外,有研究发现,在自身免疫性 POI 小鼠和患者中都检测到 miR-21 和 Peli1 的低表达,且在自身免疫性 POI 患者中,miR-21 和 Peli1 呈正相关,表明了 miR-21 和 Peli1 可能与自身免疫性 POI 的发病有关,其机制可能是通过调控靶基因 Peli1 进而调节调节性 T 细胞的比例^[21]。

3 医源性因素

放疗、化疗等抗癌治疗常导致医源性 POI^[22]。环磷酰胺、顺铂等化疗药物会加速原始卵泡活化、促进生长卵泡的闭锁甚至诱导细胞凋亡^[23];其机制可能是诱导卵母细胞内双链 DNA 断裂,并通过促凋亡蛋白 PUMA 参与原始卵泡凋亡^[24]。丙烯醛是环磷酰胺的

强效代谢产物,小鼠中期 II 级卵母细胞暴露于丙烯醛后会导致卵母细胞线粒体功能障碍,表现为线粒体膜电位改变,并通过激活 caspase 促进细胞凋亡^[25]。此外,化疗药物还会破坏卵巢间质和血管系统并促进炎症的发生。有研究发现,母体在怀孕前使用环磷酰胺可能会影响后代卵母细胞的功能^[26],但化疗对患者卵巢功能的损伤并不是绝对的,它主要取决于患者的年龄、化疗药物类别、剂量以及治疗持续时间等。此外,卵巢对辐射高度敏感,低剂量 γ 射线辐射后,卵巢内成熟卵母细胞显著减少^[27]。辐射会诱发炎症和氧化损伤,下调 PI3K 和 AKT 并上调 FOXO3a 的表达,进而导致卵泡闭锁^[28]。而急性暴露于电荷氧颗粒通过增加 DNA 双链断裂、氧化脂质损伤和卵泡凋亡导致卵泡衰竭^[29]。

4 环境因素

POI 患者中有相当一部分是由环境因素引起的,如烟草、环境内分泌干扰物等。烟草烟雾中含有多环芳香烃、苯并芘、尼古丁等多种有害物质。烟草烟雾暴露会导致卵巢内初级和成熟卵泡数量减少、窦卵泡和卵母细胞凋亡增加、氧化应激增强以及雌孕激素水平显著变化,从而影响正常卵巢功能,甚至引起 POI^[30]。

邻苯二甲酸二(2-乙基己基)酯(DEHP)是常见的环境内分泌干扰物。DEHP 急性暴露会破坏小鼠动情周期、影响类固醇激素和肽类激素分泌并诱导卵泡闭锁,从而加速生殖老化^[31]。DEHP 暴露还可通过激活 AMPK-SKP2-CARM1 信号通路诱导自噬,从而降低原始卵泡数量^[32]。单细胞转录测序发现,DEHP 可能通过增强生殖细胞氧化应激反应影响生殖系囊肿破裂和原始卵泡形成过程;此外 DEHP 还会引起生殖细胞和/或体细胞的 DNA 损伤和凋亡增加^[33],这些可能与 POI 的发生直接相关。

镉暴露通过破坏正常的纺锤体组装、染色体排列和肌动蛋白帽的形成阻碍小鼠卵母细胞减数分裂,而且暴露后卵母细胞整体 DNA 甲基化、组蛋白赖氨酸甲基化、乙酰化水平降低。此外,暴露于镉可诱导氧化应激,表现为卵母细胞活性氧水平增加和细胞凋亡,进而引起线粒体分布异常、能量供应不足和 DNA 损伤,最终导致卵母细胞质量恶化^[34]。与此类似的是,甲氧基氯暴露后也会引起活性氧积累、线粒体分布异常、线粒体膜电位降低和脂质过氧化增加,进而影响卵母细胞质量^[35]。

5 疫苗接种

人类乳头瘤病毒(human papillomavirus, HPV)疫苗接种与 POI 的潜在关联一直受到广泛关注。回顾性队列研究表明, HPV 疫苗接种后没有发现 POI 风险增加的证据^[36]。而与之相反的是, 对 FDA 疫苗不良事件报告系统的数据分析发现, HPV4 疫苗与 POI 有统计学意义的相关性, 包括闭经、月经不调、卵泡刺激素增高、提前绝经等情况, 并且 HPV9 疫苗在月经不调方面有潜在的统计学风险^[37]。有证据表明, HPV 疫苗接种可能引发终身致残的自身免疫疾病^[36], 所以 HPV 疫苗可能通过触发自身免疫反应引起 POI, 但具体机制仍需进一步研究。

6 酶缺陷

临床上发现 2 例 17 α -羟化酶缺乏患者都存在原发性闭经、第二性征缺乏、孕激素和促性腺激素水平升高的现象^[38]。此外, 17- α -羟化酶和 17, 20-碳链裂解酶缺陷会导致血清和卵泡液中的雄烯二酮、睾酮以及雌二醇水平降低^[39], 以上证据提示 17 α -羟化酶或 17, 20-碳链裂解酶缺乏可能与 POI 的发生存在相关性。

半乳糖血症是血半乳糖增高的中毒性临床代谢综合征。研究发现, 因缺乏半乳糖-1-磷酸尿苷酰转移酶, 患半乳糖血症的女性血液中积累的半乳糖对卵巢产生毒性作用, 并最终导致卵泡储备加速耗竭和 POI 的发生^[40]。

10-11 易位甲基胞嘧啶双加氧酶(ten-eleven translocation methyl cytosine dioxygenase, TET)与 DNA 去甲基化有关。与正常小鼠相比, Tet1 酶缺陷小鼠年轻时卵泡储备显著减少, 并且会随着年龄增长会进一步减少。卵母细胞单细胞转录分析发现, Tet1 缺陷会导致细胞器分裂(导致泛素化缺陷、自噬下降)、X 染色体连锁基因表达下调(如 FMR1 基因), 这些变化会影响卵母细胞的质量和数量并降低卵泡储备, 进而导致 POI^[41]。

7 其他

除以上致病因素外, 1 项临床病例对照研究发现, 低碳水化合物和膳食纤维摄入与较高 POI 发病率有关, 而每周摄入新鲜水果天数 ≥ 1 天可以降低过早绝经和 POI 的风险, 足量乳制品摄入也可能有利于保护女性卵巢功能^[42-43]。此外, 体重、酒精和咖啡因摄入量、睡眠质量、口服避孕药和体育活动等也是 POI 发

生的潜在因素, 但具体发病机制仍需要进一步研究。

8 总结

综上所述, 遗传变异、自身免疫性疾病、医源性因素、酶缺陷、环境因素、不良生活方式以及 HPV 疫苗接种等均与 POI 的发生密切相关, 更多的潜在病因及发病机制仍在进一步深入研究中。对 POI 发病机制的深入探寻将能为 POI 女性寻求更合适的治疗方案, 并为避免生殖损害、维护生殖健康提供科学支持。

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