

PCSK9抑制剂的降脂治疗研究进展

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摘要

低密度脂蛋白胆固醇(LDL-C)水平升高是冠状动脉粥样硬化性心血管疾病(ASCVD)的重要危险因素。他汀类药物仍是当前降脂治疗的基石, 经过他汀类药物治疗后, 仍有部分高危患者无法降至目标LDL-C水平。前蛋白转化酶枯草杆菌蛋白酶Kexin-9 (PCSK9)是一种参与LDL-C受体降解过程的蛋白酶, 已成为降脂治疗的关键靶点。PCSK9抑制剂可通过抑制PCSK9加速LDL-C清除, 为降脂治疗提供了新思路, 其疗效及安全性已在临床试验中得到证实。本综述对PCSK9作用机制及PCSK9抑制剂临床疗效进行了总结。

关键词

PCSK9抑制剂, 低密度脂蛋白胆固醇, 依洛尤单抗, 阿利西尤单抗

Research Progress of PCSK9 Inhibitors in Lipid-Lowering Therapy

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Abstract

Elevated low-density lipoprotein cholesterol (LDL-C) level is an important risk factor for atherosclerotic cardiovascular disease (ASCVD). Statins are still the cornerstone of current lipid-lowering therapy, and some high-risk patients still cannot reach the target LDL-C level after statin therapy. Proprotein convertase subtilisin kexin type 9 (PCSK9) is a protease involved in the degradation of

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LDL-C receptors and has become a key target for lipid-lowering therapy. PCSK9 inhibitors can accelerate LDL-C clearance by inhibiting PCSK9, and provides a new idea for lipid-lowering therapy, and its efficacy and safety have been confirmed in clinical trials. This review summarizes the mechanism of action of PCSK9 and the clinical efficacy of PCSK9 inhibitors.

Keywords

PCSK9 Inhibitor, Low-Density Lipoprotein Cholesterol, Evolocumab, Alirocumab

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1. 引言

低密度脂蛋白胆固醇(low-density lipoprotein cholesterol, LDL-C)是血液中胆固醇的主要载体, 其水平升高是冠状动脉粥样硬化性心血管疾病(atherosclerotic cardiovascular disease, ASCVD)的重要危险因素[1][2]。对于心血管高危人群, 应及早降低其 LDL-C 水平。目前, 临床上大多单独使用他汀类药物, 或联合应用胆固醇吸收抑制剂(依折麦布)。部分患者 LDL-C 基线水平较高, 经足量上述药物干预后 LDL-C 仍难控制在目标水平[3]。同时, 我国部分患者对他汀类药物耐受性较差, 在用药后易产生肌痛、消化道反应等问题[4]。前蛋白转化酶枯草杆菌蛋白酶 Kexin-9 (proprotein convertase subtilisin/kexin type 9, PCSK9)抑制剂可通过抑制 PCSK9 加速 LDL-C 清除, 为降脂治疗提供了新思路[5]。对基线 LDL-C 水平较高, 且预计经他汀类药物联合胆固醇吸收抑制剂治疗后难以达标的超高危患者, 可直接启动他汀类药物联合 PCSK9 抑制剂治疗[6]。本文对 PCSK9 作用机制及 PCSK9 抑制剂临床疗效等进行相关综述。

2. PCSK9 及其功能

2.1. PCSK9 简介

2003 年, Abifadel 等在家族性高胆固醇血症的患者中发现了编码 PCSK9 的基因突变, 该基因位于人类 1 号染色体 p32.3 上[7]。通过对 PCSK9 研究的进一步深入, PCSK9 被发现有两种突变方式: 功能缺失突变和功能获得突变。有研究表明, PCSK9 功能缺失突变与较低的 LDL-C 水平及冠心病发病率相关, 而功能获得突变会导致蛋白质功能过表达并与家族性高胆固醇血症及心血管事件风险增加相关[8][9]。PCSK9 又可称之为神经细胞凋亡调节转化酶-1, 是由 692 个氨基酸组成、大小为 72 kD 的可溶性分泌型丝氨酸蛋白酶。成熟 PCSK9 的组成结构包括信号序列、前结构域、催化结构域和含有半胱氨酸和组氨酸的 C 端结构域[7][10]。PCSK9 在肝脏、肾脏、胃肠道和神经系统中表达丰富[11]。

2.2. PCSK9 在脂代谢中的作用

PCSK9 由肝脏分泌, 其浓度取决于其自身的合成、加工和清除。分泌型 PCSK9 的主要特征活性是翻译后调节细胞表面 LDL 受体(LDL receptor, LDLR)的数量[12]。在阐述 PCSK9 的生理作用之前, 应先明确 LDL-C 的清除和分解代谢过程: 在血浆中, LDL-C 与 LDLR 结合, 并与其形成复合物, 通过网格介导的内吞作用进入细胞, 将其降解, LDLR 再回到肝细胞膜表面, 进入下一轮循环。PCSK9 的催化结构域能够在细胞膜上与 LDLR 的第一个表皮生长因子样重复结构域 A (epidermal growth factor-like repeat

homology domain A, EGF-A)的 N 末端结合, 这一步骤阻止 LDLR 再循环到细胞表面, 从而增强溶酶体降解[13] [14]。此外, PCSK9 还可通过相对快速的细胞内途径增强 LDLR 降解[15]。通过 PCSK9 的上述作用, 可导致血浆中 LDL-C 水平升高。此外, 有研究发现 PCSK9 的表达与脂蛋白 A [lipoprotein(a), LP(a)] 的表达呈正相关, 并可促进 LP(a)的分泌, 但具体机制不明。有研究显示, PCSK9 被抑制后, LP(a)水平会下降, 这可能是由于 Lp(a)-apo(a)的分泌减少, 从而使 LP(a)合成下降, 同时也增加了 LDLR 对 LP(a)的摄取和清除[16]。

3. 他汀类药物与 PCSK9

胆固醇生物合成抑制剂(如他汀类药物)的使用会导致血脂水平的初步降低。通过他汀类药物的使用, 固醇调节元件结合蛋白-2 (sterol regulatory element binding proteins-2, SREBP-2)随之被激活, 通过固醇调节元件(sterol regulatory element, SRE)致使 LDLR 和 PCSK9 表达的上调[17] [18]。在人类和动物模型中, 已有相关研究表明使用他汀类药物治疗增加了血浆 PCSK9 水平, 导致他汀类药物对 LDLR 表达的影响部分减弱: 有研究表明使用阿托伐他汀(40 毫克/天)使循环 PCSK9 水平显著增加 34%, 并使 LDL-C 水平降低 42%; 对小鼠施用他汀类药物会导致肝脏中 LDLR 的过度增加, 并增强血浆中 LDL 的清除率[19] [20] [21]。有研究显示, 每天应用 40 mg 阿托伐他汀治疗可使血液中 PCSK9 水平提高 34%, 若将阿托伐他汀的剂量增加到每天 80 mg 可使 PCSK9 水平提高 47% [21] [22]。此外, 每天 20 mg 瑞舒伐他汀治疗可使男性和女性的 PCSK9 血浆水平分别提高 28%和 35% [23]。一些患者的他汀类药物耐药性或 PCSK9 相关。

4. PCSK9 抑制剂

目前 PCSK9 抑制剂主要包括单克隆抗体(如依洛尤单抗、阿利西尤单抗)、RNA 干扰药物(如 Inclisiran)等, 更多新类型的 PCSK9 抑制剂也陆续进入临床研究阶段。

4.1. 依洛尤单抗

依洛尤单抗是第一个在我国上市的 PCSK9 抑制剂, 是一种全人源 IgG2 型单克隆抗体, 其可通过与 PCSK9 蛋白结合, 阻断 PCSK9 介导的 LDLR 降解作用[24]。研究表明, 与安慰剂相比, 依洛尤单抗可显著降低 LDL-C 水平, 单次皮下给药 140 mg 或 420 mg 依洛尤单抗后 4 小时内实现了对游离 PCSK9 的最大抑制, LDL-C 水平在第 14 天和第 21 天达到最低点[25]。一项大型荟萃分析显示, 与安慰剂相比, 420 mg/月和 140 mg/2 周方案的依洛尤单抗均显著降低了 LDL-C, 二者分别降低了 54.6%和 60.4% [26]。依洛尤单抗与他汀类药物合用后, LDL-C 水平可进一步降低, 具有显著的控制血脂的效果, 且未发现明显的临床副作用。另外, 依洛尤单抗对总胆固醇(total cholesterol, TC)、非高密度脂蛋白胆固醇(non-high density lipoprotein cholesterol, non-HDL-C)、载脂蛋白- β (apolipoprotein beta, ApoB)、甘油三酯(triglyceride, TG)等血脂相关指标的调控也具有积极作用。FOURIER 试验(NCT01764633)纳入了 27,564 名患有动脉粥样硬化性疾病且 LDL-C 水平大于或等于 1.8 mmol/L 的患者, 其中的 6635 名患者进入 FOURIER-OLE 研究阶段, 结果显示: 长期使用依洛尤能降低 LDL-C 水平, 且其安全性及耐受性良好; 早期接受依洛尤单抗治疗的患者发生不良心血管事件的风险显著降低[27]。

4.2. 阿利西尤单抗

阿利西尤单抗是一种全人单克隆抗体(IgG1 型), 以高亲和力形式结合 PCSK9。通过增加 LDLR 的表达, 阿利西尤单抗可降低 TC、非 HDL-C、ApoB、TG 和 Lp(a)的水平, 同时可使 HDL-C 水平升高[28]。在临床使用过程中, 无需根据患者的年龄、体重或轻度至中度肝、肾损伤调整阿利西尤单抗的剂量, 但

对于严重肝、肾功能不全的患者应用阿利西尤单抗的有效性及安全性还有待进一步研究。ODYSSEY OUTCOMES 共纳入 18,924 例经强化他汀治疗 LDL-C 仍高于 70 mg/dL 的急性冠状动脉综合征(acute coronary syndrome, ACS)患者, 结果显示, 在他汀类药物基础上联用阿利西尤单抗可进一步降低 LDL-C 达 55%, 显著降低心血管不良事件相对风险 15% [29]。在他汀类药物不耐受时, 加用阿利西尤单抗可以降低 ACS 患者心血管不良事件的发生率, 并降低其死亡率[30]。ODYSSEY OUTCOMES 事后分析表明, 在近期发生 ACS 的患者中, 代谢危险因素的累积与心血管不良事件风险增高有关, 阿利西尤单抗治疗有助于降低合并多种代谢危险因素的患者心血管不良事件发生率[31]。一项旨在评估阿利西尤单抗治疗与缺血性和出血性卒中发病率之间关系的分析显示, 无论基线时的 LDL-C 值如何, 也无论是否有脑血管疾病史, 阿利西尤单抗都能独立降低这两种类型卒中的发生风险[32]。

4.3. Inclisiran

Inclisiran 是一种新型化学合成的靶向抑制 PCSK9 的小干扰 RNA (siRNA), 可减少细胞内和细胞外的 PCSK9 水平, 具有显著和持久地降低 LDL-C 的作用[33]。Inclisiran 由互补核苷酸双链构成, 该双链与配体 N-乙酰半乳糖胺(N-acetyl-galactosamine, GalNAc)缀合, 通过与肝细胞表达的去唾液酸糖蛋白受体(asialoglycoprotein receptor, ASGPR)结合, 能特异性地被细胞摄取, 并能促进 PCSK9mRNA 的降解, 从而抑制 PCSK9 的表达, 使 LDLR 增加, 提高了血浆 LDL-C 清除效率并降低其循环水平[34]。

一项 II 期、安慰剂对照、双盲、随机试验 ORION I 评估了接受了最大耐受剂量他汀类或依折麦布药物治疗, 仍有较高 LDL-C 水平的患者使用 Inclisiran 的疗效、安全性和耐受性[35]。在 ORION I 中, 每年两次注射 Inclisiran 可将高胆固醇血症、冠心病患者的 LDL-C 水平降低约 50%, 且安全性良好。相关研究表明, 轻度、中度肝功能不全患者及肾功能不全患者使用 Inclisiran 无需调整剂量, 在严重肝损伤患者中的应用则有待进一步评估[36]。与单克隆抗体类 PCSK9 抑制剂相比, Inclisiran 的给药方案具有明显的临床优势, 即在初始基线首日和 3 月两次用药后每 6 个月给药一次进行维持治疗, 与单克隆抗体类药物每 2 周或每月给药一次的方案相比, 这种给药方案在一定程度上提高了患者的依从性。

5. 小结与展望

综上所述, LDL-C 是心血管疾病发生的重要危险因素, 部分高危患者经常规他汀类药物治疗后仍无法降至目标 LDL-C 水平。他汀类药物在降低 LDL-C 的同时, 会引起 PCSK9 的表达上调而影响疗效, 他汀的不良反应也增加了服药风险性。PCSK9 抑制剂作为一种新型强效降脂药物, 使临床降脂治疗迈入了新阶段, 为后他汀时代奠定了基础。PCSK9 单克隆抗体抑制剂的疗效及安全已在临床试验中得到验证并逐步应用于临床, 更多新类型的 PCSK9 抑制剂还需进一步的临床试验以评估其疗效及安全性。

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