

儿童特应性皮炎合并接触致敏的研究进展

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收稿日期: 2026年3月28日; 录用日期: 2026年4月22日; 发布日期: 2026年4月30日

摘 要

儿童特应性皮炎(atopic dermatitis, AD)与变应性接触性皮炎(allergic contact dermatitis, ACD)的关系长期存在争议。早期研究认为AD对ACD的发生存在抑制作用,即AD患儿不容易发生接触致敏,而近年来的研究表明AD患儿的接触致敏风险较健康儿童更高,同时致敏原谱正在发生变化:尽管镍仍是儿童最常见的致敏原,但在AD患儿中,氧化香料、外用药及洗护产品基质的致敏率正在逐年上升。本文从流行病学证据出发,对致敏原谱的特征和接触致敏机制研究进展进行综述,并总结了临床上应考虑合并ACD的要点,即何时应使用斑贴试验。

关键词

特应性皮炎, 变应性接触性皮炎, 斑贴试验, 接触致敏, 儿童

Research Progress on Atopic Dermatitis Combined with Contact Sensitization in Children

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Received: March 28, 2026; accepted: April 22, 2026; published: April 30, 2026

Abstract

The relationship between atopic dermatitis (AD) and allergic contact dermatitis (ACD) in children has long been debated. Early studies suggested that AD may have an inhibitory effect on the development of ACD, implying that children with AD are less likely to develop contact sensitization. However, recent studies indicate that children with AD have a higher risk of contact sensitization

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compared with healthy children, and the spectrum of allergens is also changing: although nickel remains the most common allergen in children, the sensitization rates to oxidized fragrances, topical medications, and vehicle components of skin care products are increasing annually among children with AD. This article reviews the epidemiological evidence, the characteristics of the allergen spectrum, and the progress in research on mechanisms of contact sensitization, and summarizes the clinical indications for considering concomitant ACD, specifically when patch testing should be performed.

Keywords

Atopic Dermatitis, Allergic Contact Dermatitis, Patch Test, Contact Sensitization, Children

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1. 引言

特应性皮炎(atopic dermatitis, AD)是儿童常见的慢性炎症性皮肤病,以皮肤干燥、湿疹样皮损和剧烈瘙痒为主要表现。AD患儿由于皮肤屏障受损,需长期使用外用保湿剂和糖皮质激素等药物进行治疗,在此过程中可能会反复接触各类可能致敏物质。变应性接触性皮炎(allergic contact dermatitis, ACD)是皮肤接触外源性变应原后,出现经T细胞介导产生的迟发型超敏反应,斑贴试验是其诊断的金标准。临床上鉴别AD和ACD时,常因两者的皮损形态类似,难以仅凭皮损区分,因此合并ACD的患儿容易被漏诊。AD和ACD两者之间的相关性长期存在争议,近年来一些研究认为AD患儿较非AD儿童更易发生接触致敏。本文主要就AD合并接触致敏的流行病学现状、致敏原谱的演变、发病机制及临床识别进行综述。目前该领域的循证依据多来源于成人或全年龄段研究,专门针对儿童的研究较少,故本文在梳理现有证据时尽可能聚焦于儿童人群进行综述。

2. AD与ACD相关流行病学证据

AD患者是否比一般人群更容易对外界接触的物质发生过敏,即AD与接触致敏之间是否存在正相关,长期以来的研究未得出一致结论。早期观点认为,AD和ACD之间无显著相关性或呈负相关。但是早期研究中的研究对象,大多是转诊至上级医院的患者。Hamann等[1]纳入74项研究(涵盖全年龄段)的系统综述显示,在总体人群分析中,AD和接触致敏无显著关联。而在转诊人群中,AD患者的接触致敏率低于非AD人群($OR = 0.753$)。然而在该综述纳入的研究中,当一般人群作为研究对象时,得出的结论恰恰相反——AD与接触致敏呈正相关($OR = 1.54$) [1]。这种截然相反的结论可能是源于医院转诊人群的选择偏倚:在临床上,转诊的非AD患者通常在高度怀疑接触致敏时才会被安排进行斑贴试验,而对于转诊的难治性AD患者,斑贴试验往往被作为常规的筛查方式,这可能就导致转诊人群中,AD患者斑贴阳性率高于非AD患者。Jensen等[2]在前述综述基础上更新,新纳入37项研究,总体分析显示,在总体人群中AD与接触致敏仍无显著关联($OR = 1.08$, 95% CI 0.82~1.42),在排除了转诊选择偏倚的一般人群中,虽然总体数据的正相关性未能达到统计学显著差异($OR = 1.70$, 95% CI 0.90~3.22),但在该人群的儿童和青少年亚组中,却得出了显著正相关结论($OR = 1.34$, 95% CI 1.00~1.80) [2]。同时,更新的Meta分析中,转诊人群中AD与非AD患者斑贴阳性率无显著差异,说明既往“AD不容易合并ACD”的认识很可能是选择偏倚造成的假象。

上述 Meta 分析的数据基于全年龄段人群, 尽管儿童群体的相关研究较少, 但数个地区的独立研究也支持上述结论。Johnson 等[3]对美国 912 例儿童的多中心研究中 AD 组斑贴阳性率为 78.5%, 非 AD 组为 70.0% ($P = 0.005$); Ozceker 等[4]在土耳其的研究显示 AD 组 17.0%, 对照组 0% ($P = 0.001$); Bonamonte 等[5]在意大利对 432 例儿童的回顾性研究中 AD 组阳性率 36.9%, 高于非 AD 组 26.4%; 杨素莲等[6]在广州的研究报告 AD 患儿阳性率 81.40%。各研究间阳性率差异较大(17%~81%), 主要与入组标准、变应原测试系列及人群来源有关[2], 但结论方向一致。

关于 AD 严重程度与接触致敏风险之间的关系, 目前也尚未得出一致结论。早期观点认为, 重度 AD 患者接触致敏风险降低, 而轻中度患者可能升高[7]。然而 Simonsen 等[8]的前瞻性研究却发现 AD 严重程度越高致敏风险越大。Ozceker 等[4]和 Trimeche 等[9]则未观察到斑贴试验结果与 AD 严重程度的显著关联, 但 Trimeche 等发现面部受累($P = 0.04$)和长病程($P = 0.005$)是接触致敏的独立危险因素。上述各研究结论不同可能与各研究中 AD 严重程度的评估方法、患者暴露模式及样本量差异有关, 需要更多的研究来证实两者之间的相关性。

3. AD 儿童致敏原特征

随着 AD 儿童日常接触的物品成分改变及皮肤护理的普及, 部分致敏原的致敏现象较之前更为普遍。Borok 等[10]和 Johnson 等[3]系统回顾 AD 儿童中最常见致敏原的前几类为: 金属(镍、钴)、香料(香料混合物 I、秘鲁香脂)、防腐剂(甲醛、甲基异噻唑啉酮)、表面活性剂及润肤剂(椰油酰胺丙基甜菜碱、丙二醇、羊毛脂及其衍生物)等。近年来多项儿童研究队列显示: 随着氧化香料(芳樟醇和柠檬烯的氢过氧化物)日渐成为外用护肤品的常用成分, 其致敏率已超过传统的首位致敏原镍盐[11]-[13]。芳樟醇和柠檬烯是护理产品中广泛使用的香料成分, 其本身并不具有致敏性, 但在空气和光照条件下可自发氧化, 生成具有高致敏性的氢过氧化物。儿童日常使用的润肤霜和含香型湿巾普遍含有这两种成分, 产品开封后, 在储存过程中氢过氧化物的含量会持续增加[14]。椰油酰胺丙基甜菜碱(CAPB)是儿童洗发水和沐浴露中常用的两性表面活性剂, Isufi 等[15]的 Meta 分析显示 AD 儿童 CAPB 致敏率(9.0%)显著高于非 AD 儿童(5.5%, $P = 0.003$); Collis 等[16]的儿童队列研究发现, CAPB 和酰胺基胺的阳性反应全部出现在 AD 组中($P = 0.0091$)。在防腐剂方面, Slodownik 等[17]以色列儿童和 Carvalho 等[18]葡萄牙儿童队列的回顾性研究显示, AD 患儿对甲醛释放型防腐剂如季胺盐-15 更易致敏[17] [18]。

而对于 AD 患儿, 除了上述新兴致敏原, 还容易接触更为特殊的一类, 即在外用药物治疗和皮肤护理时接触的变应原。AD 的阶梯治疗方案中常用到外用保湿剂和糖皮质激素等药物, 而羊毛脂及其衍生物(Amerchol L-101)是润肤剂和外用激素软膏中常用的基质, Boonstra 等[19]对难治性 AD 患者(儿童占 71%)的研究发现 AD 儿童中 Amerchol L-101 的斑贴阳性率高达 37%。

致敏原谱的上述变化对斑贴试验的测试试剂选择有直接影响。Barwari 等[20]发现仅用欧洲基线系列(EBS)将漏诊 20.3%的患儿, 漏诊的变应原中 CAPB (17.9%)和 Amerchol L-101 (13.3%)阳性率最高, 而这两种成分正是 AD 儿童日常频繁接触的洗护与外用药基质, 却未被包含在 EBS 中。Silverberg 等[21]的 NACDG (北美接触性皮炎研究组)数据也发现约 20%儿童对标准系列以外的斑贴变应原有阳性反应。在临床实践中, Neale 等[22]建议在儿科基线系列(PBS)的基础上, 根据患儿年龄、暴露史、皮炎分布和已使用产品进行个体化的变应原补充。Barwari 等[20]据此提出了包含 24 种变应原的儿童优化系列斑贴, 诊断覆盖率达 87.1%。

4. 发病机制

AD 患儿接触致敏率和致敏原谱和其他儿童不同, 可能受皮肤屏障功能缺陷、免疫学机制等影响。

在皮肤屏障方面, 丝聚蛋白(filaggrin, FLG)基因功能缺陷是 AD 最重要的遗传危险因素之一。FLG 功能缺陷导致角质层含水量下降、经表皮水分丢失(TEWL)增加及皮肤 pH 升高, 客观上削弱了皮肤对外来半抗原的阻拦作用[23]。由于皮肤屏障功能受损, AD 患儿皮损部位可继发 pH 改变、微生物种群失调及抗菌肽表达异常, 使半抗原更易渗透至表皮[7]。

从免疫学机制角度分析, AD 患儿皮肤的局部免疫会影响不同变应原的致敏途径。表皮屏障受损后, 角质形成细胞大量分泌 TSLP (胸腺基质淋巴细胞生成素)等上皮来源细胞因子, 是调控 LCs (朗格汉斯细胞)功能状态转变的关键上游信号。TSLP 通过其受体信号激活 LC, 一方面上调其表面 OX40L (OX40 配体)等共刺激分子的表达, 另一方面抑制 IL-12 (白细胞介素-12)的产生, 从而为 Th2 极化创造有利的免疫环境。处于活化状态的 LCs 在捕获香料、CAPB (椰油酰胺丙基甜菜碱)等 Th2 偏向弱效变应原后, 能有效地促使初始 T 细胞分化为 Th2 表型, 激活 IL-4/IL-13 信号通路的级联反应, 最终促进以 Th2 通路为主的接触致敏[24]。另一方面, 强效致敏原(甲基异噻唑啉酮、重铬酸钾等)通过皮肤中 CD8+记忆 T 细胞(tissue-resident memory T cells, TRM)介导, 产生 IL-17A 和干扰素- γ (interferon- γ , IFN- γ), 从而诱导中性粒细胞募集。但 AD 患儿皮肤中存在的调节性 CD4+ T 细胞可以抑制该通路, 即抑制 CD8+ TRM 细胞的生成和功能, 从而减少 IFN- γ 和趋化因子产生, 同时抑制中性粒细胞的募集[23]。上述机制阐述从分子水平解释了为何 AD 患儿对香料、表面活性剂等弱效致敏原的致敏率更高, 而对甲基异噻唑啉酮等强效致敏原的致敏率反而低于非 AD 儿童[17] [18]。

5. 何时需考虑合并接触致敏

AD 与 ACD 单从临床表现角度常常难以鉴别, 合并 ACD 的患儿在临床诊疗中容易被漏诊。Chen [25]等基于专家共识提出, 接触致敏可能是 AD 反复加重的潜在因素, 在所有儿童慢性皮炎的鉴别诊断中都应该考虑是否合并 ACD。符合以下情形应考虑 ACD 并行斑贴试验: ① 皮损加重或分布部位改变或局部规范治疗无效或停药后立即复发; ② 皮损呈非典型分布(如头颈、手足、眼睑、唇部或口周); ③ 职业相关的慢性难治性手部湿疹; ④ 缺乏儿童期湿疹史的迟发型 AD; ⑤ 重度 AD 拟启用系统免疫抑制治疗前。其中 8 岁以下儿童贴敷时间应缩短至 24 小时以减少非特异性刺激反应[22]; Andre 等[26]还发现 72 小时读片的敏感性(95%)显著高于 48 小时(60%), 条件允许时可优先采用 72 小时读片。

对阶梯治疗疗效不佳的难治性表型也需警惕合并接触致敏。Neale 等[27]建议标准外用治疗超过 2 个月无明显改善或稳定期不明原因恶化时应行斑贴试验, 这些难治性 AD 常与前述的外用制剂的致敏有关, 主要致敏原为润肤剂和激素软膏中的基质[19]。此外, Raffi 等[28]的回顾性分析显示, 难治性 AD 队列中 91.4%合并 ACD, 部分患者经度普利尤单抗治疗后仍有顽固性皮损, 而这其中 92.3%的患者通过变应原回避后皮损逐渐消退, 说明对变应原的回避同样有重要意义。

皮损的分布部位也是 ACD 的重要危险因素。当皮损不是按 AD 经典的屈侧分布、主要集中于手、足、眼睑或面颈部、口周等皮肤裸露区域时, 应考虑外源性变应原致敏可能[25]。Haft 等[29]的调查总结发现 76.2%的专家认为超过半数慢性手部湿疹合并 ACD。足部湿疹方面, Sivakumar 等[30]研究发现儿童足部湿疹中, ACD 是最常见诊断(37%), 高于特异性湿疹(30%), 致敏原主要是鞋子中的橡胶化合物和染料。此外, 与 AD 自然病程不符的急性加重同样应排查接触致敏, Johansen 等[14]指出再次接触变应原可迅速激活表皮中存留的记忆 T 细胞(TRM), 数小时内触发局部炎症反应, 导致皮损急性加重。

6. 总结

近年来, 儿童 AD 合并接触致敏的现象逐渐受到关注。AD 患儿的接触致敏率和致敏原谱与健康儿童存在显著差异, 其中氧化香料和外用药基质的致敏率逐年升高。临床上, 对于阶梯治疗方案疗效不佳、

皮损分布不典型或不明原因皮损加重的患儿, 应及时行斑贴试验, 并根据患儿年龄和日常易接触物质选用扩展斑贴试验系列。通过明确并回避相关致敏原可使患儿皮损得到显著改善。目前, 儿童 AD 合并接触致敏的前瞻性研究数据仍然较少, 未来需要开展更多相关研究, 以进一步阐明 AD 患儿的接触致敏机制和临床关联。

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