

· 论 著 ·

多囊卵巢综合征患者血清 SOX9 mRNA、PPAR γ mRNA 表达与疾病严重程度及预后的关系^{*}

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摘要:目的 探讨多囊卵巢综合征(PCOS)患者血清性别决定区 Y 框蛋白 9(SOX9)信使核糖核酸(mRNA)、过氧化物酶体增殖物激活受体 γ (PPAR γ)mRNA 表达水平与疾病严重程度、预后的相关性。方法 选取 2018 年 3 月至 2020 年 1 月于该院住院治疗的 102 例 PCOS 患者为 PCOS 组,同期选取 99 例体检健康女性为对照组。根据出院后 1 年内患者是否不孕,将其分为预后良好组 66 例(出院后 1 年内怀孕)和预后不良组 36 例(出院后 1 年内不孕);根据 PCOS 患者病情类型,将其分为:A 型组[无排卵或稀发排卵(O)+雄激素水平升高的生化和临床表现(HA)+卵巢多囊样改变(P)]23 例、B 型组(O+HA)27 例、C 型组(HA+P)26 例、D 型组(O+P)26 例。采用实时荧光定量聚合酶链式反应(qRT-PCR)法检测血清 SOX9 mRNA、PPAR γ mRNA 水平;采用全自动生化分析仪检测空腹胰岛素(FINS)、空腹血糖(FPG)、卵泡刺激素(FSH)、睾酮(T)、雌二醇(E2)水平;Pearson 法分析 PCOS 患者血清 SOX9 mRNA、PPAR γ mRNA 与 T、体质质量指数(BMI)、FINS 水平的相关性;多因素 Logistic 回归分析影响 PCOS 预后的因素。结果 PCOS 组 BMI、FINS、T 水平均显著高于对照组,差异有统计学意义($P < 0.05$)。对照组、A 型组、B 型组、C 型组、D 型组血清 SOX9 mRNA 水平依次降低,PPAR γ mRNA 水平依次升高,两两比较差异均有统计学意义($P < 0.05$)。PCOS 患者血清 SOX9 mRNA 与 PPAR γ mRNA 水平呈负相关($r = -0.649, P < 0.05$);SOX9 mRNA 水平与 T、BMI、FINS 呈负相关($r = -0.498, -0.512, -0.523, P < 0.05$);PPAR γ mRNA 水平与 T、BMI、FINS 呈正相关($r = 0.502, 0.476, 0.517, P < 0.05$)。预后不良组 SOX9 mRNA 水平显著低于预后良好组,PPAR γ mRNA、T、BMI、FINS 水平均显著高于预后良好组,差异有统计学意义($P < 0.05$)。PPAR γ mRNA 是影响 PCOS 患者不孕的独立危险因素($P < 0.05$),SOX9 mRNA 是影响 PCOS 患者不孕的保护因素($P < 0.05$)。结论 PCOS 患者血清 SOX9 mRNA 水平降低,PPAR γ mRNA 水平升高,且二者与患者病情及预后均有一定的相关性。

关键词:多囊卵巢综合征; 性别决定区 Y 框蛋白 9; 过氧化物酶体增殖物激活受体 γ ; 疾病严重程度; 预后

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Expression of SOX9 mRNA and PPAR γ mRNA in serum of patients with polycystic ovary syndrome and their relationship with disease severity and prognosis^{*}

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Abstract: Objective To investigate the relationship between expression levels of sex-determining region Y-box 9 (SOX9) messenger RNA(mRNA) and peroxisome proliferator-activated receptor γ (PPAR γ) mRNA in serum of patients with polycystic ovary syndrome (PCOS) with disease severity and prognosis. **Methods** A total of 102 patients with PCOS who were hospitalized in Jianli People's Hospital from March 2018 to January 2020 were selected as the PCOS group, at the same time, 99 healthy women were selected as the control group. According to whether the patients were infertile within one year after discharge, they were divided into good prognosis group (66 cases were pregnant within one year after discharge) and poor prognosis group (36 cases were not pregnant within one year after discharge). According to the clinical manifestations of PCOS, they were divided into four types: A type [no ovulation or sparse ovulation (O)+hyperandrogenemia (HA)+ovarian polycystic changes (P)] 23 cases, B type (O+HA) 27 cases, C type (HA+P) 26 cases, D type (O+P) 26 cases. Real-time fluorescence quantitative polymerase chain reaction (qRT-PCR) was used to detect the expression levels of serum SOX9 mRNA and PPAR γ mRNA. Fully automatic biochemical analyzer was used to detect fasting insulin (FINS) and fasting blood glucose (FPG), follicle-stimulating hormone (FSH), testosterone (T), estradiol (E2) levels. Pearson method was used to analyze the correlation between serum SOX9 mRNA and PPAR γ mRNA and T, body mass index (BMI), FINS levels. Multifactorial logistic regression analysis was used to analyze the factors affecting the prognosis of PCOS. **Result** The PCOS group's BMI, FINS, T levels were significantly higher than those of the control group, with statistical significance ($P < 0.05$). The serum SOX9 mRNA levels of the control group, A type group, B type group, C type group, D type group were sequentially decreasing, while the PPAR γ mRNA levels were sequentially increasing, and the differences between each pair were statistically significant ($P < 0.05$). There was a negative correlation between serum SOX9 mRNA and PPAR γ mRNA levels ($r = -0.649, P < 0.05$); SOX9 mRNA levels were negatively correlated with T, BMI, FINS ($r = -0.498, -0.512, -0.523, P < 0.05$); PPAR γ mRNA levels were positively correlated with T, BMI, FINS ($r = 0.502, 0.476, 0.517, P < 0.05$). The serum SOX9 mRNA levels of the poor prognosis group were significantly lower than those of the good prognosis group, while PPAR γ mRNA, T, BMI, FINS levels were significantly higher than those of the good prognosis group, with statistical significance ($P < 0.05$). PPAR γ mRNA was an independent risk factor for PCOS infertility ($P < 0.05$), SOX9 mRNA was a protective factor for PCOS infertility ($P < 0.05$). **Conclusion** PCOS patients' serum SOX9 mRNA levels decreased, while PPAR γ mRNA levels increased, and there was a certain correlation with patient's condition and prognosis.

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cases were infertile within one year after discharge); according to the types of PCOS patients, they were divided into: type A group [anovulation or rare ovulation (O) + biochemical and clinical manifestations of elevated androgen level (HA) + polycystic ovarian change (P)] 23 cases, type B group (O + HA) 27 cases, type C group (HA + P) 26 cases, and type D group (O + P) 26 cases. The levels of serum SOX9 mRNA and PPAR γ mRNA were detected by real-time fluorescence quantitative PCR (qRT-PCR)]. The levels of fasting insulin (FINS), fasting blood glucose (FPG), follicle stimulating hormone (FSH), testosterone (T) and estradiol (E2) were detected by automatic biochemical analyzer. Pearson method was used to analyze the correlation between serum SOX9 mRNA, PPAR γ mRNA and T, BMI, FINS levels. Multivariate Logistic regression analysis was used to analyze the prognostic factors of PCOS. **Results** BMI, FINS and T levels in PCOS group were significantly higher than those in control group, the differences were statistically significant ($P < 0.05$). The levels of serum SOX9 mRNA in control group, type A group, type B group, type C group and type D group were decreased in turn, while the levels of PPAR γ mRNA were increased in turn, the differences were statistically significant ($P < 0.05$). There was a negative correlation between serum SOX9 mRNA and PPAR γ mRNA level in PCOS patients ($r = -0.649, P < 0.05$); SOX9 mRNA level was negatively correlated with T, BMI and FINS ($r = -0.498, -0.512, -0.523, P < 0.05$); PPAR γ mRNA level was positively correlated with T, BMI and FINS, the difference was statistically significant ($r = 0.502, 0.476, 0.517, P < 0.05$). The level of SOX9 mRNA in poor prognosis group was significantly lower than that in good prognosis group, while levels of PPAR γ mRNA, T, BMI and FINS were significantly higher than those in good prognosis group, the differences were statistically significant ($P < 0.05$). PPAR γ mRNA was an independent risk factor of infertility in PCOS patients ($P < 0.05$), while SOX9 mRNA was a protective factor of infertility in PCOS patients ($P < 0.05$). **Conclusion** The level of serum SOX9 is decreased and the level of PPAR γ is increased in PCOS patients, and both of them are certainly related to the condition and prognosis of PCOS patients.

Key words: polycystic ovary syndrome; sex-determining region Y-box 9; peroxisome proliferator-activated receptor γ ; disease severity; prognosis

多囊卵巢综合征(PCOS)是一种复杂的妇科内分泌紊乱症候群,严重威胁女性身心和生殖健康^[1]。大部分PCOS患者患病后肥胖程度增加可能会影响患者体内脂代谢、胰岛素抵抗等,进而影响病情进展^[2]。性别决定区Y框蛋白9(SOX9)基因缺陷可能会导致机体发育不良^[3]。WAN等^[4]研究结果显示,SOX9表达水平在卵巢发育的前4个阶段保持稳定,在第三卵黄发生阶段下降。过氧化物酶体增殖物激活受体 γ (PPAR γ)对脂代谢调控具有重要作用^[5]。石超逸等^[6]研究表明,PPAR γ 在PCOS的发病机制中发挥着重要作用。此外,PPAR γ 可通过对SOX9进行负向调控参与胃癌的发展^[7]。推测SOX9、PPAR γ 在PCOS病情进展中也可能发挥调控作用,然而目前关于SOX9、PPAR γ 在PCOS患者中的研究较少。因此,本研究通过初步探讨血清SOX9 mRNA、PPAR γ mRNA与PCOS患者病情及预后的关系,以期为PCOS发病机制的进一步探究奠定基础。

1 资料与方法

1.1 一般资料 选取2018年3月至2020年1月于本院住院治疗的102例PCOS患者作为PCOS组,年龄22~30岁,平均(26.09±3.17)岁;选取同期99例

体检健康女性作为对照组,年龄22~30岁,平均(25.46±3.04)岁。根据出院后1年内患者是否不孕,将其分为预后良好组66例(出院后1年内怀孕)和预后不良组36例(出院后1年内不孕)。本研究经医院伦理委员会批准;所有研究对象均自愿参加,并签署知情同意书。

纳入标准:(1)PCOS患者符合《多囊卵巢综合征中国诊疗指南》中的诊断标准^[8];(2)临床资料齐全;(3)依从性好,且能顺利随访。**排除标准:**(1)近3个月服用过激素类药物者;(2)认知功能障碍或精神异常者;(3)伴肾功能不全等慢性系统疾病,或高血压、先天性心脏病等心血管疾病及内分泌疾病者;(4)伴有子宫内膜异位症、子宫畸形者;(5)无糖尿病家族史或伴有恶性肿瘤。

1.2 仪器与试剂 RNA提取试剂盒(批号:TR²05-50)购自北京天漠科技开发有限公司;荧光定量PCR试剂盒(SYBR Premix Ex Taq II,批号:218076)购自德国QIAGEN公司;反转录试剂盒(批号:RP1105)购自上海振誉生物科技有限公司;荧光定量PCR参比染料(Rox reference dye,批号:7710005)购自杭州新景生物试剂开发有限公司。全自动生化分析仪(型号:Cobas

6000) 购自瑞士罗氏公司; 实时荧光定量 PCR(qRT-PCR) 仪(型号: 7500) 购自美国 Applied Biosystems 公司。

1.3 研究方法

1.3.1 样品采集及保存 采集体检健康女性体检当天及 PCOS 患者入院第 2 天(纳入患者时均选择其月经周期第 3~5 d)清晨空腹静脉血 5 mL, 3 000 r/min 离心 15 min 后收集血清, 置于 -20℃ 保存待测。

1.3.2 一般资料收集 查阅门诊及住院病历, 收集患者入院时一般资料, 包括年龄、体质质量指数(BMI)。采用全自动生化分析仪检测空腹胰岛素(FINS)、空腹血糖(FPG)、卵泡刺激激素(FSH)、睾酮(T)、雌二醇(E2)水平。

1.3.3 血清 SOX9 mRNA、PPAR γ mRNA 相对表达水平测定 采用 RNA 提取试剂盒提取血清总 RNA, 反转录试剂盒将 RNA 反转录得 cDNA。采用 qRT-PCR 仪对 SOX9、PPAR γ 及其内参 GAPDH 进行扩增。反应体系共 20 μ L:cDNA 模板(50 ng/ μ L)2 μ L, 正反向引物(10 μ M)各 0.8 μ L, SYBR Premix Ex Taq II (2×)10 μ L, ddH₂O 6 μ L, Rox reference dye (50×)0.4 μ L, 引物由上海生工生物工程股份有限公司设计并合成, 引物序列见表 1。反应条件: 95 ℃ 预变性 5 min; 95 ℃ 变性 30 s, 60 ℃ 退火 30 s, 72 ℃ 延伸 30 s, 45 个循环。每个样品重复 3 次, 采用 $2^{-\Delta\Delta Ct}$ 法计算血清 SOX9 mRNA、PPAR γ mRNA 相对表达水平。

表 1 qRT-PCR 引物序列

基因	正向引物 5'-3'	反向引物 5'-3'
SOX9	CTC GTT CGT TGA ACT AAG AC	GAG CGA GAG AGT AGG AG
PPAR γ	GAT TCT CCA TAC TAC GAC CAG	GAA CTG CTC GTT GAT CTA
GAPDH	CAT TTA TAC TCC TGG ATG	GGC TGA CAC TGA CTC ACT C

1.3.4 病情类型^[9] 根据 PCOS 患者病情类型, 将其分为:A 型组[无排卵或稀发排卵(O)+雄激素水平升高的生化和临床表现(HA)+卵巢多囊样改变(P)]23 例、B 型组(O+HA)27 例、C 型组(HA+P)26 例、D 型组(O+P)26 例。

1.4 统计学处理 采用 SPSS23.0 对数据进行统计学分析, 计量资料以 $\bar{x} \pm s$ 表示, 两组间比较行 *t* 检验, 多组间比较采用单因素方差分析, 进一步两两比较采用 SNK-*q* 检验; 采用 Pearson 分析 PCOS 患者血

清 SOX9 mRNA、PPAR γ mRNA 与 T、BMI、FINS 水平的相关性; 采用多因素 Logistic 回归分析影响 PCOS 预后的因素。以 $P < 0.05$ 为差异有统计学意义。

2 结 果

2.1 对照组与 PCOS 组一般资料比较 对照组与 PCOS 组年龄、E2、FSH、FPG 比较差异无统计学意义($P > 0.05$); PCOS 组 BMI、FINS、T 均显著高于对照组, 差异有统计学意义($P < 0.05$)。见表 2。

表 2 对照组与 PCOS 组一般资料比较($\bar{x} \pm s$)

组别	n	年龄 (岁)	BMI (kg/m ²)	T (nmol/L)	E2 (pmol/L)	FSH (IU/L)	FPG (mg/dL)	FINS (mIU/L)
对照组	99	25.46 ± 3.04	22.31 ± 2.45	1.62 ± 0.78	176.92 ± 52.41	5.98 ± 1.85	86.27 ± 5.94	2.75 ± 0.71
PCOS 组	102	26.09 ± 3.17	24.85 ± 3.26	2.76 ± 0.81	175.02 ± 54.24	6.23 ± 1.94	84.88 ± 6.73	7.82 ± 2.13
<i>t</i>		1.437	6.230	10.159	0.252	0.934	1.551	22.500
<i>P</i>		0.152	<0.001	<0.001	0.801	0.351	0.123	<0.001

2.2 对照组及不同病情类型 PCOS 患者血清 SOX9 mRNA、PPAR γ mRNA 相对表达水平比较 对照组、A 型组、B 型组、C 型组、D 型组血清 SOX9 mRNA 相对表达水平依次降低, PPAR γ mRNA 相对表达水平依次升高, 两两比较差异均有统计学意义($P < 0.05$)。见表 3。

2.3 PCOS 患者血清 SOX9 mRNA、PPAR γ mRNA

与 T、BMI、FINS 水平的相关性 Pearson 分析结果显示, PCOS 患者血清 SOX9 mRNA 与 PPAR γ mRNA 呈负相关($r = -0.649$; $P < 0.001$); SOX9 mRNA 与 T、BMI、FINS 呈负相关($r = -0.498$, -0.512 , -0.523 , $P < 0.05$); PPAR γ mRNA 与 T、BMI、FINS 呈正相关($r = 0.502$, 0.476 , 0.517 , $P < 0.05$)。见图 1、表 4。

2.4 预后良好组与预后不良组血清 SOX9 mRNA、

PPAR γ mRNA 及 T、BMI、FINS 水平比较 预后不良组 SOX9 mRNA 相对表达水平显著低于预后良好组, PPAR γ mRNA、T、BMI、FINS 水平均显著高于预后良好组, 差异有统计学意义($P < 0.05$)。见表 5。

表 3 对照组及不同病情类型 PCOS 患者血清 SOX9 mRNA、PPAR γ mRNA 相对表达水平比较($\bar{x} \pm s$)

组别	n	SOX9 mRNA	PPAR γ mRNA
对照组	99	1.02 ± 0.31	0.99 ± 0.28
A 型组	23	0.69 ± 0.21 ^a	1.48 ± 0.36 ^a
B 型组	27	0.48 ± 0.09 ^{ab}	1.83 ± 0.42 ^{ab}
C 型组	26	0.31 ± 0.06 ^{abc}	2.37 ± 0.51 ^{abc}
D 型组	26	0.14 ± 0.04 ^{abcd}	2.82 ± 0.59 ^{abcd}
F		107.566	149.584
P		<0.001	<0.001

注:与对照组比较,^a $P < 0.05$;与 A 型组比较,^b $P < 0.05$;与 B 型组比较,^c $P < 0.05$;与 C 型组比较,^d $P < 0.05$ 。

2.5 影响 PCOS 预后的多因素 Logistic 回归分析

将 PCOS 患者是否不孕作为因变量,排除年龄、E2、FSH、FPG 等混杂因素后,以 SOX9 mRNA、PPAR γ mRNA、T、BMI、FINS 为自变量进行 Logistic 回归分析,结果显示 PPAR γ mRNA 是影响 PCOS 患者不孕的独立危险因素($P < 0.05$),SOX9 mRNA 是影响 P-

COS 患者不孕的保护因素($P < 0.05$)。见表 6。

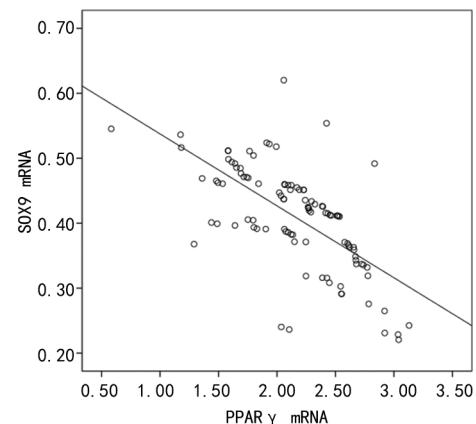


图 1 PCOS 患者血清 SOX9 mRNA 与 PPAR γ mRNA 水平的相关性

表 4 PCOS 患者血清 SOX9 mRNA、PPAR γ mRNA 与 T、BMI、FINS 水平的相关性

指标	T	BMI	FINS
SOX9 mRNA			
r	-0.498	-0.512	-0.523
P	0.006	0.004	0.002
PPAR γ mRNA			
r	0.502	0.476	0.517
P	0.007	0.010	0.004

表 5 预后良好组与预后不良组血清 SOX9 mRNA、PPAR γ mRNA 及 T、BMI、FINS 水平比较($\bar{x} \pm s$)

组别	n	SOX9 mRNA	PPAR γ mRNA	T(nmol/L)	BMI(kg/m ²)	FINS(mIU/L)
预后良好组	66	0.64 ± 0.18	1.52 ± 0.34	2.25 ± 0.63	24.18 ± 2.36	5.76 ± 1.23
预后不良组	36	0.26 ± 0.05	2.48 ± 0.48	2.84 ± 0.87	25.21 ± 3.42	8.14 ± 2.48
t		12.383	11.739	3.938	1.790	6.486
P		<0.001	<0.001	<0.001	0.039	<0.001

表 6 影响 PCOS 预后的多因素 Logistic 回归分析

影响因素	B	SE	Wald	OR	95%CI	P
SOX9 mRNA	0.454	0.309	2.159	0.635	0.462~0.873	0.006
PPAR γ mRNA	0.813	0.553	2.161	2.254	1.732~2.934	0.005
T	0.184	0.237	0.603	0.832	0.379~1.825	0.083
BMI	0.107	0.239	0.200	1.112	0.591~2.094	0.094
FINS	0.443	0.429	1.066	1.557	0.815~2.974	0.147

3 讨 论

PCOS 在育龄期妇女中较为常见,是引起不孕不育的主要原因之一,其主要病理特征是性激素分泌紊乱^[10-11]。有研究表明,PCOS 的主要病理机制是高雄性激素血症及胰岛素抵抗,但免疫功能异常、炎症因子激活、氧化应激等同样影响 PCOS 的病情进展^[12]。PCOS 造成的不孕等不良预后严重影响女性生殖功

能,同时给患者和其家庭带来沉重的生理和心理负担^[13]。深入了解 PCOS 病理机制对制订针对性治疗措施有重要作用。

SZCZUKO 等^[14]研究表明,PCOS 患者因受肥胖等多种因素影响,机体内发生胰岛素抵抗,致使 FINS 分泌量增加。本研究中 PCOS 患者血清 FINS 水平高于健康女性,与 SZCZUKO 等^[14]结果基本一致,均提

示胰岛素抵抗在 PCOS 病情进展中发挥重要作用。SOX 家族是一类核转录因子,与早期胚胎发育有关,在神经发生、软骨形成等众多发育过程中发挥重要作用^[15-16]。SOX9 在不同信号通路中可能呈现不同的生物调节作用^[17]。PPAR γ 是 PPAR 家族在卵巢颗粒细胞中的重要表达亚型,对胰岛素-糖代谢稳态的调控具有重要作用^[18-19]。PPAR γ 激活后可通过调控脂肪细胞因子或其下游因子的表达,进而影响脂肪细胞分化和内分泌功能^[20]。CHEN 等^[21]研究结果显示,肝星状细胞中 SOX9 可以与 PPAR γ 启动子的瘦蛋白反应区域中-2275 周围的位点结合,同时抑制 PPAR γ 的表达,表明 SOX9 与 PPAR γ 间有互相调控的作用。本研究结果显示,PCOS 患者血清 SOX9 mRNA 水平显著降低,PPAR γ mRNA 水平显著升高,二者变化趋势与病情严重程度相平行,且二者在 PCOS 患者中呈负相关。提示 SOX9 mRNA、PPAR γ mRNA 可能分别通过低表达和高表达参与 PCOS 的发生、发展,推测 PCOS 患者病理状态下 SOX9 mRNA 水平降低后负靶向调节 PPAR γ mRNA,使其表达水平升高,PPAR γ mRNA 影响胰岛素信号通路及脂肪代谢相关因子的表达,导致患者体内发生胰岛素抵抗,影响 PCOS 病情进展。朱磊等^[22]研究表明,低氧训练可通过影响大鼠肝脏微小 RNA-27 (miR-27)/PPAR γ 通路,调控其下游脂肪酸代谢相关基因,进而影响脂代谢水平。本研究结果中 PCOS 患者血清 SOX9 mRNA、PPAR γ mRNA 与 T、BMI、FINS 均呈一定的相关性。进一步说明 SOX9 mRNA、PPAR γ mRNA 在 PCOS 患者胰岛素抵抗中发挥重要作用。此外,PCOS 预后不良患者 SOX9 mRNA 呈低水平,PPAR γ mRNA、T、BMI、FINS 呈高水平,且 SOX9 mRNA、PPAR γ mRNA 是患者预后不良的影响因素。进一步提示 SOX9 mRNA、PPAR γ mRNA 可能不仅通过胰岛素抵抗参与 PCOS 疾病的进展,还可能影响患者预后,造成不孕等情况发生。本研究受实验条件、地域等因素影响,需丰富样本量、纳入更多影响因素进一步深入研究,同时还需借助细胞及动物试验探索其具体作用机制。

综上所述,PCOS 患者血清 SOX9 mRNA 表达水平降低,PPAR γ mRNA 表达水平升高,且随病情加重,其趋势变化更加明显,同时二者与患者预后也有一定的相关性。SOX9 mRNA、PPAR γ mRNA 可能影响 PCOS 的发生发展,且有可能成为 PCOS 辅助治疗的靶基因。

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