

脂质代谢在Th17细胞分化中的参与和调节作用

徐丹蕾, 戴岳*

中国药科大学中药学院, 江苏 南京

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摘要

脂质, 如脂肪酸、胆固醇、磷脂和甘油三酯等, 在生物体内扮演着至关重要的角色, 是细胞膜的重要构成成分, 同时参与信号传导和能量供给。脂质代谢是Th17细胞的重要代谢方式之一, 脂质合成有利于Th17细胞分化, 而调控脂质代谢可控制Th17细胞的命运与功能。通过靶向脂质代谢抑制Th17细胞分化具有改善多种自身免疫性疾病的潜力。本文综述脂肪酸、胆固醇、磷脂和甘油三酯代谢在调节Th17细胞分化中的参与和重要性。

关键词

脂质代谢, Th17细胞, 分化, 自身免疫性疾病

The Role and Regulation of Lipid Metabolism in Th17 Cell Differentiation

Danlei Xu, Yue Dai*

School of Traditional Chinese Pharmacy, China Pharmaceutical University, Nanjing Jiangsu

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Abstract

Lipids, including fatty acids, cholesterol, phospholipid and triglycerides, play a vital role in living organisms, which are not only important components of cell membranes, but also participate in signal transduction and energy supply. Lipid metabolism is one of the important metabolic modes of Th17 cells, lipid synthesis is conducive to Th17 cell differentiation, and regulation of lipid metabolism can control the fate and function of Th17 cells. Inhibition of Th17 cell differentiation by targeting lipid metabolism has the potential to ameliorate several autoimmune diseases. This pa-

*通讯作者。

per summarizes the role and importance of fatty acid, cholesterol, phospholipid and triglyceride metabolism in regulating Th17 cell differentiation.

Keywords

Lipid Metabolism, Th17 Cells, Differentiation, Autoimmune Diseases

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1. 引言

Th17 细胞是一种特殊的 CD4⁺ T 亚群, 它能够分泌多种细胞因子, 如 IL-17A、IL-17F 和 IL-21 等, 以此有效地抵抗病原体的侵袭, 清除病原菌, 发挥抗感染的作用, 并且可以介导多种免疫性疾病的发生发展[1]。与健康人群相比, 炎症性肠病和银屑病患者病变组织中 Th17 细胞数目增多, 如银屑病患者病变皮肤中的 Th17 细胞数目升高了约 3 倍[2] [3]。靶向 Th17 细胞产生的 IL-17 在多种自身免疫性疾病中展现出良好的临床疗效[4] [5]。Th17 细胞分化的机制尚不完全清楚, 细胞因子、转录因子和信号传导均参与其中[6] [7] [8]。近年来, 研究发现能量代谢在 Th17 细胞分化过程中发挥重要的调节作用[9] [10] [11]。

T 细胞接受刺激后会改变其能量代谢方式以满足增殖、分化以及发挥效应功能的需求[12]。处于静息状态的 naïve T 细胞依赖于氧化磷酸化, 被激活后, 代谢方式转变为糖酵解[13]。Th17 细胞分化过程中葡萄糖摄取增多, 糖酵解和谷氨酰胺分解增强[9] [10]。除此之外, 脂质代谢亦发挥重要的作用[14] [15]。脂质主要包括脂肪酸、胆固醇、磷脂和甘油三酯, 是维持细胞结构、能量供应和信号转导等各个方面所必需的。脂质代谢产生的生物中间体, 可以作为信号分子, 参与调节各种生理过程[16]。脂质代谢的改变会影响免疫细胞活化和分化, 进而影响各种自身免疫性疾病的发生发展。

Th17 细胞分化过程中脂肪酸合成、胆固醇合成和胆固醇摄取相关酶的基因表达增加[14] [15] [17]; 增加的脂质合成为 Th17 细胞增殖所需的细胞膜提供材料, 同时增加信号分子的产生。另一方面, 自身免疫性疾病中脂质代谢紊乱, 如患有系统性红斑狼疮的人群通常会出现明显的血脂异常[18]。双盲实验研究表明, 膳食补充 n-3 多不饱和脂肪酸可改善银屑病的严重程度, 现已用作银屑病的辅助治疗, 接受 n-3 多不饱和脂肪酸治疗的银屑病患者鳞屑、红斑、受累面积和厚度改善了 35%~48% [19]。本文综述脂质代谢对 Th17 细胞分化的调控作用和机制, 为靶向脂质代谢治疗自身免疫性疾病的药物研究提供参考。

2. 脂肪酸代谢

脂肪酸代谢分为脂肪酸合成、氧化和摄取, 在调节机体免疫应答方面具有重要的作用[20]。正常的哺乳动物细胞主要通过外源性摄取获得脂肪酸, 而 Th17 细胞中脂肪酸主要来源于从头合成。合成的脂肪酸可以通过调节 ROR γ t 活性调控 Th17 细胞分化。

2.1. 脂肪酸合成

细胞质是进行脂肪酸合成的场所, 通过乙酰 CoA 羧化酶(ACC)和脂肪酸合成酶(FASN)合成棕榈酸或其他饱和长链脂肪酸。合成的脂肪酸可以进一步用于合成其他脂质, 如磷脂、甘油三酯及胆固醇酯等。

Th17 细胞可以依赖脂肪酸合成产生磷脂, 增加生物膜的合成。Th17 细胞分化过程中, 脂肪酸合成

显著上调, 脂肪酸合成相关酶 ATP 柠檬酸裂解酶(ACLY)、ACC1 和 FASN 的表达升高, 而 FASN 的表达可在分化后通过再刺激进一步升高[21] [22] [23]。而 ACLY 的缺失可抑制乙酰 CoA 从柠檬酸盐中释放, 使乙酰 CoA 水平降低, 进而抑制 Th17 细胞相关细胞因子的组蛋白乙酰化, 降低 Th17 细胞致病性[23]。ACC1 活性的增加, 使饱和脂肪酸与多不饱和脂肪酸的比例上升, 增加 IL-17A 启动子区 ROR γ t 的转录活性, 进而促进 Th17 细胞分化[21] [24]。ACC1 抑制剂索拉芬 A (SorA)和 5-十四烷基氧基-2-糠酸(TofA)或 T 细胞特异性敲除 ACC1 则抑制 Th17 细胞分化, 同时降低 IL-17F、STAT3 和 IL-23R mRNA 表达; 由 ACC1 缺失引起的 Th17 细胞分化的抑制可通过外源性添加棕榈酸或油酸等饱和脂肪酸逆转[11]。此外, 抑制 ACC1 活性使 T 细胞磷脂产生受损, 导致生物膜合成减少, 这种效应不仅减少 T 细胞增殖, 还会阻碍细胞器的扩张[11]。另外, 在 Th17 细胞分化后再刺激时给予 FASN 抑制剂 C75, 可降低 IL-17 的表达[22]。

与健康人群相比, 肥胖患者的 T 细胞中 ACC1 的表达明显升高[21]。抑制脂肪酸合成途径可使多种自身免疫性疾病模型小鼠的疾病严重程度和发生率得到改善, 如自身免疫性脑脊髓炎(EAE); 另外, 在葡聚糖硫酸钠(DSS)诱导的小鼠结肠炎期间给予 C75 可减轻小鼠疾病症状[11] [21] [23]。油酸和硬脂酸则加剧 K14-VEGF 转基因小鼠银屑病症状, 增加 Th17 细胞在耳朵中的浸润, 同时上调引流淋巴结中 Th17 细胞数目[25]。高脂饮食促进小鼠 Th17 细胞反应, 加重 EAE 的进展[21]。

2.2. 脂肪酸氧化

脂肪酸氧化发生在线粒体中, 由关键酶肉碱酰基转移酶 I (CPT1)介导。与健康人群相比 2 型糖尿病 (T2D)患者的外周血单个核细胞中 CPT1A 表达相对较高, 敲减 CPT1A 或使用抑制剂依托莫司可减少 Th17 细胞相关细胞因子的产生, 提示脂肪酸氧化在 T2D 中可能激活 Th17 细胞炎症[26]。未来对 T2D 患者的抗炎治疗可能集中于调节脂肪酸氧化。

2.3. 脂肪酸摄取

与 Treg 细胞不同, Th17 细胞分化过程中不会主动摄取外源性脂肪酸用于获取能量维持增殖。Th17 细胞更倾向于从葡萄糖合成脂肪酸, 只有在内源性脂肪酸合成被抑制时才会增加脂肪酸的外部摄取, 而增加外源性脂肪酸的摄取能逆转 SorA 或 ACC1 缺失引起的 Th17 细胞分化减少[11]。

3. 胆固醇代谢

胆固醇合成过程极其复杂, 可分为三个阶段: 首先合成甲羟戊酸, 然后转化为鲨烯, 最后生成胆固醇。Th17 细胞分化期间胆固醇合成和摄取增强而代谢和外排被抑制[15]。

羟甲基戊二酰 CoA (HMG-CoA)还原酶是胆固醇合成过程中的限速酶, 也是他汀类药物的作用靶点。辛伐他汀通过抑制 HMG-CoA 还原酶活性, 使合成异戊二烯的前体焦磷酸香叶基香叶酯减少, 抑制蛋白香叶酰化, 进而抑制 Th17 细胞分化[27]。抑制胆固醇合成酶 CYP51 可阻碍 Th17 细胞分化和相关细胞因子如 IL-17A、IL-17F 和 IL-23R mRNA 表达, 该作用可被外源性添加下游产物酵母固醇逆转[28]。蛋白精氨酸甲基转移酶 5 (PRMT5)催化精氨酸的对称二甲基化, PRMT5 促进胆固醇合成酶的表达, 诱导 Th17 细胞分化; T 细胞特异性敲除 PRMT5 减轻 EAE 模型小鼠疾病症状, 减少中枢神经系统 T 细胞浸润[29]。多项研究表明, 他汀类药物对多种自身免疫性疾病(包括系统性红斑狼疮、多发性硬化症、类风湿性关节炎和移植物抗宿主病)表现出良好的抗炎和免疫调节作用[30]。

胆固醇衍生的氧化固醇, 如 7β , 27-二羟基胆固醇(7β , 27-OHC)和 7α , 27-二羟基胆固醇(7α , 27-OHC), 是已知的 ROR γ t 内源性配体, 能够与 ROR γ t 的配体结合域结合, 激活其转录活性, 促进 Th17 细胞分化

[31]。对 OVA/CFA 免疫模型小鼠给予 7β , 27-OHC 促进体内产生 Th17 细胞[32]。胆固醇-25-羟化酶(CH25H)将胆固醇转化为 25-羟基胆固醇(25-OHC), 后者进一步代谢为 7α , 25-二羟基胆固醇(7α , 25-OHC), CH25H 诱导的氧化固醇促进致脑炎的 $CD4^+$ T 细胞运输到中枢神经系统, 驱动 EAE 期间的炎症反应[33]。

4. 磷脂代谢

磷脂除了作为细胞膜的主要结构成分, 还调节多种生理过程, 包括细胞增殖、凋亡和衰老等[34]。甘油磷脂和鞘脂属于磷脂的两大类。研究表明, 甘油磷脂和鞘脂是 $CD4^+$ T 细胞分化过程中的主要指标, 磷脂酰乙醇胺、磷脂酰胆碱、溶血磷脂酰胆碱、神经酰胺、鞘糖脂以及鞘磷脂在 Th1、Th2、Th17 和 Treg 细胞中水平上升[17]。

银屑病患者血浆中甘油磷脂代谢异常, 表现为磷脂酸、溶血磷脂酰胆碱和溶血磷脂酸水平显著升高, 而磷脂酰胆碱和磷脂酰肌醇水平降低[35]。咪喹莫特诱导的银屑病模型小鼠皮肤组织中磷脂代谢亦紊乱[36], 使用溶血磷脂酸局部涂抹于小鼠皮肤, 会加重疾病症状, 增加病变皮肤组织中 Th2 和 Th17 细胞的积累, 但体外溶血磷脂酸对 Th2 和 Th17 细胞分化无明显影响[37]。溶血磷脂酶自分泌蛋白(ATX)介导溶血磷脂酸体内合成, ATX 抑制剂能够缓解 DSS 诱导的结肠炎模型小鼠疾病症状, 降低脾脏和肠系膜淋巴结中 Th17 细胞比例[38]。

发生 β 细胞自身免疫的儿童 $CD4^+$ T 细胞中鞘脂途径的平均通量增加, 体外敲低鞘脂合成的限速酶丝氨酸棕榈酰转移酶或葡萄糖神经酰胺合酶后, 多种神经酰胺和鞘糖脂(己糖神经酰胺, 二己糖神经酰胺)水平显著降低, 同时降低人 Th17 细胞中的促炎细胞因子 IL-17A 和 IL-17F 的表达[17]。鞘氨醇-1-磷酸(S1P)是一种来自鞘脂代谢的多效性信号分子, 鞘氨醇-1-磷酸受体 1 (S1P1)以依赖于 IL-6-STAT3 途径的方式介导 Th17 细胞分化[39]。抑制 S1P 的产生能改善咪喹莫特诱导的银屑病模型小鼠的疾病症状[40]。Th17 细胞中 S1P1 缺失可以缓解 EAE 模型小鼠疾病症状, 而 Treg 细胞中 S1P1 的缺失则会加重多发性硬化模型小鼠的自身免疫反应[41]。

5. 甘油三酯代谢

甘油三酯是由甘油的 3 个羟基与 3 个脂肪酸分子酯化生成的甘油酯, 是重要的供能和储能物质。体外研究表明, 甘油三酯能够促进人 $CD4^+$ T 细胞增殖, 增加 Th17 和 Th1 细胞数目, 上调 IL-17A 和 IFN γ 表达[42]。甘油三酯合成中的关键酶二酰基甘油 O-酰基转移酶-1 (DGAT1)的抑制或缺失会下调 Th17 细胞分化和 IL-17A 的产生[43]。来自 EAE 模型小鼠中枢神经系统的记忆 $CD4^+$ T 细胞表达相对高的 DGAT1, 给予 DGAT1 抑制剂或 T 细胞条件敲除 DGAT1 可以改善疾病症状, 减少中枢神经系统炎症细胞浸润[44]。

6. 总结与展望

随着代谢组学的发展和运用, 脂质代谢在 Th17 细胞分化中的作用被进一步阐明。Th17 细胞分化过程中, 脂质合成增强, 代谢产生的中间体可进一步促进 Th17 细胞分化和相关疾病进展。基于脂质代谢在 Th17 细胞和疾病进展中的重要性, 靶向 Th17 细胞脂质代谢途径或干预饮食有望成为预防和治疗 Th17 细胞介导的自身免疫性疾病的有效策略。

然而, Th17 细胞为什么更倾向于耗能的脂肪酸合成而不是外源性脂肪酸摄取的问题仍然悬而未决。其次, 鉴于不同代谢途径之间的相互联系和代谢与信号传导之间的串扰, 同时调控多个代谢途径或同时抑制代谢途径和信号传导是否能更有效地抑制 Th17 细胞分化尚不清楚。虽然最近的研究已经阐明了抑制特定的代谢酶可改善各种自身免疫性疾病模型小鼠的疾病活动, 但仍需要进一步的临床研究验证这些发现。因此, 进一步加强 Th17 细胞中脂质代谢的认识, 对构建靶向治疗策略具有重要的指导意义。

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