

· 研究报告 ·

早期肠道菌群干预对帕金森病患者便秘症状及多巴丝肼疗效的影响

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[摘要] **目的** 探讨早期肠道菌群干预对帕金森病(PD)患者肠道便秘症状及多巴丝肼疗效的影响,为临床治疗提供参考。**方法** 纳入2015年1月至2017年10月我院神经内科初次诊断的PD患者114例,随机分为肠道菌群干预组($n=57$)与对照组($n=57$),两组均予多巴丝肼片常规初始治疗,干预组在此基础上加用三联活菌制剂调理肠道菌群,采用便秘患者生活质量量表(PAC-QOL)等评估患者便秘症状及满意度,采用统一帕金森病评定量表(UPDRS-III)等评估两组患者治疗前后的运动症状及心理状态。**结果** ①干预组较治疗前及较对照组的PAC-QOL, Bristol粪便性状量表(BSFS)评分改善显著,差异有统计学意义($P<0.05$);②两组患者较治疗前UPDRS-III运动评分均有改善,差异有统计学意义($P<0.05$),干预组较对照组4周时UPDRS-III评分有下降,差异有统计学意义($P<0.05$);③干预组较对照组治疗后医院焦虑量表(HAD-A)、医院抑郁量表(HAD-D)、匹兹堡睡眠质量指数(PSQI)评分均有下降,差异有统计学意义($P<0.05$)。**结论** 早期肠道菌群干预能有效改善PD患者的便秘症状及焦虑睡眠等心理状态,可能有早期增强多巴丝肼制剂对运动症状的疗效,但远期影响仍有待研究。

[关键词] 帕金森病;肠道菌群干预;多巴丝肼

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Constipation alleviation and the efficacy improvement of levodopa and benserazide in Parkinson patients with early intestinal flora intervention

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[Abstract] **Objective** To investigate the effect of early intestinal flora intervention on the symptoms and the efficacy of Levodopa and Benserazide in Parkinson's disease (PD), provide a reference for clinical treatment. **Methods** 114 patients diagnosed as PD for the first time in our department of neurology from January 2015 to October 2017 were randomly divided into intervention group ($n=57$) and control group ($n=57$). Both groups received Levodopa and Benserazide, A triple live bacterial preparation was given to the intervention group only to regulate the intestinal flora. Patient-Assessment of Constipation Quality of Life (PAC-QOL) was used to assess the constipation symptoms and patient's satisfaction. The Unified Parkinson's Disease Rating Scale (UPDRS III) was used to evaluate the motor symptoms and psychological status for the patients in both groups before and after treatments. **Results** ① The PAC-QOL and BSFS scores in intervention group were improved significantly compared to those before treatment ($P<0.05$); ② After the treatments, the UPDRS III scores in both groups were improved significantly ($P<0.05$). The UPDRS III score in the intervention group was significantly lower than that in the control group at 4 weeks ($P<0.05$). ③ Compared with the control group, the HAD-A, HAD-D and PSQI Score were decreased in the intervention group. ($P<0.05$). **Conclusion** Early intestinal flora intervention effectively alleviated constipation symptom and improved therapeutic effects of Levodopa and Benserazide preparation. However, the long-term effect remains to be studied.

[Key words] parkinson's disease; intestinal flora intervention; Levodopa and Benserazide

PD是一种 α -突触核蛋白(α -syn)异常沉积于脑内、外多神经系统的退行性疾病,除典型运动障碍外,还伴有许多非运动症状,特别是胃肠道症状如肠道蠕动困难、吸收差、便秘等。有研究者发现肠道菌群失衡会导致 α -syn在肠道神经系统内沉积,且沿脑-肠轴

上升迁移至脑内并沉积,最后导致PD发生,故推测PD的早期发病可能由肠道菌群失调所致^[1]。我们通过早期加以肠道菌群干预,试图探讨肠道菌群与PD患者发病的关系及多巴丝肼制剂疗效的影响,为PD的诊疗方案提供新的参考,现报告如下。

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1 资料与方法

1.1 观察对象