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骨质疏松椎体压缩性骨折患者经皮椎体成形术后再次骨折的危险因素分析 *

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摘要 目的:探讨骨质疏松椎体压缩骨折患者接受椎体成形术后再次新发骨折的危险因素。**方法:**选取2009年1月到2015年1月就诊于我院诊断为骨质疏松椎体压缩性骨折且行经皮椎体成形术的患者,收集患者的诊疗信息及影像学资料。收集患者的年龄、性别等基本资料及基于定量CT测量的骨矿物含量、骨水泥注射占椎体体积的比、骨水泥的分布及骨水泥的渗漏情况。将单椎体骨折且在随访时间内再次新发椎体骨折的患者分为A组,未骨折的患者分为B组,对比分析两组之间的参数的差异,并利用二项Logistic回归分析分析再次骨折的危险因素。**结果:**共有287例患者纳入研究,平均随访时间为34.7±17.8个月,压缩性骨折最常见的椎体依次为L1(29.1%)、T12(20.8%)及L2(13.5%)。在随访时间内共有32例患者再次发生椎体骨折。252例单椎体骨折患者中,26例(A组)再次发生骨折,226例(B组)未发生骨折。A组骨矿物含量低于B组($P<0.001$),骨水泥分布较B组差($P<0.001$),年龄高于B组($P<0.001$)且骨水泥渗漏发生率(34.6%)高于B组(13.7%)($P=0.006$),两组在骨水泥占椎体的比、后凸程度、性别比例没有统计学差异。回归分析显示骨矿物含量($OR=1.092, P<0.001$)、年龄($OR=1.091, P<0.001$)及骨水泥渗漏($OR=1.200, P=0.002$)均是再次骨折的危险因素,骨水泥的均匀分布是保护因素($OR=0.922, P<0.001$)。**结论:**年龄较大且骨质较差的患者容易再次发生椎体骨折,在行椎体成形术过程中应尽量使骨水泥均匀分布并避免骨水泥的渗漏。

关键词:骨质疏松性椎体压缩性骨折;再次骨折;经皮椎体成形术;危险因素

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Analysis of Risk Factors for Re-fracture after Percutaneous Vertebroplasty in Patients with Osteoporotic Vertebral Compression Fractures*

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ABSTRACT Objective: To investigate the risk factors for renew fractures after vertebroplasty in patients with osteoporotic vertebral compression fractures. **Methods:** The patients who were diagnosed as osteoporotic vertebral compression fractures and underwent percutaneous vertebroplasty in our hospital from January 2009 to January 2015 were selected. The patient's diagnosis and treatment information and imaging data were collected. The basic data of the patient's age, sex, bone mineral content (BMC) based on quantitative CT, ratio of bone cement injection to vertebral body volume, bone cement distribution, and bone cement leakage were collected. Patients with a single vertebral fracture and a new vertebral fracture within the follow-up period were divided into group A. Patients with no fracture were divided into group B. The differences in parameters between the two groups were analyzed and risk factors were analyzed for secondary fractures using binomial logistic regression analysis. **Results:** A total of 287 patients were included in the study. The average follow-up time was 34.7±17.8 months. The most common vertebral bodies for compression fractures were L1 (29.1%), T12 (20.8%), and L2 (13.5%). A total of 32 patients had recurrent vertebral fractures during the follow-up period. In 252 patients with single vertebral fractures, 26 (Group A) fractures occurred again, and 226 (Group B) did not. The BMC in group A was lower than that in group B ($P<0.001$), and the bone cement distribution was worse than that in group B ($P<0.001$). The age in group A was higher than that in group B ($P<0.001$) and the rate of bone cement leakage (34.6%) was higher than that in group B (13.7%) ($P=0.006$). There was no statistical difference between the two groups in the proportion of bone cement in the vertebral body, the degree of kyphosis, and the sex ratio. Regression analysis showed that BMC ($OR=1.092, P<0.001$), age ($OR=1.091, P<0.001$) and bone cement leakage ($OR=1.200, P=0.002$) were all risk factors for fracture again. The uniform distribution of bone cement was a protective factor ($OR=0.922, P<0.001$). **Conclusions:** Older patients with poor bone quality are prone to vertebral fractures again. During vertebroplasty, the bone cement should be distributed as evenly as possible and leakage of bone cement should be avoided.

Key words: Osteoporotic vertebral compression fractures; Second fracture; Percutaneous vertebroplasty; Risk factors

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前言

随着老年化社会的到来，骨质疏松椎体压缩骨折(Osteoporotic vertebral compression fractures, OVCF)越来越多见于老年人^[1]。尽管目前关于经皮椎体成形术(Percutaneous vertebroplasty, PVP)治疗 OVCF 的长期疗效仍存在争议^[2,3], PVP 仍是有有效、相对微创、安全治疗有症状 OVCF 的治疗方式,且在其控制早期疼痛缩短卧床时间有独特优势^[4]。通过骨水泥稳定压缩的椎体能够快速缓解疼痛。因此,PVP 是目前被广泛接受用于治疗 OVCF 的手术方式。PVP 是在 1987 年被首次报道用于治疗 OVCF^[5],从此以后大量的文献报道了 PVP 的有效性,但是仍有一些研究报道了 PVP 的并发症。最常见的并发症包括神经根损伤、硬膜破坏、血肿形成、栓塞、感染、再次骨折等。再次骨折是加重脊柱畸形和剥夺自主生活能力的常见问题。本研究主要研究 OVCF 患者经 PVP 手术后再次发生骨折的因素,为临幊上避免再次骨折的发生提供参考。

1 资料与方法

1.1 一般资料

选取 2009 年 1 月到 2015 年 1 月就诊于我院诊断为骨质疏松椎体压缩性骨折且行经皮椎体成形术的患者。收集患者的病例及影像学资料。纳入标准:① 有严重腰背痛;② 随访时间大于 24 个月;③ 在我院行经皮椎体成形术;④ 术前有定量 CT 及腰椎 X 线片,术后有复查 MRI;⑤ 按时完成复查。排除标准:① 代谢性或者肿瘤引起的病理性骨折;② 脊柱感染的患者;③ 其它影响骨质代谢的系统性疾病;④ 有脊柱手术史。患者在术后 3 个月、6 个月、12 个月、24 个月进行 X 线复查,若术后患者再次出现腰背部疼痛经 X 线复查后,若考虑新发骨折则行 MRI 明确诊断。

1.2 手术过程

病人俯卧在手术床上,术前给予基础镇静并检测患者的心率、血压和血氧饱和度。C 臂辅助下透视并确定双侧椎弓根的位置,采用双侧椎弓根入路经皮穿刺,在透视下放入穿刺针,拔出针芯后在透视下将骨水泥置入骨折椎体,骨水泥材料为聚甲基丙烯酸甲酯(Polymethylmethacrylate, PMMA),等骨水泥硬化后拔出穿刺针。注射 2-5 mL,平均注射 3.3 mL。术后通过临床查体和复查 MRI 明确诊断有无相关并发症。

1.3 测量指标

收集患者年龄、性别、压缩椎体的位置、基于定量 CT 测得 BMC、后凸角、PMMA 量占椎体的比、PMMA 的分布情况及 PMMA 的渗漏情况。

后凸角:为压缩椎体上位椎体下终板与下位椎体上终板形成的夹角。PMMA 量占椎体的比:为术中记录注射 PMMA 的体积与伤椎椎体体积的比,伤椎椎体的体积通过图像存档通信系统(Picture Archiving Communication System, PACS)测量;测量方法为椎体横截面面积与椎体后缘高度的乘积。PMMA 的分布情况:我们将伤椎椎体分为 12 个区域,分区方法为,首先将椎体分为前、中、后三等分,再将椎体左右等分,最后将椎体上下等分共 12 个区域,在术后 MRI 的断层上数 PMMA 分布

区域的数量,PMMA 分布区域越多说明分布越均匀。

1.4 统计学分析

计量资料以均值± 标准差表示,组间比较采用 t 检验,计数资料采用卡方检验,采用 Logistic 回归分析分析影响因素,所有的分析采用 SPSS 19.0 完成,设定 P<0.05 有统计学意义。

2 结果

2.1 基本资料

共有 287 例患者纳入研究,年龄为 70.2± 8.7 岁,有 230 位(80.8%)女性病人。BMC 为 40.7± 23.3,287 例患者中 252 例发生单一椎体骨折,30 例发生 2 个椎体骨折,5 例发生 3 个椎体骨折。随访时间为 34.7± 17.9,共 32 例(11.1%)患者再次发生椎体骨折,见表 1。

表 1 基本资料

Table 1 Basic information

Parameter	
Total number of patients	287
Gender: (Female, %)	230, 80.8 %
Age (Year)	70.2± 8.7
BMC	40.7± 23.3
Number of fractured vertebral bodies	
1 (Number of patients)	252
2 (Number of patients)	30
3 (Number of patients)	5
New fracture (Patients, %)	32, 11.1 %
Average follow-up time (Months)	34.7± 17.9

2.2 患者骨折椎体情况

287 例患者共有 327 个椎体发生骨折,最常见的骨折部位依次为 L1(29.1%)、T12(20.8%)、L2(13.5%),见表 2。

表 2 骨折的椎体

Table 2 Fracture vertebral bodies

Vertebral body	Number, %
T4	1, 0.3 %
T6	2, 0.6 %
T7	9, 2.8 %
T8	10, 3.1 %
T9	5, 1.5 %
T10	10, 3.1 %
T11	25, 7.6 %
T12	68, 20.8 %
L1	95, 29.1 %
L2	44, 13.5 %
L3	29, 8.9 %
L4	20, 6.1 %
L5	9, 2.8 %
Total	327, 100 %

Note: T: Thoracic Vertebra, L: Lumbar Vertebra.

2.3 两组参数对比情况

287例患者中有252例为单一椎体骨折,在这252例患者中26例患者再次发生了椎体骨折(A组),226例患者没有发生骨折(B组)。A组BMC和PMMA分布区域均显著少于B

组($P<0.001$),年龄($P<0.001$)和PMMA渗透率($P=0.006$)均明显高于B组。但是,两组在PMMA注射比($P=0.290$)、后凸角($P=0.722$)及性别比例($P=0.547$)没有统计学差异,见表3。

表3 A组与B组参数比较

Table 3 Comparison between group A and group B parameters

Parameters	Group A	Group B	t/x ²	P value
Number of patients	26	226		
BMC	25.7± 22.7	42.2± 21.4	3.700	<0.001
PMMA injection ratio	0.33± 0.10	0.31± 0.09	1.061	0.290
PMMA distribution	5.1± 2.2	7.8± 2.1	6.128	<0.001
Kyphosis	11.1± 4.6	10.7± 5.5	0.357	0.722
Gender (Female, %)	23, 88.5%	207, 79.6%	0.362	0.547
Age (Year)	77.9± 11.2	69.4± 10.9	3.755	<0.001
PMMA leakage (Cases, %)	9, 34.6%	31, 13.7%	7.626	0.006

2.4 影响再次骨折的因素分析结果

我们以是否再发骨折为因变量,以性别、年龄、BMC、后凸角、PMMA注射比、PMMA渗漏及PMMA分布区域为自变量进行Logistic回归分析。最终BMC、PMMA分布区域、年龄及

PMMA渗漏进入方程,结果显示BMC($OR=1.092, P<0.001$)、年龄($OR=1.091, P<0.001$)及PMMA渗漏($OR=1.200, P=0.002$)均是再次骨折的危险因素,PMMA均匀分布是保护因素($OR=0.922, P<0.001$),见表4。

表4 Logistic回归分析

Table 4 Logistic Regression Analysis

Parameters	B value	SE	Wals	P value	Exp(B)
BMC	0.088	0.019	22.659	<0.001	1.092
PMMA distribution	-0.081	0.020	17.183	<0.001	0.922
Age	0.087	0.019	19.874	0.001	1.091
PMMA leakage	0.182	0.060	9.343	0.002	1.200

3 讨论

椎体再次骨折是OVCF患者经PVP手术后比较严重的并发症,新发骨折会引起难以控制的剧烈腰背部疼痛,因此再次骨折的病人大多得再次接受PVP手术。然而,随着接受PVP手术的次数越多,术后并发症也就越常见。PVP常见并发症包括感染、骨水泥渗漏、神经根或者硬膜损伤、血肿和栓塞^[6,8]。随着骨折次数增多,这些并发症的发生率也升高。此外,新发椎体骨折更易引起椎管狭窄、椎间盘疾病甚至是脊柱畸形。在临床工作中,多数医生没有很好的方法处理这些并发症。椎体新发骨折引起的脊柱畸形往往导致患者功能丧失和生活质量下降^[9]。对于一些病人,脊柱畸形会再次引起椎体骨折,形成一个恶性循环,对患者的健康形成巨大威胁。给个人、家庭和社会带来沉重的经济负担,因此,我们探讨新发骨折的危险因素,希望为临床工作提供指导。

许多前人的研究报道了PVP术后新发骨折的多种危险因素。Liu研究了许多OVCF的病例,认为基于定量CT测得的低骨密度值和骨水泥分布是新发骨折的危险因素^[10]。此外,有学者认为骨水泥渗漏到椎间盘是再次骨折的危险因素^[5,11,12]。Li认为注射骨水泥体积较大、过多矫正后凸畸形和新发骨折呈现正相关^[9]。这很有可能是脊柱的生物力学改变引起的^[13,14]。Baroud

通过生物力学研究发现经骨水泥硬化的椎体硬度是正常椎体的12倍,强度是35倍,导致了临近节段应力增加,他们称之为“柱状效应”^[15]。Kang发现压缩椎体的术前局部后凸角越大,术后椎体新发骨折概率越高^[16]。上述这些危险因素均是各位学者通过不同的研究方法得出的结果。上述研究在研究注入骨水泥的体积对新发骨折的影响时,研究对象均是骨水泥的绝对体积,然而不同个体、不同节段的椎体体积均不同,我们认为骨水泥的体积占压缩椎体体积的比更有临床意义,此外在研究骨水泥在椎体的分布时,评判标准均不同,我们认为将压缩椎体分成12个区域,研究骨水泥占的区域数目更客观。因此,我们进行了上述研究。

有些研究认为注射骨水泥体积是引起新发骨折的危险因素^[9,17]。然而,在另外的一些研究中并没有发现骨水泥体积与新发骨折的关系^[10,18,19]。尽管目前大多数学者认为骨水泥体积与再次骨折有关系,但是PVP术中注入骨水泥的量仍有争议。不同椎体的形状和体积均不同,所以相同体积的骨水泥注入不同的椎体对脊柱生物力学的影响也不同。我们认为研究骨水泥体积占椎体体积的比比骨水泥绝对体积更有意义。因此,我们研究了PMMA注射比,发现在新发骨折组和未新发骨折组没有差异。然而,注射骨水泥的体积是通过查询手术记录得到了,结果可能不完全准确,此外,我们通过PACS系统测量压缩椎体的

体积方法简单，考虑到椎体的形状不可能是标准的圆柱体，测量的椎体体积可能也不完全准确，但这均是由于回顾性研究本身的限制。因此我们认为针对该参数的研究，仍需要准确测量骨水泥和椎体的体积（比如三维测量软件）并进行前瞻性研究。据我们所知，目前仍没有研究曾采用我们描述的PMMA在椎体分布评估方法。有学者研究了骨水泥的分布和新发骨折的关系，但该学者聚焦于骨水泥的位置^[10]。我们的评估方法更注重PMMA的空间分布。Liang研究了PMMA的分布与再次骨折的关系，但是该研究是通过三维有限元分析进行的，并非临床数据^[20]。我们更需要临床数据反映PMMA在椎体内的分布。研究表现PMMA在椎体内分布越均匀，再次骨折的发生率越低。PMMA的均匀分布是再次骨折的保护因素。在研究中，我们将椎体分成了12个区域，也许将椎体分区更多得到的结果更可靠，这仍是我们后续研究的目标。

以往的研究表明，骨质疏松的严重程度与OVCF患者经PVP术后再次骨折密切相关，及低BMC的患者术后更容易发生再次骨折^[21-23]。我们的结果也表明新发骨折组的BMC较低，低BMC是新发骨折的危险因素。许多研究采用双能X线吸收仪评估骨质疏松的程度，然而许多研究利用双能X线吸收仪和BMC评估骨质疏松并研究其与新发骨折的关系，得到了相似的结果。结合我们和其他学者的结果，我们认为骨质疏松的严重程度与新发骨折强烈相关，迅速提高患者骨量能有效预防新发骨折的发生。

我们发现骨水泥渗漏到临近椎间盘增加了PVP术后新发骨折发生概率。有些研究报道了和我们相似的结果^[12,14]。这可能是由于骨水泥渗漏的临近椎间盘增加了临近椎体承受的应力。在大多数报道骨水泥渗漏的病例中，骨水泥注射量大。我们推测渗漏到椎间盘的骨水泥体积越大，临近椎体承受的应力越大。然而有些学者认为骨水泥的渗漏不会引起新发骨折^[24,25]。这些不同的结果很可能是由于注射骨水泥的相对量和渗漏到椎间盘的骨水泥的量不同^[14,25]，小剂量的骨水泥注射和骨水泥渗漏可能不会显著增加临近椎体的应力^[14]。然而，我们的研究显示骨水泥渗漏到椎间盘会增加新发骨折的概率。因此，该因素仍需在未来控制其他变量的情况下研究。

曾有学者对60患者进行回顾性研究，发现术前局部后凸越大，术后再次骨折发生概率越高^[16]。但是我们的研究并没有发现两者之间的关系，我们认为该结果可能会随着样本量的增加和随访时间的延长改变。此外，我们的患者再次骨折发生率较其他研究稍低可能是由于我们随访时间相对较短，这些缺点和回顾性研究设计构成了研究所面临的主要限制。在未来，仍需对更多的因素进行前瞻性研究，比如体重指数、职业、抽烟和饮酒史等。此外，我们还发现年龄越大，新发骨折发生率越高。这是由于年龄越大的患者骨质疏松往往越重。

综上所述，我们认为短时间内快速提高患者骨量、在PVP术中尽量使骨水泥分布均匀并减少骨水泥渗漏能够有效减少新发骨折的发生。

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