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NAD⁺ 代谢调控与抗衰老

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摘要 NAD⁺ 是维持细胞功能和代谢稳态的关键分子, 与多种衰老相关疾病密切相关。本文系统综述了 NAD⁺ 的生物学功能、代谢途径及调控机制, 总结了其在衰老过程中的作用, 不仅有助于深入理解衰老的分子本质, 也为开发延缓衰老和干预慢性疾病的潜在策略提供了新思路。

Metabolism regulation of NAD⁺ and its role in anti-aging

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Abstract NAD⁺ is a key molecule in maintaining cellular function and metabolic homeostasis, and closely associated with the development of various age-related diseases. This review systematically summarizes the biological functions, metabolic pathways and regulatory mechanism of NAD⁺, as well as its role in the process of aging. This review not only contributes to a deeper understanding of the molecular basis of aging, but also provides new insights for developing potential strategies to delay aging and intervene in chronic diseases.

衰老是一个损伤逐渐累积,与年龄有关疾病的风险增加,个体适应能力、生理和心理功能以及恢复力下降,最终导致死亡的自然过程^[1-2]。人口老龄化给社会带来了一系列挑战,因此探索抗衰老的分子机制和开发安全有效的抗衰老干预措施至关重要^[3]。烟酰胺腺嘌呤二核苷酸(nicotinamide adenine dinucleotide, NAD⁺)存在于所有活细胞中,是一种广泛存在的辅酶,其氧化和还原形式的转换为线粒体呼吸链提供电子和质子,是形成ATP的关键^[4],参与能量代谢、钙信号传导、细胞周期、细胞凋亡、氧化应激和昼夜节律等许多生物学过程^[5-7],在维持细胞稳态中起着核心作用^[8]。NAD⁺也是多种酶的限速底物,可作为重要的信号转导因子参与DNA修复、表观遗传调控、基因转录和蛋白质翻译后修饰等过程,与衰老关系密切,调节NAD⁺代谢被认为是一种潜在的抗衰老策略^[9]。本文旨在总结NAD⁺代谢调节在抗衰老方面的研究进展,探讨NAD⁺的功能机制以及与衰老相关疾病的关系,为进一步理解和开发NAD⁺相关的衰老干预策略提供思路。

1 NAD⁺的结构、合成及代谢

NAD⁺由单磷酸腺苷(adenosine monophosphate, AMP)与烟酰胺单核苷酸(nicotinamide mononucleotide, NMN)连接而成,其中NMN中的烟酰胺具有氧化还原功能。在氧化状态下NAD⁺作为电子受体参与细胞代谢;NAD⁺结合氢离子可转化为还原型NAD⁺(NADH),成为电子供体进入线粒体电子传递链,驱动ADP在ATP合酶作用下生成ATP。NAD⁺和NADH在细胞代谢过程中不断循环转换,维持能量代谢与氧化还原平衡^[10-11]。NAD⁺合成有Preiss-Handler途径、犬尿氨酸途径和补救合成途径^[12]。在Preiss-Handler途径中,烟酸由烟酸磷酸核糖转移酶启动生成烟酸单核苷酸,随后经烟酰胺单核苷酸腺苷转移酶催化转化为烟酸腺嘌呤二核苷酸,最终通过NAD⁺合成酶催化的酰胺化反应转化为NAD⁺^[9]。在犬尿氨酸途径中,色氨酸通过转运蛋白进入细胞,在吡哆胺2,3-双加氧酶或色氨酸2,3-双加氧酶的作用下发生双加氧反应,转化为N-甲酰

基犬尿氨酸,随后水解为L-犬尿氨酸;L-犬尿氨酸通过犬尿氨酸酶和犬尿氨酸氨基转移酶的级联催化,最终生成关键中间体 α -氨基- β -羧基粘康酸- ϵ -半醛,该中间体通过非酶促环化反应生成喹啉酸,后者在喹啉酸磷酸核糖转移酶作用下,与5-磷酸核糖焦磷酸结合形成烟酸单核苷酸,进而汇入Preiss-Handler途径参与NAD⁺的生物合成^[13]。在补救合成途径中,酶促反应的副产物烟酰胺经由烟酰胺磷酸核糖基转移酶转化为NMN,随后在烟酰胺单核苷酸腺苷转移酶作用下生成NAD⁺;而烟酰胺核糖(nicotinamide riboside, NR)则通过烟酰胺核糖激酶形成NMN,同样在烟酰胺单核苷酸腺苷转移酶的介导下转化为NAD⁺^[14]。在哺乳动物中,补救合成途径通过循环利用NAD⁺前体分子,是维持细胞内NAD⁺稳态的核心生物合成途径^[15]。

在NAD⁺代谢过程中,沉默信息调节因子(silent information regulators, SIRT6)发挥NAD⁺依赖性去乙酰酶功能,催化底物蛋白的去乙酰化反应,消耗NAD⁺并生成O-乙酰基-ADP-核糖和烟酰胺^[16-17]。聚腺苷二磷酸核糖聚合酶(poly ADP-ribose polymerases, PARPs)以NAD⁺为底物,催化其分解为烟酰胺和ADP-核糖,随后将多个ADP-核糖单元转移并共价连接至蛋白质底物,形成聚ADP核糖链^[18]。白细胞分化抗原38可催化NAD⁺的水解,生成烟酰胺、环状ADP-核糖和ADP-核糖^[19-20]。以上关键酶介导的NAD⁺消耗途径与NAD⁺的再生过程共同维持细胞内NAD⁺水平的动态平衡。

2 NAD⁺与衰老

衰老过程中NAD⁺代谢稳态失衡,从而引发NAD⁺含量下降。研究^[21]发现,随着年龄的增长,全血NAD⁺含量发生变化。临床研究^[22]表明20至50岁年龄组人群的全血NAD⁺含量明显高于50至85岁年龄组,其中男性从 $(44.2 \pm 18.9) \mu\text{mol/L}$ 下降到 $(25.9 \pm 9.8) \mu\text{mol/L}$ 。另一项研究^[23]显示,男性全血NAD⁺含量随年龄增长逐渐下降,女性则呈波动趋势。视网膜NAD⁺含量随年龄增加而减少,并使视网膜神经节细胞对眼压的敏感度提高^[24]。健康人脑细胞内NAD⁺含量随年龄增长而减少,导致

衰老大脑中线粒体代谢效率和功能逐渐下降,能量产生率降低^[24]。此外,骨骼肌内 NAD⁺ 含量的降低与年龄增长也密切相关,可反映骨骼肌健康状况^[25]。

当前 12 个衰老标志物分别为基因组不稳定性、端粒损耗、表观遗传改变、蛋白质稳态丧失、自噬功能障碍、营养感应失调、线粒体功能障碍、细胞衰老、干细胞耗竭、细胞间通讯改变、慢性炎症和生态失调^[26]。多项研究^[9,27]表明,NAD⁺ 耗竭通过多条分子通路影响细胞功能和整体生理状态,从而加速衰老进程。作为 PARPs 和 SIRT6 家族等多种关键酶的辅因子,NAD⁺ 稳态失衡将导致 DNA 损伤累积、端粒缩短及基因表达异常^[28-29]。此外,NAD⁺ 耗竭也可影响蛋白质稳态和自噬功能,导致错误折叠或损伤蛋白的清除受阻,使细胞内毒性物质积累,加剧细胞损伤^[6,30]。NAD⁺ 对能量代谢和线粒体功能同样至关重要,其耗竭会抑制线粒体氧化磷酸化,降低 ATP 生成,增加活性氧水平,诱导细胞功能失调^[31-32]。NAD⁺ 水平下降还可激活衰老相关信号通路和促炎反应,破坏细胞间通讯,使机体处于慢性低度炎症环境,进一步加剧衰老进程^[9,33]。

NAD⁺ 与神经系统疾病、代谢疾病、心血管疾病、肿瘤等多种衰老相关疾病及生殖能力关系密切。NAD⁺ 可改善神经细胞代谢,促进信号传导并改善神经炎症,对神经系统的功能和健康起着重要的调节作用^[34-35]。研究显示,外周血 NAD⁺ 水平与社区人群代谢系统疾病存在明显的相关性^[36];NAD⁺ 通过参与调节多种代谢途径,影响能量感应、应激反应和细胞存活信号,减少年龄相关代谢疾病的发生^[37-38];NAD⁺ 耗竭被认为是心脏衰老的显著特征^[39];NAD⁺ 及其代谢物广泛分布在主动脉弓,在氧化应激反应、线粒体呼吸及能量代谢方面起着至关重要的作用,参与维持心脏功能和心血管疾病发展进程^[40-41]。NAD⁺ 对于生殖细胞的能量供应、遗传信息的保护以及细胞的生长和成熟过程同样至关重要,有助于维持正常的生殖功能^[42-43]。NAD⁺ 在肿瘤发展中表现出双重作用:一方面,NAD⁺ 通过免疫调节、线粒体功能调节和促进细胞凋亡等机制抑制肿瘤的发展和扩散^[44-46];另一方面 NAD⁺ 通过提供能量和促进 DNA 修复等机制促进肿瘤细胞的存活和增殖^[47-49]。

3 NAD⁺ 抗衰老的潜在效应

3.1 维持干细胞稳态 成体干细胞在组织维持和再生中扮演着不可或缺的角色。NAD⁺ 可能参与肌

肉干细胞 (muscle stem cell, MuSC) 衰老的关键机制。使用 NR 补充 NAD⁺ 可诱导老年小鼠线粒体未折叠蛋白反应,从而恢复老年小鼠 MuSC 的活力^[50]。NR 还可阻止肌肉营养不良症模型中 MuSC 的衰老^[51]。进一步的研究^[52] 结果表明,NR 可延缓神经干细胞和黑色素干细胞的衰老,并延长小鼠的寿命。因此,维持细胞 NAD⁺ 水平可能有助于重新编程功能失调的干细胞,并延缓哺乳动物的衰老过程。间充质干细胞 (mesenchymal stem cell, MSC) 因其特殊的免疫调节功能,在治疗炎症性疾病方面具有重要的前景。NAD⁺ 可增强 MSC 中炎症细胞因子诱导的糖酵解代谢,调节 MSC 的免疫功能并发挥抗炎作用^[53]。晚期传代 MSC 中 NAD⁺ 含量下降,SIRT3 表达降低并出现线粒体功能障碍;使用 NMN 可以增高细胞内 NAD⁺ 水平,同时激活 SIRT3,从而改善线粒体功能并挽救衰老的 MSC^[54]。此外,激活 NAD⁺ 依赖性 SIRT1 通路可有效延缓骨髓 MSC 衰老,促进成骨,恢复骨再生^[55]。在皮肤修复过程中,细胞衰老抑制伤口处的表皮再生,并导致 PGC-1 α 表达降低;PGC-1 α 可介导 NAD⁺ 水平,在皮肤修复过程中控制应激诱导的 P53/P21 信号通路^[56]。作为生理性皮肤修复的重要调控因素,NAD⁺ 含量下降可抑制表皮干细胞生长和分化反应,减少皮肤再生^[57]。因此,通过调节干细胞的能量代谢、线粒体功能和关键调控通路,NAD⁺ 可延缓干细胞衰老过程,恢复其功能和再生能力。

3.2 调节免疫功能 NAD⁺ 生物合成与降解的动态变化可引起细胞内 NAD⁺ 含量的波动,从而调控一系列 NAD⁺ 依赖性酶的活性状态,影响细胞的能量代谢,进而调节先天性和适应性免疫细胞的功能特性。NAD⁺ 对免疫反应的最终影响取决于特定 NAD⁺ 依赖性酶的功能及其在当前生物环境下的表达与活性状态,这种特性使得 NAD⁺ 成为免疫反应复杂网络中的一个重要节点,具有潜在的治疗价值。衰老过程中活化的炎性巨噬细胞通过 NF- κ B 信号通路上调磷酸甘油酸脱氢酶的表达,后者可抑制 NAD⁺ 依赖性 SIRT1 和 SIRT3 的活性;提升 NAD⁺ 水平可有效恢复巨噬细胞的氧化磷酸化能力,并促进稳态免疫反应的重建与维持^[58]。此外,在衰老及其相关疾病中,犬尿氨酸途径中 NAD⁺ 分解速率增加可能是导致细胞内 NAD⁺ 水平下降,进而引发先天免疫功能障碍加剧的根本原因^[59]。可见 NAD⁺ 对于维持免疫系统的功能和减缓免疫衰老的进程具有重要意义。

4 总结与展望

NAD⁺代谢在衰老过程中发生变化,通过补充NAD⁺前体物质、调节NAD⁺合成酶和激活NAD⁺依赖性酶等方式可有效提高细胞功能,延缓衰老进程。未来应重点关注NAD⁺代谢与衰老标志物之间的关系,深入探索NAD⁺在细胞功能调节、炎症调控和免疫老化等方面的作用机制。此外,临床研究应进一步验证NAD⁺补剂的安全性和有效性,并寻求个体化治疗策略。综合而言,NAD⁺在抗衰老领域具有广阔的研究前景和临床应用潜力。

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敲除组蛋白脱乙酰酶 6 对心肌缺血再灌注损伤小鼠心脏功能的保护作用

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关键词 组蛋白脱乙酰酶 6; 心肌缺血再灌注损伤; 巨噬细胞极化; 心脏功能; 小鼠**中图分类号** R541.4

摘要 **目的:**探讨敲除组蛋白脱乙酰酶 6(HDAC6)对心肌缺血再灌注损伤(MI/RI)小鼠心脏功能的保护作用及可能机制。**方法:**10 只野生型(WT)小鼠和 10 只 HDAC6 基因敲除(HDAC6-KO)小鼠用于建立 MI/RI 模型。MI/RI 后第 7 天,每组取 4 只小鼠,采集左心室梗死组织,PCR 检测促炎标记基因(IL-6、IL-1 β 、IL-12 β)和抗炎/修复标记基因[精氨酸酶 1(arginase-1, ARG1)、早期生长应答因子 2(early growth response protein 2, EGR2)、C 型 1 类甘露糖受体(mannose receptor C-type 1, CD206)] mRNA 的表达,采用流式细胞术分析巨噬细胞亚群的变化。每组取 6 只小鼠,MI/RI 前及 MI/RI 后第 28 天,通过超声心动图评估剩余 6 只小鼠心脏功能。**结果:**与 WT 组相比,MI/RI 后第 7 天,HDAC6-KO 组小鼠心肌梗死组织中 IL-6、IL-1 β 、IL-12 β mRNA 水平降低,ARG1、EGR2、CD206 mRNA 水平升高,促炎性巨噬细胞比例减少,抗炎/修复性巨噬细胞比例增加($P < 0.05$),MI/RI 后第 28 天 HDAC6-KO 组小鼠左室射血分数、短轴缩短率、面积变化分数、左室收缩末容积较基线的变化值均减小($P < 0.05$)。**结论:**敲除 HDAC6 减弱了 MI/RI 小鼠梗死组织早期炎症反应,并促进了促炎性巨噬细胞向抗炎/修复性巨噬细胞的极化,对小鼠心脏功能有保护作用。

Protective effect of histone deacetylase 6 knockout on cardiac function in mice with myocardial ischemia-reperfusion injury

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Keywords histone deacetylase 6; ischemia-reperfusion injury; macrophage polarization; cardiac function; mice

Abstract **Aim:** To investigate the protective effect of histone deacetylase 6 (HDAC6) knockout on cardiac function in mice with myocardial ischemia-reperfusion injury (MI/RI) and explore its potential underlying mechanisms. **Methods:** A total of 10 wild-type (WT) mice and 10 HDAC6 gene knockout (HDAC6-KO) mice were used to establish MI/RI models. Seven days post-MI/RI, left ventricular infarction tissues were collected from 4 mice in each group. The mRNA expression levels of pro-inflammatory marker genes (IL-6, IL-1 β , IL-12 β) and repair/anti-inflammatory marker genes (ARG1, EGR2, CD206) were assessed using quantitative PCR, and changes in macrophage subsets were analyzed by flow cytometry. Additionally, 6 mice from each group underwent echocardiography before MI/RI and 28 days post-MI/RI to evaluate cardiac function. **Results:** Compared with the WT group, 7 days after MI/RI, the HDAC6-KO group exhibited significantly reduced

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