

非编码 RNA 调节骨质疏松的研究进展

刘 萍, 丁 怡, 杨玉娇

常州市第一人民医院 老年科, 江苏 常州 213000

摘 要: 随着人口老龄化, 骨质疏松的发病率显著增加, 严重影响患者的生活质量。近年来, 随着表观遗传学的深入研究, 非编码 RNA (包括长链非编码 RNA、微小 RNA、环状 RNA) 成为研究热点, 已发现其可参与多种疾病的调节。越来越多的证据表明非编码 RNA 在骨代谢过程中发挥重要的调节作用, 具有作为骨质疏松的诊断生物标志物和治疗靶标的巨大潜力。因此对骨质疏松相关的非编码 RNA 的研究进展进行综述。

关键词: 骨质疏松; 非编码 RNA; 长链非编码 RNA; 微小 RNA; 环状 RNA; 研究进展

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Research progress on non-coding RNA regulating osteoporosis

LIU Ping, DING Yi, YANG Yu-jiao

Department of Gerontology, Changzhou First People's Hospital, Changzhou 213000, China

Abstract: With the aging of the population, the incidence of osteoporosis has increased significantly, which seriously affects the quality of life of patients. In recent years, with the in-depth study of epigenetics, non-coding RNAs (including long non-coding RNAs, microRNAs, and circRNAs) have become a research hotspot, and they have been found to be involved in the regulation of a variety of diseases. More and more evidences show that non-coding RNA plays an important regulatory role in bone metabolism and has great potential as a diagnostic biomarker and therapeutic target for osteoporosis. In this article, the research progress of osteoporosis related non-coding RNA is reviewed.

Key words: osteoporosis; non-coding RNA; long non-coding RNA; microRNA; circular RNA; research progress

随着人口的老齡化, 骨质疏松已成为主要的全球性健康问题, 严重的影响了患者的生活质量^[1]。骨质疏松症的基本特征是成骨细胞与破骨细胞功能的失衡, 由于骨吸收增加和(或)骨形成减少, 造成骨量减少和骨组织的微结构变化, 从而导致骨折风险增加^[2]。目前临床上用于治疗骨质疏松的药物主要通过减少骨吸收或增加骨形成发挥抗骨质疏松作用^[3]。但这些药物的长期单独或联合使用存在胃肠道疾病、下颌和耳道骨坏死、低磷血症、有症状的骨髓水肿等不良反应^[4-5]。近年来非编码 RNA (non-coding RNA, ncRNA) 成为研究热点, 随着对 ncRNA 认识的深入, 人们发现其参与包括骨质疏松在内的多种疾病的发生、发展^[6-7], 预示着基因疗法可能是未来治疗骨质疏松的新方向。ncRNA 不编码任何蛋白质, 是一类重要的调节分

子, 在基因表达的调节中起着至关重要的作用^[8]。编码蛋白质的 mRNA 仅占少数, 大部分转录组是 ncRNA^[9]。ncRNA 的主要类别包括微小 RNA (microRNA, miRNA)、长链非编码 RNA (long non-coding RNA, lncRNA) 和环状 RNA (circular RNA, circRNA)^[10-11]。研究表明, 这些 ncRNA 的失调与多种疾病有关, 包括骨质疏松^[12]。许多 lncRNA、circRNA 还充当许多 microRNA 的竞争性内源 RNA (competitive endogenous RNA, ceRNA), 以调节影响不同途径的 microRNA 靶向基因的表达, 这些途径被证实在骨质疏松的骨代谢调控中发挥重要作用。本文围绕 ncRNA 对骨质疏松发生、发展的影响展开综述。

1 lncRNA 与骨质疏松

关于 lncRNA 及其特征报道最早见于 20 世

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作者简介: 刘 萍 (1990—), 女, 硕士, 研究方向为老年科疾病的诊疗。E-mail: 18697580476@163.com

纪90年代初,如H19 21和Xist^[13-14],基因组分析技术的发展使人们对lncRNA有了更深入的了解。lncRNA的长度一般大于200个核苷酸,广泛存在于细胞核和细胞质中^[15],可通过RNA编辑/剪接/降解、转录激活/抑制、染色质修饰、microRNA整合和翻译效率这些机制调节基因表达^[16]。lncRNA在人类疾病的发生、发展中可充当miRNA或miRNA海绵的贮藏库,与互补DNA序列结合并调节转录过程^[17-18]。关于lncRNA的研究主要集中在肿瘤和心血管系统^[19-21],近年来的研究发现,lncRNA可参与骨质疏松的发生、发展的调节。

lncRNA可充当miRNA或miRNA海绵的贮藏库^[22],与互补DNA序列结合并调节转录过程^[18]。已知有些lncRNA被发现抑制成骨细胞分化的作用。如lncRNA1(ORLNC1)被证明是miR-296的竞争性ceRNA,通过靶向磷酸酶和张力蛋白同源物(PTEN),已成为众所周知的成骨负向调节剂^[23]。lncRNA XIXT可通过miR-30a-5p降低Runx2来减少体外骨髓间充质干细胞(BMSC)的成骨分化^[24]。除了抑制成骨细胞分化的作用之外,许多lncRNA被发现可以促进成骨细胞分化,如lncRNA MODR作为miRNA的分子海绵,与miR-454结合并减轻其对Runx2的抑制作用,从而促进骨骼形成^[25]。部分lncRNA,如lncRNA MEG3和lncRNA H19被发现可通过多种途径参与成骨细胞分化的调节^[26-29]。研究发现,lncRNA亦可通过调节破骨分化参与骨代谢的调控。Liu等^[30]发现lncRNA AK077216水平的过表达可以增加活化的T细胞1(NFATc1)的核因子的表达,通过抑制NFAT相互作用蛋白45(NIP45)的表达,增强破骨细胞的形成和功能,从而导致骨吸收增加。Ling等^[31]发现lncRNA-MIRG作为miR-1897的ceRNA靶向NFATc1,刺激破骨细胞生成。以上研究发现lncRNA可通过不同的途径参与破骨分化和成骨分化的调节,影响骨形成与骨吸收之间的平衡。目前对lncRNA的研究处于探索阶段,其具体作用机制和各种lncRNA之间的关联尚需大量的研究进一步明确。

2 miRNA与骨质疏松

miRNA是由18~25个核苷酸组成的小的单链RNA分子。功能性miRNA与相关蛋白结合后作用于靶mRNA,可通过抑制翻译或促进目标基因的降解这两种方式参与目标基因的转录后调控^[32]。由于每个miRNA可以与许多mRNA互补,因此它们具

有调控多个基因的潜力^[33]。近年来研究表明,miRNA在各种生物学和病理学背景下的重要性,如细胞分化、增殖、凋亡,癌症,炎症性疾病,代谢性疾病和神经系统疾病^[34-36]。研究表明部分miRNA在调节骨代谢过程中发挥重要作用,骨质疏松的发生与miRNA的代谢紊乱密不可分^[37]。

已有研究发现miR-21、miR-31、miR-155、miR-7b、miR-34a、miR-124等通过与各自的下游靶标结合参与骨代谢的调节^[38-41]。Guo等^[42]研究发现上调miR-214可以减少成骨细胞分化,并有效促进体外BMSC的脂肪细胞分化,提示miR-214有抑制骨分化的作用。Yu等^[43]发现miR-31的过表达通过抑制Satb2蛋白而降低了BMSCs中成骨转录因子的表达。Tang等^[44]证实miRNA-433-3p可通过激活Wnt/ β -catenin信号通路促进成骨细胞分化。Lin等^[45]研究提示miR-130a和miR-27b的上调可能会通过负向调控SMAD特异性E3泛素蛋白连接酶2(smurf2)的表达,进一步靶向PPAR γ ,从而增加人BMSC中的成骨作用并减少脂肪形成。此外,研究发现miRNA除了参与成骨分化的调控外,亦可参与破骨细胞分化调节。Wang等^[46]研究表明miR-133a表达在破骨细胞形成过程中被上调,并通过核因子- κ - β 配体的受体激活剂(RANKL)刺激RAW264.7和THP-1细胞分化为破骨细胞。一项研究揭示miR-218或miR-618的表达上调减少了RAW264.7细胞在体外破骨细胞的进程,而下调则显示出相反的作用^[47]。相对而言,miRNA的研究较为成熟,大量的研究结果提示多种miRNA通过作用于相应的靶标调节成骨分化和破骨分化参与骨质疏松的调控。提示在未来骨质疏松的治疗策略中,基于miRNA的基因调节治疗具有巨大的潜力。

3 circRNA与骨质疏松

circRNA是一类新型的非编码RNA,与lncRNA和miRNA不同的是circRNA具有环状结构,没有5'端3'端,这些特征赋予circRNAs对RNase R的抵抗力,因此结构更稳定^[48-49]。circRNA分布广泛,无论是不同物种间还是不同亚细胞间,都能发现circRNA的存在。已鉴定出circRNA在人体组织中广泛表达,在细胞生长、信号传导和生理病理反应等多种生物活动中发挥着重要作用^[50-52]。circRNA主要通过竞争性结合目标miRNA上的结合位点,吸附miRNA,抑制miRNA与靶标的结合发挥miRNA的海绵作用,调节基因的表达^[53-54]。CDR1as

是第一个报道的 miRNA 海绵, 可通过负调控 miR-7 发挥作用在脑组织、神经细胞和肺癌中表达^[55-56]。已有研究发现 circRNA 在许多疾病中可能起重要作用^[57-59]。

circRNA 在骨质疏松症领域的研究仍处于初步探索阶段。Jin 等^[60]将骨质疏松症患者与正常人血清样本进行对比研究, 发现骨质疏松患者中有 106 种 circRNAs 表达上调, 154 种 circRNAs 表达下调。Zhao 等^[61]对绝经后女性的血液进行分析, 发现绝经后骨质疏松组有 203 种 circRNA 上调和 178 种 circRNA 下调。以上研究结果均提示 circRNAs 可能参与骨代谢的调节。其中对 circRNA_28313 的研究较为明确, 它通过竞争内源性 RNA (ceRNA) 减轻了 miR195a 介导的 CSF1 抑制, miR-195a 直接靶向 circRNA_28313 和 CSF1 3'-UTR, 并可以形成 ceRNA 网络来调节 RANKL + CSF1 诱导的 BMM 细胞破骨细胞分化^[62]。Huang 等^[63]发现骨质疏松症患者中 circRNA_0002060 水平明显更高, 其敏感性和特异性分别为 78%、69%, 具有骨质疏松症诊断生物标志物的潜力。目前关于 circRNA 的了解尚不成熟, 以上研究结果提示, circRNA 作为一个新兴的非编码 RNA, 在骨质疏松领域有很大的研究潜能, 在未来有望成为骨质疏松的一种新型检测标志物, 对骨质疏松的诊治具有重要的研究价值。

4 结语

对 ncRNA 深入研究打破了传统的思想, 让人们逐步认识到其重要性。通过以上综述可以认识到 miRNA 可参与各种生物活动, 在多种疾病中扮演重要角色。circRNA 和 lncRNA 均具有 miRNA 结合位点, 可发挥 miRNA 海绵作用, 抵消 miRNA 对其靶基因的抑制作用, 从而增强靶基因表达的水平。这种相互作用可以形成复杂的 ceRNA 网络, 在各种生物学过程和疾病进展中起主要作用。

miRNA、lncRNA、circRNA 均参与骨分化的调节, 这 3 类 RNA 在骨质疏松症骨代谢失衡的动态过程中发挥重要作用, 但具体机制仍处于探索阶段。目前已发现多种 miRNA 的表达在 BMSC、成骨细胞和破骨细胞的功能中具有重要作用, 但是参与骨骼组织的许多 miRNA 也存在于不同的细胞、组织中, 甚至存在于其他疾病中, 并且同一个 miRNA 可以与多个 mRNA 结合, 这引发了开发 miRNA 治疗剂的特异性问题, 因此需要开发仅仅能靶向特定组织/细胞的新型递送系统来解决这个问

题。另外由于 miRNA 稳定性差, 使得其作为生物标记物颇具挑战。研究表明一些 lncRNA 和 circRNA 通过充当 miRNA 海绵来影响成骨细胞和破骨细胞的分化, 但目前研究数量有限, 尚需大量研究进一步明确其具体作用机制。circRNAs 目前是生物学研究的重点领域之一, 尽管已鉴定出数千种 circRNA, 但据报道只有少数 circRNA 具有生物学功能。未来需要大量研究来揭示 lncRNA 和 circRNA 在临床环境中的潜力。

利益冲突 所有作者均声明不存在利益冲突

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