

糖尿病肾病患者血清 miR-495-3p 和 LncRNA NEAT1 表达水平及其与患者预后的相关性研究

刘 慧, 钟娇影, 刘 杰, 陈秀娟 (河北以岭医院肾病科, 石家庄 050000)

摘要: **目的** 研究血清微小 RNA (micro RNA, miR)-495-3p, 长链非编码 RNA 核富集转录体 1 (LncRNA NEAT1) 水平与糖尿病肾病 (DN) 患者预后的关系。 **方法** 纳入河北以岭医院 2019 年 1 月~2021 年 1 月期间 116 例 DN 患者作为 DN 组, 收集其临床资料, 根据肾脏病理损伤程度分为 I 级组、II 级组、III 级组和 IV 级组; 根据治疗后 6 个月随访期间是否发展为终末期肾病分为预后良好组和预后不良组; 另收集同期单纯 2 型糖尿病 (T2DM) 患者 102 例作为 T2DM 组和健康体检者 100 例作为对照组。采用实时荧光定量 PCR (qRT-PCR) 法检测血清 miR-495-3p 和 LncRNA NEAT1 水平; 采用受试者工作特征 (ROC) 曲线分析血清 miR-495-3p 和 LncRNA NEAT1 水平对 DN 患者预后的预测价值。 **结果** 对照组、T2DM 组和 DN 组血清 miR-495-3p 水平 (1.02 ± 0.25 , 0.76 ± 0.22 , 0.58 ± 0.16) 依次降低, LncRNA NEAT1 水平 (1.01 ± 0.23 , 1.58 ± 0.29 , 2.16 ± 0.36) 依次升高, 差异均有统计学意义 ($F=117.238$, 391.506 , 均 $P < 0.05$)。DN 中 T2DM 病程 ≥ 10 年, $eGFR \geq 60$ ml/min/1.73 m², FBG ≥ 8 mmol/L, 24 h 尿蛋白 ≥ 3 g/24 h 的血清 miR-495-3p 水平 (0.52 ± 0.14 , 0.52 ± 0.15 , 0.50 ± 0.16 , 0.49 ± 0.15) 低于 T2DM 病程 < 10 年, $eGFR < 60$ ml/min/1.73 m², FBG < 8 mmol/L 和 24 h 尿蛋白 < 3 g/24 h (0.67 ± 0.18 , 0.69 ± 0.19 , 0.70 ± 0.19 , 0.73 ± 0.18); 而 LncRNA NEAT1 水平 (2.33 ± 0.42 , 2.29 ± 0.38 , 2.35 ± 0.43 , 2.31 ± 0.40) 高于 T2DM 病程 < 10 年, $eGFR < 60$ ml/min/1.73 m², FBG < 8 mmol/L 和 24 h 尿蛋白 < 3 g/24 h (1.90 ± 0.31 , 1.92 ± 0.33 , 1.88 ± 0.31 , 1.90 ± 0.36), 差异均有统计学意义 ($t_{miR-495-3p}=5.033$, 5.300 , 6.122 , 7.721 , $t_{LncRNA NEAT1}=5.956$, 5.244 , 6.436 , 5.529 , 均 $P < 0.05$)。I 级组、II 级组、III 级组和 IV 级组血清 miR-495-3p 水平 (0.74 ± 0.19 , 0.61 ± 0.16 , 0.50 ± 0.08 , 0.39 ± 0.06) 依次降低, LncRNA NEAT1 水平 (1.69 ± 0.30 , 2.08 ± 0.32 , 2.34 ± 0.35 , 2.74 ± 0.39) 依次升高, 差异有统计学意义 ($F=32.060$, 46.730 , 均 $P < 0.05$)。预后不良组血清 miR-495-3p 水平 (0.45 ± 0.10) 低于预后良好组 (0.65 ± 0.17), LncRNA NEAT1 (2.53 ± 0.47) 水平高于预后良好组 (1.97 ± 0.36), 差异有统计学意义 ($t=6.836$, 7.148 , 均 $P < 0.05$)。血清 miR-495-3p, LncRNA NEAT1 水平单独及联合预测 DN 患者预后不良的曲线下面积 (AUC) 分别为 0.784 (95%CI: $0.702 \sim 0.867$), 0.753 (95%CI: $0.658 \sim 0.848$) 和 0.834 (95%CI: $0.755 \sim 0.912$), 特异度分别为 71.1%, 86.8% 和 77.6%, 敏感度分别为 62.5%, 57.5% 和 77.5%。 **结论** DN 患者血清 miR-495-3p 低表达, LncRNA NEAT1 高表达, 二者水平与 DN 患者肾损伤及预后有关。

关键词: 糖尿病肾病; 微小 RNA-495-3p; 长链非编码 RNA 核富集转录体 1

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Study on the Expression Levels of Serum miR-495-3p and LncRNA NEAT1 in Diabetic Nephropathy and Their Relationship with Prognosis of Patients

LIU Hui, ZHONG Jiao-ying, LIU Jie, CHEN Xiu-juan

(Department of Nephrology, Hebei Yiling Hospital, Shijiazhuang 050000, China)

Abstract: **Objective** To study the relationship between serum microRNA(miR)-495-3p, long non-coding RNA nuclear-enriched abundant transcript 1 (LncRNA NEAT1) levels and the prognosis of patients with diabetic nephropathy (DN). **Methods** A total of 116 DN patients in Hebei Yiling Hospital from January 2019 to January 2021 were included as DN group, and their clinical data were collected. According to the degree of renal pathological injury, they were divided into grade I group, grade II group, grade III group and grade IV group, and according to whether they developed end-stage renal disease during the 6-month follow-up period after treatment, they were grouped into a good prognosis group and a poor prognosis group. Another 102 patients with simple type 2 diabetes mellitus (T2DM) were collected as the T2DM group, and 100 healthy subjects were collected as the control group. Serum miR-495-3p and LncRNA NEAT1 levels were detected by real-time quantitative PCR (qRT-PCR), and receiver operating characteristic (ROC) curve was applied to analyze the predictive value of serum miR-495-3p and

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作者简介: 刘慧 (1988-), 女, 硕士研究生, 主治医师, 从事膜性肾病、糖尿病肾病研究, E-mail: hukzxm@163.com。

通讯作者: 陈秀娟 (1981-), 女, 本科, 副主任医师, 从事糖尿病肾病、慢性肾功能衰竭研究, E-mail: 147241589@qq.com。

LncRNA NEAT1 levels on the prognosis of DN patients. **Results** The level of serum miR-495-3p ($1.02 \pm 0.25, 0.76 \pm 0.22, 0.58 \pm 0.16$) in the control group, T2DM group and DN group decreased in turn, while the level of LncRNA NEAT1 ($1.01 \pm 0.23, 1.58 \pm 0.29, 2.16 \pm 0.36$) increased in turn, with statistically significant differences ($F=117.238, 391.506$, all $P<0.05$). In DN patients, the serum miR-495-3p levels ($0.52 \pm 0.14, 0.52 \pm 0.15, 0.50 \pm 0.16, 0.49 \pm 0.15$) of T2DM patients ≥ 10 years, $eGFR \geq 60$ ml/min/ 1.73 m^2 , $FBG \geq 8$ mmol/L and 24h urinary protein ≥ 3 g/24h were lower than those of T2DM patients <10 years, $eGFR < 60$ ml/min/ 1.73 m^2 , $FBG < 8$ mmol/L and 24h urinary protein < 3 g/24h ($0.67 \pm 0.18, 0.69 \pm 0.19, 0.70 \pm 0.19, 0.73 \pm 0.18$), and level of LncRNA NEAT1 ($2.33 \pm 0.42, 2.29 \pm 0.38, 2.35 \pm 0.43, 2.31 \pm 0.40$) was higher than that of T2DM with course of disease <10 years, $eGFR < 60$ ml/min/ 1.73 m^2 , $FBG < 8$ mmol/L and 24h urine protein < 3 g/24h ($1.90 \pm 0.31, 1.92 \pm 0.33, 1.88 \pm 0.31, 1.90 \pm 0.36$), with differences were statistically significant ($t_{\text{miR-495-3p}}=5.033, 5.300, 6.122, 7.721, t_{\text{LncRNA NEAT1}}=5.956, 5.244, 6.436, 5.529$, all $P < 0.05$). Serum level of miR-495-3p ($0.74 \pm 0.19, 0.61 \pm 0.16, 0.50 \pm 0.08, 0.39 \pm 0.06$) in grade I, grade II, grade III and grade IV groups decreased in turn, while the level of LncRNA NEAT1 ($1.69 \pm 0.30, 2.08 \pm 0.32, 2.34 \pm 0.35, 2.74 \pm 0.39$) increased in turn, with differences were statistically significant ($F=32.060, 46.730$, all $P<0.05$). The level of serum miR-495-3p (0.45 ± 0.10) in the poor prognosis group was lower than that in the good prognosis group (0.65 ± 0.17), and the level of LncRNA NEAT1 (2.53 ± 0.47) was higher than that in the good prognosis group (1.97 ± 0.36), with differences were statistically significant ($t=6.836, 7.148$, all $P<0.05$). The area under the curve (AUC) of serum miR-495-3p and LncRNA NEAT1 levels alone and in combination for predicting poor prognosis in DN patients was 0.784 (95%CI: 0.702 ~ 0.867), 0.753 (95%CI: 0.658 ~ 0.848) and 0.834 (95%CI: 0.755 ~ 0.912), respectively, the specificity was 71.1%, 86.8% and 77.6%, respectively, and the sensitivity was 62.5%, 57.5% and 77.5%, respectively. **Conclusion** Serum miR-495-3p in DN patients was lowly expressed, and LncRNA NEAT1 was highly expressed, and the levels of both were related to renal injury and prognosis in DN patients.

Keywords: diabetic nephropathy; microRNA-495-3p; long non-coding RNA nuclear-enriched abundant transcript 1

糖尿病肾病 (diabetes nephropathy, DN) 是 2 型糖尿病 (type 2 diabetes mellitus, T2DM) 常见并发症, 具有高发病率和死亡率^[1-2]。尿蛋白是肾功能生物标志物之一, 可反映肾小球损伤及其对大分子的通透性增加, 但其变异性大、敏感度低^[3]。因此临床急需有效的辅助检测指标, 以提高预后不良 DN 高危患者的检出率。LI 等^[4]研究通过数据库预测和文献筛选, 确定长链非编码 RNA 核富集转录体 1 (long non-coding RNA nuclear-enriched abundant transcript 1, LncRNA NEAT1) 参与的 LncRNA-miRNA-mRNA 网络与早期 DN 疾病进展有关。微小 RNA (microRNA, miR) -495-3p 靶向调控核孔蛋白 160 可参与 DN 的足细胞损伤^[5]。miR-495-3p 与 LncRNA NEAT1 间存在靶向关系, 但二者在 DN 预后中的作用仍不明确。因此, 本研究旨在探讨血清 miR-495-3p 和 LncRNA NEAT1 水平在 DN 患者预后预测中的价值。

1 材料与方法

1.1 研究对象 纳入河北以岭医院 2019 年 1 月 ~ 2021 年 1 月收治的 116 例 DN 患者作为 DN 组 (均为 T2DM 患者), 其中男性 60 例, 女性 56 例; 平均年龄 59.84 ± 11.35 岁; < 60 岁 67 例, ≥ 60 岁 49 例。另收集同期单纯 T2DM 患者 102 例作为 T2DM 组, 男性 54 例, 女性 48 例, 平均年龄 59.76 ± 11.15 岁。纳入标准: ① DN 诊断符合《糖尿病肾病诊治专家共识》^[6], T2DM 诊断符合《糖尿病分型诊断中国专家共识》^[7]; ②临床资料完整

且能配合随访; ③年龄 > 18 周岁, 本人自愿参与研究。排除标准: ①并发尿路感染、急慢性肾小球肾炎或其他肾病者; ②并发甲状腺疾病、酮症酸中毒或其他代谢疾病者; ③既往有肾毒性药物及免疫抑制剂服用史者; ④孕妇、哺乳期妇女或有精神障碍性疾病者。同期健康体检者 100 例作为对照组, 男性 58 例, 女性 42 例, 平均年龄 59.94 ± 10.27 岁。对照组、T2DM 组和 DN 组性别、年龄比较, 差异无统计学意义 ($F/\chi^2=0.007, 0.931, P=0.993, 0.628$)。研究获取医院伦理委员会批准, 研究对象均提供知情同意书。

1.2 仪器与试剂 RNA 提取试剂盒 (上海瓦兰生物科技有限公司, 货号: K1101); 第一链反转录试剂盒 (上海经科化学科技有限公司, 货号: ZR102); SYBR Green Master Mix (美国 ABI 公司, 货号: 4367659)。

1.3 方法

1.3.1 标本采集: 采集研究对象清晨空腹静脉血样 10 ml, 室温静置 1 h, 4°C , 3 000 r/min 离心 15 min, 取血清, 置于 -80°C 备用。

1.3.2 采用实时荧光定量 PCR (quantitative real-time PCR, qRT-PCR) 法检测血清 miR-495-3p 和 LncRNA NEAT1 相对表达水平: 依照 RNA 提取试剂盒说明书提取总 RNA, 采用 Nanodrop 2000c 微量紫外分光光度计检测 RNA 浓度和纯度, $A_{260\text{nm}}/A_{280\text{nm}}$ 比值为 1.8 ~ 2.1 则样本合格, 第一链反转录

试剂盒反转录合成 cDNA, 反应体系: 上下游引物各 $0.8\mu\text{l}$, cDNA $2\mu\text{l}$, SYBR Green Master Mix $10\mu\text{l}$, ddH₂O 补足至 $20\mu\text{l}$ 。反应参数: 95°C 5 min; 95°C 30 s, 60°C 30 s, 72°C 30 s, 40 个循环。采用 $2^{-\Delta\Delta C_t}$ 法计算目的基因 miR-495-3p 和 LncRNA NEAT1 相对表达量, 引物由上海科敏生物科技有限公司合成, 序列: miR-495-3p 上游 5'-CGTCCTGACATGATGCATGAC-3', 下游 5'-TCAGGCTCGCACTAAGCGTCG-3'; U6 上游 5'-GCGAGCCTCATGAGGAGCGC-3', 下游 5'-CAGTAGACGTGAGCTGTACACAC-3'; LncRNA NEAT1 上游 5'-CGATACAGCAATGACATCCGA-3', 下游 5'-ATGCAGCATCGCCCACTGGAGA-3'; GAPDH 上游 5'-CTGTACAGCCGCTTAA GCACG-3', 下游 5'-CGTGACGCCTACGTACCGTAC-3'。

1.3.3 分组及随访: 根据肾脏病理损伤程度(肾小球分级)分为 I 级组 32 例, II 级组 36 例, III 级组 25 例, IV 级组 23 例。采用电话随访及门诊复查治疗的随访方式, 随访终点为 2021 年 7 月, 记录其估算肾小球滤过率 (estimate glomerular filtration rate, eGFR) (终末期肾病标准 eGFR $< 15\text{ ml/min/1.73 m}^2$), 根据治疗后 6 个月随访期间是否发展为终末期肾病分为预后良好组 ($n=76$) 和预后不良组 ($n=40$)。

表 1 血清 miR-495-3p, LncRNA NEAT1 水平与 DN 患者临床病理参数的关系 (\pm)

类别	<i>n</i>	miR-495-3p/U6	<i>t</i>	<i>P</i>	LncRNA NEAT1/GAPDH	<i>t</i>	<i>P</i>
年龄 (岁)							
< 60	67	0.59 ± 0.19	0.598	0.551	2.17 ± 0.38	0.274	0.785
≥ 60	49	0.57 ± 0.16			2.15 ± 0.40		
性别 [<i>n</i> (%)]							
男性	60	0.58 ± 0.17	0.000	1.000	2.15 ± 0.36	0.303	0.762
女性	56	0.58 ± 0.19			2.17 ± 0.35		
BMI (kg/m^2)							
< 25	42	0.62 ± 0.19	1.750	0.083	2.13 ± 0.40	0.668	0.505
≥ 25	74	0.56 ± 0.17			2.18 ± 0.38		
T2DM 病程 (年)							
< 10	46	0.67 ± 0.18	5.033	0.000	1.90 ± 0.31	5.956	0.000
≥ 10	70	0.52 ± 0.14			2.33 ± 0.42		
HbA1c (%)							
< 9	44	0.61 ± 0.18	1.557	0.122	2.14 ± 0.32	0.454	0.651
≥ 9	72	0.56 ± 0.16			2.17 ± 0.36		
eGFR (ml/min/1.73 m^2)							
< 60	41	0.69 ± 0.19	5.300	0.000	1.92 ± 0.33	5.244	0.000
≥ 60	75	0.52 ± 0.15			2.29 ± 0.38		
FBG (mmol/L)							
< 8	47	0.70 ± 0.19	6.122	0.000	1.88 ± 0.31	6.436	0.000
≥ 8	69	0.50 ± 0.16			2.35 ± 0.43		
24 h 尿蛋白 (g/24 h)							
< 3	43	0.73 ± 0.18	7.721	0.000	1.90 ± 0.36	5.529	0.000
≥ 3	73	0.49 ± 0.15			2.31 ± 0.40		

2.3 不同肾脏病理损伤程度 DN 患者血清 miR-495-3p, LncRNA NEAT1 水平比较 I 级组、II 级组、III 级组和 IV 级组血清 miR-495-3p 水平 (0.74 ± 0.19 , 0.61 ± 0.16 , 0.50 ± 0.08 , 0.39 ± 0.06) 依次降低, LncRNA NEAT1 水平 (1.69 ± 0.30 , 2.08 ± 0.32 , $2.34 \pm$

1.4 统计学分析 采用软件 SPSS 25.0 进行所有数据的统计分析, 采用均数 \pm 标准差 ($\bar{x} \pm s$) 表示计量资料, 计量资料均服从正态分布, 两组采用独立样本 *t* 检验, 多组采用单因素方差分析, 进一步组间两两比较采用 SNK-*q* 检验; 采用受试者工作特征 (receiver operator characteristic, ROC) 曲线分析血清 miR-495-3p 和 LncRNA NEAT1 水平对 DN 患者预后的预测价值。 $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 三组血清 miR-495-3p, LncRNA NEAT1 水平比较 对照组、T2DM 组和 DN 组血清 miR-495-3p 水平 (1.02 ± 0.25 , 0.76 ± 0.22 , 0.58 ± 0.16) 依次降低, 而 LncRNA NEAT1 水平 (1.01 ± 0.23 , 1.58 ± 0.29 , 2.16 ± 0.36) 依次升高, 差异有统计学意义 ($F=117.238$, 391.506 , 均 $P < 0.05$)。T2DM 组、DN 组与对照组比较 ($t=12.385$, 21.615 , 18.999 , 38.529 , 均 $P < 0.05$); DN 组与 T2DM 组比较 ($t=8.889$, 20.042 , 均 $P < 0.05$), 差异均有统计学意义。

2.2 血清 miR-495-3p, LncRNA NEAT1 水平与 DN 患者临床病理参数的关系 见表 1。T2DM 病程 ≥ 10 年, eGFR $\geq 60\text{ ml/min/1.73 m}^2$, FBG $\geq 8\text{ mmol/L}$, 24 h 尿蛋白 $\geq 3\text{ g/24 h}$ 的血清 miR-495-3p 水平低于对应项, LncRNA NEAT1 水平高于对应项, 差异均有统计学意义 (均 $P < 0.05$)。

0.35 , 2.74 ± 0.39) 依次升高, 差异有统计学意义 ($F=30.586$, 46.729 , 均 $P < 0.05$)。II 级组、III 级组、IV 级组与 I 级组比较 ($t=5.341$, 8.975 , 12.781 , 6.725 , 10.243 , 16.157 , 均 $P < 0.05$); III 级组、IV 级组与 II 级组比较 ($t=4.218$, 8.227 , 4.201 , 10.400 , 均

$P < 0.05$) ; IV级组与III级组比较 ($t=3.801, 5.823$, 均 $P < 0.05$) , 差异均有统计学意义。

2.4 不同预后DN患者血清miR-495-3p, LncRNA NEAT1水平比较 预后不良组血清miR-495-3p水平 (0.45 ± 0.10) 低于预后良好组 (0.65 ± 0.17) , LncRNA NEAT1水平 (2.53 ± 0.47) 高于预后良好组 (1.97 ± 0.36) , 差异有统计学意义 ($t=6.836, 7.148$, 均 $P < 0.05$) 。

2.5 血清miR-495-3p, LncRNA NEAT1水平对DN患者预后的预测价值 绘制ROC曲线分析miR-495-3p和LncRNA NEAT1的预测价值, 结果显示, 血清miR-495-3p, LncRNA NEAT1水平单独及联合预测DN患者预后不良的曲线下面积 (area under curve, AUC) 分别为0.784 (95%CI: 0.702 ~ 0.867) , 0.753 (95%CI: 0.658 ~ 0.848) 和0.834 (95%CI: 0.755 ~ 0.912) , 特异度分别为71.1%, 86.8%和77.6%, 敏感度分别为62.5%, 57.5%和77.5%。miR-495-3p, LncRNA NEAT1预测截断值分别为0.51, 2.34。见图1。

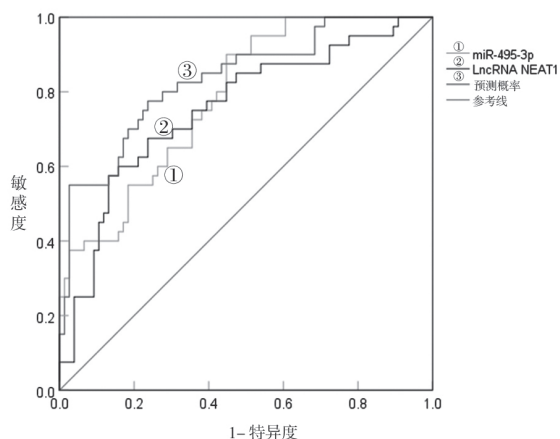


图1 血清miR-495-3p, LncRNA NEAT1水平预测DN患者预后的ROC曲线

3 讨论

T2DM是由于胰岛素作用缺陷、胰岛素分泌缺陷或两者兼而有之而导致高血糖^[8]。T2DM的微血管并发症会导致DN, 其通常与血压升高相关, 若不及时治疗会导致终末期肾病^[9-10]。生物标记物的早期检测对DN早期诊断、早期治疗有重要意义。

LncRNA NEAT1可促进DN疾病中上皮间质转化, 且在DN患者血清和尿液中过度表达^[11]。本研究LncRNA NEAT1表达趋势与上述研究一致。提示LncRNA NEAT1表达升高可能参与DN疾病进展。WU等^[12]研究指出LncRNA NEAT1高表达与DN小鼠肾小球系膜细胞SV40 MES13的增殖、氧化应激、炎症和纤维化有关。据此推测LncRNA NEAT1可能通过调节肾小球细胞的增殖、氧化应激、

炎症和纤维化等一系列生物进展, 参与DN的发生发展。miRNA关系网络复杂, 一个miRNA可由多个LncRNA调节, 且一个miRNA可调控多个靶基因和多个生物途径^[13]。研究显示, miR-495-3p可靶向调控CRBN或TRAF6, 参与脂多糖诱导的人肾皮质近曲小管上皮细胞损伤^[14-15]。SHAN等^[16]研究表明, LncRNA MEG8通过海绵miR-495-3p促进相关基因表达, 加重透明细胞肾细胞癌的致瘤性。本研究结果中DN患者miR-495-3p表达趋势与FAN等^[17]研究结果一致。基于既往研究推测miR-495-3p低表达可能影响细胞活力、凋亡及炎症等过程, 参与人肾皮质近曲小管上皮细胞损伤, 进而推动DN疾病进展。

既往研究显示, LncRNA可通过调节mRNA合成、翻译以及干扰转录因子作用, 在转录和转录后水平发挥基因表达调控作用^[18]。GONG等^[19]研究表明, LncRNA NEAT1下调可通过调节miR-330-5p/FOXO3途径改善脂多糖诱导的肾细胞损伤。据此推测LncRNA NEAT1可能在转录后水平调控miR-495-3p表达, 二者通过负调控作用共同影响DN疾病进展。进一步分析认为病理作用下LncRNA NEAT1表达升高, 通过负调控降低miR-495-3p表达, miR-495-3p低表达后影响肾小球细胞活力及凋亡, 推动DN进展。血清miR-495-3p, LncRNA NEAT1与DN患者多个临床参数均有关。提示miR-495-3p, LncRNA NEAT1可反映DN疾病进展及严重程度, 二者表达异常可能与肾小球受损有关。然而miR-495-3p, LncRNA NEAT1参与DN疾病进展的具体作用机制仍待今后基础研究证实。

研究显示, 肾脏损伤程度是DN患者预后不良的重要因素, 肾小球发生间质性损伤时可造成其滤过压加重, 肾小球上皮进一步受损, 最终导致疾病进展^[20]。本研究结果中miR-495-3p水平降低, LncRNA NEAT1水平升高与肾脏病理损伤加重及预后不良有关。提示miR-495-3p, LncRNA NEAT1水平与DN疾病进展及肾功能损伤程度有密切联系, 可作为预测肾脏病理损伤程度的重要指标。此外miR-495-3p, LncRNA NEAT1表达异常可能有一定肾脏毒性, 加重肾小球损伤并参与终末期肾病发生。且ROC曲线结果进一步表明二者联合检测水平更能临床DN预后提供可靠的信息, 值得临床医师借鉴, 当miR-495-3p水平低于0.51, LncRNA NEAT1水平高于2.34时, 发生不良结局的可能性更大。

综上, DN患者血清miR-495-3p低表达, LncRNA NEAT1高表达可能与DN的发生发展有关, 二者有望成为DN预后预测的生物指标。今后将进

一步探索 DN 发病机制, 为治疗 DN 提供新的靶基因。本研究的局限性在于: 临床中 DN 的影响因素众多, 本研究未能纳入多个因素综合分析; miR-495-3p, LncRNA NEAT1 的预后评估效能仍需进一步优化。

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