

# 生命早期双酚A暴露对子代神经发育影响的研究进展

陈姝阳<sup>1</sup>, 潘睿<sup>1</sup>, 张妍<sup>1</sup>, 田英<sup>1,2</sup>, 高宇<sup>1</sup>

1. 上海交通大学公共卫生学院, 上海 200025

2. 上海交通大学医学院附属新华医院环境与儿童健康教育部重点实验室, 上海 200092

## 摘要:

双酚 A (BPA) 是工业上一种重要的化学品, 用于制造许多产品, 如工程塑料、食品容器、运动器械、电子产品、眼镜镜片、牙科复合材料和密封剂等。从 1992 年开始生产至今, 中国对 BPA 的需求和生产能力迅速增长, 已成为世界最大的生产国。BPA 在大部分地区的环境介质中及人体内均可检出, 它被认为是一种内分泌干扰化合物, 生命早期 BPA 暴露对子代神经发育的影响已经引起了广泛关注。动物实验阐述了 BPA 暴露对子代神经行为和认知能力产生不良影响的生物学可能性, 主要表现为多动及侵袭性、焦虑样行为, 其空间学习能力及记忆能力下降。目前的人群研究中所得到的结论并不完全一致, 大部分研究提示生命早期 BPA 暴露与子代神经情绪行为发育问题和认知发育问题有关, 主要表现为焦虑、多动、抑郁、外化行为、反抗行为、躯体化行为、工作记忆能力降低等。我国相关研究仍然缺乏, 未来应继续探究 BPA 对子代神经发育的影响及作用机制, 以便针对易感人群如孕妇和儿童等制定更好的防护措施。

**关键词:** 双酚 A ; 环境暴露 ; 人群暴露 ; 子代神经发育 ; 机制

**Review on effects of bisphenol A exposure in early life on neurodevelopment of offspring**  
**CHEN Shu-yang<sup>1</sup>, PAN Rui<sup>1</sup>, ZHANG Yan<sup>1</sup>, TIAN Ying<sup>1,2</sup>, GAO Yu<sup>1</sup> (1.School of Public Health of Shanghai Jiao Tong University, Shanghai 200025, China; 2.Ministry of Education Key Laboratory of Children's Environmental Health, Xinhua Hospital, Shanghai Jiao Tong University School of Medicine, Shanghai 200092, China)**

## Abstract:

Bisphenol A (BPA) is an important chemical in the manufacture of products such as engineering plastics, food containers, sports equipment, electronics, eyeglass lenses, dental composites, and sealants. Since the first production in 1992, China has shown rapid growth in the demand and production capacity of BPA, becoming the largest producer in the world. As an endocrine disrupting compound, BPA has been detected in most environment mediums and human body, and its impact of early life exposure on the neurodevelopment of offspring has caused worldwide concern. Animal experiments have demonstrated the biological possibility of adverse effects of BPA exposure on behavior and cognition, including hyperactive, invasive, and anxiety-like behaviors, as well as decreased spatial learning ability and memory ability. However, inconsistent conclusions are obtained in population-based epidemiologic studies, most of which suggest that early-life exposure to BPA is adversely associated with the development of neuro-emotional behaviors and cognitive function in the offspring, such as anxiety, hyperactivity, depression, externalization, resistance, and somatic behaviors, as well as reduced working memory ability. Relevant research is scarce in China; therefore, further studies need to explore the impact and mechanism of BPA on children's neurodevelopment, aiming to develop better protective measures for vulnerable populations such as pregnant women and children.

**Keywords:** bisphenol A; environmental exposure; human exposure; offspring neurodevelopment; mechanism

双酚 A (bisphenol A, BPA), 2, 2-二 (4-羟基苯基)丙烷, 是一种典型的危害生物体内分泌系统的人造环境激素<sup>[1]</sup>, 即内分泌干扰化合物 (EDCs)。

自 20 世纪 50 年代以来, BPA 主要被用于制造聚碳酸酯塑料和环氧树

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## 作者简介

陈姝阳 (1996—), 女, 本科生;  
E-mail : 18717739325@163.com

## 通信作者

高宇, E-mail : gaoyu\_ciel@sjtu.edu.cn

## 利益冲突 无申报

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## Correspondence to

GAO Yu, E-mail: gaoyu\_ciel@sjtu.edu.cn

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脂<sup>[2]</sup>，广泛应用于各种日常消费产品，包括食品容器、运动器材、医疗和牙科设备、眼镜镜片和电子产品等<sup>[3]</sup>。在中国，大约67%的BPA用于环氧树脂生产，30%用于聚碳酸酯生产<sup>[4]</sup>。我国的BPA工业始于1992年，当时无锡树脂厂每年的产能是1万t。随着消费需求增加，生产水平提高，时至今日，我国已经成为全球最大的BPA生产国，产量约占世界生产总量的20%<sup>[5]</sup>。截至2017年，我国BPA总产能已达到143万t，表观消费量从2005年时的30.9万t跃至2016年时的130.6万t<sup>[6]</sup>。

研究提示，BPA可能具有生殖毒性<sup>[7]</sup>、神经毒性<sup>[8]</sup>、免疫毒性<sup>[9]</sup>和致突变<sup>[10]</sup>等多种毒性。虽然其毒性较低，但由于其广泛的生产和使用，普通人群不可避免长期暴露于各种途径来源的BPA，而易感人群如孕妇和儿童可能对其毒性更加敏感。同时多哈(Developmental Origins of Health and Disease, DOHaD)理论表明生命早期的正常发育可对人的整个生命周期产生巨大影响<sup>[11]</sup>，因此全面了解生命早期BPA暴露对子代生长发育的影响具有重要意义。

## 1 暴露情况

### 1.1 环境暴露水平

由于生产制造过程中的污水排放及自然环境中的水资源循环，BPA可进入水体和土壤，大部分地区水环境中都能检测到BPA的存在<sup>[2, 12]</sup>。Rocha等<sup>[13]</sup>检测一年中葡萄牙伊比利亚大道河以及大西洋沿海的水相BPA的浓度发现：水域中BPA浓度在冬季或春季最低[(9.9±5.1)、(10.5±4.4) ng/L]，秋季最高[(521.8±526.9)、(327.5±57.4) ng/L]。Sánchez-Avila等<sup>[14]</sup>检测到地中海西北沿海水域中BPA的平均浓度为18 ng/L，其港口水域中的平均浓度57 ng/L；Brossa等<sup>[15]</sup>在西班牙加泰罗尼亚海水中测得BPA浓度范围为10~20 ng/L。

在中国，Wu等<sup>[16]</sup>在上海黄浦江及其支流的地表水中检测到BPA的平均浓度为22.93 ng/L；刘慧慧等<sup>[17]</sup>在渤海莱州湾海域的表层水中检测到BPA平均浓度为41 ng/L，最高达到152 ng/L；深圳市28条河流中检测到BPA的平均浓度达到1 030 ng/L<sup>[18]</sup>；陈玖宏等<sup>[19]</sup>在太湖表层水中检测到BPA平均浓度为86 ng/L，最高达565 ng/L。

除了水相，在土壤和河流的沉积物相中也能检测到BPA。Burkhardt等<sup>[20]</sup>在美国丹佛的土壤中测得BPA含量范围为40~800 ng/g；Stuart等<sup>[21]</sup>在波士顿海水

沉积物中测得BPA含量范围为1.5~5.0 ng/g。在中国，Wu等<sup>[16]</sup>研究表明，表层沉积物中BPA平均浓度为7.13 ng/L；Bian等<sup>[22]</sup>对长江三十年中上层底泥中的BPA含量进行了监测，其变化范围为0.72~13.2 ng/g；在太湖水体的沉积物中，BPA含量变化范围为1.1~199 ng/g，平均值为20 ng/g<sup>[19]</sup>。

由此可见，BPA在环境中已被广泛检出，且人群暴露普遍。不同水域和土壤沉积物BPA差异比较大，可能与当地工业污水排放、水体流速等情况有关。

### 1.2 人群暴露水平

BPA（环境和含有BPA的产品）可通过直接接触进入体内，因生物放大而在体内逐渐蓄积。许多研究已在人体体液和组织（尿液、血液、羊水、乳汁等）中检测到BPA，尤其在孕妇和儿童中的BPA检出水平较高。美国疾病控制与预防中心进行的最新普查结果显示，尿液中BPA检出率为93% (n=2 749)，其平均值为1.83 ng/mL<sup>[23]</sup>；Bushnik等<sup>[24]</sup>在加拿大进行了尿BPA检测，检出率为91%，平均值为1.16 μg/L (1.40 μg/g，以尿Cr计量，后同)；Zhang等<sup>[3]</sup>在亚洲7个国家（中国、印度、日本、韩国、科威特、马来西亚和越南）的调研中，尿BPA检出率为94.3%，平均浓度为1.20 μg/L (1.25 μg/g)。

Braun等<sup>[25]</sup>在辛辛那提、俄亥俄州对175名孕妇进行了尿BPA检测，其检出率为96%，平均含量为2.1 μg/g；另一项西班牙的研究结果是孕期尿BPA平均含量为2.6 μg/g<sup>[26]</sup>；希腊研究人员对239对孕妇及其孩子进行了尿BPA的测定，检出率为99.6%，母亲孕期尿液的BPA平均浓度为1.2 μg/L (1.2 μg/g)，其子代的平均浓度为2.0 μg/L (5.0 μg/g)<sup>[27]</sup>。

与欧美等国的结果相比，中国人群的尿液中BPA浓度较低。在亚洲7个国家的调研中，中国(1.10 μg/L, 1.38 μg/g)位居第五。Wang等<sup>[28]</sup>对620名上海孕妇进行尿BPA检测，检出率高达98.9%，其平均浓度为1.32 μg/L (2.72 μg/g)。Zhang等<sup>[3]</sup>曾分别对10名儿童、50名成人（其中27为男性）、40名女性（其中30名为孕妇）的血液、尿液和30个胎儿的血液进行了BPA检测，所有血样中BPA的检出率为46%，平均浓度为0.19 μg/L，其中儿童血液中的BPA浓度(2.60 μg/L)最高，其次是孕妇(0.60 μg/L)；尿液BPA检出率为84%，平均浓度1.01 μg/L (0.48 μg/g)。由此可见，中国总体的BPA暴露水平相对较低，但与全人群相比，孕妇和儿童的暴露水平相对较高。

## 2 BPA对子代神经发育的毒性

### 2.1 动物实验

动物研究报告了生命早期BPA暴露可影响子代的神经发育，包括神经行为学能力以及认知能力<sup>[29]</sup>。

多项啮齿类动物实验研究显示生命早期的BPA暴露可导致子代产生神经行为发育问题，表现为多动及侵袭性、焦虑样行为等。Zhou等<sup>[30]</sup>给孕10天大鼠染毒BPA[2 μg/(kg·d)]至产后第7天，其雄性子代表现出多动及注意力不集中；Anderson等<sup>[31]</sup>和Luo等<sup>[32]</sup>也发现雌鼠从交配前2周至子代断奶暴露于BPA[50 ng/(kg·d)、50 μg/(kg·d)、50 mg/(kg·d)]导致子代活动过度，能量消耗增加，体重下降及焦虑样表现等。Xu等<sup>[33]</sup>与Zhou等<sup>[34]</sup>分别给怀孕的小鼠和大鼠染毒BPA[0.4~4 mg/(kg·d)、40 μg/(kg·d)]至子代断奶，也发现其子代产生焦虑样表现。Patisaul等<sup>[35]</sup>给新生的雄性大鼠BPA(50 μg/kg)染毒4 d，其成年后情感行为出现异常，产生焦虑样及攻击性行为。

生命早期BPA暴露对啮齿类动物子代认知能力发育的影响主要表现为记忆能力、学习能力下降等。Hass等<sup>[36]</sup>从孕第7天起连续16 d给雌性大鼠染毒BPA[25 μg/(kg·d)~50 mg/(kg·d)]，其雌性子代的空间学习能力下降，且出现雄性化行为。Johnson等<sup>[37]</sup>从孕第6天起给大鼠染毒BPA[2 500 mg/(kg·d)]直至子代断奶，其子代大鼠的空间导航学习及记忆能力下降。Jašarević等<sup>[38]</sup>从交配前2周给成年雌鼠染毒BPA(50 mg/kg)至子代断奶，其雄性子代空间学习能力和探索行为严重受损。

综上所述，虽然这些动物实验的BPA暴露浓度[2 μg/(kg·d)~50 mg/(kg·d)]、染毒时间、观察结局指标、动物种类等各不相同，但他们都提示了生命早期暴露于BPA可以对子代神经发育产生影响。

### 2.2 人群研究

流行病学研究也表明，母亲孕期BPA暴露与子代神经发育，包括情绪行为异常与认知能力下降有关，但结果并不完全一致。

在情绪行为问题方面，Roen等<sup>[39]</sup>与Perera等<sup>[40-41]</sup>监测女性孕期的尿BPA水平，并随访其子代至12岁，发现母亲孕期暴露于BPA与其子代的情绪行为异常有关，表现为男孩的情绪化及攻击性行为增多，10~12岁时焦虑、抑郁症状增多，而女孩的攻击性行为减少，焦虑、抑郁倾向也减弱[采用Achenbach儿童行为量表(Child Behavior Checklist, CBCL)、儿童显性焦

虑量表修订版(The Revised Children's Manifest Anxiety Scale, RCMAS)与儿童抑郁量表(Children's Depression Rating Scale, CDRS)，n=198]。Braun等<sup>[42-43]</sup>以辛辛那提249位母亲及其子女作为研究对象，随访其子女至3岁，发现母亲孕期BPA暴露与其子代中尤其是女孩多动和攻击性行为增加(2岁)以及焦虑、抑郁样行为增加(3岁)有关[儿童行为评估体系(Behavior Assessment System for Children Second Edition, BASC-2)、学龄前儿童执行功能量表(Behavior Rating Inventory of Executive Function-Preschool version, BRIEF-P)，n=240]。Harley等<sup>[44]</sup>检测了292位母亲孕期的尿BPA水平并随访至孩子7岁，发现母亲孕期暴露于BPA与孩子焦虑、多动、抑郁等情绪问题增多、注意力难以集中等情绪行为异常有关[BASC-2、康纳斯注意缺陷多动障碍评定量表(The Conners' ADHD/DSM-IV Scales, CADS)，n=292]。Casas等<sup>[26]</sup>、Evans等<sup>[45]</sup>和Stacy等<sup>[46]</sup>也发现母亲孕期BPA暴露与子代中男孩的情绪行为异常有关，表现为男孩(4岁)的多动症状增加，其注意缺陷多动障碍的倾向增加[麦卡锡儿童能力量表(McCarthy Scale of Children's Abilities, MSCA)、CADS，n=232]以及外化行为增加，出现抑郁、反抗性行为以及躯体、行为问题[BASC-2、BRIEF，n=153，468]。

在认知功能方面，Braun等<sup>[47-48]</sup>检测了加拿大10个城市的队列研究中女性在妊娠12周时的尿BPA浓度，发现其与子代中男孩的执行功能评分呈负相关，表现为3岁时的工作记忆力较差，内化和躯体化行为增加[韦克斯勒学前和小学儿童智力量表修订版(The Wechsler Preschool and Primary Scale of Intelligence, WPPSI-III)、社交反应量表(Social Responsiveness Scale-2, SRS-2)、BASC-2、BRIEF-P，n=896]。

除此之外，部分研究并未发现孕期BPA暴露与子代的神经发育有关。Yolton等<sup>[11]</sup>比较了母亲妊娠16周和26周的BPA尿代谢情况，发现其与5周龄子代的神经发育情况并无关联[神经行为量表(Neonatal Intensive Care Unit Network Neurobehavioral Scale, NNNS)，n=350]。其他学者也认为母亲孕期BPA暴露水平与儿童社会行为障碍(Social Responsiveness Scale, SRS，n=137)<sup>[49]</sup>，儿童(4~5岁)社交、重复、刻板行为(Social Responsiveness Scale, SRS，n=175)<sup>[25]</sup>以及儿童的视觉空间能力(Virtual Morris Water Maze, VMWM，n=198)<sup>[48]</sup>并无明显联系。

有关子代出生后 BPA 暴露的研究比较少, Stacy 等<sup>[46]</sup>追踪检测辛辛那提 228 位母亲孕期不同阶段及其子女的尿 BPA 水平直至孩子 8 岁,发现男孩 8 岁的 BPA 暴露与其外化行为增加有关 [BASC-2、韦氏儿童智力量表 IV (The Wechsler Intelligence Scale for Children, WISC-IV), n=222]。由此看来,虽然现有流行病学研究中使用的量表不同,各国人口学信息不同,但大部分研究提示了生命早期 BPA 暴露与子代神经发育有关。

### 3 对神经毒性影响的可能机制

目前在动物实验中 BPA 暴露对子代神经发育的影响较为明确,人群研究的结论尚不一致。究其神经毒性的影响机制,尚不明确,可能机制包括以下几个方面。

#### 3.1 内分泌途径:性激素、激素受体、甲状腺激素等

研究证明,BPA 暴露可以影响体内内分泌系统,包括对性激素和甲状腺激素水平的影响,从而影响子代神经发育<sup>[50]</sup>。

BPA 能与雌激素受体 (ER) 结合,并根据 ER- 配体复合物募集的靶组织、细胞类型、ER 亚型和差异辅助因子发挥雌激素激动和拮抗作用<sup>[51-52]</sup>。Patisaul 等<sup>[53]</sup>发现孕期暴露于 BPA (1 mg/L 饮用水) 使子代大鼠雌激素受体 β (Esr2) 和两种黑皮质素受体 (Mc3r 和 Mc4r) 下调,这些受体在催产素、加压素信号传导途径的功能中起关键作用,与人类情感障碍如焦虑和抑郁有关。BPA 也是雄激素受体 (AR) 的拮抗剂,抑制核转位并干扰其功能机制<sup>[52]</sup>。另外它可以与甲状腺受体 (TR) 结合,充当拮抗剂,抑制甲状腺激素碘基转移酶活性,干扰体内甲状腺激素 (THs) 的水平,影响下丘脑 - 垂体 - 甲状腺轴发挥正常的调节功能<sup>[54]</sup>。

研究表明胎儿期对性激素和甲状腺激素变化高度敏感<sup>[55]</sup>,其内分泌系统易受到 BPA 干扰<sup>[56]</sup>。而胎儿期也是神经发育的重要时期,一旦产生发育异常问题,很可能形成永久性的损伤,如产生与行为相关的脑结构发育异常和神经化学变化<sup>[57]</sup>。研究显示胎儿期甲状腺激素水平与其神经心理发育有重要影响,甲状腺激素缺乏可能会导致精神发育迟滞和神经缺陷<sup>[58]</sup>。

#### 3.2 对神经发育直接的影响:突触等

许多神经元在发育的不同阶段表达类固醇激素受体,这使它们成为 EDCs (如 BPA) 的靶标。BPA 可以通过破坏神经递质的合成、转运和释放,包括多巴胺、5-羟色胺、去甲肾上腺素和谷氨酸,从而影响行为、

认知、学习和记忆的调节功能<sup>[59]</sup>。

小鼠实验发现<sup>[60]</sup>围生期暴露于 BPA 后,子代脑内神经递质的含量发生改变,导致下丘脑细胞突触的发育出现异常<sup>[61]</sup>;哺乳期暴露 BPA 后,其子代成年后少突胶质细胞的密度显著减低,海马内神经突起的密度与海马 CA1 区的髓磷脂碱性蛋白的表达也降低,其情境性恐惧记忆能力受到损伤<sup>[62]</sup>。猕猴实验中,孕期暴露 BPA 导致其子代海马 CA1 区的树突棘密度显著降低,脑中酪氨酸羟化酶神经元的数量也减少<sup>[63]</sup>。Jang 等<sup>[64]</sup>连续 12 d 给怀孕的小鼠暴露 BPA (0.1~10 mg/kg),发现后代海马中的磷酸化胞外信号调节激酶 (extracellular signal-regulated kinase, ERK)、脑源性神经营养因子 (brain-derived neurotrophic factor, BDNF) 和磷酸化环磷腺苷效应元件结合蛋白 (cAMP-response element binding protein, CREB) 水平显著降低。

#### 3.3 表观遗传学

研究表明在生命早期暴露于 BPA 可能通过改变表观遗传修饰,例如诱导某些基因的启动子或内含子区域,使其甲基化,导致基因表达异常,增加疾病的易感性,影响其神经行为正常发育<sup>[65]</sup>。

Yaoi 等<sup>[66]</sup>发现自怀孕起暴露 BPA (20 μg/kg) 可导致子代小鼠前脑中多个独特基因座的启动子相关 CGI 岛 (CpG island) 的高甲基化和低甲基化。Hiyama 等<sup>[67]</sup>连续 5 d 给怀孕小鼠注射 BPA [0~1 000 mg/(kg·d)],在其子代异常的子宫组织中的内含子区域中观察到 HOXA10 基因的非甲基化。在 Jang 等<sup>[64]</sup>的实验中,他们还发现 BPA 对海马神经的影响和改变与 DNA 甲基化有关,表现为后代鼠 CREB 调节的转录共激活因子 1 (Crtc1) 的 DNA 甲基化增多。

### 4 总结与展望

综上所述,目前世界各国对于 BPA 的需求仍在增长,而中国则是其中最大的生产及消费国<sup>[6]</sup>。由于其在日常生活、工业生产中被广泛使用,易感人群包括孕妇和儿童都普遍暴露于 BPA。BPA 对子代神经发育的影响已引起广泛关注,动物实验阐述了 BPA 暴露对神经发育、行为产生不良影响的生物学可能性。迄今为止人群流行病学研究结果并不完全一致,可能是因为使用的量表不同及各国人口学信息差异,但同样提示孕期 BPA 暴露可能与儿童神经行为问题的增加有关,其中攻击性行为、焦虑和抑郁症状最为突出。此外,子代出生后 BPA 暴露相关研究仍然缺乏,还需要

进一步全面阐明BPA对子代神经发育的毒性影响及作用机制,为制定BPA接触的安全限值提供部分理论依据,以便更好地保护易感人群。

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