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· 导读 ·

代谢综合征 (MS) 是以胰岛素抵抗为中心环节的一组疾病的总称, 已被证实是心血管疾病及动脉粥样硬化的独立危险因素, 而且与许多疾病有关。本期“专题研究”围绕 MS 与肿瘤的关系、MS 与脑白质疏松症及颈动脉粥样硬化的相关性、MS 患者血清抵抗素及氧化应激在胰岛素抵抗中的作用进行探讨。

脉搏波传导速度是用来评估早期动脉硬化的敏感指标, 能较好地预测心脑血管事件的发生风险, 王逸文等研究发现, 年龄、血压、血糖及心率等心血管疾病危险因素均与脉搏波传导速度异常有关, 故建议在体检人群中开展脉搏波传导速度的检测, 并对脉搏波传导速度升高人群积极查找和干预相关危险因素, 以有效预防心血管疾病。临床路径是控制医疗成本的一种工具, 可用来追踪患者由住院到出院每天的治疗过程, 让患者依照临床路径建议的方式进行治疗。临床路径的实施对于慢性病患者来说, 能有效缩短住院时间、减少医疗费用, 刘妮娜的研究成果就很好地证明了临床路径对 1 型糖尿病患者的效果。

社区人群是全科医生的重点服务对象, 本期“慢病管理”即通过社区管理和干预的方式, 将医疗保健从个体转向群体, 对有高血压家族史的家庭成员、老年慢性便秘及糖尿病等慢性病患者进行健康教育或家庭干预, 促使社区人群生活方式和饮食习惯的改变, 提高对疾病预防和治疗的认知, 通过倡导健康的生活方式对慢性病进行预防和控制。



11 月 14 日是世界糖尿病日, 请关注您身边的糖尿病患者。

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