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匠人学术

——缓解2型糖尿病,需付诸行动

目前,“缓解”是2型糖尿病治疗领域的“热搜词”。本期《缓解2型糖尿病中国专家共识》十易其稿,追踪前沿,努力将缓解2型糖尿病相关的理论与实践全面呈现。若将本共识付诸实践,可能会提高2型糖尿病患者发生心血管疾病危险因素的控制率,延缓患者胰岛功能的恶化,并降低其他并发症的发生率!

2型糖尿病的自然缓解率非常低,有研究者2014年对122 781例2型糖尿病患者的调查结果显示,部分缓解率、完全缓解率及长期缓解率仅分别为1.50%、0.14%和0.01%。因此,只有在临床上积极干预,才有可能成功缓解2型糖尿病相关症状。

对患者生活方式干预,相比其他干预方式而言无疑是最佳选择。研究发现,低碳水饮食干预降低糖化血红蛋白的效果不但和药物治疗相当,且其减重效果更明显,糖尿病缓解效果更好;另有研究显示,严格生活方式干预对糖尿病缓解的效果等同于代谢手术。因此,各级医生需改变“改善症状、预防并发症”的固有思路,向“缓解症状”转变。并且对新诊断的2型糖尿病患者而言,生活方式干预无疑是更好的选择,也具有更大的获益。

采用生活方式干预缓解2型糖尿病,首先要掌握热量摄入的原则,即干预初期的1~4个月每天热量摄取要比干预前减少25%,第5~12个月应在维持的基础上适度减少热量摄入;其次,遵守十大基本饮食原则:适当多饮茶水,常摄取时令蔬菜水果(每天不少于600g),常食用鱼类(每周350g为宜),适当多摄取富含纤维的食物与坚果类,限制主食摄取(每天不超过200~250g),限制加工食品及钠盐的摄入,限制饮酒并严格禁烟,限制咖啡饮用(每日不超过2杯),禁止摄入含糖饮料;最后,根据患者身体状况制定适宜运动计划。

营养处方、运动处方、药物处方、心理处方、代谢手术多管齐下,才是缓解2型糖尿病的制胜法宝!

邹大进.缓解2型糖尿病,需付诸行动[J].中国全科医学,2021,24(32): 目次页.

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