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专家说

——关注骨骼健康

全球有17亿人口存在肌肉骨骼系统问题,包括急性、短期的(骨折、扭伤、拉伤)和持续、长期的(关节炎、骨质疏松)问题,造成了世界五分之一人的痛苦,使他们活动能力受限、灵活性降低、各种功能受损、工作能力下降。

肌肉骨骼疾病是造成我国人民失能和致残的第一位原因,下背部(腰部)问题最重,其他严重问题包括骨折、骨关节炎、颈部疼痛、截肢和类风湿关节炎。随着人口老龄化进程的逐渐加深,肌肉骨骼问题也随之增多,而骨关节炎、脊椎问题、骨质疏松等慢性问题却是从青年和中年开始的。中国疾病预防控制中心的研究发现,40岁以上的中国女性和男性中,骨质疏松患者分别占21%和5%,椎体骨折患者分别占10.5%和9.7%。因骨关节问题进展缓慢,居民和医生常忽视其存在,就诊率和确诊率很低,大多数骨质疏松是在骨折发生后才被确诊的。澳大利亚的研究发现,每千次全科看诊中只有6次是关于骨质疏松的,服务利用率远低于居民的客观需要。

在基层医疗中实现对骨关节疾病的二级预防措施,是最可为之的策略。比如澳大利亚全科医生学会的预防服务指南建议全科医生做机会性预防,为45~50岁的全科就诊人群提供肌肉骨骼健康的病人教育。对50岁以上女病人和60岁以上男病人,如果存在风险因素(家族史、吸烟、饮酒、维生素D缺乏、体重过轻、经常跌倒、活动受限)或者某些疾病(内分泌病、过早绝经、神经性厌食、风湿性关节炎、消化不良、肝肾疾病、糖尿病、长期用药特别是类固醇药物),应该安排骨密度测试。即便是出现了严重的骨质疏松、骨关节炎,甚至骨折,也鼓励以积极的心态来面对,积极配合各种康复治疗服务,保持在日常生活和社交活动中最可能的自主性。

对肌肉骨骼系统问题的社区服务和全科研究是不足的。中华医学会2019年发布了《原发性骨质疏松基层诊疗指南(实践版·2019)》,对指南的实施和干预效果也应该做进一步的评估研究,从而促进社区卫生服务中的肌肉骨骼系统疾病的预防和管理。全科医生在维护社区居民肌肉骨骼健康上应该能发挥更大的作用!

杨辉. 专家说——关注骨骼健康[J]. 中国全科医学, 2022, 25(18): 目次页.



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