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本期推荐

非ST段抬高型心肌梗死证候分布及其中医药干预策略

非ST段抬高型心肌梗死(NSTEMI)症状多变、病情复杂和隐匿。目前, NSTEMI证候特点不清、证候要素分布规律不明, 严重影响了其疗效。该文通过分析263例NSTEMI患者的中医证候要素的频次和常见程度, 发现其病机多为本虚标实, 虚实夹杂。本虚多为气虚、阴虚、阳虚和血虚; 标实多为血瘀、痰浊、热蕴和水饮。证候类型中多见气虚血瘀、痰瘀互结、气阴两虚、心肾亏虚等。根据证候分布规律, 确定其中医治疗方法宜以补益正气、固护肾气为主, 祛痰浊、利水湿与活血化瘀并重。

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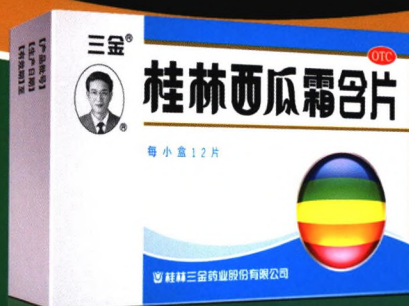
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