

论著

## 阿仑膦酸钠治疗糖皮质激素性骨质疏松症的临床观察

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摘要

目的: 观察阿仑膦酸钠治疗糖皮质激素性骨质疏松症(GIO)的近期疗效。方法: 以35例糖皮质激素性骨质疏松症患者为观察对象, 每日服用阿仑膦酸钠10 mg, 治疗6个月, 治疗前后采用双能X线骨密度仪测定骨密度。结果: 35例患者治疗后腰椎、股骨颈及大转子部位骨密度较治疗前增加( $P < 0.05$ ), 尿钙与尿肌酐比值降低( $P < 0.05$ )。副反应轻微。结论: 阿仑膦酸钠是治疗糖皮质激素性骨质疏松症的安全有效的药物。

关键词 [阿仑膦酸钠](#); [糖皮质激素](#); [骨质疏松症](#)

分类号

## Effect of alendronate on glucocorticoid-induced osteoporosis

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Abstract

Objective To determine the effect of alendronate on glucocorticoid-induced osteoporosis (GIO). Methods Thirty-five GIO patients were enrolled. Ten milligrams alendronate were prescribed daily for 6 months. Bone mineral density (BMD) was measured by dual-energy X-ray absorptiometer (DEXA) after and before the treatment. Results BMD at lumbar, neck and trochanter sites of the 35 patients after the treatment was significantly increased compared with those before the treatment ( $P < 0.05$ ). Urine Ca/Cr level was decreased ( $P < 0.05$ ). There was no severe side effect. Conclusion Alendronate is effective and well tolerated for GIO.

Key words [alendronate](#) [glucocorticoid](#) [osteoporosis](#)

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