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临床医学

免疫肠内营养联合药物治疗溃疡性结肠炎的疗效

车千红,郭佳琦

中国医科大学附属盛京医院临床营养科, 沈阳 110004

摘要:

目的 探讨生态免疫肠内营养支持对溃疡性结肠炎(UC)患者临床症状、营养状况、免疫功能的影响。**方法** 采用随机、对照研究,将106例溃疡性结肠炎患者随机分为对照组(常规药物+少渣饮食治疗, n=55)、治疗组(常规药物+强化免疫肠内营养治疗, n=51),治疗20d。对两组患者治疗前后临床症状、营养指标、免疫指标变化进行比较。**结果** 治疗组总有效率(89.1%)明显高于对照组(74.5%),差异有统计学意义 ($P<0.05$);治疗组治疗后PAL及HGB水平较治疗前明显改善,且明显优于对照组($P<0.05$);治疗组IL-10较治疗前显著升高($P<0.01$)。**结论** 免疫肠内营养对治疗溃疡性结肠炎的临床疗效优于常规治疗,且可有效保持患者的营养状态,有望成为UC的辅助治疗方式之一。

关键词: 免疫营养; 溃疡性结肠炎; 谷氨酰胺; ω -3脂肪酸

Effects of the immune enteral nutrition combined with drug in treatment of ulcerative colitis

CHE Qian-hong, GUO Jia-qi

Department of Clinical Nutrition, Shengjing Hospital Affiliated to China Medical University, Shenyang 110004, China

Abstract:

Objective To evaluate the effect of ecological immune enteral nutrition on the clinical symptoms, nutritional status and immune function of ulcerative colitis(UC)patients. **Methods** One hundred and six patients with ulcerative colitis were randomly divided into the control group and the treated group for 20 days. Fifty-five patients in the control group were given the conventional drugs and low residue diet. Fifty-one patients in the treated group were given the conventional drugs and immune-enhancing enteral nutrition therapy. Then the clinical symptoms, the nutrition indicators and the changes of immune indexes were observed before and after treatment. **Results** The total effective rate in the treated group(89.1%)was higher than that in the control group(74.5%). The therapeutic effects between the two groups had significant difference ($P<0.05$). PAL and HGB levels of the treated group improved significantly after treatment compared with those before treatment, and also obviously improved compared with those of the control group ($P<0.05$). IL-10 of the treated group was significantly higher compared with that before treatment ($P<0.01$). **Conclusion** As for ulcerative colitis, the effect of immune enteral nutrition therapy is superior to conventional treatment. It contributes to improving the nutritional status. Immune enteral nutrition is expected to become one of the auxiliary treatments of UC.

Keywords: Immunonutrition; Ulcerative colitis; Glutamine; ω -3 Fatty acid

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通讯作者: 车千红, E-mail: cheqianhong88@163.com

作者简介:

作者Email:

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