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超声评价糖尿病合并微量蛋白尿患者下肢动脉硬化

Ultrasonic detection of lower extremity artery atherosclerosis in patients of diabetes with microalbuminuri

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中文摘要:

目的 探讨超声评价2型糖尿病(T2DM)合并微量白蛋白尿(MA)患者的下肢动脉硬化的临床价值。方法 收集58例T2DM患者及40名正常对照,根据尿蛋白排泄率(UAER)将T2DM分为T2DM合并MA组(T2DM1组)30例和T2DM未合并MA组(T2DM2组)28例,利用高频超声检测两组下肢股动脉内-中膜厚度(IMT)和粥样硬化斑块形成情况。结果 T2DM组IMT明显高于正常对照组,T2DM1组IMT高于T2DM2组(P 均 <0.05)。Pearson相关分析显示T2DM组IMT与UAER及病程呈正相关($r=0.311$ 、 0.441 , P 均 <0.05);多元线性回归分析显示,病程、UAER是IMT独立影响因素。T2DM组股动脉IMT>腓动脉IMT>末梢动脉IMT;股动脉及腓动脉以不均质回声斑块为主;股浅动脉远端、下肢末梢动脉以点状强回声斑块为主;当腓动脉IMT增厚明显时,动脉点状强回声更加密集。结论 T2DM患者下肢动脉IMT与硬化斑块形成情况与UAER密切相关。超声能够快捷、准确地检测T2DM合并MA患者下肢动脉硬化。

英文摘要:

Objective To explore the diagnostic value of ultrasound in detecting lower extremity arteries atherosclerosis in patients of type 2 diabetes (T2DM) with microalbuminuria (MA). **Methods** Fifty-patients with T2DM and 40 normal controls were enrolled. T2DM patients were divided into two groups according to urinary albumin excretion rate (UAER): T2DM with MA (T2DM1 group, $n=30$) and T2DM without MA (T2DM2 group, $n=28$). Patients in two groups were examined by ultrasound to measure the intima-media thickness (IMT), and the atherosclerotic plaques of lower extremity artery was observed. **Results** Compared with normal controls, IMT in T2DM group was significantly higher ($P<0.05$). Compared with T2DM2 group, IMT in T2DM1 group was significantly higher ($P<0.05$). Pearson correlation analysis showed that IMT was correlated with UAER and course of disease ($r=0.311$, 0.441 , $P<0.05$). In multivariate linear regression analysis, the course of disease and UAER were independent factors of IMT ($P<0.05$). In T2DM group, IMT of femoral artery was the highest, followed by popliteal artery, and peripheral artery was the lowest. Most uneven plaques were found in femoral artery and popliteal artery. Most plaques in superficial femoral artery and lower extremity arteries showed pointlike hyperecho. When IMT of popliteal artery thickened obviously peripheral artery pitting strong echo got denser. **Conclusion** IMT and the lower extremity arteries atherosclerotic plaques in patients of T2DM are correlated with UAER closely. Ultrasound can detect the lower extremity arteries atherosclerosis of T2DM patients conveniently and accurately.

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