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青壮年男性四肢瘫痪患者血脂状况调查 [点此下载全文](#)

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摘要:

目的: 通过病例回顾性调查来了解青壮年男性四肢瘫痪患者血脂特点, 探讨这一特殊人群在绝对缺乏运动的生活方式下血脂代谢情况和可能的心血管疾病风险及对策。方法: 对中国康复研究中心2004年1月—2008年12月因四肢瘫痪入院进行康复治疗的患者进行入院状态调查。共466例患者入选, 对血脂指标进行分析。结果: 四肢瘫痪男性平均甘油三酯(TG)全国水平显著高于男性平均水平, 达到1.49mmol/L; 平均高密度脂蛋白(HDL)水平显著低于全国男性平均水平, 只有0.92mmol/L; 总胆固醇(TC)、低密度脂蛋白(LDL)平均水平与全国男性平均水平无显著差异。年龄与TC、LDL显著正相关(分别为 $r=0.160$, $P<0.01$; $r=0.142$, $P<0.01$); 年龄与TG、HDL无显著相关。瘫痪病程与TG、HDL显著正相关(分别为 $r=0.097$, $P<0.05$; $r=0.095$, $P<0.05$); 瘫痪病程与TC、LDL无显著相关。血脂异常者393例(占84%); HDL异常降低者357例(占77%)。结论: 青壮年四肢瘫痪男性患者血脂异常发病率很高(达84%); 主要表现为HDL水平显著降低, 发病率高(达77%), 但随瘫痪病程延长有升高趋势, 而其水平与年龄无关; TG水平显著升高且与瘫痪病程正相关, 但与年龄不相关; TC、LDL水平无显著升高, 但与年龄正相关, 而与瘫痪病程不相关。

关键词: [男性](#) [四肢瘫痪](#) [缺乏运动](#) [血脂](#)

Plasma lipid profile in Chinese young men with chronic tetraplegia/LUO Shengjie, LI Shoulin [Download Fulltext](#)

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Abstract:

Objective: To investigate the characteristics of serum lipids levels in Chinese young men with chronic tetraplegia, and to study the risk of cardiovascular disease and the relative strategy. Method: The subjects(466 men) with chronic tetraplegia who admitted in China Rehabilitation Research Center(CRRC) for rehabilitation therapy from Jan 2004-Dec 2008 were investigated. Result: Young men with tetraplegia showed higher mean triglyceride(TG) levels and lower mean high density lipoprotein(HDL) levels compared with nation-wide males(TG 1.49mmol/L vs 1.36mmol/L; HDL 0.92mmol/L vs 1.18mmol/L); but no difference was found in TC and LDL levels compared with nation-wide levels. TC and LDL levels correlated positively to age ($r=0.160$, $P<0.01$; $r=0.142$, $P<0.05$, respectively); but TG and HDL showed no correlation to age. Duration of tetraplegia correlated significantly to TG and HDL ($r=0.097$, $P<0.05$; $r=0.095$, $P<0.05$, respectively); but did not correlate to TC and LDL. Morbidity of dislipidemia was 84%, and morbidity of low HDL was 77%. Conclusion: Characteristics of serum lipid profiles in young male tetraplegics include: high morbidity of dislipidemia (84%); significantly low HDL level, high morbidity of low HDL (77%), positive correlation to duration of tetraplegia but no correlation to age; significantly high TG level, and correlation to duration of tetraplegia but no correlation to age; normal TC and LDL levels, which showed positive correlation to age but no correlation to duration of tetraplegia.

Keywords: [male](#) [tetraplegia](#) [lack of exercises](#) [serum lipid](#)

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