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双膦酸盐类药物与非典型股骨骨折关系的Meta分析

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摘要:目的 探讨长期使用双膦酸盐是否会增加非典型股骨骨折的发生风险。方法 计算机检索相关循证医学方法, 对近年来发表的有关双膦酸盐与非典型股骨骨折关系的文献进行荟萃分析;对收集的纳入研究进行Meta分析。结果 共纳入6篇英文文献, 共686 929例患者;Meta结果显示, 应用双膦酸盐者非典型股骨骨折的发生风险, 差异具有统计学意义($RR=1.55$, 95% CI 0.94~2.16, $P<0.05$), 且年龄在60岁及以上明显增加患者非典型股骨骨折的发生风险, 差异具有统计学意义($RR=1.54$, 95% CI 1.11~2.16, $P<0.05$)。结论 根据目前现有临床研究证据, 长期使用双膦酸盐类药物可明显增加非典型股骨骨折发生风险, 使用需谨慎。

关键词:股骨骨折;二膦酸盐类;骨质疏松

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