

## 真武汤加减治疗老年2型糖尿病视网膜病变

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**中文摘要:**目的: 观察真武汤加减治疗老年2型糖尿病视网膜病变的临床疗效。方法: 选择80例老年2型糖尿病视网膜病变患者并随机分为观察组和对照组各40例,对照组采用传统的2型糖尿病视网膜病变西医治疗,观察组在此基础上联合采用真武汤加减治疗,均治疗3个月,观察两组患者视力改善及眼底病变的情况,治疗前后测定其血浆内皮素水平。结果: 治疗后两组患者内皮素均较治疗前明显下降,且观察组治疗后明显低于对照组( $P<0.01$ )。观察组总有效率为80.00%,对照组总有效率为50.00%,观察组疗效明显优于对照组( $P<0.05$ )。结论: 真武汤加减联合西药治疗老年2型糖尿病视网膜病变,可明显提高疗效,并有效降低血浆内皮素水平,对于微血管病变并发症的防治具有重要意义。

中文关键词: [2型糖尿病](#) [真武汤](#) [视网膜病变](#) [微血管病变](#)

### Clinical Observation on Zhenwu Decoction for Treatment of Elderly Type 2 Diabetic Retinopathy

**Abstract: Objective:** To observe the effect of Zhenwu decoction for Treating elderly type 2 diabetic retinopathy. **Method:** Eighty patients with elderly type 2 diabetic retinopathy were randomly divided into two groups ( $n=40$ , each). The control group was treated by routine western medicine for type 2 diabetic retinopathy, the observation group was treated by Zhenwu decoction in addition. Two groups were treated for 3 months. The improvement in visual acuity and retinopathy and plasma endothelin level were measured before and after treatment. **Result:** After treatment, endothelin level in the two groups was significantly decreased compared with those before treatment, and the one in the observation group was significantly lower than that in the control group ( $P<0.01$ ). The total effective rate was 80.00% and 50.00% in the observation group and in the control group respectively ( $P<0.05$ ). **Conclusion:** Zhenwu decoction combined with western medicine for treating elderly type 2 diabetic retinopathy, can significantly improve efficacy, and reduce the level of plasma endothelin. It is also important for the prevention and treatment of microvascular complications.

**keywords:** [type 2 diabetes](#) [Zhenwu decoction](#) [retinopathy](#) [microvascular disease](#)

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