



## 嗜酸性粒细胞水平与大疱性类天疱疮激素应用剂量间的关系

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## Correlation between Blood Eosinophil Level and Steroid Doses in Patients with Bullous Pemphigoid

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摘要

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**摘要** 目的 探讨外周血嗜酸性粒细胞(EOS)水平与大疱性类天疱疮(BP)激素应用剂量间的关系。方法 对82例门诊(33例)和住院(49例)的未经任何治疗的BP患者进行回顾性分析,记录BP治疗所需激素量及治疗前后外周血EOS的数量,评价EOS水平与激素应用剂量间的相关性。结果 82例初发BP患者中,EOS增高者69例(84.15%),与正常对照(10%)相比,差异具有统计学意义( $t=1.99, P<0.001$ );44例BP患者住院后经激素治疗,病情控制前EOS一直处于较高水平,病情控制后EOS很快恢复正常,EOS数量与病情严重程度一致。经Spearman相关分析显示,EOS水平和激素治疗的最大剂量间具有直线相关性( $r=0.496, P<0.001$ )。5例患者应用非激素疗法,治疗后EOS水平随病情好转亦随之下降。结论 EOS水平可作为激素应用剂量的参考指标之一。

**关键词:** 大疱性类天疱疮 嗜酸性粒细胞 病情严重程度

**Abstract:** Objective To evaluate the correlation between blood eosinophil (EOS) level and steroid doses in patients of bullous pemphigoid (BP). Methods A total of 82 untreated BP inpatients ( $n=49$ ) and outpatients ( $n=33$ ) were enrolled in this study. The blood EOS level and the steroid doses before and after treatment were recorded. The correlation between EOS level and steroid doses was analyzed retrospectively. Results EOS increased in 69 BP patients (84.15%); on the contrary, only 10% of normal controls had increased EOS ( $t=1.99, P<0.001$ ). In 44 inpatients, the blood EOS remained high before steroid treatment, and quickly returned to normal level after the disease became stable. There was a linear correlation between EOS and steroid doses (Spearman analysis,  $r=0.496, P<0.001$ ). In 5 patients who were treated by non-steroid approach, EOS level also declined after the disease was resolved. Conclusion EOS can be one of useful indicators for the application of steroids in the treatment of BP.

**Keywords:** bullous pemphigoid eosinophi severity of disease

Received 2011-10-16;

Fund:

国家自然科学基金(81071301)和新世纪优秀人才支持计划(NCET-10-0964)

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引用本文:

左亚刚,刘冰,李丽,晋红中,孙秋宁.嗜酸性粒细胞水平与大疱性类天疱疮激素应用剂量间的关系[J] 中国医学科学院学报, 2012,V34(2): 130-133

ZUO Ya-gang, LIU Bing, LI Li, JIN Hong-zhong, SUN Qiu-ning. Correlation between Blood Eosinophil Level and Steroid Doses in Patients with Bullous Pemphigoid[J] CAMS, 2012,V34(2): 130-133

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