

论文

海岛居民Hs-CRP水平与心血管病危险因素关系

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摘要:

目的 了解海岛居民血清高敏 C 反应蛋白(Hs-CRP)水平与心血管疾病危险因素的关系,为心血管病的预防控制提供参考依据。方法 采用随机分层抽样方法对在辽宁省大连市长海县抽取的395名≥30岁常住居民进行问卷调查、体格检查和血液生化学检查。结果 海岛居民血清Hs-CRP P_5 、 P_{10} 、 P_{25} 、 P_{50} 、 P_{75} 、 P_{90} 、 P_{95} 水平分别为0.01、0.02、0.05、0.11、0.24、0.43、0.83 mg/L;不同特征居民比较,不同年龄、居住年限、是否患高血压和是否有心血管病史居民Hs-CRP分布间差异均有统计学意义($P<0.05$);海岛居民血清ln(Hs-CRP)与年龄($r=0.26$)、体质指数($r=0.32$)、腰围($r=0.30$)、胆固醇($r=0.18$)、甘油三酯($r=0.28$)、低密度脂蛋白胆固醇($r=0.21$)、空腹血糖($r=0.29$)、血肌酐($r=0.11$)、尿酸($r=0.21$)均呈正相关($P<0.05$),与高密度脂蛋白胆固醇呈负相关($r=-0.11$, $P<0.05$);多元线性回归分析结果表明,在调整其他因素后,年龄、体质指数、空腹血糖、高密度脂蛋白胆固醇、胆固醇和吸烟是海岛居民血清Hs-CRP水平的主要影响因素。结论 海岛居民的Hs-CRP水平受年龄、体质指数、空腹血糖、高密度脂蛋白胆固醇、胆固醇和吸烟的影响;控制体重、减少肥胖有利于维持血清Hs-CRP在正常范围内。

关键词: 高敏C反应蛋白(Hs-CRP) 心血管病 危险因素 关系 海岛居民

Associations of plasma high-sensitivity C-reactive protein with traditional cardiovascular risk factors among island residents in Dalian city

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Abstract:

Objective To investigate the relationship between plasma high-sensitivity C-reactive protein(Hs-CRP) and traditional cardiovascular risk factors in the island residents.Methods Totally 395residents of Changhai county,Dalian city,were selected for the survey.We assessed the relationship between Hs-CRP and cardiovascular risk factors,such as age,blood pressure,smoking status and serum lipids.The data were analyzed with SPSS 16.0 statistical package.Results Plasma Hs-CRP level was 0.11 mg/l in the subjects.Plasma Hs-CRP positively correlated with age,waist circumference,body mass index,fasting blood glucose,cholesterol,triglycerides,low-density lipoprotein cholesterol,creatinine,and uric acid,with the correlation coefficients of 0.26,0.32,0.30,0.18,0.28,0.21,0.29,0.11,0.21,and 0.21,respectively.The high-density lipoprotein cholesterol and Hs-CRP showed a inverse correlation.In multiple regression analyses,fasting blood glucose,body mass index,age,high-density lipoprotein cholesterol,serum cholesterol,and smoking showed independent correlation with plasma Hs-CRP.Conclusion Hs-CRP level is affected by body mass index,age,fasting blood glucose,and high-density lipoprotein cholesterol and smoking status in the island residents.Weight control,reducing obesity could maintain the serum Hs-CRP within the normal level.

Keywords: high-sensitivity C-reactive protein cardiovascular disease risk factor relationship island resident

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