







## 桥本甲状腺炎病因病机与临床治疗研究进展

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中文摘要:桥本氏甲状腺炎(HT)是一种逐年高发的自身免疫性疾病,突出表现为甲状腺功能忽高忽低,血清中辅助性T淋巴细胞1型因子(Th1)偏高及辅助性T淋巴细胞2型因子(Th2)过低,伴血清抗甲状腺球蛋白抗体(TGAb)、抗甲状腺微粒体抗体(TMAB)、甲状腺过氧化物酶抗体(TPOAb)持续阳性,病情迁延难愈。该文就国内外关于HT的病因、临床表现与治疗等相关研究进行综述分析。结果显示,单纯的补充或抑制免疫治疗,难以达到显著疗效。是否从下调Th1型细胞因子兼上调Th2型细胞因子的环节寻找调节HT免疫失衡的药物,同时对桥本病的不同中医证型进行调理,可能有助于疾病的辅助治疗效果。

中文关键词:桥本氏甲状腺炎 辨证分型 免疫调节

### Progress of pathogenesis and clinical treatment of Hashimoto's thyroiditis

Abstract:Hashimoto's thyroiditis (HT) is a autoimmune disease that is highly incident year by year. Its clinical manifestations are alternative hyperthyroidism or hypothyroidism, relatively high Th1, excessively low Th2 and constantly increasing TGAb and TMAB. Currently, the disease is still difficult to be cured, and instable thyroid function makes it harder to be treated. Therefore, this essay makes a summary analysis on domestic and foreign studies on HT's pathogenesis, clinical manifestations and treatment, resulting that pure supplement or immunosuppressive therapy is hard to achieve notable efficacy, while existing traditional Chinese medicines could only mitigate clinical symptoms but did not reduce inflammation. Therefore, to look for methods and drugs for adjusting immunity imbalance by decreasing Th1 cell factors and increasing Th2 cell factors is significant to HT treatment to some extent.

keywords:Hashimoto's thyroiditis syndrome differentiations immune adjustment

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