

临床研究

眩晕患者的流行病学特点及  
中西医结合治疗的效果观察

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**摘要:**目的 观察眩晕患者的流行病学特点及中西医结合治疗的效果。方法 采用回顾性研究,收集本院 2012 年 6 月~2018 年 6 月 122 例眩晕患者的临床资料,记录患者的临床资料,如基本资料(性别、年龄、发病节气等)、既往病史、影像学检查(CT、MRI、MRA、经颈动脉/椎动脉彩色超声等)等资料,并将数据录入统计学软件进行分析。**结果** 眩晕患者以女性、老年人群为多见,且好发于秋季,患者多为反复发作,中医以痰浊中阻、肝阳上亢为多见,强调辨证施治;西医以脑动脉硬化、高血压病、颈椎病为多见,强调原发病治疗和对症处理,采取中西医结合治疗的方式具有确切的临床疗效。**结论** 122 例眩晕患者经中西医结合治疗的总有效率 93.44% (114/122),提示该治疗方法具有确切的临床疗效,值得临床应用。

**关键词:**眩晕;流行病学;中西医结合治疗;疗效  
中图分类号:R255.3      文献标识码:A      文章编号:1672-0571(2019)02-0045-05  
DOI:10.13424/j.cnki.mtcm.2019.02.015

Epidemiological Characteristics of Vertigo Patients  
and the Effect of Integrated Traditional Chinese and Western Medicine

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**Abstract Objective** To observe the epidemiological characteristics of vertigo patients and the effect of integrated traditional Chinese and western medicine. **Method** A retrospective study was conducted to collect clinical data of 122 patients with vertigo in People's Hospital of Shangzhou District from June 2012 to June 2018. The clinical data of the patients were recorded, such as basic data (gender, age, incidence, etc.), past medical history, imaging examination. (CT, MRI, MRA, transcranial/vertebral artery color ultrasound, etc.) and data were entered into statistical software for analysis. **Result** Vertigo patients are more common in women and the elderly, and most of them occur in autumn and most of them recur. TCM emphasizes syndrome differentiation and treatment and the syndrome were phlegm turbidity obstruction and hyperactivity of liver-yang. Western medicine emphasizes the treatment of primary diseases and symptoms, and the disease was mostly seen in cerebral arteriosclerosis, hypertension and cervical spondylosis. The combination of traditional Chinese and Western medicine has a definite clinical effect. **Conclusion** The total effective rate of 122 patients with vertigo treated with integrated traditional Chinese and Western medicine was 93.44% (114/122), suggesting that the