

骨化三醇联合二仙汤治疗绝经后 骨质疏松性椎体压缩骨折 PKP 术后 34 例^{*}

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摘要:目的 观察骨化三醇联合二仙汤治疗绝经后骨质疏松性椎体压缩骨折经皮球囊扩张椎体后凸成形术(percutaneous kyphoplasty, PKP)术后的临床疗效。方法 选取绝经后骨质疏松性椎体压缩骨折 PKP 术后的患者 68 例, 随机分成两组; 对照组(34 例)给予骨化三醇胶囊口服, 治疗组(34 例)在服用骨化三醇胶囊治疗的基础上口服二仙汤, 两组患者均在治疗 12 周后观察临床疗效。结果 治疗组在疼痛视觉模拟(visual analoguescale, VAS)评分、中医临床证候积分、骨密度比较上均优于对照组, 差异具有统计学意义($P < 0.05$)。结论 绝经后骨质疏松性椎体压缩骨折 PKP 术后给予骨化三醇联合二仙汤治疗在缓解疼痛症状、改善中医临床证候、改善骨密度方面临床疗效显著, 值得推广使用。

关键词:二仙汤; 绝经后; 骨质疏松性椎体压缩骨折; PKP 术后

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34 Cases of Postmenopausal Osteoporotic Vertebral Compression Fractures Treated with Calcitriol and Erxian Decoction after PKP

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Abstract Objective: To observe the clinical effect of calcitriol combined with Erxian Decoction in the treatment of postmenopausal osteoporotic vertebral compression fracture after percutaneous kyphoplasty (PKP). **Methods:** 68 patients with postmenopausal osteoporotic vertebral compression fracture after PKP were selected and randomly divided into two groups. The control group (34 cases) was given orally calcitriol capsule, while the treatment group (34 cases) was given orally Erxian Decoction on the basis of taking calcitriol capsule. The clinical effects of the two groups were observed after 12 weeks of treatment. **Results:** The treatment group was superior to the control group in the visual analogue scale (VAS) score, the TCM clinical syndrome score, and the bone density. The difference was statistically significant ($P < 0.05$).

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