

# 糖尿病肾病水肿临证体会

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从事内科临床工作36年。主要是肾脏病及风湿病的临床、教学及科研工作。立足中医核心,注重中西医有机结合,发表论文40多篇;主编著作6部;主持省市部级课题5项。

**摘要:**糖尿病肾病(DN)是糖尿病特有的严重的微血管并发症,是导致终末期肾病常见原因,水肿是糖尿病肾病常见的临床表现。糖尿病肾病水肿的病机特点是以脾肾双虚为本,水湿、浊毒为标,血脉瘀滞伴随始终,三焦郁滞参与其中,临床治疗从虚、从湿、从瘀、从郁论治,具有较好疗效。

**关键词:**糖尿病肾病;水肿;临证体会

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## Clinical Experience of Diabetic Nephropathy Edema

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**Abstract:** Diabetic nephropathy (DN) is a serious microvascular complication unique to diabetes. It is a common cause of end-stage renal disease. Edema is a common clinical manifestation of diabetic nephropathy. The pathogenesis of diabetic nephropathy edema takes the deficiency of both the spleen and the kidney, with water dampness and turbid toxin as the major symptoms. Blood stasis is always accompanied by the stagnation of sanjiao stasis. The clinical treatment is from deficiency, from dampness, from stasis and from depression, which has a good effect.

**Keywords:** Diabetic nephropathy (DN); Edema; Clinical experience

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