

吸烟对男性糖尿病患者血脂代谢的影响

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【摘要】 目的 探讨吸烟对男性糖尿病患者血脂代谢的影响。方法 选择男性糖尿病患者156例,按照吸烟情况分为不吸烟组、戒烟组、少量吸烟组(少量组)和大量吸烟组(大量组),询问患者糖尿病病史、吸烟(包括吸烟时间、每日吸烟支数、戒烟年限)、饮食及运动情况(每日运动时间和运动量),测量身高、体重、腰围、臀围和体脂分数等,检测血液中空腹血糖(FBG)、餐后2 h血糖(2 hPBG)以及甘油三酯(TG)、胆固醇(TC)、高密度脂蛋白(HDL-C)和低密度脂蛋白(LDL-C)水平,采用协方差分析和多元逐步回归法分析吸烟对血脂的影响。**结果** 与不吸烟组比较,大量组TG水平明显较高($P<0.05$);协方差分析表明,大量组HDL-C水平较不吸烟组显著降低($P<0.05$),但TC、TG和LDL-C间比较差异均无统计学意义($P>0.05$);与戒烟组比较,少量组HDL-C显著较低($P<0.05$),大量组TG水平较高而HDL-C水平较低($P<0.05$);协方差分析表明,大量组TG和HDL-C水平与戒烟组比较差异均具有统计学意义($P<0.05$)。吸烟与HDL-C间呈显著负相关性($P<0.05$)。**结论** 吸烟是男性糖尿病患者体内脂代谢紊乱的独立危险因素,戒烟对调节脂代谢具有重要意义。

【关键词】 吸烟;糖尿病;血脂代谢;影响

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Effects of smoking on blood lipid metabolism in male patients with diabetes mellitus. WU Rang-bing, DU Xiao-mei, WANG Hua, HE Jin-song, LI Ming-rui, LI Yue-shan, WANG Li-li. Department of Endocrinology, the Central Hospital of Dazhou City, Dazhou 635000, Sichuan, CHINA

[Abstract] **Objective** To explore the effects of smoking on blood lipid metabolism in male patients with diabetes mellitus. **Methods** A total of 156 patients with diabetes mellitus were enrolled in the study, which were divided into no-smoking group, stop-smoking group, slight smoking group and heavy smoking group according to smoking status. The history of diabetes, smoking status (including time of smoking, daily amount of smoking, smoking cessation age), diet and exercise situation (daily exercise time and amount of exercise) were asked. The height, weight, waist circumference, hip circumference and body fat percentage were measured. The levels of fasting blood glucose (FBG), postprandial 2 hours blood glucose (2 hPBG) and triglyceride (TG), total cholesterol (TC), high density lipoprotein-cholesterol (HDL-C) and low density lipoprotein-cholesterol (LDL-C) were detected. The effect of smoking on blood lipids was ana-

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发生脑卒中的危险性与血脂水平密切相关;同时也显示IS组non-HDL-C水平显著高于ICH组,差异具有统计学意义($P<0.05$)。因此non-HDL-C可作为评价和预测缺血性脑卒中发生具有实用价值。

HbA1c是反映2~3个月内血糖控制水平的良好指标,也可作为血糖水平波动指标^[7],本研究中脑卒中患者血HbA1c升高差异有统计学意义($P<0.01$),而且在ICH组患者中HbA1c水平较高,可能血糖水平波动与氧化应激和ICH病情发生、发展有关。同时相关性分析显示,脑卒中组血MDA浓度与HbA1c、non-HDL-C具有相关性,提示血脂代谢异常及血糖控制水平可能会导致氧化应激反应的产生,加重动脉粥样硬化的损伤程度。应密切关注脑卒中患者的血脂和血糖变化,从而减少动脉粥样硬化和脑卒中发生的风险。

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