

## 比索洛尔联合胰岛素增敏剂治疗对 PCOS 患者内分泌功能的影响

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**【摘要】** 目的 探讨比索洛尔联合胰岛素增敏剂治疗对多囊卵巢综合征(PCOS)患者内分泌功能的影响。方法 选择 2011 年 8 月至 2014 年 8 月我院内分泌科收治的 60 例 PCOS 患者, 根据随机数表法将 60 例患者分为观察组( $n=30$ )和对照组( $n=30$ ), 对照组接受胰岛素增敏剂吡格列酮治疗, 观察组患者接受比索洛尔联合吡格列酮治疗, 比较两组患者治疗前后的空腹胰岛素(FIN)、空腹血糖(FPG)、胰岛素抵抗指数(HOMA-IR)、胰岛素分泌指数(HOMA- $\beta$ )、雌二醇(E2)、睾酮(T)、孕酮(PRGE)、垂体泌乳素(PRL)、性激素结合蛋白(SHBG)、皮质酮(Cor)、促肾上腺皮质激素(CTH)、肾上腺皮质激素释放激素(CRH)、促性腺激素释放激素(CnRH)、环磷酸腺苷和环磷酸鸟苷的变化, 并对疗效进行评价。结果 治疗后, 观察组患者的 FIN [(18.5 $\pm$ 3.9) mIU/L vs (26.3 $\pm$ 4.7) mIU/L]、FPG [(7.13 $\pm$ 1.4) mmol/L vs (4.72 $\pm$ 1.7) mmol/L]、HOMA-IR [(0.65 $\pm$ 0.13) vs (0.42 $\pm$ 0.19)]、HOMA- $\beta$  [(2.45 $\pm$ 0.47) vs (1.69 $\pm$ 0.14)]、E2 [(56.9 $\pm$ 8.7) pg/mL vs (46.9 $\pm$ 10.5) pg/mL]、T [(58.5 $\pm$ 4.2) ng/dL vs (39.6 $\pm$ 6.7) ng/dL]、PRGE [(0.69 $\pm$ 0.21) pg/mL vs (0.52 $\pm$ 0.17) pg/mL]、PRL [(17.5 $\pm$ 5.3) pg/mL vs (13.2 $\pm$ 4.7) pg/mL] 和环磷酸腺苷水平 [(26.9 $\pm$ 3.5) pmol/L vs (21.2 $\pm$ 2.4) pmol/L] 较治疗前均明显降低( $P<0.05$ ), SHBG [(18.5 $\pm$ 3.9) nmol/L vs (26.3 $\pm$ 4.7) nmol/L]、Cor [(18.5 $\pm$ 3.9) ng/mL vs (26.3 $\pm$ 4.7) ng/mL]、ACTH [(18.5 $\pm$ 3.9) ng/mL vs (26.3 $\pm$ 4.7) ng/mL]、CRH [(53.7 $\pm$ 6.4) pg/mL vs (61.3 $\pm$ 7.2) pg/mL] 和环磷酸鸟苷的水平 [(25.6 $\pm$ 4.9) pmol/L vs (27.1 $\pm$ 1.8) pmol/L] 较治疗前均明显升高, 差异均有统计学意义( $P<0.05$ ); 治疗后, 对照组患者的 FIN [(25.9 $\pm$ 3.7) mIU/L vs (18.5 $\pm$ 3.9) mIU/L]、FPG [(7.09 $\pm$ 0.93) mmol/L vs (5.52 $\pm$ 1.86) mmol/L]、HOMA-IR [(0.67 $\pm$ 0.14) vs (0.45 $\pm$ 0.11)]、HOMA- $\beta$  [(2.39 $\pm$ 0.96) vs (2.08 $\pm$ 0.33)]、E2 [(57.8 $\pm$ 6.4) pg/mL vs (46.9 $\pm$ 10.5) pg/mL]、T [(59.6 $\pm$ 5.5) ng/dL vs (45.8 $\pm$ 9.1) ng/dL]、PRGE [(0.67 $\pm$ 0.19) pg/mL vs (0.53 $\pm$ 0.15) pg/mL] 和 PRL [(17.4 $\pm$ 3.3) pg/mL vs (14.2 $\pm$ 5.6) pg/mL] 较治疗前均明显降低, SHBG [(84.3 $\pm$ 15.8) nmol/L vs (131.9 $\pm$ 30.1) nmol/L] 水平较治疗前明显升高, 差异均有统计学意义( $P<0.05$ ), 而 Cor、ACTH、CRH、环磷酸腺苷水平和环磷酸鸟苷水平较治疗前均无明显变化( $P>0.05$ ); 观察组患者的治疗总有效率为 93.33%, 明显高于对照组的 66.67%, 差异有统计学意义( $P<0.05$ )。结论 比索洛尔联合胰岛素增敏剂吡格列酮治疗 PCOS 可明显改善患者机体的内分泌环境, 提高患者的治疗效果。

**【关键词】** 多囊卵巢综合征; 比索洛尔; 胰岛素增敏剂; 吡格列酮; 内分泌功能; 疗效

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**Effect of bisoprolol combined with insulin sensitizer on endocrine function of patients with polycystic ovary syndrome.** GUO Xiao-fang, WEN Xi, LI Ping. Department of Endocrinology, Wuhan Hanyang Hospital, Wuhan 430052, Hubei, CHINA

**【Abstract】 Objective** To explore the influence of bisoprolol combined with insulin-sensitizing agent on endocrine function of patients with polycystic ovary syndrome (PCOS). **Methods** Sixty patients of PCOS treated in Department of Endocrinology in our hospital during August 2011 to August 2014 were randomly divided into observation group ( $n=30$ ) and control group ( $n=30$ ) according to the random number table method. The control group received insulin sensitiz-

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