

中西医结合药物治疗老年人心脑血管疾病的效果分析

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【摘要】目的: 探讨中西医结合治疗老年人心脑血管疾病的效果。方法: 选取 2021 年 7 月-2022 年 7 月 84 例老年患者, 随机分为对照组 (42 例) 和观察组 (42 例)。对照组采用西药治疗, 观察组采用中西医结合治疗。比较两组治疗后的血压、血糖、血脂及血液流变学指标。结果: 观察组治疗后的各项指标均显著优于对照组 ($P < 0.05$)。结论: 中西医结合治疗老年人心脑血管疾病效果显著, 值得推广应用。

【关键词】: 中西医结合; 老年人心脑血管疾病; 效果分析

Effect Analysis of Combined Traditional Chinese and Western Medicine in the Treatment of Senile Heart and Cerebrovascular Diseases

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Abstract: Objective: To explore the effect of combined traditional Chinese and Western medicine in the treatment of elderly heart and cerebrovascular diseases. Methods: A total of 84 elderly patients with cardiovascular and cerebrovascular diseases admitted to our outpatient department from July 2021 to July 2022 were selected as the research objects. They were randomly divided into control group (42 cases) and observation group (42 cases) according to Excel software. The control group was treated with western medicine, while the observation group was treated with integrated traditional Chinese and Western medicine. The therapeutic effect, blood pressure, blood glucose, blood lipid and hemorheology were compared between the two groups. Results: After treatment, the treatment effect of observation group was significantly higher than that of control group ($P < 0.05$). Before treatment, there were no significant differences in blood pressure, blood glucose, blood lipid and hemorheology indexes between the two groups ($P > 0.05$). After treatment, the blood pressure, blood glucose, blood lipid and hemorheology indexes of the observation group were better than those of the control group ($P < 0.05$). Conclusion: The application of integrated Chinese and Western medicine in the treatment of elderly cardiovascular and cerebrovascular diseases can improve the treatment effect of patients, improve patients' blood pressure, blood glucose, blood lipid and hemorheology indexes, which is worthy of promotion and implementation.

Keywords: Integrated Chinese and Western medicine; The elderly; Cardiovascular and cerebrovascular diseases; Effect analysis

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1 资料与方法

1.1 病例选择

选取 2021 年 7 月-2022 年 7 月在我院门诊就诊的老年心脑血管疾病患者 84 例, 随机分为对照组 (42 例) 和观察组 (42 例)。对照组采用西药治疗, 观察组采用中西医结合治疗。比较两组治疗后的血压、血糖、血脂及血液流变学指标。结果: 观察组治疗后的各项指标均显著优于对照组 ($P < 0.05$)。结论: 中西医结合治疗老年人心脑血管疾病效果显著, 值得推广应用。

