临床医学研究: 2022 年 4 卷 9 期
ISSN: 2705-0939(Print); 2705-0475 (Online)

二甲双胍联合达格列净治疗 2 型糖尿病的疗效

李晓磊
河北省保定市定兴县医院 河北 保定 072650

【摘 要】：目的：娀媲┘ 声㊨岰屾μℓ慥嘎ㄊ卫噤夔 2 伻孪傻夼她夔叼�下傚凡垠失堳分她凅中⇑ 方法：憔ᶠᶢ 2020 兡 1 咔-2021 兡 1 咔伉勒掂噤夔她 2 伻孪傻夼芻尉 94 〕罊掀咪乙┳ ┣ 宦罊嗷宦㎓ 47 〕⇑ 傚埡宦芻尉扃壨┘ 声㊨岰戁彐噤夔,娀媲宦伉傚埡宦佢娘┐ 屾μℓ慥嘎ㄊ卫戁彐噤夔⇑ 傚嗺┣ 宦芻尉噤夔nm彊孪瓟ㄱ慥唅塺�下彊囵垠伶偠她ᵗᵉᶜ 丼⇑ 结果：┣ 宦芻尉噤夔nm她 FPG⇐ 2hPG �下 HbAlc 嚶挑妠嗺噤夔ㄨ优呉呜捻♫罊┫ 復傒宦芻尉噤夔nm她号亂剝儿呜帡☞┛ 傚埡宦罊鸞写咕寁忏偕劂┗ (P瞥0.05)⇑ 噤夔ㄨ┣ 宦芻尉彊囵垠伶偠傚嗺吳儻写暨P暾0.05暩罊噤夔nm復傒宦她彊囵垠伶偠匚唅优☞┛ 傚埡宦芻尉罊儻写二咕寁忏劂┗ 暨p瞥0.05暩⇑ 结论：扃壨┘ 声㊨岰屾μℓ慥嘎ㄊ卫噤夔 2 伻孪傻夼二咕揓兑呜帡她噤夔叼哖罊峎侇咕叼号亂 2 伻屔兡孪傻夼芻尉她彊孪嚶挑罊兡【ナ彊孪嚶挑澤ㄩ拶咱她咕叼瓟ㄱ罊へ澤┬ 六即全丁戁┆ 嗕娀媲⇑

【关键词】：┘ 声㊨岰暻慥嘎ㄊ卫暻2 伻孪傻夼暻夔叼暻凡垠失堳分

Efficacy of Metformin Combined with Dapagliflozin in the Treatment of Type 2 Diabetes

Xiaolei Li

Dingxing County Hospital Baoding City Hebei Province Hebei Baoding 072650

Abstract: Objective: To study the efficacy of metformin combined with dapagliflozin in the treatment of type 2 diabetes mellitus and its effect on microinflammatory state. Methods: A total of 94 patients with type 2 diabetes treated in our hospital from January 2020 to January 2021 were randomly divided into two groups, with 47 cases in each group. Patients in the control group were treated with metformin, and patients in the study group were treated with dapagliflozin on the basis of the control group. The changes of blood glucose control and serum inflammatory factors were compared between the two groups after treatment. Results: The levels of FPG, 2hPG and HbAlc in the two groups after treatment were significantly lower than those before treatment, and the improvement in the observation group was significantly better than that in the control group, and the difference was statistically significant (P < 0.05). There was no difference in serum inflammatory factors between the two groups before treatment (P>0.05). After treatment, the serum inflammatory factors of the observation group were better than those of the control group, and the difference was statistically significant (P < 0.05). After treatment, the symptom relief rate, mental health compliance rate and complication rate of the observation group were better than those of the control group, and the difference between the two groups was statistically significant (P<0.05). Conclusion: Metformin combined with dapagliflozin in the treatment of type 2 diabetes mellitus has a very significant therapeutic effect, which can effectively improve the blood glucose level of elderly patients with type 2 diabetes mellitus, and make their blood glucose level effectively controlled for a long time, which is worthy of clinical promotion and further research.

Keywords: Metformin; Dapagliflozin; Type 2 diabetes; Curative effect; Microinflammatory state

0 伻孪傻夼呖孪傻夼她┆ 嫊孌伻罊0 伻孪傻夼┳ 徥呖壯┘ 峅僣學乙噭妠傚┓ 惋罊軔峅僣學ㄴ壨掙娭勍傝崠她娾嚶卌μℓ埬⇐廛奶恺⇐峏岛⇐▸ 悴孷╒ 刜她夬夼罊▾ 撣彊孪┳ ┳ 徥她啥屭⇑ 0 伻孪傻夼伉勒份㈱孪傻夼芻尉她 73#▾ ┐ 罊0 伻孪傻夼俩徨┘ ┫ 屔兡■ 尳罊兑兑伉 2. 僖▾ nm惀夼罊侧俩同惀夼掔�o)ᵛᵢ⇑ 傮ナ俍ᵈᵢᵐ┘ 岙岘⇐孪傻夼傻启kA⇐撣彊㊉夼尉罊惀夼掔⑹呋影芻尉刂徬⇑ ┳ 徥失堳俩撵⇐俩搫⇐俩傻⇐囆奜�下┼ 礻⇑ 噤夔ᵒᵒ匯ᶤ⁻咘巡埬⇐峅僣學罊♩媮┓ 冗成μℓ撵搫噤夔⇐慱�******噤夔⇑ 0 伻孪傻夼僊┘ 宫惕刜夬夼罊搔徥嵑俍她瓟ㄱ彊孪罊号亂失堳罊礻嘪厊撣芻尉她攉囊恺扉ᵛᵒᵢ⇑ 伶嗔咤嗂娀媲扚傚勒掂噤夔她 72 fm 0 伻孪傻夼芻尉罊卹忖┘ 声㊨岰屾μℓ慥嘎ㄊ卫噤夔 0 伻孪傻夼她夔叼�下傚凡垠失堳分她凅中罊墇创家俏┓ ⇑

1 资料与方法

/,/ ┆ 崹悚吗

憔ᶠᶢ 0. 0. 兡 / 咔+0. 0/ 兡 / 咔伉勒掂噤夔她 0 伻孪傻夼芻尉 52 〕罊掀咪乙┳ ┣ 宦罊乙ㄨ呖傚埡宦丁復傒宦罊嗷宦㎓ 25 〕罊傚埡宦壳 01 〕罊佶 02 〕暻兡斃 2. +50 僖罊挑优兡斃暨34,1/¤ 0,. / 暩喜暻複傒宦壳 02 〕罊告 01 〕暻兡斃 32+55 僖罊挑优兡斃暨43,00¤ 2,54暩僖⇑ 芻尉丁傻僊优嬓偉kℓ劂罊儲寀寀慮㈤掂❀墠♂勫ン⇑ ┣ 宦伉┆ 崹悚吗暨刜ㄨ⇐兡斃暩嗟慆┓ 罊家哖优吳寁忏偕儻写罊N暾. ,. 3罊二咕nA嗟刜⇑

/,0 阶噱

傚埡宦芻尉扃壨┘ 声㊨岰戁彐噤夔ᵊ娀媲宦伉傚埡宦佢

娘┐ 屾μℓ悻唚ㄟ卫懟彐噤夔磤二⊡俏┓ 暺

┘ 声㊧岰暨攉、◤ ├ 暺┫ 熡┐ 囁否恪偲ㄱ巡咕捼彡μF磤勫ン吐nF暺份巡ン偉 F 0. . 0115. 暩↜壨噱壨扉↝暺妣截┘ 声㊧岰堎她凵俬ㄠ扉┳ ╟ 奸嘂ザ磤嗷侨├ 嗂匏彡奸╟ 嘂ザ磤嗷吵┆ 嗂磤掇搯咘壨⇑ nA▾ 嗷log侈—╟ 奸嘂ザ磤匏嗷┘ log侈—彡奸╟ 嘂ザ磤憙圁侈—ㄖ嗷侨├ ㈥嘂ザ磤乙ㄆ嗂咘壨⇑ 励■她呱侧卽巕ㄠ扉┳ 嗷侨┘ ㈥╟ 奸╟ ㈥嘂ザ磤┳ ╗ 【匀尉咍俍伐屜ㄘ巡堜磤关伉耷nm咘壨┏ 嗂⇑ ┓ 冔帆偈俓←偈俓←乇┐咱俓佶丁㈥僖▾ ┐ 屮嫗咘壨⇑ 伶┳ 怎巡♂冢惀剌処←℃㎏mm←峻奇嫽岬岕憺┫ 憵嫽┫ 嵑ㄗ⁻关磤兢┘ 壯╝ ┤ 扇她岓岩ㄖ崀┫ ダ←┤ 扇她処ㄟ韄嫙←► 悴刜截┫ 磬丁戔孤┫ 磬磤婴嗒伉㈤攉她匚傝┓ 【壨⇑ 伉兟呀攉囊┫ 关噻劂搫严㈦攉丁懇シ噣峽搫堜磤慶关懇シ堕俊←尬俊丁侧扉預她厹ㄆ▾ ㊦懇シ攉㎿侧幌嫽⇑

悻唚ㄟ卫暨攉、◤ ├ 暺? qrp_Xcl ca_ Nf _pk _acs rgq_jqJ N磤份巡ン偉 H0. / 5. . 2. 暩↜壨噱壨扉↝暺凵俬ㄠ扉嗷吵 3 嘂ザ磤吹┐ 咘壨磤掇搯匏媶峻【壨奻nA暻傚┛ 搵徑—冱彊頊瓟ㄱ┘ 屜ㄘ 3k e 嗷吵┆ 嗂她匀尉磤ㄠ扉nA侈—崟 / . k e 嗷吵┆ 嗂⇑岩儀增慮坉塺暨cE DP暩儀┛ 4. k J -k ǵ -/ ,51k ⁰尉磤┓ 冔帆【壨⇑ kℓ呀匀尉咗㊧搵徥噻劂傚咤严㊦励乙┻ ┆ 慮吖尉←傚咤严咕┤ 扇惃吖ㄗ⁻关kA尉←扇奚岩卞偾←宫咣咱岩夼暨CQP B暩匏搵徥憘哑她匀尉嬰壨怎巡⇑

/ ,1 復傒匚唅

暨/ 暩復傒├ 宦匀尉噤夔ㄟnm她彊頊瓟ㄱ悻唅塺⇑ 媶峻彊頊嗓兑ㄟ暨DNE暩1,7+4,. k k nj-J 磤搯nm 0 儀呀彊頊暨0f NE 暩 : 5,5k k nj-J 磤頊卌彊安廛奶暨F `? / a暩┆ 崹徥嘪伉 4# +4,3# 優cal⇑

暨0暩乙哑├ 宦匀尉噤夔ㄟnm彊囧垠失伶偠ㄘ卌磤○○匡岨奚伝嗚伶偠+N暨RL D+N暩←奶来岶▦ 學+4暨G +4暩←Aㄗ⁻关廛奶暨AP N暩⇑

/ ,2 寁忏偕吤噱

勍咕家哖她寁忏偕乙哑【壨 QNQQ' 7,. 思● 懟彐磤【壨优同¤ 唅ン儳暨 $x \pm s$ 暩彙婗婺$\mu\ell$嗓分乙儺她忏扉悚吗磤【壨堭嬓哇咤暨r暩啞摽懟彐宦挽嗟慆暻【壨┤ ♪同暨呱儀ㄟ+呱侧ㄟ暩彙婗ㄆ分乙儺她忏扉悚吗磤【壨嫥丁啞摽懟彐宦挽嗟慆暻【壨扇侜韽扉吤儳乙哑懟彐偁宦挽←偁┤ 呀挽埑她忏扉悚吗嗟慆暻【壨暨: ²暩啞摽懟彐忏同悚吗塺暨暖暩丁┓ 嵑ㄗ⁻关ㄉ攉塺她嗟慆磤忿偯冶暨N暋. ,. 3暩呀磤忒┳ 咕寁忏偕儳写⇑

2 结果

0,/ 嗟慆乙哑├ 宦匀尉噤夔ㄟnm她彊頊匚唅

咤嗂娀媲ㄉ墇磤傚埡宦噤夔ㄟ F `? / a 嚶兟┳ 暨/ /,00¤ 1,4. 曭磤復傒宦噤夔ㄟ F `? / a 嚶兟┳暨/ /,1/¤ 0,73暩鬞r; . ,/ /2磤N; . ,7. 7暩⇑ 傚埡宦噤夔ㄟ 0f NE ┳ 暨/ 3,/ 7¤ 1,16暩磤復傒宦噤夔ㄟ 0f NE ┳ 暨/ 3,75¤ 1,30暩暻暨r; . ,724磤N; . ,126暩⇑ 傚埡宦噤夔ㄟ DNE 嚶兟┳ 暨/ 0,51¤ 1,40暩暻復傒宦噤夔ㄟ DNE ┳ 暨/ 0,6/ ¤ 1,47暩暻暨r; . ,. 70磤N; . ,705暩⇑ 傚埡宦噤夔nm F `? / a 嚶兟┳ 暨6,14¤ / ,12暩磤復傒宦噤夔nm F `? / a 嚶兟┳ 暨5,51¤ / ,/ 0暩暻暨r; 0,/ 12磤N; . ,. 14暩⇑ 傚埡宦噤夔nm 0f NE ┳ 暨7,53¤ 0,/ 1暩磤復傒宦噤夔nm 0f NE ┳ 暨5,3/ ¤ / ,61暩暻暨r; 2,5/ 7磤N; . ,. . . 暩傚埡宦噤夔nm DNE 嚶兟┳暨5,7. ¤ 0,0/ 暩暻復傒宦噤夔nm DNE ┳ 暨4,2/ ¤ / ,46暩暻暨r; 1,/ 53磤N; . ,. . 0暩⇑ 壯偳摽家哖nA姬磤├ 宦匀尉噤夔nm她 DNE ←0f NE ㊦ F `? ja 嚶兟妠嗺噤夔ㄟ优呉呜捻♫磤ナ┤ 復傒宦匀尉噤夔nm她号亂剋ル呜帡☞┘ 傚埡宦磤儳写咕寁忏偕劂┗ 暨N暋. ,. 3暩⇑

0,0 嗟慆乙哑├ 宦匀尉噤夔ㄟnm彊囧垠失伶偠ㄘ卌

咤嗂娀媲ㄉ墇磤復傒宦噤夔ㄟ AP N┳暨7,01¤ / ,01暩k e-J 磤G +4┳ 暨30,/ 1¤ 7,12暩l e-J 磤RL D+N┳ 暨04,11¤ 1,07暩l e-J 暻復傒宦噤夔nm AP N┳ 暨4,11¤ . ,45暩k e-J 磤G +4┳ 暨15,22¤ 3,12暩l e-J 磤RL D+N┳ 暨/ 0,23¤ 0,43暩l e-J 暻傚埡宦噤夔ㄟ AP N┳ 暨7,13¤ / ,. 0暩k e-J 磤G +4┳ 暨31,43¤ 4,55暩l e-J 磤RL D+N┳ 暨03,65¤ 1,47暩l e-J 暻傚埡宦噤夔nm AP N┳ 暨6,/ /¤ / ,13暩k e-J 磤G +4┳ 暨24,7/ ¤ 1,34暩l e-J 磤RL D+N┳ 暨/ 7,2/¤ 0,. / 暩l e-J 暻壯偳摽家哖nA姬磤噤夔ㄟ├ 宦匀尉彊囧垠伶偠傚嗺吳儳写暨N暾. ,. 3暩磤噤夔nm復傒宦她彊囧垠伶偠匚唅优☞┘ 傚埡宦匀尉磤儳写二咕寁忏劂┗ 暨n暋. ,. 3暩⇑

3 讨论

0 伻孨傻夼惀夼嗺慆掔(○)磤nA▾ 噔咕呉呜失堳磤├ nA▾ 咕╦ ┓ 叉伻她失堳磤俏ㄗ⁻侜攉嬃偠←捊夺←妄岘卞ㄠ 勃勓咦nm ㄠ ㄋ⁻┓ 圖$\mu\ell$磤勃尉丁墇妄岘奕奻磤傮ナ呖偕刜侠揗奕奻勃傻憺剽唲磤勃尉┓ 呉㊧伶她徬ㄟ一憍←徬堜喤孩磤売刜┓ 呉㊧伶她刜ㄖ崀一憍磤慮吹丁墇撣彊㊉←厶処夼勃峗㈹┫ 磤┓岗敓咡←埁垙剽磤丁墇凡扉勃呉呜她廛奶傻磤慷╦ 懿nA崀呖0 伻孨傻夼她彙墇⇑ 俏哖咕┐ 憩失堳她呀な磤徥懟彐啞哷磤挋捨慮吹丁墇兢㈨失ㄨ⇑

咕娀媲彙婗磤0 伻孨傻夼└ 儭任寀峔哌卌冢惀垠失伶偠惃啥咕デ磤ピ砮學└ 圓媮峏岛截惃啥呖冢惀儭任寀峔哌卌她┳ 徥伶學⇑ 啾鹵份ピ侠娀媲磤憤励儭任寀峔哌卌←垠失伶偠惃啥她┳ 徥㊧伶○○匡▾ ┐ ピ傃暺啾鹵岕憺弔橹聒爷娀媲磤妠傚┛ ゃ丹■ 磤0 伻孨傻夼■ 橹偶伉呉呜岕憺弔橹孷╒ 磤⊡墇伉岕憺弔橹偁哒剌┓ 惋←咕偾弔み偁磤妍攉弔み傥⇑ 慷哒她弔橹家响♂侈—来弔ピ砮學嫽咕偾▸ 恮、堜侈—磤 │ 屑侈—儭任寀峔哌卌磤凅中シ瓮兟录磤侈—傚峭僣嫽ゃ丹寀峔她㈱偾㈨⇑ 0 伻孨傻夼慶呎憵偊伉岕憺孔崺ㄘ⁻卞←岕憺孔回┓ 惋磤♂侈—搫堜嗤圁←咕偾弔懟夕⊡ピ彊回瀆墆咪♂磤兢nA崀伉峔峇嫽嫽仗偭擊壽磤冢惀劒剂垠失磤ㄹ圻儭任寀峔嫽シ瓮寀峔哌卌kℓ呀灬冯峔峇嫽仗偭ㄖ崀磤侈— 0 伻孨傻夼←峏岛峔揟搁㈨⇑ 冶ピ峇峏岛惃啥磤nA崀廖叹圓媮峏岛截磤kℓ呀♂伶┳ ピ懹ㄖ崀写兑磤憤励儭任寀峔嫽嫽シ瓮寀峔媔出磤冢惀ピ懹垠失磤憤励垠失伶偠廖叹磤凅中シ瓮ゃ丹磤侈—彊孨写兑咪♂⇑ 悻唚ㄟ卫堎僊┫ 扯+帷帜孨(ㄏ)kℓ愰慱廛奶 0 勲ㄖ ㄠ磤┳ 徥慄慮勲ㄖ彙悻┫ 岩峇慲咋儀嬝她扯+帷帜孨(ㄏ)kℓ愰慱廛奶 0磤一傥岩峇她帷帜孨扇mV叵磤侈—傻回┤ 帷帜孨她卵噩磤悻ㄷ捻彊孨她× 壨㈨⇑ 悻唚ㄟ卫堎壨┫ 伉撦搫丁慱�她佢娘┐ 噤夔 0 伻孨傻夼励■ 匀尉号亂彊孨瓟ㄖ磤┓ 憵壨┫ 噤夔 /

ISSN: 2705-0939(Print); 2705-0475 (Online)

伻孪傻夼轫孪傻夼戡失截┥ 砻⇑ ┘ 声㊨岰僊┛ ㊨岰變捻孪巡礜┳ 徥慄慮侈一侠log宦宪傚帷帜孪厹ᶜᵍᵇ丁└ 壨礜慥ㄷ捻彊孪叼哖⇑ 壨┛ ㈱宕撵搫瓟ㄱ┓ 均劂她b 伻孪傻夼夼■ 礜傮ナ呖岙岘丁◇ 撣峅僣學彊失屘ᵛᵒ⇑ 咤嗂娀媲憔ᶜᵍᵇ 72 〕伉勒掂憼彐噤夔她 0 伻孪傻夼匊屘礜慄慮┘ 声㊨岰└ 慥嘎ㄊ卫屾㎍噤夔濯丁礜├ 宦匊屘噤夔nm她 DNE ⇐ 0f NE �下 F `? ja 嘤挑妠嗺噤夔ㄨ优呉呜捻♫ 礜ナ┤ 復傒宦匊屘噤夔nm她号亂剝儿呜帡☞┛ 傚埡宦礜儻写咕寁忏偕劂┗ 暨N瞥. ,. 3暩⇑ 噤夔ㄨ├ 宦匊屘彊囹垠伶偠傚嗺吳儻写暨N瞰. ,. 3暩礜噤夔nm復傒宦她彊囹垠伶偠匚啥优☞┛ 傚埡宦匊屘礜儻写二咕寁忏劂┗ 暨n瞥. ,. 3暩⇑

寬┐ 勍憇礜扃壨┘ 声㊨岰屾㎍悻嘎ㄊ卫噤夔 0 伻孪傻夼二咕揓兑呜帡她噤夔叼哖礜峎侘咕叼号亂 0 伻屔兡孪傻夼匊屘她彊孪嘤挑礜兢【ナ彊孪嘤挑澤ㄷ捌咱她咕叼瓟ㄱ礜へ澤┳ 六即全丁憼┆ 嗕娀媲⇑

参考文献:

⅟[俄偤*岑安墯*岑墦- ,┘ 声㊨岰屾㎍悻嘎ㄊ卫噤夔 0 伻孪傻夼她夔叼�下傚凡垠失堳分她凅中ⅩⅠ,健 쌔 巡偕咭屭*0. 00*15&2'8l/+25,

ⅩⅠ[┇ 安揆*咳憼*儅呣娴*嫽,悻嘎ㄊ卫屾㎍┘ 声㊨岰噤夔岙岘 0 伻孪傻夼匊屘她叼哖�下傚峏岛寀峔ㄒ峎她凅中ⅩⅠ,┳六(ㅂ)偕娀媲└ 偳憙*0. 0/*4&/'8l1+2/,

ⅩⅡ[pF咕恸,悻嘎ㄊ卫屾㎍┘ 声㊨岰傚凵忴 0 伻孪傻夼孪▸ 恮她凅中ⅩⅠ,偳壨孪傻夼咭屭*0. 0/*1. &4'8l+02,

Ⅹ2[塼慹凌*乙 儀培*咧唾,悻嘎ㄊ卫屾㎍┘ 声㊨岰噤夔 0 伻孪傻夼夔叼復傒ⅩⅠ,┤ 份こゃ帨ノ*0. 0/*ヲ5&0'8 3+14,

Ⅹ3[咳囂囋,┘ 声㊨岰屾㎍└ 匑擄岦丁悻嘎ㄊ卫噤夔 0 伻孪傻夼夔叼忯◐ ⅩⅠ,┤ 份巡堜└ ┳ 六*0. 0/*0/&7'8l7/+0. 4,

Ⅹ4[kA堅恺,悻嘎ㄊ卫屾㎍┘ 声㊨岰噤夔 0 伻孪傻夼她夔叼乙哑ⅩⅠ,┤ 侠(ㅂ)夔*0. 00*2/&/'8612+616,