

# 达格列净治疗 2 型糖尿病疗效分析

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**【摘要】**目的: 为有效控制 2 型糖尿病患者的空腹血糖及餐后 2h 血糖水平, 提高临床疗效, 对达格列净的治疗效果作进一步探究, 为临床提供有效参考依据。方法: 回顾性分析 2021 年 9 月-2022 年 9 月期间在本院接受治疗的 2 型糖尿病患者为研究对象, 共计 60 例, 按接收治疗顺序平均分为对照组和观察组 (每组各 30 例), 对比观察采用达格列净治疗的观察组与采用常规治疗的对照组的治疗总有效率、血糖水平控制情况。结果: 治疗总有效率: 观察组 93.33% 较对照组 73.33% 更高 ( $P < 0.05$ )。血糖水平: 观察组  $6.51 \pm 1.34$  (mmol/L)、 $8.37 \pm 1.45$  (mmol/L)、 $6.01 \pm 0.53$  (%) 较对照组  $7.40 \pm 1.51$  (mmol/L)、 $11.31 \pm 2.56$  (mmol/L)、 $7.05 \pm 1.21$  (%) 更优 ( $P < 0.05$ )。不良反应: 观察组 3.33% 较对照组 10.00% 相比 ( $P > 0.05$ )。结论: 分析表明, 采用达格列净治疗 2 型糖尿病有助于控制患者空腹血糖及餐后 2h 血糖水平, 且不良反应少, 临床应用价值较高, 且治疗效果较好, 对此治疗方案建议大力推广应用。

**【关键词】**: 达格列净; 2 型糖尿病; 疗效

## Analysis of Therapeutic Effect of Dapagliflozin on Type 2 Diabetes

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**Abstract:** Objective: In order to effectively control the fasting blood glucose and postprandial blood glucose level of type 2 diabetes patients and improve the clinical efficacy, the therapeutic effect of dapagliflozin was further explored to provide effective reference for clinical practice. Methods: 60 patients with type 2 diabetes who received treatment in our hospital from September 2021 to September 2022 were retrospectively analyzed. According to the order of receiving treatment, they were divided into a control group and an observation group (30 patients in each group). The total effective rate and blood sugar level control of the observation group treated with dapagliflozin and the control group treated with conventional treatment were compared. Results: The total effective rate: 93.33% in the observation group was higher than 73.33% in the control group ( $P < 0.05$ ). Blood glucose level:  $6.51 \pm 1.34$  (mmol/L),  $8.37 \pm 1.45$  (mmol/L),  $6.01 \pm 0.53$  (%) in the observation group were better than  $7.40 \pm 1.51$  (mmol/L),  $11.31 \pm 2.56$  (mmol/L),  $7.05 \pm 1.21$  (%) in the control group ( $P < 0.05$ ). Adverse reactions: 3.33% in the observation group compared with 10.00% in the control group ( $P > 0.05$ ). Conclusion: The analysis shows that the treatment of type 2 diabetes with dapagliflozin can help to control the fasting blood glucose and postprandial blood glucose level of patients, with less adverse reactions, high clinical application value and good treatment effect. It is recommended to vigorously promote the application of this treatment scheme.

**Keywords:** Dapagliflozin; Type 2 diabetes; Curative effect

[1]

2

2

2

T2DM

2

2  
2021 9 - 2022 9  
2 60

1 资料与方法

1.1

2021 9 - 2022 9

2 60  
30

18 12 25- 85 57.43

± 5.28 1- 11 6.35± 2.02

23 12 26- 86 58.29

± 5.53 1- 12 6.78± 2.36

p 0.05

1.2

1.2.1

0.5g/ 2 /d<sup>[2]</sup>

2g<sup>[3]</sup>

[8] 2

1.2.2

15- 30min 5mg/ 1 /d<sup>[4]</sup>

10mg<sup>[5]</sup> 1

1.3

1.4

2

SPSS23.0

$\bar{X} \pm s$  %

t x<sup>2</sup>

P 0.05

2 结果

2

2

21 2 n %

28 93.33% 22 73.33%

P 0.05

2.2 2

1 2  $\bar{X} \pm s$

		mmd/L	2h mmd/L	%
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[9- 10]

	30	9.87 ± 2.78	6.51 ± 1.34	14.49 ± 3.34	8.37 ± 1.45	8.57 ± 2.35	6.01 ± 0.53
	30	10.12 ± 2.81	7.40 ± 1.51	14.67 ± 3.38	11.31 ± 2.56	8.56 ± 2.33	7.05 ± 1.21
t		0.532	2.913	0.357	6.621	0.081	5.069
P		0.05	0.05	0.05	0.05	0.05	0.05

2.3 2 n %

1 3.33% 3 10.00%

P 0.05

3 讨论

[6- 7]

P 0.05 ,2021,32(16):2544- 2545,2589.

P 0.05 [5] . + 2  
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