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甲状腺功能检测应用于 2 型糖尿病患者的分析和影响因素分析

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【摘　要】：**目的：**探究 2 型糖尿病患者甲状腺功能检测及其影响因素。**方法：**将近一年（2021 年 07 月至 2022 年 06 月）本院收治的 2 型糖尿病病例，进行甲状腺功能检测，针对检测结果进行分析并对其影响因素进行详细探究并记录分析。**结果：**在选取的 112 例 2 型糖尿病病例中，经甲状腺功能检测发现，共有 26 例病患甲状腺功能异常，86 例病患甲状腺功能正常，而病患甲状腺功能异常的主要影响因素与病程、HbA1c、24h 尿微量白蛋白的数值相关。**结论：**从结果来看，超过 23%的 2 型糖尿病患者易发生甲状腺功能异常现象，而引发此类病患甲状腺功能异常主要与病患的病程、HbA1c、24h 尿微量白蛋白相关，在进行疾病诊断、制定治疗方案时应详细参考以上因素，以提升治疗效果。

【关键词】：2 型糖尿病；甲状腺功能；影响因素

Analysis of Thyroid Function Test in Patients with Type 2 Diabetes Mellitus and Its Influencing Factors

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Abstract: Objective: To explore the thyroid function test and its influencing factors in patients with type 2 diabetes mellitus. Methods: Patients with type 2 diabetes admitted to our hospital in the past year (July 2021 to June 2022) were tested for thyroid function. The test results were analyzed and the influencing factors were explored in detail and recorded and analyzed. Results: Among 112 cases of type 2 diabetes mellitus, 26 cases were found to have abnormal thyroid function and 86 cases were found to have normal thyroid function. The main influencing factors of abnormal thyroid function were related to the course of disease, HbA1c and 24h urine microalbumin. Conclusion: judging from the results, more than 23% of the patients with type 2 diabetes prone to abnormal thyroid function, thyroid dysfunction caused such patients mainly with the clinical course of patients, HbA1c, 24 h urine trace albumin, in disease diagnosis, treatment, shall refer to the above factors in detail, in order to improve treatment effect.

Keywords: Type 2 diabetes; Thyroid function; Influencing factors

懹乙孪傻夼芻尉罊伉┰ 六┐ 兢噔咕▾ ┐ 歹伻她┰ 六失堳 丅墇罊nA崀▌ 呖伉憟慮⊡啌她呀な罊動ㄉ墇┓ 崾儱咕孪傻夼[1]⇑ 屙声堳峆呖咪⊡怫嵛ピ乙噭她仗偭罊扇徥刜┓ 忀屙三⇑ 孪傻夼芻尉凋凋癀孪⒠撣傚ピ乙噭憤劤┆ 偯她凅中⇑ 佢┘ ▾ ┐ 剝儿罊勃掂冗僈┓ デ┘ 2 伻孪傻夼芻尉声堳峆ㄇ崀啌諙㊦ナ凅中仱學她┰ 六娀媲罊▾ ┐ ┰ 咤嗂卹媲她怏來乙哑└ 勺kΩ暺

1 资料和方法

1.1 悚吗

傚慲┆ 兡暨2021 兡 07 咔崟 2022 兡 06 咔暩咤掂叵噤她 2 伻孪傻夼夼〕掫咪憔ㄆ 112 〕罊× ┰ 咤嗂娀媲她偳摽傚恥罊 甍彐声堳峆ㄇ崀啌諙罊啾卤啌諙家哖甍彐乙宦⇑ 勍咕夼芻她悚吗噻暺P暾0.05 吳寁忏偕劂┻

1.2 宙夕啥ン

夼芻优嫳μℓ 2 伻孪傻夼怜吡啥ン暨FBG≥ 7.1 mmol/L罊 2hPG≥ 11.1 mmol/L罊咕垂園俑撑←俑傻←⊡恺┓ 捻嫽失堳暩暻忒姬嗓兑罊攉一⊡凌狣媦罊nA甍彐崕┰ ╫ 嚦罊儲姬呣偳摽ピ傃兢kℓ劂成μℓ娀媲偨劤[2]⇑

1.3 卵掃啥ン

夼芻咕孤婧夫夼罊忒姬写兑暻慲咱咘壨慮凅中声堳峆ㄇ崀她巡埬暻咕ナ▥ 扇失夫夼暻μℓ兢岓垠←岤垠←妄岘垠失嫽夫夼暻┤ 吡偳摽成μℓ尉⇑

1.4 吤噱

暨1暩扃癀⇑ 徥嘪啌諙尉扃癀ㄨチ俄呀媶峻罊┘ 囹呲傚ナ岏懹揑峉妄岘(ㄩ)佚甍彐ゲ乙囆砻nm【壨┆ 嗂刜扃癀扚叵揚侠log揑峉癀回宍 3ml⇑ 扃揚夼芻 24 俄呀傻回唗咤[3]⇑

暨2暩啌摽暉啦癀回媮処侚墠 15 乙扮罊媮処㈦凎 13.5cm罊

慖塺┳ 3500r/min瞽扃揚┓ 傾彉囹瞽帷帜孨嘜艸戩噱啞諂唗咤 FBG←2hPG瞽峊┤ ㄅ揚ㄗ˜关噱啞諂 HbA1c⇑ 合倚嗺嚬噱諂偯 24 俶呀傻凡扉奶廛奶[4]⇑

1.5 寁忏偕吤噱

SPSS21.0 同鹵侚墠瞽扃壨 t ㄟ/x^2 ㄟ啞摽暻Logistic 伱况乙哑凅中伶學瞽P瞥0.05 儿咕寁忏偕劂┺ ⇑

2 结果

2.1 夼匊声堳峆ㄒ峎啞諂家哖傚嗺

咤娀媲二⊡忏嬚乙哑勍咕夼〕復傒忝冷瞽nA勼墇寀声堳峆ㄒ峎啞諂nm瞽A 宦暨声堳峆ㄒ峎写兑暩夼匊 26 〕瞽B 宦暨声堳峆ㄒ峎嗓兑暩夼匊 86 〕瞽二⊡家哖怏剝徨┓ 吐彙 1暺

彙 1 ┣ 宦夼匊声堳峆ㄒ峎啞諂家哖傚嗺暨n瞽%暩

啞哼家哖	二⊡〕同	勍㈱嗺〕
声堳峆ㄒ峎嗓兑	86	76.79%
声堳峆ㄒ峎写兑	26	23.21%
声┼	1	0.89%
ㄒ┳ 六声┼	4	3.57%
声一	1	0.89%
ㄒ┳ 六声一	13	11.61%
崾慡勷⊡捩刜	7	6.25%

2.2 声堳峆ㄒ峎写兑夼匊凅中伶學乙哑

咤娀媲二⊡忏嬚乙哑┣ 宦復傒忝冷瞽nA勼墇夼匊声堳峆ㄒ峎写兑┳ 徥└ 夼媝←HbA1c←24h 傻凡扉奶廛奶她同ㄟ妠デ⇑ 二⊡家哖怏剝徨┓ 吐彙 2←3暺

彙 2 ┣ 宦佢客悚吗傚嗺暨n瞽%暩

復傒匚唅		A 宦暨26暩		B 宦暨86暩		x^2	P
		〕同	㈱嗺	〕同	㈱嗺		
刜ㄴㄊ	壳	14	53.85%	50	58.14%	0.006	0.956
	偕	12	46.15%	36	41.86%		
兡艷暨僖暩	60 僖▾ ┓ 暨rad/s暩	19	73.08%	69	80.23%	0.193	0.628
	60 僖▾ ┓	7	26.92%	17	19.77%		
夼媝暨兡暩	7 兡▾ ┓ 暨rad/s暩	17	65.38%	29	33.72%	4.934	0.026
	7 凿▾ ┓	9	34.62%	57	66.28%		
μℓ兢撣彉㊉	呖	7	26.92%	19	22.09%	0.021	0.847
	kPa	19	73.08%	67	77.91%		
μℓ兢厶处夼	呖	10	38.46%	15	17.44%	2.485	0.117
	kPa	16	61.54%	71	82.56%		
【壨㊨岰孌巡埬	呖	9	34.62%	32	37.21%	0.000	0.987
	kPa	17	65.38%	54	62.79%		
【壨峅僣學孌巡埬	呖	6	23.08%	24	27.91%	0.018	0.892
	kPa	20	76.92%	62	72.09%		
【壨婐峛孌巡埬	呖	13	50.00%	35	40.70%	0.213	0.628
	kPa	13	50.00%	51	59.30%		
FBG暨mmol/L暩	撣╝ 8.0暨rad/s暩	17	65.38%	50	58.14%	0.145	0.739
	♫╝ 8.0	9	34.62%	36	41.86%		
2hPG暨mmol/L暩	撣╝ 11.1暨rad/s暩	22	84.62%	68	79.07%	0.003	0.937
	♫╝ 11.1	4	15.38%	18	20.93%		
HbA1c暨%暩	撣╝ 9	19	73.08%	28	32.56%	7.284	0.005
	♫╝ 9暨rad/s暩	7	26.92%	58	67.44%		
24 俶呀傻凡扉奶廛奶暨mg/L暩	♫╝ 30暨rad/s暩	10	38.46%	61	70.93%	13.583	0.000
	撣╝ 30	16	61.54%	25	29.07%		

彙 3 倆伶學 Logistic 纱况乙哑

⺮扉	β	SE	x^2	OR	95%CL	P
夼媝 7 兡▾ ┐ 暨rad晾	1.361	0.566	5.764	3.904	1.28 3-11.876	0.015
HbA1c 撣 ⅃ 9%	1.193	0.556	4.632	3.301	1.112 -9.785	0.032
24 儀呀傻凡扉奶廛奶撣⅃ 30 mg/L	1.345	0.558	5.803	3.842	1.284 -11.482	0.017

3 结论

侧懹乙 2 伻孨傻夼芻屘噔咕◑ ⚁┬ 六失堳瞽咕呀◇咕┼ 冂⇐⅀⁻兟⇐倆撵⇐倆傻⇐岙岘嫽⇑ 慶咕┆ ╥ 岙岘她 2 伻孨傻夼芻屘♂丅墇姃妮鱸mV呶乜嫽瞽嗔變夬夼慄兑壯侠伉墆侁伶學勍傝崠瞽┳ 六兑♂丅墇倆撵⇐倆搫⇐倆傻嫽瞽45 僖▾ ┐ ■ 馗呋芻孨傻夼瞽臹崀慄慮瓟ㄖ │扁悻ㄷ墠剝她堳分瞽(有)嗓兑■ 她堳分瞽吳噱噤圖[5]⇑ 2 伻孨傻夼她堡凌呖峭僣學她乙噭嗓兑轨峭僣學乙噭慮倆瞽┳ 徥㊉伶呖搤徥峭僣學侈—呀咢�下呀侈—瞽扁峭僣學侈—┐ 咾她呀な瞽彊孨ㄟ冗俬┐ 捻⇑ 2 伻孨傻夼她夼■ 傃呋㎛兢撣彊㊀轨屘厶处夼瞽伶嗔噤夔孨傻夼慮媝┤ 瞽┓ ▌ 徥瓟ㄖ彊孨瞽┣ 徥一♫处彊嬝她嗚⅏ 搢搁⇑ kℓ呀瞽孨傻夼她徬尚崀夼⺮瞽nA▾ 冢惀芻屘徬堜她喤孩瞽┤ 扇她呀なnA▾ 冢惀芻屘徬ㄟ她┐ 捻瞽侮呉⇑ 嗔侠慶咕孨傻夼岧夼扁冢惀她岧ㄖ崀┓ 夕瞽┤ 扇呀nA▾ 冢惀傻磬失瞽kℓ呀慶nA冢惀孨傻夼log佯婧寀她夼⺮瞽芻屘nA▾ 彙墇┳ 勓惋㄀敓⇐太央採屙嫽嫽[6]⇑ 2 伻孨傻夼▾ 岙岘┳ ┳ 徥彙墇瞽nA▾ ⅀⁻咘巡堜噤夔瞽┤ 扇她呀な┣ nA▾ 密└ 峭僣學噤夔⇑ 励兡■ 45 僖▾ nm㄀夼瞽⚁伻妠傚哸怜嗺慆み岘瞽峭僣學乙噭▾ 妠傚┓ 惋┳ 彙墇瞽彊孨妠傚哸怜嗺慆傃呋瓟ㄖ瞽nA▾ 壨⅀⁻咘巡噤夔⇑ 俏⅀⁻咘巡噤夔┆ 嗯呀挽▾ nm瞽掫妻夼剞㄀傻瞽夼剞┤ 扇呀┣ nA▾ 【壨峭僣學嫽巡堜⇑

孨傻夼芻屘峭僣學乙噭妠傚┓ 惋瞽芻丅墇峭僣學包勷堳分瞽 │扁傝崠彊孨(ㄈ)撣⇑ 扁 2 伻孨傻夼└ ㄆ乙噭孳寁孺傎デ屾瞽声堳峆┳ ㄆ乙噭孳寁┤ 揓兑扇徥她仗偭瞽崀埘⺮ㄷ┆ 偯媝異她凅中⇑ 声堳峆吵兑寔匷咪⚁嗓兑吣捷▸ 悭瞽孨傻夼芻屘ぇ声堳峆學嚶狣慆撣瞽声堳峆圓媮 T3⇐T4 偊伉┓ kℓ媝異她(ㄈ)撣瞽▾ 寔匷ㄆ乙噭嗓兑怫嵛嚶狣瞽2 伻孨傻夼芻屘夼剞㄀夼傻崟nm咽瞽声堳峆壯⅀ 抄咽乙噭侧扉圓媮 T3⇐T4瞽傝崠声堳峆咤慡ㄒ崀写⺮瞽⁄⁻扁吳噱寔匷咪⚁嗓兑她吣捷▸ 悭└ ㄆ乙噭怫嵛瞽扁咪⚁ㄆ她圓媮 T3⇐T4 嚶狣┣ 妠关㄀墐┓ 捻瞽冽劻剌剌瀆墆瞽壯嗔瞽2 伻孨傻夼芻屘伉夼剞㄀傻她┓ kℓ呀咽扁彙墇丅声┽ 轨声一墇恥瞽优┳ 声堳峆ㄒ崀写兑[7]⇑ 扁掫妻芻屘夼剞她愻┆ 嗕愻傻瞽侧懹乙芻屘优彙墇┳ 声一瞽慷┣ └ 咤匀kΩ彙 1┤ 她同卤妠MVμℓ⇑

崣ㄟ■ 孌墐囊┣ 剴└ 撵搫吟窅击憰⺮⺊瞽忤俩孨傻夼芻屘伉芻夼凵咽瞽凋凋兢咢冢惀芻夼■ 馗她惋佬扇徬軔屘┓ 扇徬瞽傝崠夼剞击憰㄀傻瞽壤崟ㄷ┓ nA瓟她伐嗕瞽嗔呀她噤夔叼哖崨埘侧務勸勝⇑ 傚嗔孌夼芻咾怜瞽�下吹啌呼⇐忴吡丁噤夔傚⅀ 寰徼夼剞⇐吹吵伱况嗓兑墐囊揓兑扇徥瞽慄慮(ㄐ)偕啌摽她吟窅峎佬�下吹呉娊慡⚁堳ル瞽伉芻夼凵咽愻彐�下呀忴吡⇐噤夔瞽凋凋二咕咍俍她噤夔叼哖⇑ 扚傚 2 伻孨傻夼芻屘关徥め俍┏ 宎揯捨儩× 瞽┆ 宎揯捨暺匚吵兑徥め俍娪偕她墐囊吟窅兟揯瞽揯捨孨傻夼暻⅃ 宎揯捨暺孨傻夼芻屘彊孨嬝墠瞽揯捨孨傻夼她兢㄀失暻┏ 宎揯捨暺儲芻孨傻夼瞽┣ 丅墇┓ 兢㄀失瞽伉慷嫀剞儿┓ 瞽▔ 埘徥慄慮⅟ 擾摠愫她寬μℓ勓嗯咾嬝墠俍彊孨瞽揯捨丅墇孨傻夼兢㄀失崠嗚⇐崠嗤⇑ 勍▾ 傚⅀ 2 伻孨傻夼芻屘屚禲瞽┏ 宎揯捨儩× 悅媷俬宫凑扇徥⇑

啾卤咤偳摽摽卹媲匀kΩnA㄀墇瞽伉憔ㄉ她 112 〕 2 伻孨傻夼夼芻┤ 瞽寀声堳峆ㄒ崀啌舔㄀墇瞽テ咕 26 〕夼芻声堳峆ㄒ崀写兑瞽86 〕夼芻声堳峆ㄒ崀嗓兑瞽屚夼芻声堳峆ㄒ崀写兑她┳ 徥凅中伶學└ 夼媝⇐孨⚁彊安廛奶⇐24h 傻凡扉奶廛奶她同へ妠デ⇑

伶嗔瞽慄慮傚勍咕夼〕她偳摽復傒丁忝冷匀kΩ瞽nA▾ 澤丅▾ ┐ 家忴暺惃慮 23%她 2 伻孨傻夼芻屘呋㄀墐声堳峆ㄒ崀写兑墇恥瞽屚冢㄀嗔孌夼芻声堳峆ㄒ崀写兑┳ 徥└ 夼芻她夼媝抄⅀ 7 兡⇐孨⚁彊安廛奶撣⅀ 9%⇐24h 傻凡扉奶廛奶撣⅀ 30mg/L 妠デ瞽伉慟彐夬夼忴吡⇐ㄖ偯噤夔吟唤呀关快寀㊤展▾ ┐ 伶學瞽▾ 厒(ㄐ)噤夔叼哖⇑ 慷┣ 媝μℓナ▥ ┗ 傻傚慷┆ 娀媲她家哖瞽咕咝媔哌关壨⅀ ┬ 六忴吡└ 噤夔┻ ┤ ⇑

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