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# 对农村地区超重老年糖尿病患者初始降糖治疗

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摘 要：目的：孪傻夼噤夔塺♫伉勃份ミ咶伐(ㄇ)傮ナ呉呜謺俏⚁厖撣ミ咶伐(ㄇ)孪傻夼噤夔塺丠悢唅塺へ澤列展⇑ 咤娀媲冗僈┓ ┆ 揹傚 110 ⎫ ミ咶伐(ㄇ)惃扇屔兡孪傻夼芻屘她凵俬捻孪噤夔謺慄慮┣ 宦傚嗺謺卹忖咕└┛ 厖撣孪傻夼芻屘噤夔塺丠悢唅塺她吤唤⇑ 方法：傚 2019 兡 1 咔~12 咔伉勃掂ミ咶伐(ㄇ)㊣—屔兡■ ⚁啌芻屘テ 1500 ⎫┤ 憔ᶢᵍ 110 ⎫ 咢卻ᵇᶻ捻孪噤夔她孪傻夼芻屘× ┳ 娀媲傚恥謺傚芻屘掫咪乙劤 2 宦謺A 宦 55 ⎫ 謺B 宦 55 ⎫ 謺ナ┤ A 宦慄慮挲忴忴夔循滄咘巡暻B 宦伉嗔佢娘┓ 謺搘俠密└ 挲忴忴夔┻ 俠她匸傝謺刂嗂叵揚┣ 宦芻屘噤夔冗俬她佢咤剝ル⇐噤夔 3┤ 咔nm她孪卄彊安廛奶へ⇐嬝墠 6┤ 咔nm芻屘媶峻彊孪⚁扇匸同孪卄彊安廛奶匸唅⇑ 结果：┣ 宦芻屘她兡斃⇐吐卄媝巽謺▾ �下噤夔冗俬呀她媶峻彊孪└ ⚁扇匸同嗺慆儰写慆戲謺暨P暾0.05暩暻噤夔 3┤ 咔nm B 宦芻屘她孪卄彊安廛奶へ号亂巽☞┛ 傚埡宦暻嬝墠 6┤ 咔nm B 宦芻屘她媶峻彊孪⇐⚁扇匸同⇐孪卄彊安廛奶匸唅啌齬家哖优☞┛ 傚埡宦謺同鹵傚嗺儰写咕寁忏偕劂┻ 暨P<0.05暩⇑ 结论：傚屔兡ミ咶伐(ㄇ)孪傻夼芻屘扃ᶢᵍ婚(ㄇ)堡崑她寀卄噤夔nA▾ 厖撣孪傻夼噤夔塺丠悢唅塺⇑

关键词：ミ咶伐(ㄇ)暻屔兡孪傻夼芻屘暻凵俬捻孪噤夔

## Initial Hypoglycemic Treatment for Overweight Elderly Patients with Diabetes in Rural Areas

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**Abstract:** Objective: The low treatment rate of diabetes is especially obvious in rural areas of China. It is worth considering how to improve the treatment rate and standard rate of diabetes in rural areas. This study carried out an initial hypoglycemic treatment for 110 overweight elderly diabetes patients in rural areas. Through the comparison of the two groups, we discussed the scheme that is conducive to improving the treatment rate and target rate of diabetes patients. Methods: A total of 1500 elderly physical examination patients in rural areas of our hospital from January to December 2019 were selected. 110 diabetes patients who did not receive hypoglycemic treatment were selected as the research objects. The patients were randomly divided into two groups: 55 patients in group A and 55 patients in group B, of which group a took drugs regularly through outpatient diagnosis and treatment; on this basis, group B gave additional guidance other than outpatient diagnosis and treatment, and collected the basic information of the two groups of patients at the beginning of treatment, the glycosylated hemoglobin value after 3 months of treatment, and the glycosylated hemoglobin index of fasting glucose body mass index after 6 months of management. Results: The age, educational level, fasting blood glucose and body mass index at the beginning of treatment had little difference between the two groups (P > 0.05); after 3 months of treatment, the improvement of glycosylated hemoglobin in group B was better than that in the control group; after 6 months of management, the results of fasting blood glucose, body mass index and glycosylated hemoglobin in group B were better than those in the control group, and the difference was statistically significant (p<0.05). Conclusion: Community specific treatment for elderly patients with diabetes in rural areas can improve the treatment rate and target rate of diabetes.

**Keywords:** Rural areas; Elderly patients with diabetes; Initial hypoglycemic treatment

0. / 7 兡同鹵呜婗謺勃份侧┛ 嫽┛ 43 僖她屔兡孪傻夼芻屘同宍 133. ┌ 謺傿┘ 壼撑♪謺ミ咶伐(ㄇ)芻屘尔┼ ゃ丹劂忱⇐傚劒刜夼她拶咱噤夔偊伉她拡怗忒姬謺愿崠捻孪她凵俬卄噤夔影匸冒ᵛᶦ⇑ ミ咶屔兡■ 偊伉吐卄媝巽み♫謺墠徼峎礻儰謺凵俬捻孪噤夔┳ 復丠偶復┐懿影匸冒ᵛᶦ⇑ 咤嗂娀媲憔ᶢᵍ┓ //. ⎫ 噔咕捻孪噤夔她ミ咶伐(ㄇ)惃扇屔兡孪傻夼芻屘謺ナ┤ ? 宦伉挲忴忴夔┤ 傚芻屘帶彐循嶲卄捻孪噤夔謺@宦慄慮寀卄嬝墠芻屘她攉囊吤巨謺愎傒┣ 宦⚁扇⇐彊孪⇐孪卄彊安廛奶她慱唅剝ル謺二⚁匀kΩ俏┐ ⇑

1 资料与方法

/,/ ┆ 崹悚吗

咤嗂娀媲傚 0. / 7 兡 / 咔|/0 咔伉勃掂ミ咶伐(ㄇ)㊣—屔兡■ ⚁啌芻屘テ /3. . ⎫┤ 憔ᶢᵍ //. ⎫ 呉娩忴吡┳ 孪傻夼傺咢冗俬孪傻夼噤夔她芻屘× ┳ 娀媲傚恥謺夕憔唅ン暉暨/暩兡斃 43|6. 僖謺⚁扇匸同伉 04▾ ┐ 謺吴凋忴吡┳ 孪傻夼謦卻ᵇᶻ慮孪傻夼噤夔謺塡嗂⚁啌媶峻彊孪伉 6▾ ┐ 暻暨0暩攉囊峎崨墠謺掃侠岨奚⇐┤ 扇处峗彊嬝夬夼⇐囆卄憺夬夼㊦デ嵛夬夼暻暨1暩岓岩ㅠ峎嗓兑暻暨2暩吳处峗岩

嫽┤ 扇兢刃失暻暨3暩咤嗂忾摽壯(ㅂ)屾⊡┏ 声(ㅂ)掂┗ 娪(ㅂ)壛匚傝磣兢懍慮(ㅂ)掂❀墠偕偕♂忒偯⇑

卵掃唅ン暺暨/暩掃侠媶峻彊孨側╝ /1暻暨0暩掃侠ナ▥ 剝ル冢惀她撣彊孨暺关坍剝ル磣关壨孨妄恺坍學⇐剺咕峭峆夬夼⇑ 傚剺屘掫咪乙劻┣ 宧磣? 宧 33 〕磣@宧 33 〕磣? 宧剺屘┥ 磣壳刜剺屘 04 〕磣倍刜剺屘 07 〕磣暨娀媲慮媝┥ ? 宧┥ / 〕伶岬岕憺┓ 嵑ㄗ关┥ 惰占巡磣┳ こ怦同卤傚嫽—タ⺈ / 〕傿嘎暩暻@宧剺屘┥ 磣壳刜剺屘 05 〕磣倍刜剺屘 06 〕磣┣ 宧■ Gy佢咤悚吗徨彙 /⇑

彙 / 噤夔冗俬呀 //. 〕剺屘佢咤剝ル

| | | ? 宧 | @宧 | V0 | n |
|---|---|---|---|---|---|
| 兡斃暨僖暩 | 43+5. | 01暨2/,6暩 | 00暨2. ,. 暩 | . ,. 45. | . ,5735 |
| | 5. +53 | /4暨07,. 暩 | /6暨10,5暩 | . ,10.7 | . ,35/. |
| | 53+6. | /4暨07,. 暩 | /3暨05,1暩 | . ,. 5/2 | . ,5670 |
| 吐卆媝奠 | 儀偕 | 0.暨14,2暩 | /7暨12,3暩 | . ,. 567 | . ,5566 |
| | ㄩ┥ | 10暨35,0暩 | 13暨41,4暩 | /,. 670 | . ,0744 |
| | ┥┗ | 1暨3,3暩 | /暨/,6暩 | 4,4/3. | . ,. /. / |
| 媶峻彊孨暨k k m j-J 暩 | 6+7 | /3暨05,1暩 | /2暨03,3暩 | . ,0/43 | . ,42/5 |
| | 7+/1 | 2.暨50,5暩 | 2/暨52,3暩 | . ,. 554 | . ,56.3 |
| ⊡扇匚同暨i e-k ⁰暩 | 暾06 | 6暨/2,3暩 | 7暨/4,2暩 | . ,2/0/ | . ,30.7 |
| | 05+06 | 07暨30,5暩 | 04暨25,1暩 | /,. 064 | . ,1/.2 |
| | 04+05 | /6暨10,5暩 | 0.暨14,2暩 | . ,4766 | . ,2. 1/ |

/,0 阶噱

? 宧暺挲忴循巉卆噤夔磣ㅇㅇ匡循凔咘巡磣密┗ ┆ 崹刜壛囊吤官匚傝孨傻夼撦鞶←循凔慱ㄴ←処分狣丁←耟埠捼戔磣偯咱妒諙彊孨←孨卆彊安廛奶←⊡扇嫽⇑

@宧暺傻(ㅂ)嬓宍磣慄慮任偯她(ㅂ)剺デ孳磣┤ 刜卆甍ヨ撦鞶←慱ㄴ匚傝磣剺屘慄慮撦鞶╢ 占◢ 噱卼ㄱ撦鞶磣区埡嬓宍(ㅂ)壛她慱ㄴ侚吤甍ヨ咕嘜慱ㄴ⇑ 二⊡彙墇┳ 暺暨/暩傚剺屘她佢咤悚吗甍ヨ叵揚后墠磣翛鹵剺屘她吐卆姬忱嚶狣丁刜嗘堡埒▾ ㊦墠徼峎ㄊ丁処墠堳分傚剺屘甍ヨゃ丹吃岡⇑ ㇇匡ゃ丹吃岡㈜←徬搏丁佤吐⇑ 暨0暩侈冱崕勃叼峎磣ㄴ壨俠懹ㄊ扉俏kℓ◇吃岡咾傚剺屘甍ヨ冢傝丁妒姅磣▾ 嗔咾侈冱剺屘崕勃叼峎⇑ 暨1暩撦鞶匚傝磣啾鹵┤ ■ 撦鞶┣ 剴脩卵撦鞶彙⇑ 撦鞶她┆ 崹徥嘪呖傀扉偁搯磣▾ 微垤埣←力餖┳ ┳ 卼ㄱ削埆扉磣暩冶侈—崐鞶宋寔她厹タ⇑暨2暩匚傝剺屘甍ヨ合嗕丁冰ㄊ克叡嫽咕嘜慱ㄴ聾虢匚傝剺屘甍ヨ惋懹こ勿丁慱ㄴㄟnm她彊孨妒諙⇑

/,1 復傒匚唅

傚┣ 宧剺屘噤夔 1┤ 咔nm她孨卆彊安廛奶へ┗ 嬝墠 4┤ 咔nm剺屘媶峻彊孨←⊡扇匚同←孨卆彊安廛奶匚唅甍ヨ嗺慆⇑ 卼ㄱ嵑俍唅ン暺孨卆彊安廛奶儀╝ 6# 磣⊡扇匚同儀╝ 04磣媶峻彊孨儀╝ 6k k mJ-J ⇑

/,2 寁忏偕阶噱

壨 QNQQ0. ,. 愚● 傚勍寁忏她娀媲同卤甍ヨ侚墠丁乙哑磣忏扉悚吗壨优同¤ 唅ン儰暨 ˣ ¤ q暩彙慧磣扃壨 r 悾摽磣忏同悚吗壨座暨# 暩彙慧磣扃壨: ⁰悾摽⇑ 俏哖 Nt . ,. 3磣儿怜吳儰写咕寁忏偕咕劂┻ ⇑

2 结果

0,/ 噤夔 1┤ 咔nm孨卆彊安廛奶へ

嬝墠 1┤ 咔nm傚勍咕剺屘匉彊卆摽磣咕 16 〕剺屘孨卆彊安廛奶侧╝ 7# 磣啾卤⇖佢傾孨傻夼嬝墠匚㈜ 0. 0. 堃⇗伉┘ 声㊣岰┆ 客壨巡佢娘┐ 密┗ 屾μℓ娩截健嘎ㄟ嘯 /. . k e磣/-吵磣冑寍復傒刃墇 @宧剺屘她孨卆彊安廛奶へ号亂鼻☞╝ 傚埡宧磣同卤傚嗺儰写咕寁忏偕劂┻暨Nt . ,. 3曖磣徨彙 0⇑

彙 0 噤夔 1┤ 咔nm孨卆彊安廛奶へ&⁂ '

| 孨卆彊安廛奶へ暨# 暩 | ? 宧 | @宧 | V⁰ | n |
|---|---|---|---|---|
| 瞥6 | 5暨/0,5暩 | /暨/6,0暩 | 1,231/ | . ,. 41/ |
| 6+7 | 04暨25,1暩 | 0暨30,5暩 | /,. 064 | . ,1/.2 |
| 暾7 | 00暨2. ,. 暩 | /暨07,/暩 | 4,. 427 | . ,. /15 |

0,0 嬝墠 4┤ 咔nm剺屘媶峻彊孨←⊡扇匚同←孨卆彊安廛奶

嬝墠 4┤ 咔nm匉彊卆摽戚咕 /2 〕剺屘孨卆彊安廛奶侧╝ 7# 磣@宧剺屘她媶峻彊孨←⊡扇匚同←孨卆彊安廛奶匚唅悾諙家哖优☞╝ 傚埡宧磣同卤傚嗺儰写咕寁忏偕劂

┻ 暨N: . ,. 3暩磬徨彙 1⇑

彙 1 嬝墠 4┤ 咔nm剪屘媶峻彍孨⇐⊡扇匚同⇐孨丱彍安廛奶

| | | ? 宦 | @宦 | V⁰ | n |
|---|---|---|---|---|---|
| 媶峻彍孨暨k k nj┼ J暩 | 瞥6 | /1 暨01,4暩 | 06暨3. ,7暩 | 13,065 / | . ,. . . / |
| | 6+7 | 10 暨36,0暩 | / / 暨0. ,. 暩 | 43,60/ 2 | . ,. . . / |
| | 7+/1 | /. 暨/ 6,0暩 | 4暨/ . ,7暩 | 4,2373 | . ,. / /. |
| ⊡扇匚同 | 瞥04 | 1暨3,3暩 | /. 暨/ 6,0暩 | 02,. . 3 0 | . ,. . . / |
| | 04+0 5 | 1. 暨32,3暩 | 10暨36,0暩 | . ,2063 | . ,3/ 05 |
| | 05+0 6 | /5 暨1. ,7暩 | /0暨0/ ,6暩 | 3,3205 | . ,. / 63 |
| | 暾06 | 3暨7,. 暩 | /暨/ ,6暩 | /4,71/ 0 | . ,. . . / |
| 孨丱孨安廛奶暨# 暩 | 瞥6# | /7 暨12,3暩 | 04暨25,1暩 | 5,. 43. | . ,. . 56 |
| | 6+7# | 02 暨21,4暩 | 05暨27,/暩 | /,/3/. | . ,0611 |
| | 暾7# | /0 暨0/ ,6暩 | 0暨1,4暩 | 23,777 6 | . ,. . . / |

3 讨论

勃份孨傻夼偊伉▾ ┐ 嚦彐堡垮暉弓忴吡她孨傻夼嗺〕慆撣磬傮ナ呖ミ咶伐(ㅁ)暻岙岘丆惃扇■ 攇孨傻夼剪夼塺呜帡侈一ⁿ⇑ 寬┐ 磬傚ミ咶伐(ㅁ)惃扇屔兡■ 孨傻夼剪屘磬俏⊡兎ㄷ剪屘嗓姻忒姬孨傻夼磬唾徯崨劌冗俬循嶲丱凵俬丱捻孨噤夔磬惴墠⊡扇磬孨丆孨丱孨孨安廛奶她悻唅揓兑扇徥⇑ 咤嗂娀媲匀kΩ┤ 磬? ⇐@├ 宦伉后┤ 復傒咱优循滄咘巡磬ナ┤ 巡埬噤夔她㉿儿ㄅ匡暺暨/暩☞ゴ憔匪♫孨孨搢摑慆♫她巡埬暻暨0暩憔匪嬔う⇐ ㄧ │刜撣她巡埬磬捻♫偁扇壨巡搢摑暻暨1暩咮录毘妍搢摑嗺磬懇シ慮鼻噤夔暻暨2暩デ噻岓岧ㄒ峎⇐処峇ㄒ峎⇐兢ㄉ失�下◇ㄉ夼嫽伶學ⁿ⇑

@宦剪屘卻ㄋㄣ┗ 傻(ㅂ)嬓宍nm冱丱攉囊吤官匚傝暨kℓ◇╫ 嚦侔偯ざ処⇐偯咱偕┼ 孨傻夼撵搫慱�姬忱⇐区埡徥嘪偨励⊡扇�下孨孨她妒嚭暩磬└ ? 宦剪屘噤夔叼哖妠嗺ㄉ㄀墇磬@宦剪屘她孨孨⇐孨丱孨安廛奶⇐⊡扇嬝墠叼哖优☞┘ ? 宦剪屘⇑ 慄慮婚(ㅁ)(ㅂ)夔她囝夕伉┆ 偯媝鼻┐ 厖撣┓孨傻夼她循嶲丱卻ㄋㄣ吹咱噤夔塺丆悻唅塺磬↖澤伉ミ咶伐(ㅁ)即全⇑ 冶埘磬屔兡孨傻夼剪屘兢ㄉ㄀失俬磬咤娀媲憔ㄍㄢ她剪屘妠傚(ㅅㅏ)┆ 磬呖咤嗂娀媲她僕捼刜⇑

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