

# 老年痛风患者血尿酸水平与亚临床甲减的关系

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**摘要:** 目的: 探讨老年痛风患者血尿酸水平与亚临床甲减的关系。方法: 选取 2019 年 7 月至 2020 年 7 月在我院就诊的老年痛风患者 90 例, 根据血尿酸水平分为 A 组 (血尿酸 < 419.10 μmol/L), B 组 (419.10 μmol/L ~ 500.00 μmol/L), C 组 (血尿酸 > 500.00 μmol/L), 每组各 30 例。检测血清游离三碘甲状腺原氨酸 (FT3) 和游离甲状腺素 (FT4) 水平。结果: A 组亚临床甲减 5 例, 发生率 16.67%; B 组亚临床甲减 7 例, 发生率 23.33%; C 组亚临床甲减 10 例, 发生率 33.33%。C 组 FT3 水平最低, FT4 水平最高。结论: 老年痛风患者血尿酸水平与亚临床甲减存在一定关系, 血尿酸水平越高, 亚临床甲减发生率越高。临床应重视老年痛风患者血尿酸水平的控制, 以减少亚临床甲减的发生。

**关键词:** 痛风; 血尿酸水平; 亚临床甲减; 关系; 讨论

## Relationship between Serum Uric Acid Level and Subclinical Hypothyroidism in Elderly Patients with Gout

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**Abstract:** Objective: To investigate the relationship between serum uric acid level and subclinical hypothyroidism in aged patients with gout. Methods: A total of 90 elderly patients with gout received in our hospital from July 2019 to July 2020 were selected as the research objects, and they were divided into group A (below 419.10 μmol/L), group B (419.10 μmol/L to 500.00 μmol/L), group C (above 500.00 μmol/L) according to the blood uric acid level. There were 30 cases in each group. The relationship between serum uric acid level and subclinical hypothyroidism in group A, B and C was analyzed. Results: There were 5 cases of subclinical hypothyroidism in group A, and the incidence of subclinical hypothyroidism was 16.67%. Subclinical hypothyroidism occurred in 7 patients in group B, the incidence of subclinical hypothyroidism was 23.33%. Subclinical hypothyroidism occurred in 10 patients in group C, and the incidence of subclinical hypothyroidism was 33.33%. Group C had the lowest level of free triiodothyronine and the highest level of free thyroxine. Conclusion: There is a certain relationship between serum uric acid level and subclinical hypothyroidism, the incidence of subclinical hypothyroidism is higher when serum uric acid level increases. Clinical attention should be paid to the control of serum uric acid level in elderly patients with gout to reduce the incidence of subclinical hypothyroidism.

**Keywords:** Gout; Serum uric acid level; Subclinical hypothyroidism; Relationship; Discussion

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### 1 资料与方法

1.1 研究对象

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检测血清游离三碘甲状腺原氨酸 (FT3) 和游离甲状腺素 (FT4) 水平。结果: A 组亚临床甲减 5 例, 发生率 16.67%; B 组亚临床甲减 7 例, 发生率 23.33%; C 组亚临床甲减 10 例, 发生率 33.33%。C 组 FT3 水平最低, FT4 水平最高。结论: 老年痛风患者血尿酸水平与亚临床甲减存在一定关系, 血尿酸水平越高, 亚临床甲减发生率越高。临床应重视老年痛风患者血尿酸水平的控制, 以减少亚临床甲减的发生。



