

郭慧,李骏,江钟立.体力活动的增加对2型糖尿病患者糖脂代谢和医药费用影响的随访观察[J].中国康复医学杂志,2007,(5):395-398

体力活动的增加对2型糖尿病患者糖脂代谢和医药费用影响的随访观察 [点此下载全文](#)

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基金项目:江苏省社会发展基金资助项目(BS2004037)

DOI:

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摘要:

目的:探讨以周为单元定量热卡消耗运动处方对2型糖尿病患者的疗效。方法:2型糖尿病患者75例,分为干预组和对照组。干预组采用定量热卡消耗运动处方在内的生活方式干预技术,对照组常规门诊治疗,随访6个月后观察热卡摄入及消耗、身体测量指标、糖脂代谢指标及医药费用。结果:6个月后,干预组运动热卡消耗较对照组显著增加;热卡摄入、体重指数、血压、空腹血糖、糖基化血红蛋白、总胆固醇、甘油三酯、低密度脂蛋白,以及医药费用等指标均较对照组显著降低。结论:包括定量热卡消耗运动处方在内的生活方式干预技术可以显著改善2型糖尿病患者的糖脂代谢,降低医药费用。

关键词: [2型糖尿病](#) [运动处方](#) [生活方式干预](#) [糖脂代谢](#)

Follow-up effects of the increased physical activity on the glucolipid metabolic factors and medical costs in type 2 diabetic patients [Download Fulltext](#)

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Abstract:

Objective: To explore the effect of the exercises prescription of caloric consumes quantified by the unit of week on the metabolic factors and medical costs in type 2 diabetic patients. Method: Seventy-five patients with type 2 diabetes were divided into interventional group (IG) and control group (CG). The lifestyle interventional technique including exercises prescription of quantified caloric consumes was used in IG but was not used in CG. The other indexes of caloric intakes and consumes, body measurement index, glucolipid metabolic index and medical costs were observed before and after 6 months in both two groups. Result: After 6 months, exercises caloric consumes were significantly higher in IG than that in CG. The indexes such as caloric intakes, BMI, blood pressure, fast blood glucose, HbA1c, TC, TG, LDL and medical costs decreased significantly in IG compared with CG. Conclusion: The lifestyle interventional technique including exercises prescription of quantified caloric consumes can improve the glucolipid metabolism and decrease the medical costs in the type 2 diabetic patients.

Keywords: [type 2 diabetes mellitus](#) [exercises prescription](#) [lifestyle intervention](#) [glucolipid metabolism](#)

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