

最新公告

根除幽门螺杆菌对胰岛素抵抗、血脂及C反应蛋白的影响

Effect of *Helicobacter Pylori* Eradication on Insulin Resistance, Serum Lipids and C Reactive Protein

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中文摘要:

**摘要** 目的: 观察根除幽门螺杆菌(*Hp*)对胰岛素抵抗(IR)、血脂及C反应蛋白(CRP)的影响。方法: 92例确诊为 *Hp* 现症感染的患者随机分成治疗组和对照组, 分别接受雷贝拉唑10 mg+克拉霉素500 mg+甲硝唑400 mg, bid的根除 *Hp* 治疗和安慰剂。治疗前和8周分别测定空腹血糖(FPG)、空腹胰岛素(FINS)、总胆固醇(TC)、三酰甘油(TG)、低密度脂蛋白(LDL-C)、高密度脂蛋白(HDL-C)及C反应蛋白(CRP)水平, 计算稳态模型胰岛素抵抗指数(HOMA-IR)。结果: 治疗组 *Hp* 根除率为78.2%(36/46)。治疗后治疗组 *Hp* 根除者TC、TG、LDL-C、CRP、HOMA-IR均显著下降, HDL-C显著上升 ( $P < 0.05$ )。对照组上述指标治疗前后无明显改变 ( $P > 0.05$ )。论: *Hp* 根除治疗能改善IR、血脂及CRP水平。

英文摘要:

**ABSTRACT Objective:** To investigate the effects of *Hp* eradication on insulin resistance (IR), serum lipids and C reactive protein (CRP). **Methods:** 92 patients with *Hp* infection were randomly allocated to two groups of 46 patients each and treated with rabeprazole mg+clarithromycin 500 mg+metronidazole 400 mg twice daily and placebo respectively for 7 days. HOMA-IR, TC, TG, LDL-C, HDL-C and CRP were measured before the eradication therapy and 8 weeks after its end in each group. **Results:** The eradication rate was 78.2% (36/46) in the treatment group. TC, TG, LDL-C, CRP, HOMA-IR in patients with successful eradication were significantly decreased and HDL-C was significantly increased from the pretreatment levels ( $P < 0.05$ ). **Conclusion:** *Hp* eradication can significantly improve their insulin resistance, serum lipids and C reactive protein.