

雷射针刺对血管性痴呆患者认知功能和血清基质金属蛋白酶-9的影响^{*}

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摘 要: **目的** 探讨雷射针刺治疗血管性痴呆(VD)的临床疗效。**方法** 192名VD患者随机分为三组, 观察过程中, 因脱落和剔除, 实际观察病例雷射针刺治疗组61例, 普通体针对照组62例, 药物对照组60例, 3个疗程后, 观察其对VD患者认知功能和血清基质金属蛋白酶-9(MMP-9)的影响。**结果** 三组疗效比较, 总有效率雷射针刺治疗组为66.13%, 普通体针对照组为65.57%, 药物对照组为56.67%, 雷射针刺治疗组与药物对照组两组差异有统计学意义($P < 0.05$); 治疗后雷射针刺治疗组和普通体针对照组的MMSE和ADL量表评分与药物对照组相比较改善更为明显($P < 0.05$); 治疗后雷射针刺治疗组和普通体针对照组血清MMP-9与药物对照组比较, 下降更为明显($P < 0.05$)。**结论** 雷射针刺治疗VD患者疗效确切, 其治疗机理与降低血清MMP-9含量相关。

关键词: 雷射针刺; 血管性痴呆; 基质金属蛋白酶-9

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Effect of Laser Acupuncture on Cognitive Function and Serum Matrix Metalloproteinase - 9 in Patients with Vascular Dementia

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Abstract Objective: To investigate the clinical effect of laser acupuncture in treating VD. **Method:** 192 VD patients were randomized into three groups, due to shedding and removal during the observation process, the actual observed cases were: 61 cases in the laser acupuncture treatment group, 62 cases in the common acupuncture control group and 60 cases in the drug control group. After 3 courses, the effect on patients' cognitive function and serum MMP-9 were observed. **Conclusion:** After comparison, the total effective rate of laser acupuncture treatment group was 66.13%, common acupuncture control group 65.57%, drug control group 56.67%, the difference between laser acupuncture treatment group and drug control group was statistically significant ($P < 0.05$). The scores of MMSE and ADL in laser acupuncture group and common acupuncture control group were significantly improved compared with that in the control group ($P < 0.05$) after the treatment. Compared with the drug control group, the serum MMP-9 level in the treatment group and the common acupuncture control group decreased more obviously ($P < 0.05$). **Conclusion:** Laser acupuncture is effective in the treatment of VD patients, and its mechanism of treatment is related to reducing the content of serum MMP-9.

Key words laser acupuncture, VD, Serum Matrix Metalloproteinase - 9