

临床研究

中药配合髓芯减压植骨术治疗
早中期股骨头坏死疗效分析及对脂代谢的影响*

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摘要:目的 探讨中西医结合治疗早中期股骨头坏死的临床疗效。方法 选取2016年1月~2018年1月宝鸡市中医医院骨关节科收治的 ARCO 分期 I 期~ⅢA 期 52 例(64 髋) ONFH 患者进行保髋治疗, 男 32 例, 女 20 例; 年龄 26~57 岁。左侧 19 例, 右侧 21 例, 双侧 12 例。随机分为对照组 26 例(32 髋) 和治疗组 26 例(32 髋) 进行治疗, 对照组行髓芯减压植骨术治疗, 治疗组行髓芯减压植骨术联合我院自制中成药生骨胶囊治疗。两组治疗前后分别进行 Harris 髋关节功能评分及脂代谢水平比较。结果 随访 12~24 个月, 平均 16.8 个月。两组治疗后在 Harris 评分的比较中, 治疗组为(94.7)、对照组为(82.4), 治疗组评分明显高于对照组, 两组相比, 有显著性差异($P < 0.05$)。两组患者治疗前的 LDL-C、HDL-C、TG、TC 水平差异不显著($P > 0.05$)。治疗后, 患者 LDL-C、TG、TC 水平均下降, HDL-C 升高, 差异显著($P < 0.05$)。结论 我院自制中成药生骨胶囊配合髓芯减压植骨术治疗早中期 ONFH 患者, 其髋关节功能及脂代谢水平均能进行有效改善, 提高手术治疗效果。

关键词: 股骨头坏死; 髓芯减压; 同种异体骨打压植骨; 中医中药

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An Analysis of Curative Effect of Chinese Medicine Combined with
Core Decompression and Bone Grafting in the Treatment of Early and
Mid-term Femoral Head Necrosis and Its Impact on Lipid Metabolism

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Abstract: **Objective** To explore the clinical effect of the treatment of early and mid-term femoral head necrosis with integrated Chinese and western medicine. **Methods** 52 patients with ONFH (64 hips) in ARCO stages (64 hips) who were admitted to the Department of Osteoarthritis in Baoji City Hospital of TCM from January 2016 to January 2018 were selected for hip-preserving treatment, 32 males and 20 females at the age of 26 to 57 years old with 19 cases on the left side, 21 cases on the right side, and 12 cases on both sides. They were randomly divided into 26 cases in the control group (32 hips) and 26 cases in the treatment group (32 hips) for treatment. The control group was treated with core decompression and bone grafting, while the treatment group was treated with core decompression and bone grafting combined with Shenggu capsule (Bone Growth Capsule) made in Boji Hospital of TCM. The Harris hip joint function score and lip-

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