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• 外刊拾贝 •

1. 补充甲状腺激素对亚临床甲状腺功能减退患者死亡率的影响

最新发表的一项荟萃分析入选了 5 项观察性研究和两项随机对照试验, 共 21 055 例成人患者。结果发现, 在总人群中, 甲状腺激素治疗与全因死亡或心血管死亡无关。但亚组分析显示, 在年龄小于 65 岁的人群中, 甲状腺激素治疗明显降低患者的全因死亡率(相对风险 = 0.50, 95% 可信区间: 0.29 ~ 0.85, $P = 0.011$) 和心血管死亡率(相对风险 = 0.54, 95% 可信区间: 0.37 ~ 0.80, $P = 0.002$)。然而在年龄大于

65 岁的患者中, 甲状腺激素治疗与死亡率之间没有显著相关性。结论: 甲状腺激素治疗不能降低老年亚临床甲状腺功能减退患者的死亡率, 但可能对年龄小于 65 岁的患者有益。

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