

宫血宁治疗宫内节育器后异常出血的疗效观察

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摘要 目的 :探讨宫血宁胶囊用于治疗宫内放置节育器后异常子宫出血的临床疗效。方法 :350 例宫内置器后异常出血患者随机分为观察组(175 例)与对照组(175 例) ,其中观察组给予宫血宁胶囊治疗 ,对照组给予抗菌止血常规西药治疗 ,比较两组患者治疗前后月经异常变化情况及治疗效果。结果 :①观察组治愈率、总有效率分别为 56.00%和 92.57% ,对照组治愈率、总有效率为 25.71%和 75.43% ,组间差异有统计学意义($P<0.01$)。②经过治疗 ,观察组与对照组患者月经异常症状均得到明显缓解 ,与治疗前比较差异有显著性($P<0.01$) ,其中观察组患者经量增多、经期延长和经间点滴出血等症状例数分别减少至 9 例、7 例和 1 例 ,对照组减少至 34 例、30 例和 15 例 ,组间差异有统计学意义($P<0.05$)。③经过治疗 ,观察组患者平均月经持续时间从 $11.74\pm 4.69\text{d}$ 减少至 $6.92\pm 2.34\text{d}$,对照组从 $12.11\pm 5.25\text{d}$ 减少至 $9.28\pm 3.14\text{d}$,两组间差异有统计学意义($P<0.05$)。结论 :宫血宁胶囊可有效治疗因宫内放置节育器所引起的子宫异常出血 ,且疗效优于抗菌止血西药治疗 ,值得进一步推广。

关键词 :宫血宁胶囊 ;宫内节育器 ;子宫异常出血 ;月经异常

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Gongxuening Capsule for Abnormal Uterine Bleeding After Using Intrauterine Device

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ABSTRACT **Objective:** To explore the therapeutic effect of Gongxuening capsule on the abnormal uterine bleeding after using intrauterine device (IUD). **Methods:** 350 cases with abnormal uterine bleeding after using IUD were randomly divided into observed group (175 cases) and control group (175 cases). The cases in observed group were treated with Gongxuening capsule, and the control group with antibiotics and haemostatic. The menoxenia changes before and after treatment was compared between the two groups, as well as the treatment effect. **Results:** ①The cure rate and the total effective rate was respectively 56.00% and 92.57% in observed group, significantly higher than the control group 25.71% and 75.43% ($P<0.01$). ② After treatment, the menoxenia symptom was alleviated in both groups ($P<0.01$), the cases with hypermenorrhea, menostaxis and menstrual spotting was respectively reduced to 9 cases, 7 cases and 1 case in observed group, and 34 cases, 30 cases and 15 cases in control group, and there was significance between the two groups ($P<0.05$). ③ After treatment, the average menstrual period decreased from $11.74\pm 4.69\text{d}$ to $6.92\pm 2.34\text{d}$ in observed group, significantly shorter than control group (from $12.11\pm 5.25\text{d}$ to $9.28\pm 3.14\text{d}$) ($P<0.05$). **Conclusion:** Gongxuening capsule could effectively treat the abnormal uterine bleeding after using IUD, better than treatment with antibiotics and haemostatic and worth popularizing.

Key words: Gongxuening capsule; Intrauterine device; Abnormal uterine bleeding; Menoxenia

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前言

宫内放置节育器(IUD)以其安全、简便、长效、可逆等优点 ,成为我国育龄期妇女最常选择的避孕方法 ,但经量增多、经期延长、点滴出血等副作用的出现 ,影响了部分妇女中 IUD 的继续使用^[1-4]。本研究观察比较了 2008 年 1 月至 2010 年 10 月间我站分别采用宫血宁胶囊和常规西药治疗 IUD 致子宫异常出血 350 例 ,效果比较满意 ,现报道如下。

1 资料与方法

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1.1 临床资料

选取 2008 年 1 月至 2010 年 10 月于我站接受治疗的 350 例放置节育器后子宫异常出血患者 ,表现为月经量较置器前增加 1 倍以上或 $\geq 80\text{ml}$,月经期延长 ,经间点滴出血或不规则出血 ,或伴有明显的下腹痛、腰酸等症状。患者年龄 22~42 岁 ,病程持续均超过 3 个月 ,B 超检查宫内节育器位置正常 ,同时排除血液病、子宫器质性病变等其它疾病所引起的阴道异常出血。350 例患者随机分为观察组(175 例)与对照组(175 例) ,两组间年龄、孕次、产次、病情、病程等比较差异无统计学意义 ($P>0.05$)(表 1) ,具有可比性。

1.2 治疗方法

对照组给予常规治疗 ,口服替硝唑片($0.5\text{g}/\text{次}$,2 次/d) ,罗

表 1 组间一般情况比较

Table 1 Comparison of general information between the observed and control group

Group	Age (year)	Average number of pregnancies	Average delivery times	Duration (month)	Menstrual period (day)
Observed	38.34± 7.55	2.2± 1.3	1.3± 1.6	12.83± 2.91	11.74± 4.69
Control	36.16± 8.33	2.3± 1.0	1.2± 2.1	13.05± 2.28	12.11± 5.25
P value	>0.05	>0.05	>0.05	>0.05	>0.05

红霉素(0.15g/次 2次/d),以3~5d为一疗程,同时口服安络血片 5mg/次 3次/d,连用 6d,观察组患者口服宫血宁胶囊 2粒/次,3次/d,连用 6d。月经量过多患者于月经来潮第 1d 开始用药,经期延长者于月经来潮第 3d 开始用药,不规则出血者于出血期用药,连续治疗 3 个月经周期,随访 6 个月。

1.3 疗效判定标准

痊愈:治疗后临床症状体征消失,月经量减少 1/3 以上或 <80ml,经期≤ 7d,停药 6 个月无复发。有效:治疗后临床症状体征消失或减轻,治疗后月经量减少 1/3 以下或 >80ml,经期明显缩短,但仍>7d,或经期≤ 7d,但停药 6 个月后复发。无效:治疗后,患者临床症状体征无明显变化或加重。

1.4 统计学分析

计数资料组间比较采用 X² 检验,计量资料比较采用 t 检验,以 P<0.05 为有统计学意义。

2 结果

2.1 两组疗效比较

观察组治愈率与总有效率分别为 56.00%和 92.57%,均显著高于对照组 25.71%的治愈率与 75.43%的总有效率,两组间差异比较有统计学意义(P<0.01)(表 2),提示宫血宁胶囊对于宫内节育器所引起的子宫异常出血效果优于抗菌止血常规西药治疗。

表 2 观察组与对照组间治疗效果对比分析

Table 2 Contrastive analysis of the therapeutic effect between the two groups

Group	Total Number	Cure rate	Effective rate	Ineffective rate	Total effective rate
Observed	175	98(56.00%)●	64(36.57%)	13(7.43%)●	92.57%●
Control	175	45(25.71%)	87(49.71%)	43(24.57%)	75.43%

Note: ● P<0.01 Observed group compared with control group

2.2 两组治疗前后月经变化情况比较

经过治疗,观察组与对照组患者经量增多、经期延长和经间点滴出血等症状均得到明显缓解,与治疗前比较差异有显著

性(P<0.01),其中尤其以观察组患者症状改善明显,与对照组间差异有统计学意义(P<0.05)(表 3)。

表 3 观察组与对照组患者治疗前后月经变化情况比较

Table 3 Comparison of the menstrual changes between the two groups before and after treatment

Group	Hypermenorrhea	Menostaxis	Menstrual spotting
Observed			
Pre-treated	135(77.14%)	58(33.14%)	26(14.86%)
Post-treated	9(5.14%)*▲	7(4.00%)*▲	1(0.57%)*▲
Control			
Pre-treated	128(73.14%)	62(35.43%)	31(17.71%)
Post-treated	34(19.43%)*	30(17.14%)*	15(8.57%)*

Note:*P<0.01 compared with pretreated group ▲ P<0.05 Observed group compared with post-treated control group

2.3 两组治疗前后月经持续时间比较

治疗前,观察组与对照组患者平均月经持续时间分别为 11.74± 4.69d 和 12.11± 5.25d,两组间差异无显著性(P>0.05),经过治疗,两组患者月经持续时间均明显缩短(P<0.01),其中观察组减少至 6.92± 2.34d,对照组减少至 9.28± 3.14d,两组间差异有统计学意义(P<0.05)(图 1)。

3 讨论

宫内放置节育器可通过异物作用、释放铜离子或孕激素干

扰受精卵着床、杀伤精子和胚胎、增加宫颈粘液粘稠度,达到有效避孕目的^[5-7]。IUD 具有放置简便、安全、避孕效果长期(5 至 10 年)、不影响性生活、取器后生育能力恢复快等优点,但其对子宫内膜产生的局部压迫和异物刺激可导致毛细血管内皮细胞受损,内膜纤维蛋白溶解酶活性增强,前列腺素释放增加,血管扩张、通透性增加,非菌性炎症产生,造成部分患者出血经量增多,经期延长,经间点滴出血或不规则出血等月经异常症状^[8-10]。

宫血宁胶囊具有清热解毒、收敛止血、止痛消肿、调经活

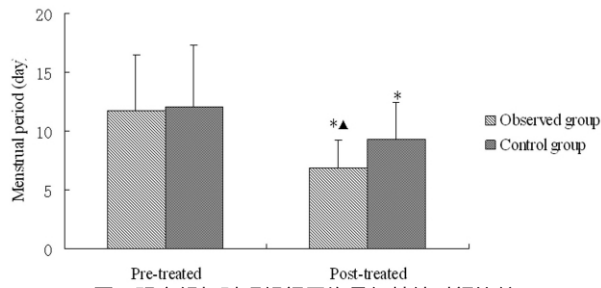


图1 观察组与对照组间平均月经持续时间比较

*P<0.01 与治疗前比较;▲P<0.05 与治疗对照组比较

Fig.1 Comparison of the average menstrual period between the two groups

*P<0.05 compared with pretreated group; ▲ P<0.05 Observed group compared with post-treated control group

血、滋阴养血之功效。现代药理研究表明,宫血宁可引起子宫平滑肌兴奋,促进子宫收缩,诱导血小板聚集,缩短凝血时间,抑制组胺释放,降低血管通透性,减轻子宫内炎症反应,促进内膜修复,减少子宫异常出血^[11-14]。本研究结果表明,观察组患者服用宫血宁胶囊后,出现经量增多、经期延长和经间点滴出血等症状的例数分别从135例(77.14%)减少至9例(5.14%),58例(33.14%)减少至7例(4.00%),26例(14.86%)减少至1例(0.57%),月经持续时间从11.74±4.69d缩短为6.92±2.34d,而对照组经量增多、经期延长和经间点滴出血例数分别从128例(73.14%)减少至34例(19.43%),62例(35.43%)减少至30例(17.14%),31例(17.71%)减少至15例(8.57%),月经持续时间从12.11±5.25d缩短为9.28±3.14d,两组间比较差异均有统计学意义(P<0.05),最终经宫血宁胶囊治疗放置IUD后异常出血总有效率为92.57%,显著高于对照组(75.43%),两组间差异有显著性(P<0.01),表明宫血宁胶囊用于治疗宫内节育器后异常出血的效果和患者症状改善情况均显著优于抗菌、止血类西药治疗。

综上所述,宫血宁胶囊可有效减少宫内放置IUD后子异常出血,疗效显著,且无明显不良反应,可长期服用,值得临床上推广应用。而当IUD所引起的子宫异常出血治疗无效时,应及时取出,并行进一步妇科检查,以判断是否存在子宫内膜病变,同时除外与出血有关的全身疾病。

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