

Statin與Fibrate類藥物應用於降血脂血症之教果評估

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摘要

在九十三年一月至九十四年三月期間，本研究以某地區醫院門診病患經醫師臨床診斷為高脂血症的556位病人(330位男性與226位女性)，病患血清中之總膽固醇(TC) 240 mg/dL或三酸甘油酯(TG) 150 mg/dL為研究對象，並依使用Statin或Fibrate類降血脂藥物的個案，進行其在藥物治療期間的血脂變化，如降低TC、TG、低密度脂蛋白膽固醇(LDL)或提高高密度脂蛋白膽固醇(HDL)等有效性分析之評估探討。研究結果顯示，平均65%個案之TC值可降低至200 mg/dL以下，服用Statin類藥物個案中的LDL值可降至理想值(< 100 mg/dL)，比率約佔45%；TG值可降至理想值(< 150 mg/dL)，比率約佔13%，而HDL值升高至理想值(> 60 mg/dL)，比率則約佔5%。至於服用Fibrate類藥物者之LDL與TG值降低至理想值的比率分別為12%與51%，在提高HDL值至理想值比率方面則佔23%。此研究結果有利於提供醫師治療用藥參考，裨益改善病人之血脂代謝異常。

關鍵詞：Statin；Fibrate；高脂血症；膽固醇；三酸甘油酯

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