

退化性膝關節炎的全方位 治療

高雄醫學大學 骨科

陳崇桓

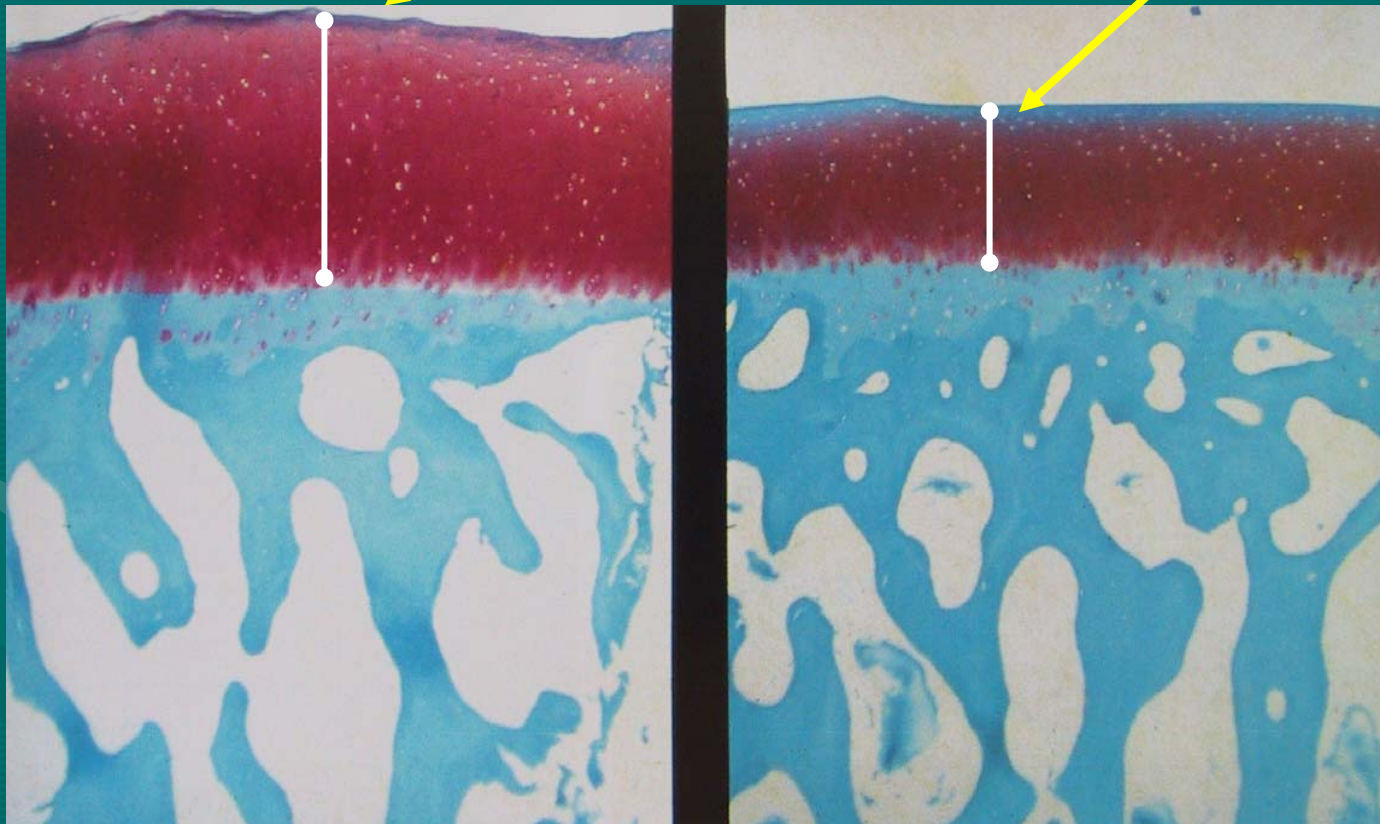
何謂關節炎?



關節炎之病理病變

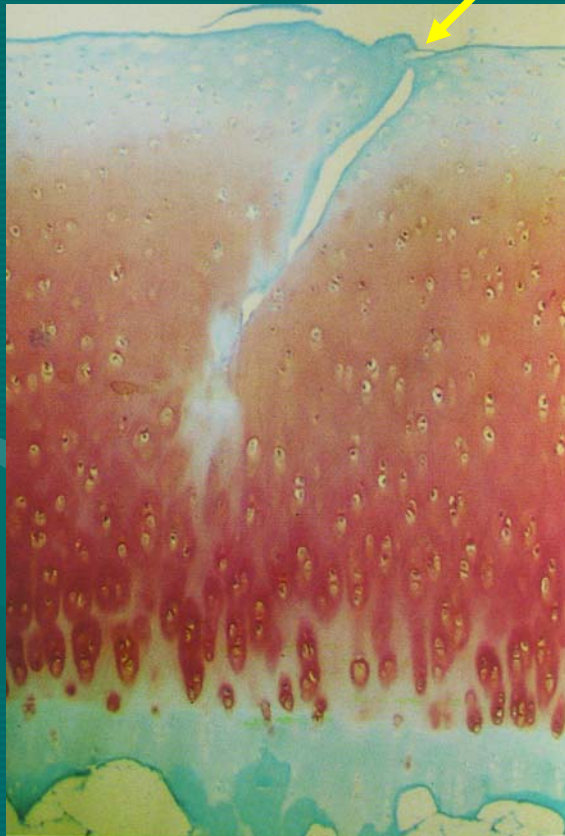
第一級關節軟骨
退化

正常關節軟骨表面

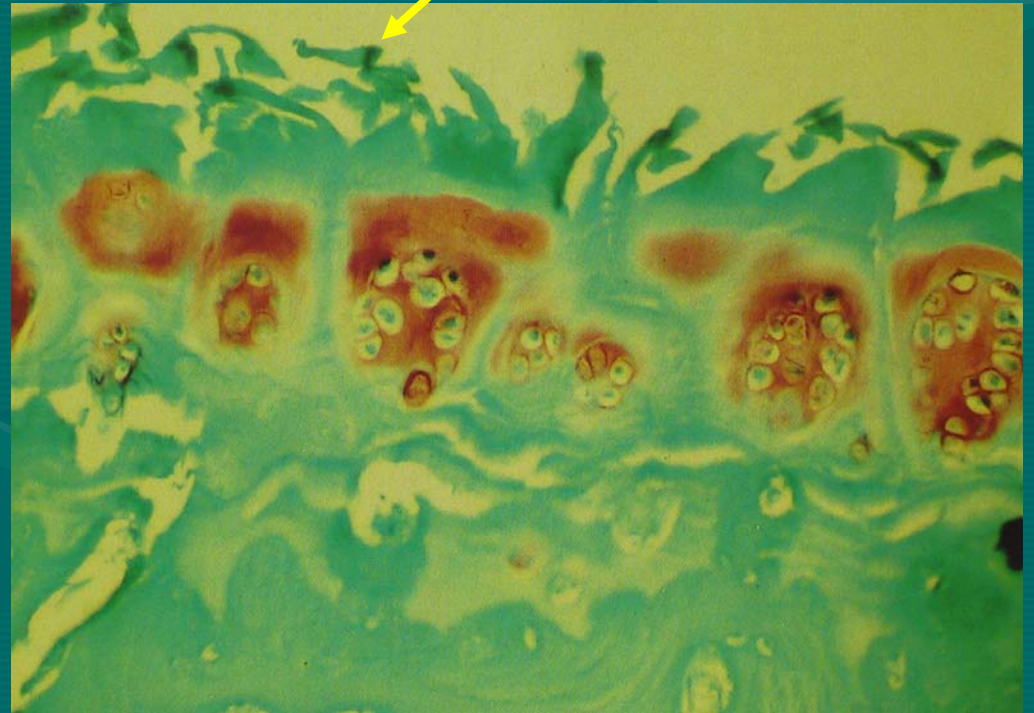


關節炎之病理病變

第二級關節軟骨退化

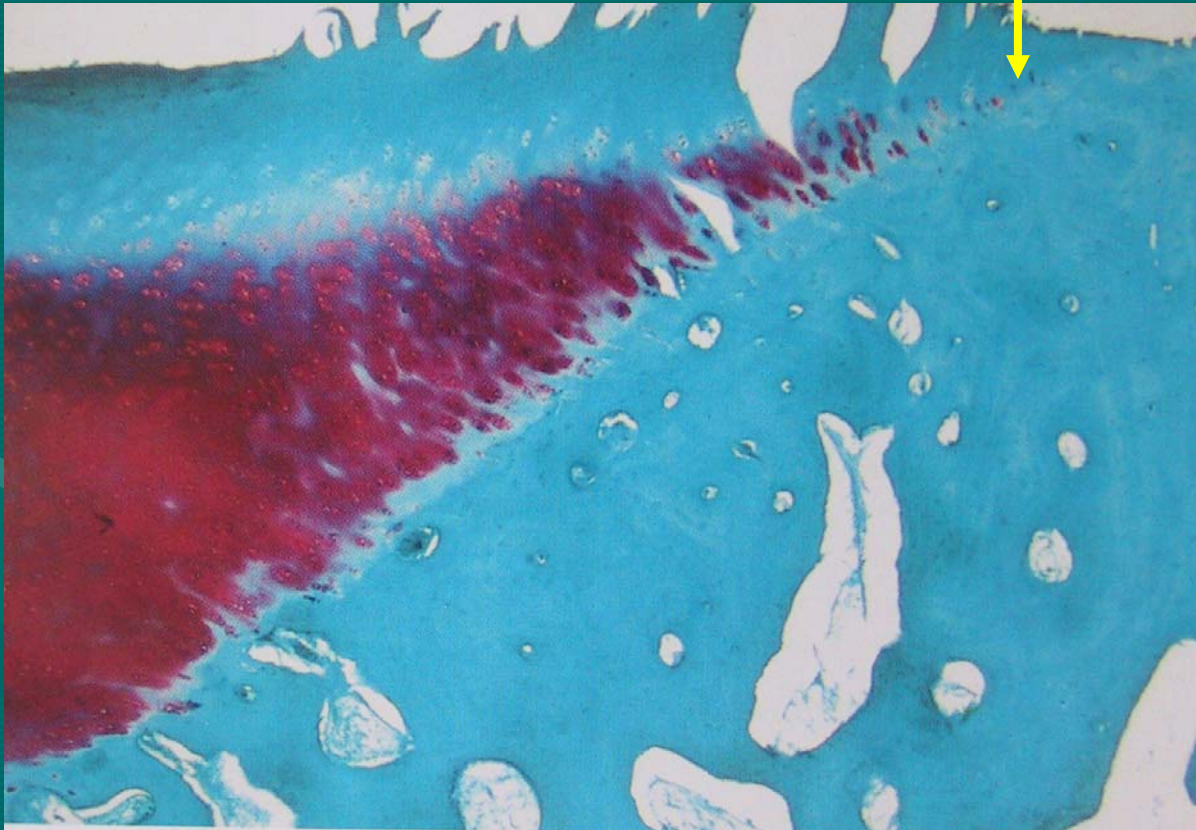


第三級關節軟骨退化



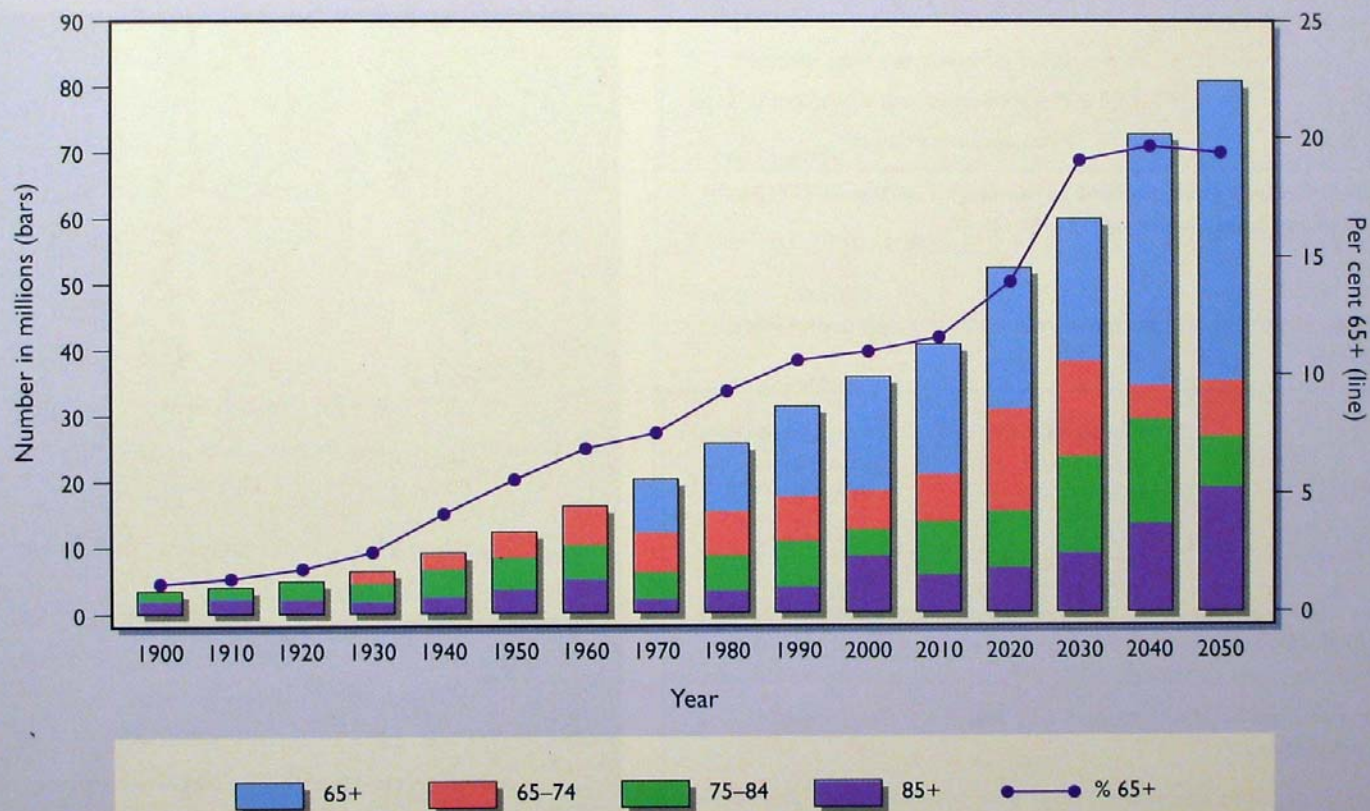
關節炎之病理病變

第四級關節軟骨退化



老年-----退化性關節炎的最主要原因

Figure 2 Growth of the segment of the population in the United States which is age 65 and above between 1900 and 2050. From US Bureau of the Census: Sixty-Five Plus in America, P23-178RV, and Population Projections of the United States by Age, Sex, Race and Hispanic Origin: 1993 to 2050. P25-1104 Census data (1900-90) are as of April 1 and projections (2000-50) are as of July



退化性膝關節炎的症狀：

疼痛、腫脹、變形、活動受限。

影響：生活品質低落、肥胖，

心血管機能退化

高醫療支出、高社會成本

治療目的：

消除疼痛、改善行動能力、
提升生活品質

退化性膝關節炎

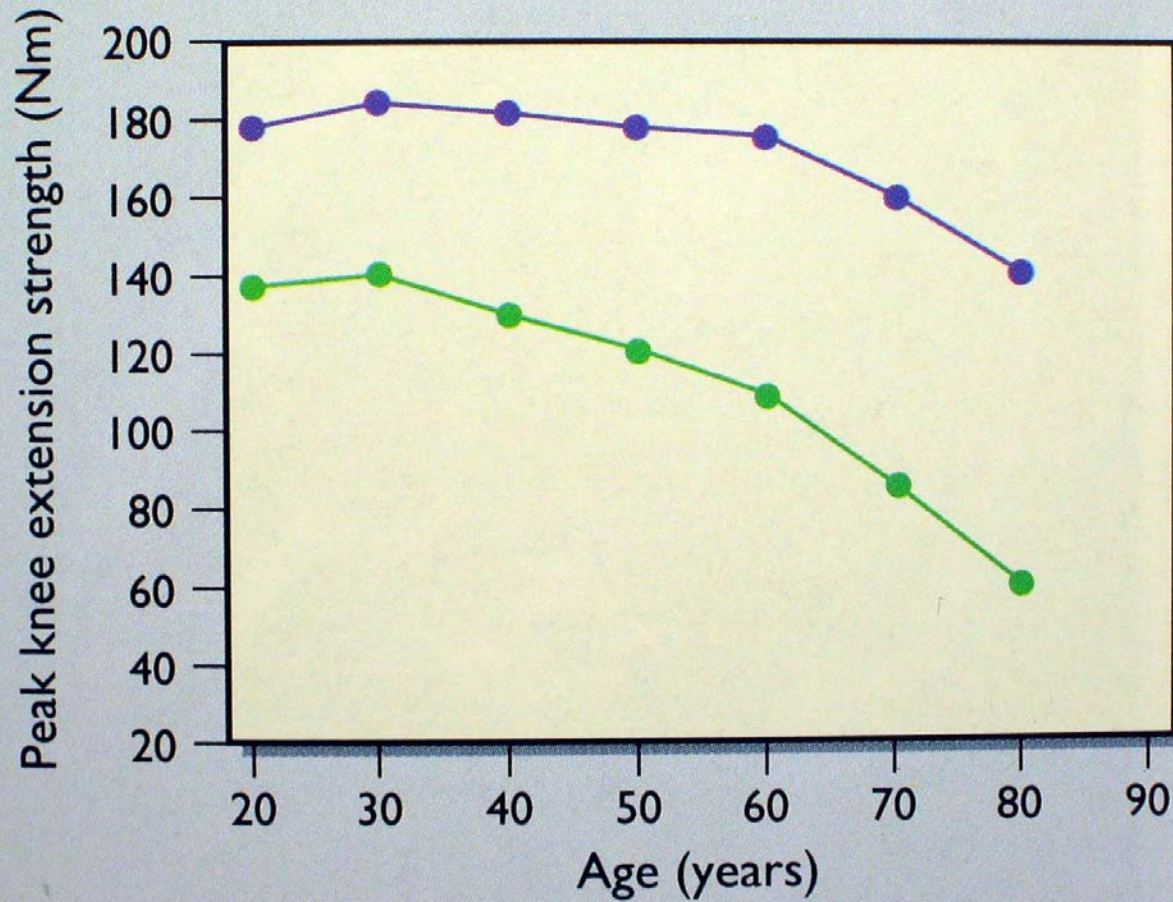


治療考量：嚴重程度，年齡，身體健康情況，生活品質的期許

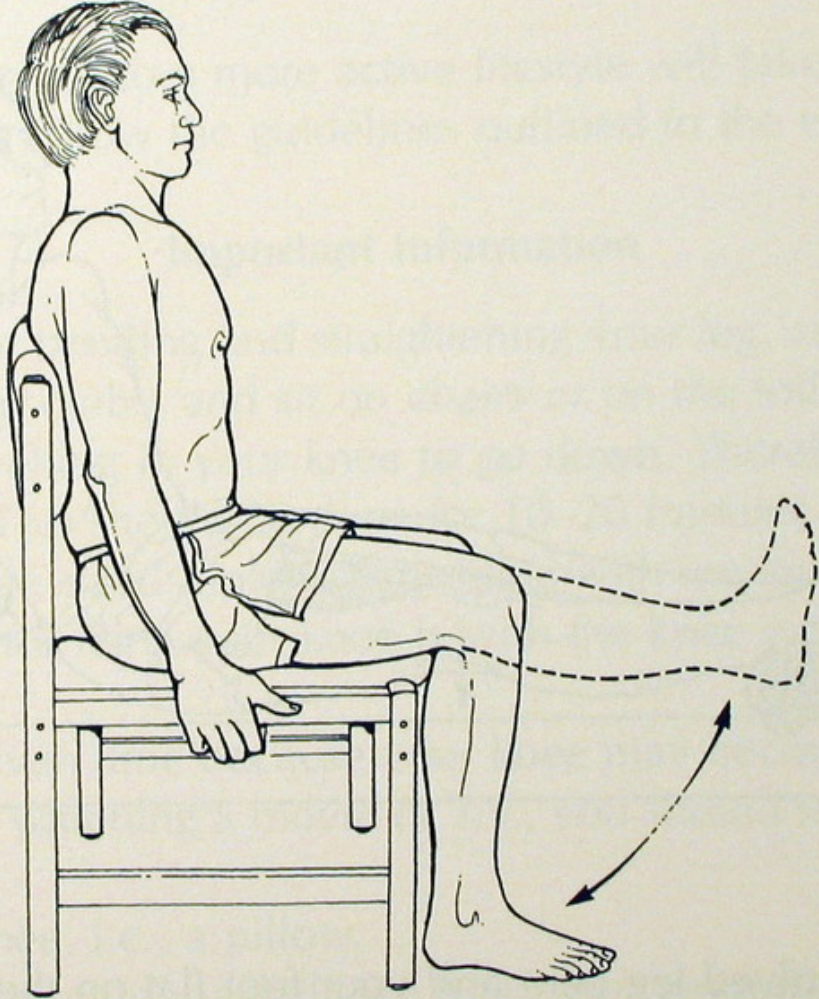
退化性膝關節炎的保守治療

- A. 復健治療
 - 膝關節活動度,股四頭肌強化
 - 物理治療(冷/熱療,微波,向量干擾)
- B. 藥物
 - Acetaminophen (普拿疼)
 - NSAID,COX-2 NSAID (非類固醇抗發炎)
 - Glucosamine(維骨力)
 - Hyaluronic acid(玻尿酸) (雅節)
 - Intraarticular steroid (關節內類固醇注射)
- C. 其他: 減輕體重,手杖,護膝

復健運動



●—● Strength-trained men ●—● Untrained men



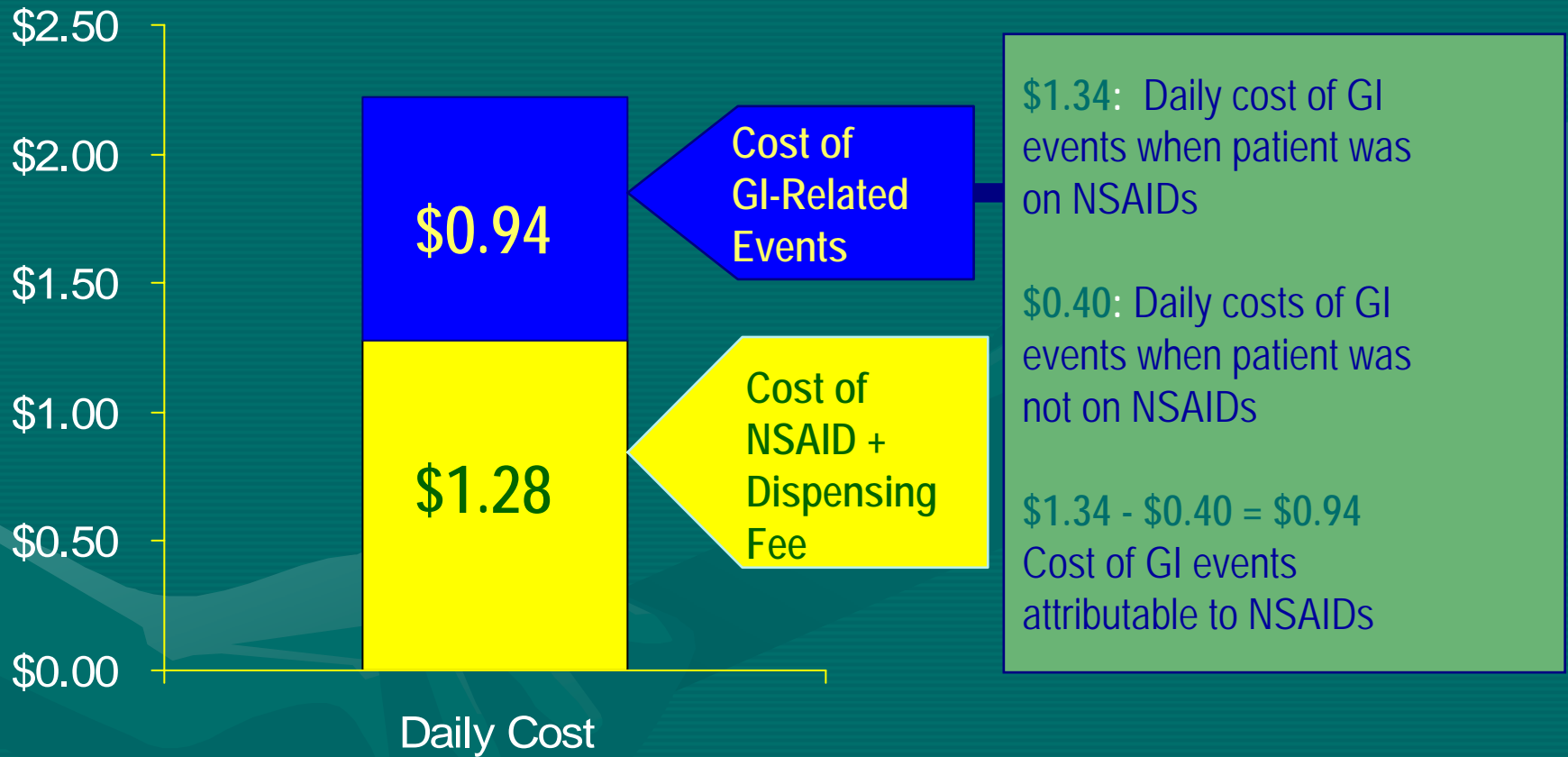
基本用藥:

普拿疼,非類固醇抗發炎藥

COX-2 非類固醇抗發炎藥

→ 較不刺激胃

Approximately One Dollar Was Added to a Day of NSAID Therapy for GI Problems



Gastropathy From Traditional NSAIDs Following Use of Gastroprotective Agents

ARAMIS Study

Prospective study of 1,921 patients on chronic NSAID therapy concluded that prophylactic use of H₂ antagonists and antacids may increase the risk of serious GI complications by suppressing early GI warning symptoms.



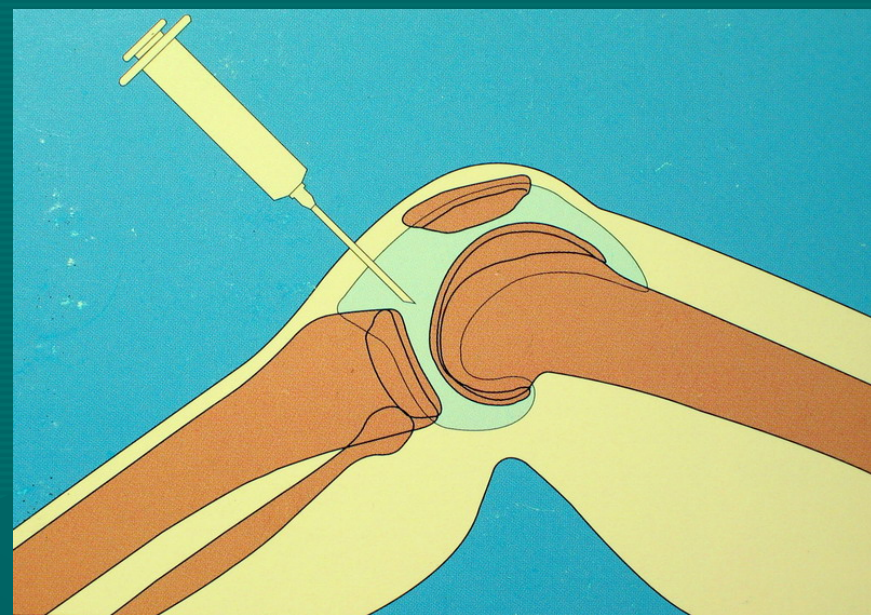
Glucosamine (維骨力)

1. 有效率約70%
2. 藥或營養食品？
3. 安全性高
4. 無再生軟骨的功能
5. 適用輕度至中度關節炎

並非“萬靈丹”

Hyaluronic acid(玻尿酸) injection

1. 有效率約70%
2. 美國FDA 認可
3. 安全性高
4. 適用輕度至中度關節炎



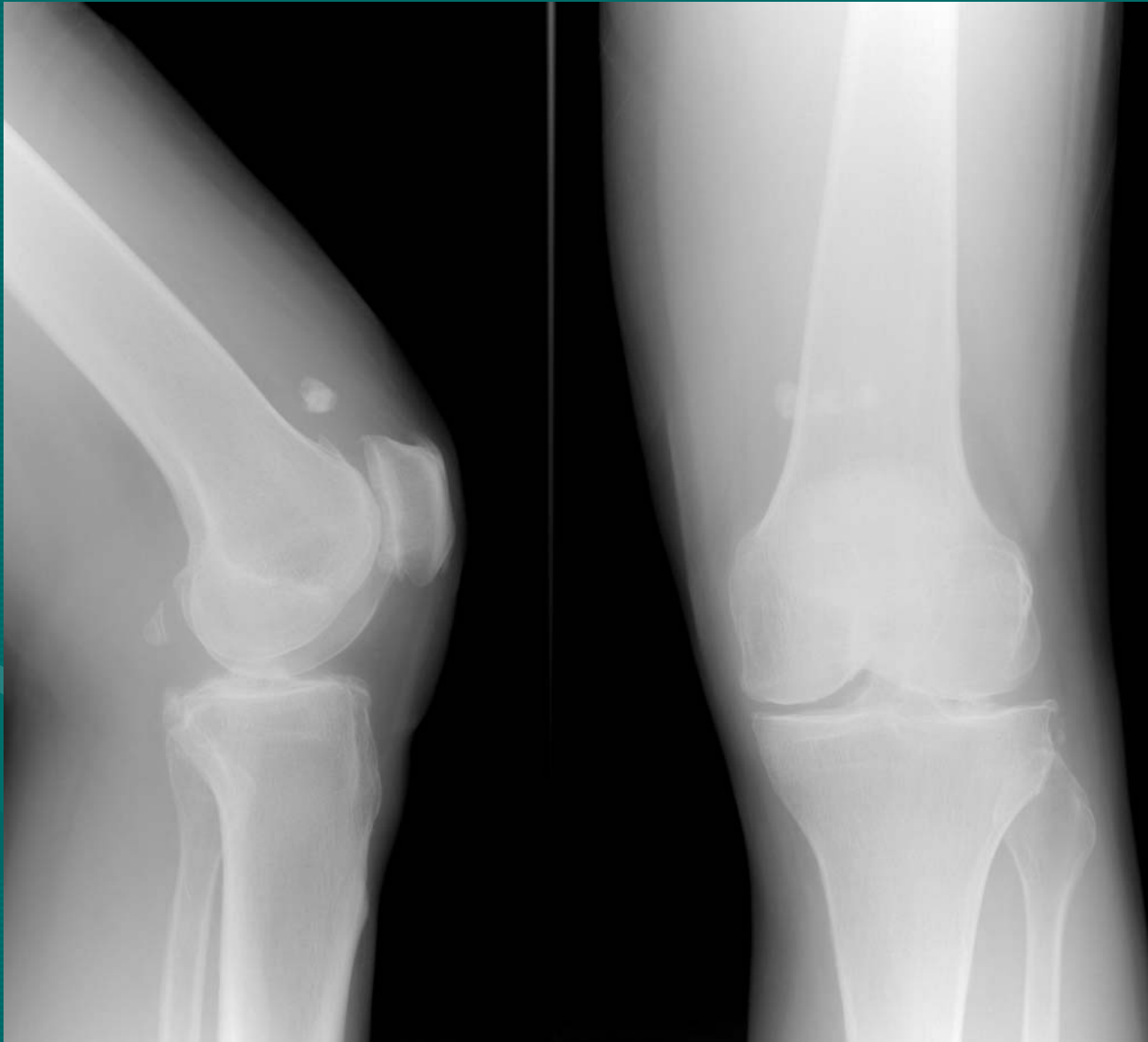
關節內類固醇注射

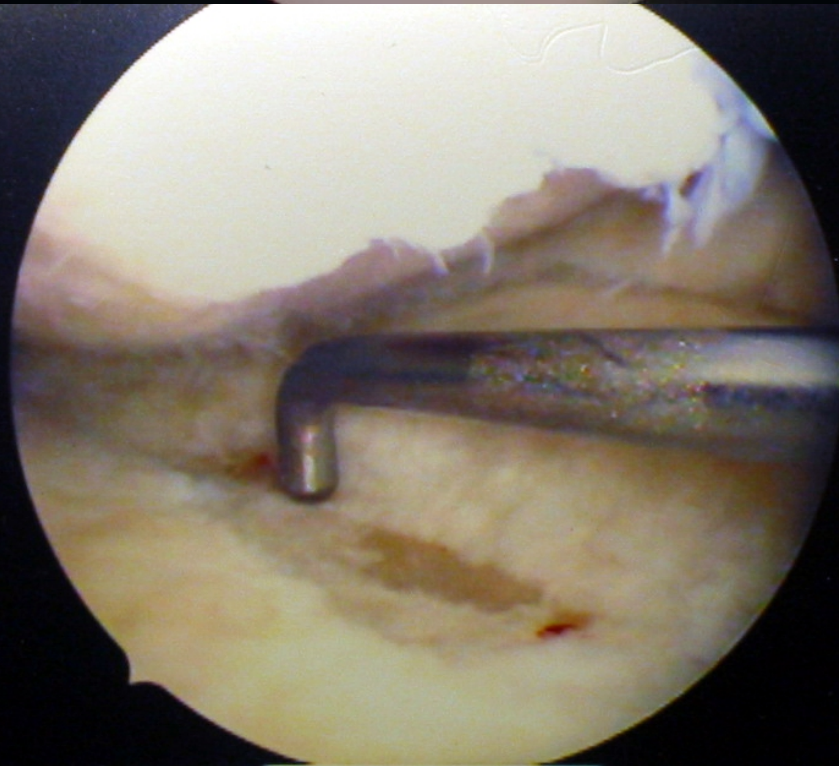
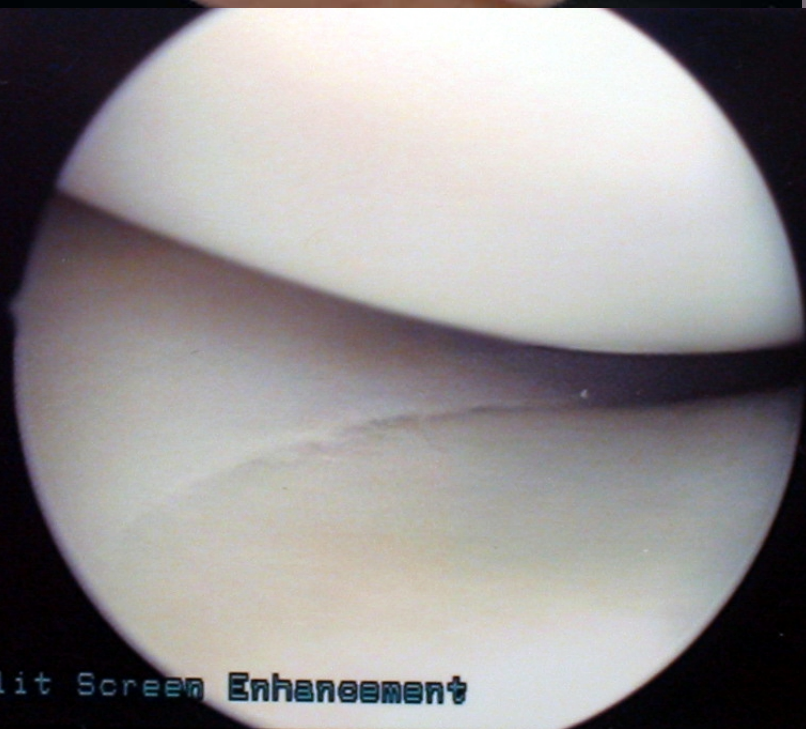
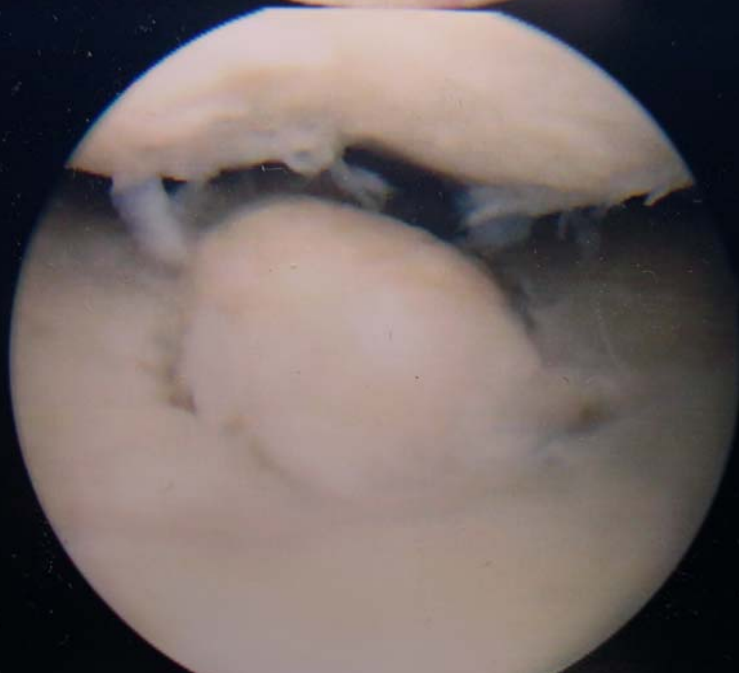
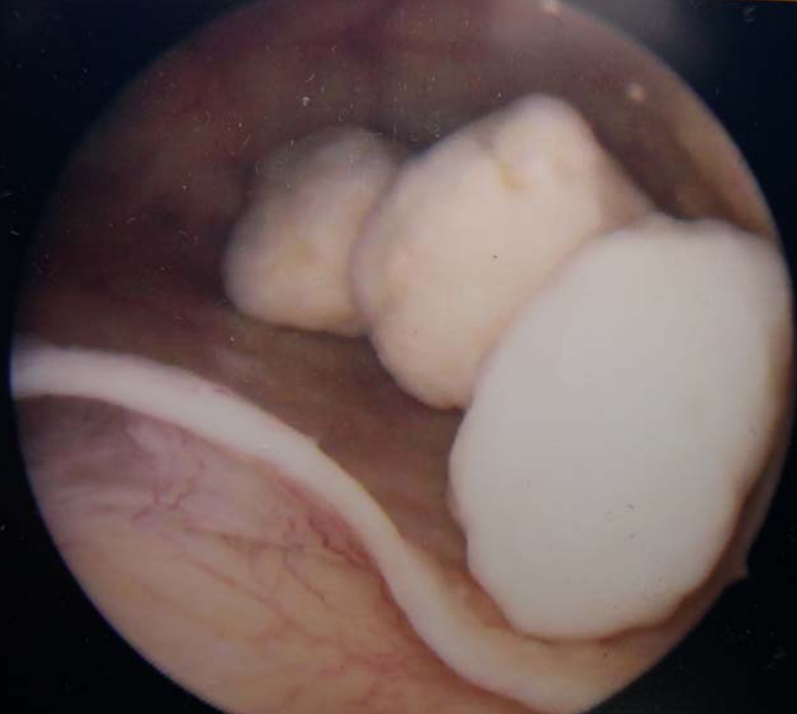
1. 只適用於重度關節炎
2. 兩個月以上可打一次.
3. 暫時治標的方法

退化性膝關節炎的手術治療

1. 膝關節鏡手術
2. 切骨矯正手術
3. 半膝關節置換手術
4. 全膝關節置換手術

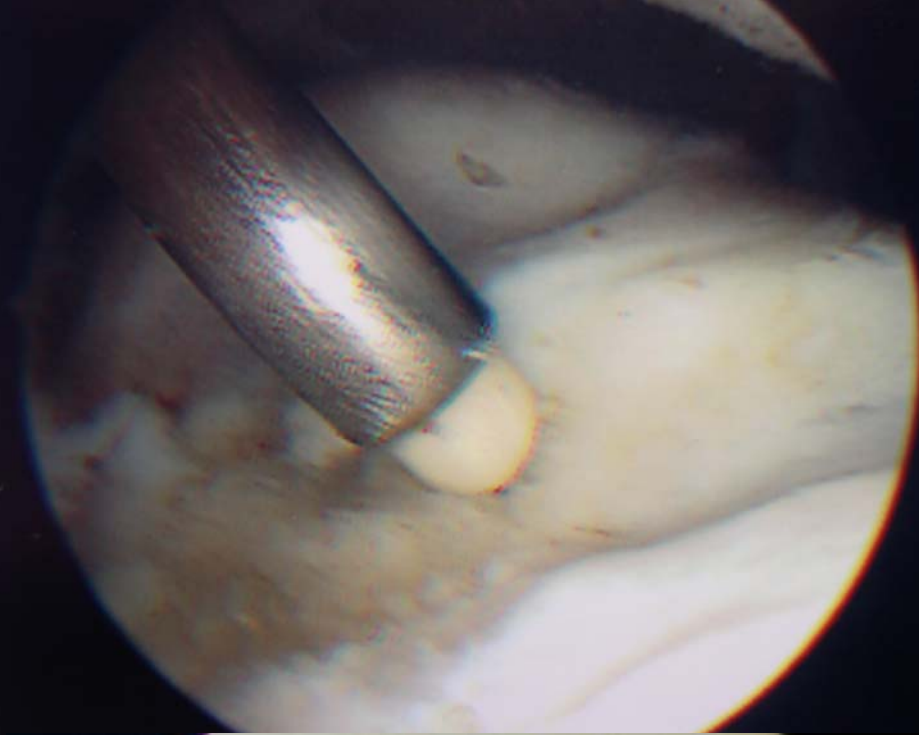
膝關節鏡手術(Arthroscopy)





Split Screen Enhancement

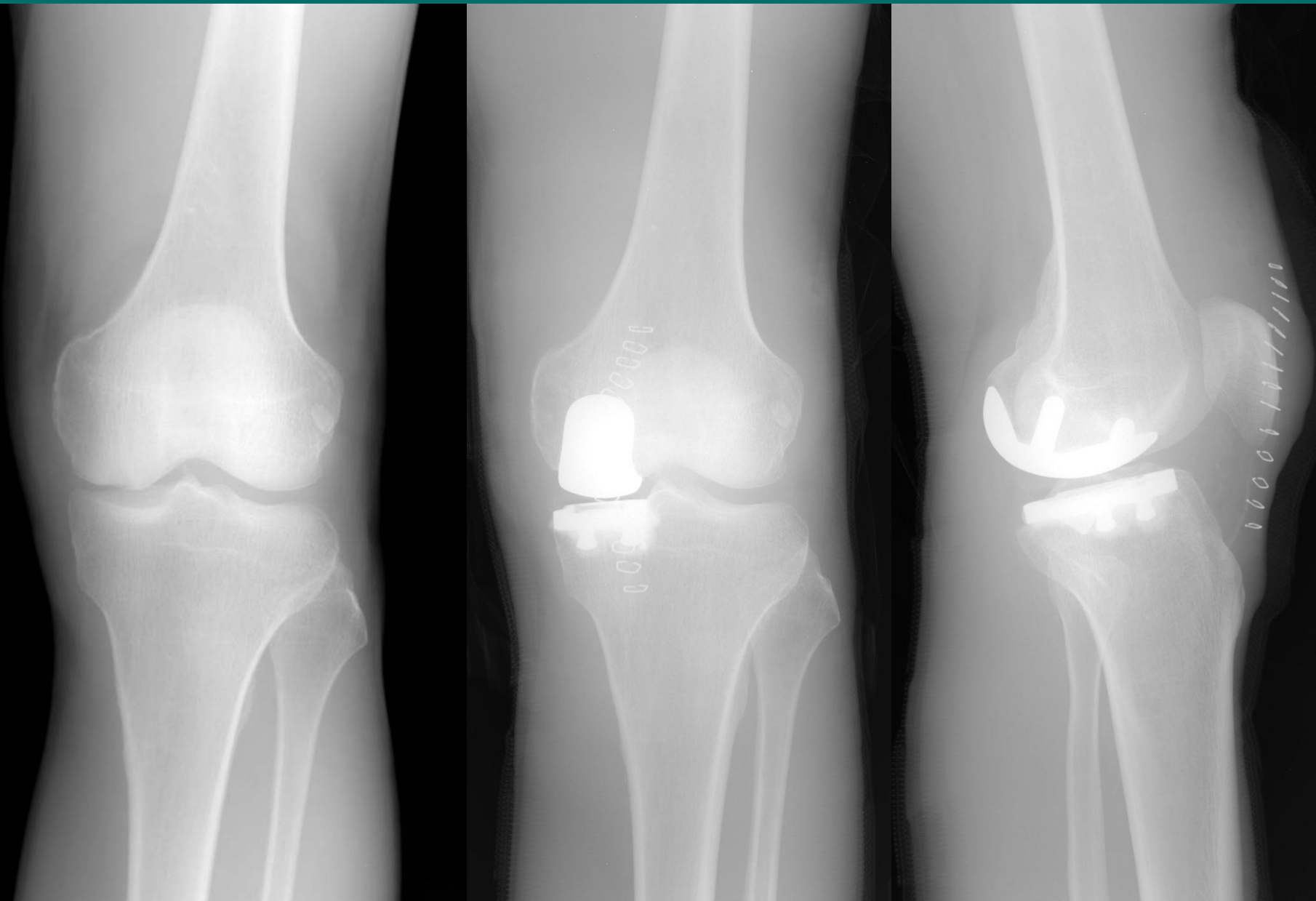




切骨矯正術(corrective osteotomy)



半膝關節置換手術(uni-knee replacement)



全膝關節置換手術 (total knee replacement)

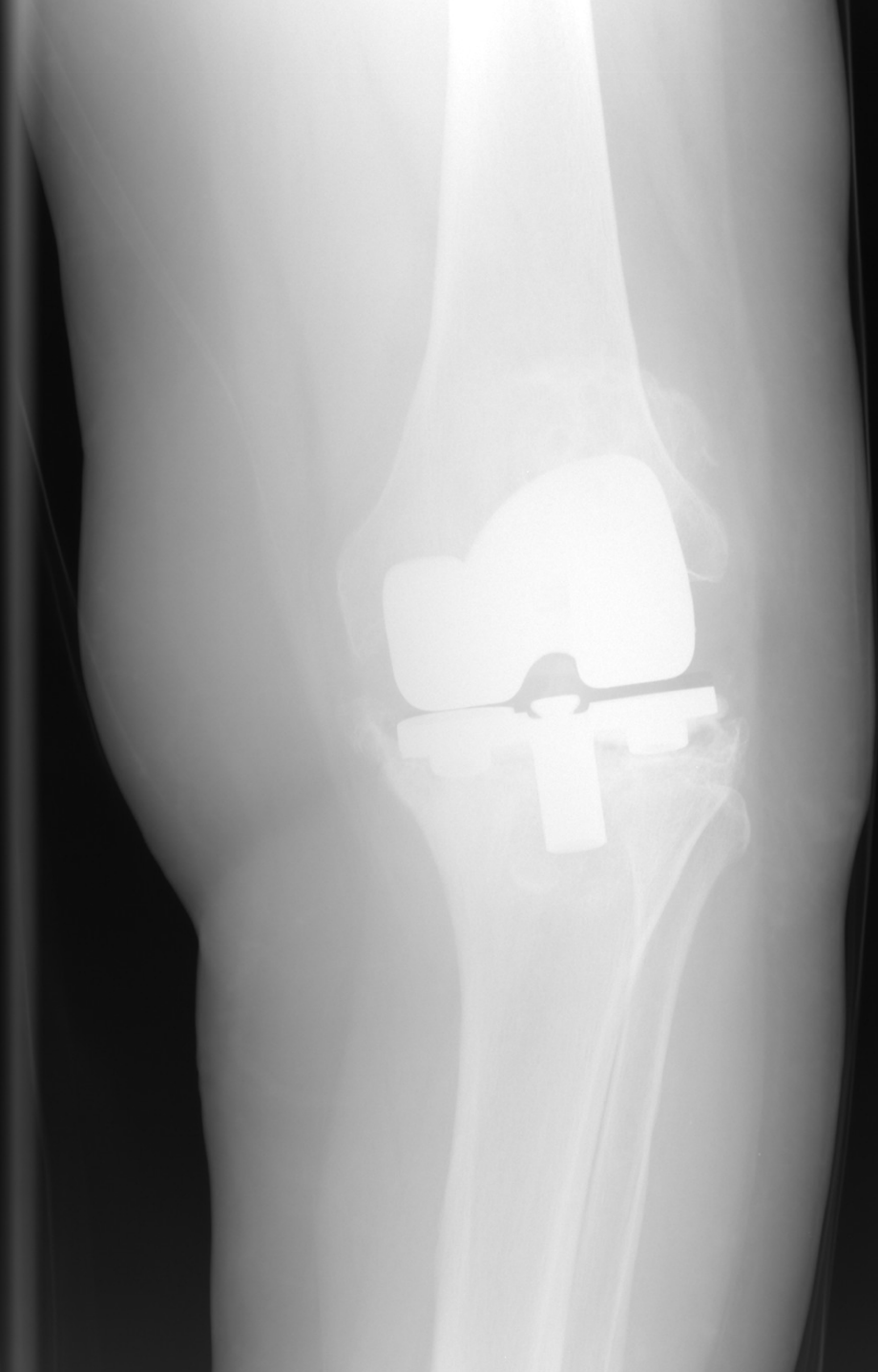
1. 適用於重度關節炎且保守治療無效
2. 滿意度高
3. 十至十五年成功率約90%

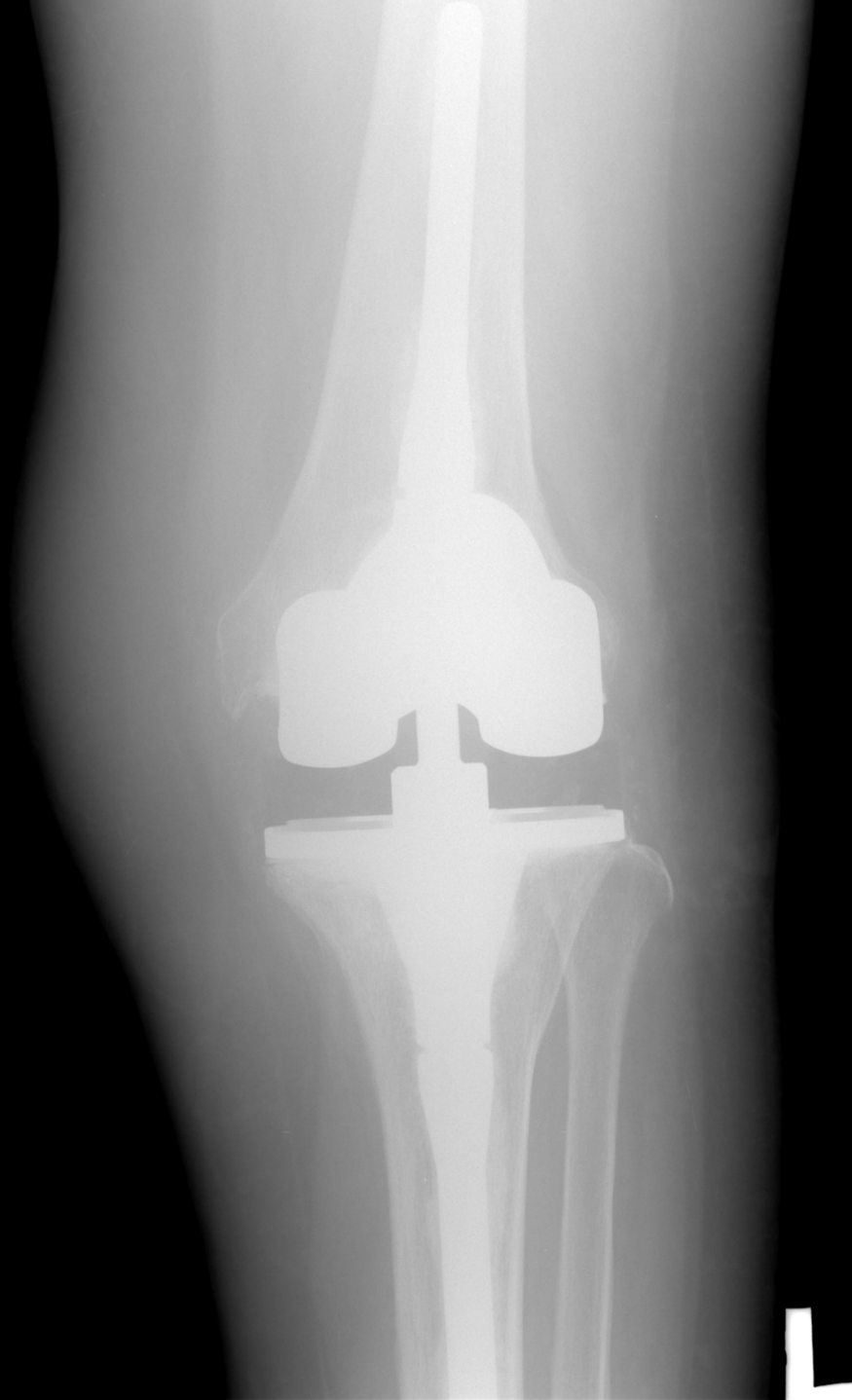
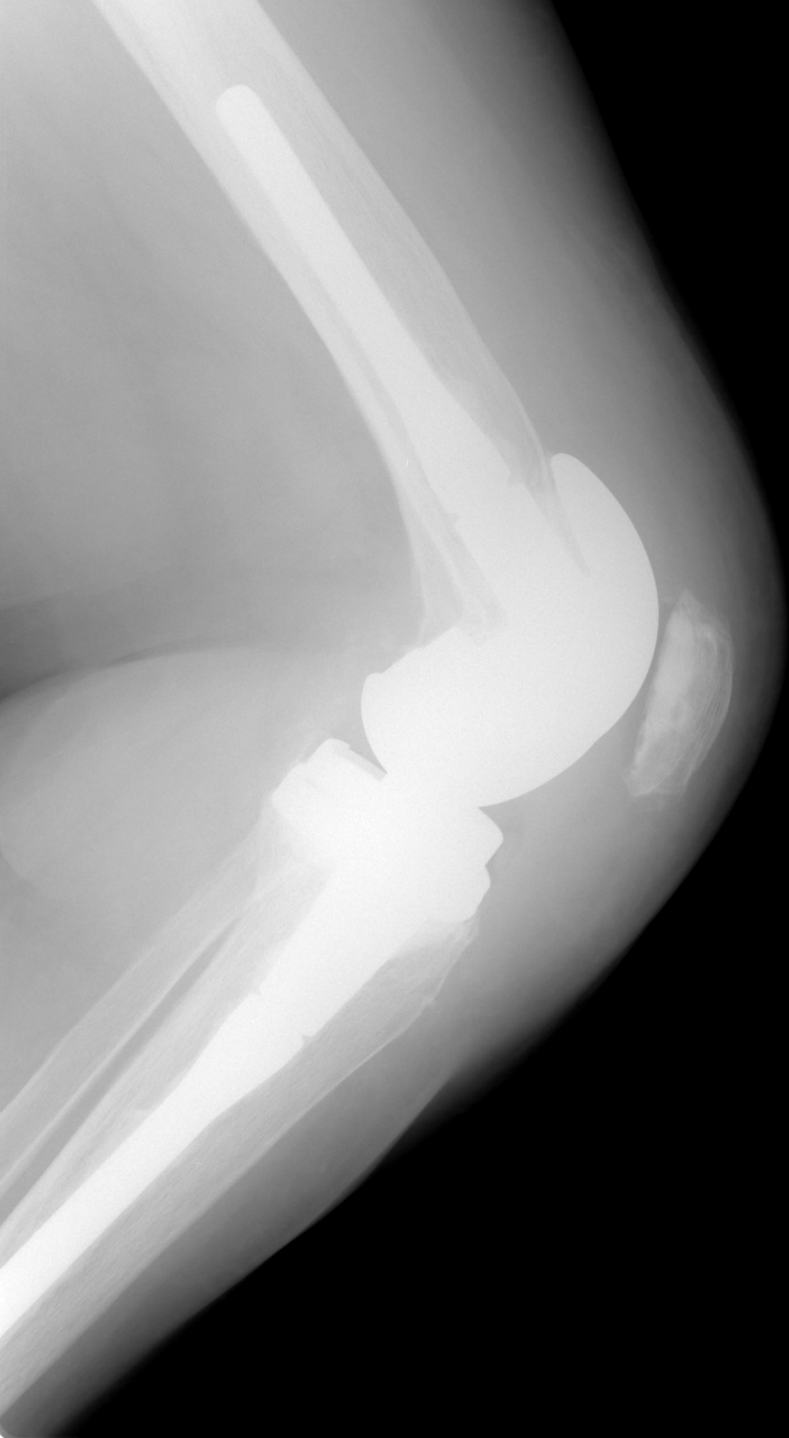






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全膝關節置換手術新發展 (total knee replacement)

1. High – Flex total knee(高彎屈型)
2. Minimal Invasive Technique(微小刀口)
3. Navigation system(電腦導航)



結語

1. 瞭解自己的疾病
2. 勿聽信偏方及閒語
3. 勇敢接受正確的治療

Conclusion

Algorithm of Tx for knee O.A.

Quad ex.

aerobic ex.

Acetaminophen

NSAID

Cox2 NSAID

+

-

Glucosamine

Hyaluronic acid

-

+

Surgery

Arthroscope

+

TKR

Uni-knee

+

Corrective osteotomy

Bicycling

Swimming

Dancing

Golf

Travel

Jogging

Shopping

Thank you for your attention.

謝謝指教

