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450例颈椎病患者临床流行病学分析

张晓铃

为了解颈椎病的临床患病情况, 笔者对1988~1993年以来诊断为颈椎病的患者进行了临床流行病学分析。450例患者中男性218例, 占48.44%; 女性232例, 占51.56%; 其中20~29岁组患病47人, 为10.44%; 30~39岁67人, 为14.89%; 40~49岁78人, 为17.33%; 50~59岁196人, 为43.56%; 60岁以上62例, 为13.78%; 各年龄组患病构成以50~59岁者为高, 且有随年龄增长而增高的趋势。450例患者中神经根型257例, 占57.11%; 椎动脉型128例, 占28.44%; 混合型69例, 占15.33%; 其它仅占1.33%;

说明颈椎病的发病以神经根型为主。不同职业以干部患病构成较高(76%), 工人仅占24%; 提示长期从事伏案工作职业人群患该病的机率较高。本次调查该病患病特点为: ①该病任何年龄均可发生, 但以40岁以上者较多, 且随年龄增大而增高, 性别之间无差异; ②患者多为长期伏案的工作人员, 患病类型以神经根, 椎动脉和混合型为主。

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