



台灣基層透析協會

本會宗旨：

關懷透析病患，提升透析品質，維護透析診所與病患的權益，協助政府制定相關醫療政策及推行健康保險制度。

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最新消息：

☆Final Call 各位基層同仁，本週日(11/24)邀請健保署醫務管理組林阿明副組長

列席座談，他是目前健保署透析醫療政策最重要的幕僚，多項透析政策是由他

草擬，要來聽聽基層的聲音，這是我們表達意見最好的機會，請大家務必出席！

102 年度台灣基層透析協會會員大會暨學術研討會

時間：102 年 11 月 24 日(星期日)上午 9：30-12：40

地點：台北市公園路 15-2 號 1 樓

(台大景福館，捷運台北站 M8 出口)

議 程	Speaker	Moderator
09:10~09:30 報到及聯誼		
09:30~10:00 Non-metal based phosphate binder in CKD	盧國城主任 台北耕莘醫院腎臟科	鄭集鴻醫師
10:00~10:10 Q & A		

10:10~10:40 肝素之臨床使用及研究分享	陳金順主任 三軍總醫院腎臟科	顏大翔醫師
10:40~10:50 Q & A		
10:50~11:30 洗腎給付座談： <ul style="list-style-type: none"> • 基層的努力方向 • 腎臟科的努力方向 • 如何做才能維持給付 	鄭集鴻醫師 李素慧醫師 林阿明副組長列席指導	楊孟儒醫師
11:30~12:10 洗腎診所經營座談： <ul style="list-style-type: none"> • 如何增加腎友來源 • 如何提升醫療品質 • 如何做護理人員訓練 • 腎友接送問題 	楊孟儒醫師 呂國樑醫師 蔣榮福醫師	李少瑛醫師
12:10~12:40 會員大會 <ul style="list-style-type: none"> • 會員年費修訂 • 推派代表參加腎臟醫學會 理監事選舉 	全體會員	鄭集鴻醫師

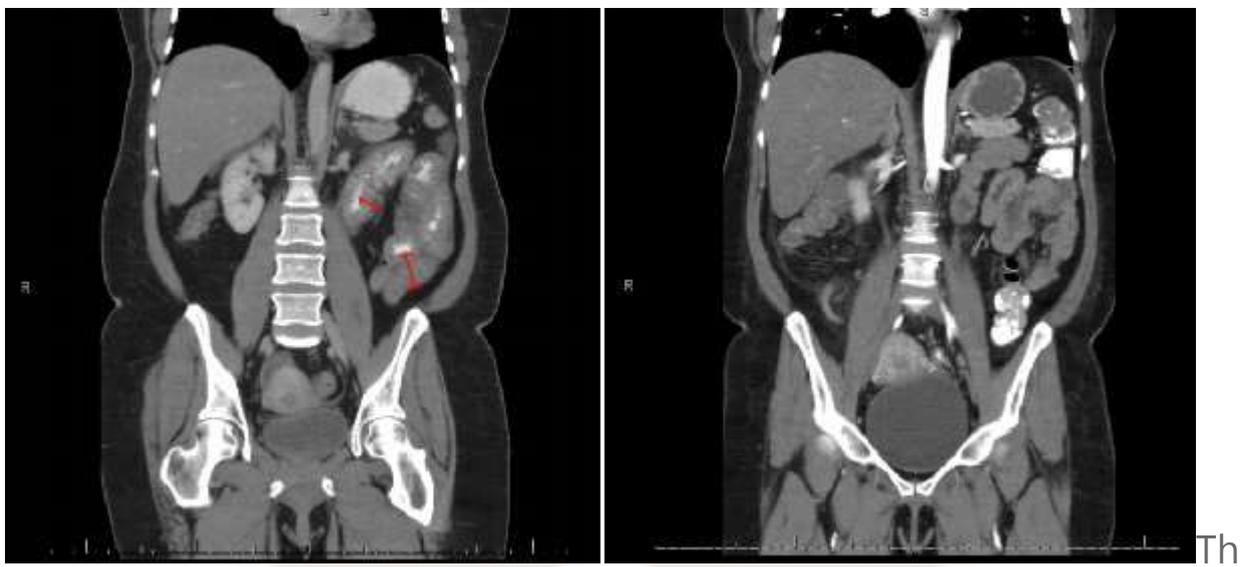
學術專欄：

[THINK LIKE A DOCTOR](#) NOVEMBER 7, 2013, 8:00 AM [307 Comments](#)

Think Like a Doctor: Gut Feeling

Think Like a Doctor: Gut Feeling <http://nyti.ms/17GGGPC>

By [LISA SANDERS, M.D](#)



The red line indicates the amount of swelling in the colon.

這是一個困難的病例，一位 47 歲的女性患者，高血壓、糖尿病，近 2 年來一直為偶發性的嚴重的嘔吐所擾，遍尋名醫，也找不出為什麼，後來找出答案了，把這病史貼在 New York Times 網站考一下大家（美國的大眾真是強？）不過答對的人，大多是醫療背景者，有些是住院醫師等。

突發嚴重嘔吐，白血球稍高，胃鏡無異常，後來做到腹部的 CT 和大腸鏡，看到腸道水腫（還被疑是 Crohn's disease），外科醫師做了剖腹探查

（negative！真是白痛了）。治療上，給予抗生素和點滴，感覺和台灣也是一樣。

在一次的再度住院時會診，腸胃科 fellow (是 fellow 沒錯！) 建議再做一次 abdominal CT with contrast (上次做是 36 小時前在 ER 做的，若是在台灣健保下，36 小時後，再做另一次 abdominal CT，這個腸胃科醫師真是有 GUTS)。

為什麼要立即再 F/U abdominal CT？因為患者住院後 1 天後，症狀立即改善了，GI man 想了解腸道是否有變化（水腫消失了嗎？），結果，如上二張 CT 圖比較，右圖後來 F/U 的，腸道水腫快速消失。

原因？是她拿來治高血壓的藥，lisinopril 所引起的 angioedema。

以下原文，讓大家參考這個不常見的名詞 angioedema，但是我想，有這些症狀的患者，應該也在台灣存在，會不會被當作精神病患者或是情勢障礙啊？

The correct diagnosis is...

Intestinal angioedema, triggered by lisinopril, the ACE inhibitor the patient took for her high blood pressure.

The Diagnosis:

Angioedema is a localized type of swelling usually involving the mouth, tongue or upper airways. It can be part of a typical allergic reaction, with hives and itching, or it can be isolated, with swelling as the only notable finding. While there is an inherited form of this disease, most cases are acquired. And medications are the most common cause of this form of the syndrome.

The class of high blood pressure drugs known as ACE inhibitors is the most common medication linked to angioedema. This patient was taking lisinopril, one of the most widely prescribed drugs of these drugs. Although angioedema usually arises when the medication is first started, it can occur at any point during a patient's treatment. African Americans are at a particularly high risk of this strange drug reaction. Up to one in 30 African Americans who take an ACE inhibitor

will develop angioedema at some point. Women are also at somewhat higher risk than men.

And it's not just this class of medication. Painkillers such as ibuprofen and certain antibiotics are also listed as relatively frequent causes of angioedema. Indeed, there's a whole long list of drugs that have been linked to this unusual reaction.

A Rare Gut Problem:

Usually the swelling of angioedema is seen in the face: the lips, tongue or throat. And the swelling can be quite dramatic, occasionally completely blocking the upper airways.

However, this patient had a rare form of the problem that arose not in the face but in the intestine. When swelling occurs in the gut, it can block off the intestinal lumen and bring digestion to a screeching halt, causing the terrible pain and vomiting this patient experienced.

Remarkably, no matter where in the body the swelling occurs, or how severe it gets, it always resolves quickly – often within hours – even if the patient continues to take the medication.

When the angioedema happens in the G.I. tract, the diagnosis can be delayed for months or years because so many doctors don't know that this kind of reaction is even possible. When the medication is stopped, the episodic reaction also finally stops.

How the Diagnosis Was Made:

It was both the rapid resolution of the patient's symptoms and CT scan abnormalities that provided the essential clue in this case. Dr. Ajaypal Singh was the G.I. fellow who was consulted to help figure out the cause of the patient's pain. Once he saw the repeat CT scan, which — much to his astonishment — was nearly normal, the diagnosis was rapid. There are simply not very many diseases that will turn around this fast.

Dr. Singh immediately called Dr. Poonam Merai, the resident on call that day at the University of Chicago Medical Center, and told her that he thought this was a reaction to the patient's blood pressure medication.

He also recommended that the patient be tested for the inherited version of the disease. If the patient had this unusual genetic disorder, stopping the medications would not prevent the attacks of pain and vomiting. Those tests were normal.

The patient was amazed to hear that this pill she'd been taking for years was the cause of her pain. Once the doctors explained it to her, though, a light went off and the intermittent nature of her attacks suddenly made sense.

You see, one thing she hadn't told any of her doctors was that she often stopped that medication when her blood pressure seemed O.K. She had a blood pressure cuff at home and monitored it closely. She

exercised regularly — she knew that brought her blood pressure down. And she tried to follow a low sodium, high potassium diet. When she did both, her blood pressure was usually well under the 140/90 measurement she knew was her target.

And she always restarted the drug when her blood pressure started to go up. That was usually predictable, occurring when she “fell off the wagon” and stopped her exercise and diet routine. Now that she thought about it, most of these episodes arose weeks after restarting her lisinopril.

How the Patient Is Doing:

The patient was given an alternative blood pressure medication and happily stopped taking her lisinopril forever. It has been six months now, and so far, so good. She is keeping her fingers crossed, but at this point it looks like a remarkably simple solution to a terribly painful problem.