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Associations of Body Constitution and All-cause Mortality in Patients with Type 2 Diabetes
體質與第二型糖尿病患者全因死亡的關聯性

Abstract 摘要:

The present study aimed to examine the associations of baseline body constitutions with subsequent risks of all-cause mortality among Chinese persons with type 2 diabetes. Persons with type 2 diabetes enrolled in managed care in 2010 were participants (n=887) and they were followed up to 2015. Death status was determined via linkage of Taiwan National Death Datasets. BC status of Yin deficiency, Yang deficiency, and phlegm stasis was evaluated using a well-validated body constitution (BC) questionnaire at baseline. Hazard ratios (HR) of mortality for BC status were estimated using multivariate Cox proportional hazards model. During the 6,807.2 person-years of follow-up from 887 participants with a mean follow up of 7.7years, 190 persons died with an incidence density of 0.0279 person-years. Yin deficiency was independently associated with all-cause mortality (HR, 95% CI: 1.39, 1.02–1.90), while the association of phlegm stasis with all-cause mortality was borderline significant when diabetes-related factors were considered (1.47, 0.99–2.19). Yang deficiency was not a significant predictor. Stratification analysis indicated the absence of significant associations of all BC types with mortality in persons with good glucose control, whereas in persons with poor glucose control, body constitutions of Yang deficiency, Ying deficiency, or phlegm stasis were associated with 75%–88% increase in mortality. This study shows TCM BCs of Yin deficiency is associated with all-cause mortality and glucose control modifies the associations of Yin and Yang deficiency with all-cause mortality. These findings may provide information for translation into TCM care for persons with type 2 diabetes.