

doi:10.16542/j.cnki.issn.1007-4856.2021.06.011

益生菌治疗儿童变应性鼻炎的疗效观察

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【摘要】目的 探讨益生菌治疗儿童变应性鼻炎 (allergic rhinitis, AR) 的临床疗效。方法 采用前瞻、开放、自身对照的临床试验方式,本次研究共纳入 30 例儿童 AR 患者,每例患者给予口服菌敏乐®复合乳酸菌固体饮料(含副干酪乳杆菌 GM-080™、副干酪乳杆菌 GMNL®-133、发酵乳杆菌 GM-090™、嗜酸乳杆菌),每次晨起空腹口服 1 包,每日 1 次,连续 3 个月,观察其疗效。观察期间未使用其他药物或改善体质的其他保健品。使用改良式鼻结膜炎生活质量调查问卷 (PRQLQ) 来评估患者症状评分和生活质量的改变,评估指标有主要症状包括鼻部及眼部症状、次要症状包含呼吸道、皮肤症状及生活质量困扰度。采用计分法 (0~4 分;0 为无症状、4 为最严重),对患者治疗前、及治疗后第 1、第 2、第 3 个月后再次进行各项指标的评估。将结果量化后,采用 SPSS 22.0 软件进行统计学分析。结果 共 28 例患者在治疗后第 1 到 3 个月鼻部、眼部及呼吸道、皮肤症状、生活质量困扰度评分均有明显改善;且随时间增加效果越显著,服用三个月效果最好;观察期间所有患者未见不良反应。结论 益生菌能明显改善儿童 AR 患者的鼻、眼部主要过敏症状、及改善呼吸道、皮肤症状,并降低生活质量困扰,为 AR 的治疗提供了新的策略。

【关键词】变应性鼻炎;益生菌;副干酪乳杆菌

The beneficial effects of probiotics consumption on allergic rhinitis in children

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【Abstract】 Objective To evaluate the efficacy of probiotics in the treatment of allergic rhinitis (AR) in children. **Methods** A prospective, open and self-controlled clinical trial was conducted. Thirty AR children intake one pack of probiotics sachet (including Lactobacillus paracasei GM-080™, Lactobacillus paracasei GMNL®-133, Lactobacillus fermentum GM-090™ and Lactobacillus acidophilus) once per day for 3 months. No other drugs or health care products were used in the duration. Outcome measures included assessments of symptoms of nose, eyes, skin, respiratory tract and distress of life quality. All items were included in the Pediatric Rhinoconjunctivitis Quality of Life Questionnaire (PRQLQ). Score 0 to 4 indicated the severity of differential part symptoms. All indicators were evaluated in before and after probiotics treatment per month until 3 months. SPSS 22.0 software was used for statistical analysis. **Results** Twenty-eight patients completed the treatment and follow-up, and 2 patients withdrew. The results were as follows: the AR-related symptom scores were significantly improved after probiotics consumption for 1 to 3 months. Furthermore, 3-month probiotics treatment had the best improvement effect in children with AR. No adverse reactions were observed in this clinical study. **Conclusion** Four strains probiotics complex can significantly improve the symptoms of nose, eyes, respiratory tract, skin and quality of life in AR children. This clinical study results provide a new strategy for allergic rhinitis treatment.

【Key words】 allergic rhinitis; probiotic; lactobacillus paracasei

儿童变应性鼻炎 (allergic rhinitis, AR) 患病率呈持续增加趋势,西方发达国家儿童中 AR 患病率甚至高达 23%~40%^[1]。儿童 AR 常伴发其他呼吸道疾病如哮喘、鼻窦炎和儿童睡眠呼吸暂停低通气综合征等;AR 还与儿童焦虑抑郁等异常心理行为相关,其对患儿生活、学习的影响远超过症状本身,儿童 AR 已经成为全球性健康问题^[2-4]。

近来研究表明肠道微生物环境改变与变应性疾病发病机制有密切关系。益生菌可通过改善宿主肠道微生物平衡,影响肠道免疫系统,进而影响全身免疫系统从而对机体产生有利影响^[5-6]。通过补充益生菌预防儿童 AR 的发生以及缓解 AR 症状,甚至改变 AR 的病程转归,被认为是一种有前景的新免疫治疗方法^[7]。因此,本次研究采用前瞻、开放、自身对照的方式,给予儿童 AR 患者菌敏乐®复合乳酸菌固体饮料(含副干酪乳杆菌 GM-080™、副干酪

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