

第7版

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EDWARD D. HARRIS, JR.

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KELLEY'S TEXTBOOK OF
RHEUMATOLOGY

凯利风湿病学



下卷

主译 左晓霞 陶立坚 高洁生



 人民卫生出版社

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译者序

风湿病学的发展历史悠久，可以追溯到3 000多年以前，随着现代医学的发展，风湿病学所包括的疾病逐渐增多，对疾病的认识也不断深入。根据美国风湿病学会的分类，到目前为止风湿病已包括10大类100余种疾病。这类疾病可损害机体各个系统，临床表现往往为多系统受累，病情表现复杂，如无坚实的风湿病学基础，极易延误诊断或被误诊误治。现代医学证明风湿性疾病与免疫学密切相关，基础免疫学的发展极大地推动了风湿性疾病病因、发病机制和治疗研究的进展。有人断言，21世纪在生物科学领域中将是免疫学的时代，相信随着基础免疫学的发展，风湿病学也将会迎来一个飞速发展的时代。

中国的风湿病学起步较晚，最初与世界发展先进的国家相比至少相差50年。在20世纪70年代末和80年代初，一些医院相继成立了风湿病学专科，一些医师开始重点进行风湿病学的临床和基础研究，他们的工作为中国风湿病学的发展打下了坚实的基础。在他们不懈的艰苦努力下，中国风湿病学从无到有，从小到大，从弱变强走过了几个历史阶段。1982年中华医学会风湿病学组成立，1985年中华医学会风湿病学分会成立，1988年加入亚洲太平洋地区抗风湿联盟（APLAR）和国际抗风湿联盟（ILAR），特别是2000年在中国北京成功地举办了APLAR年会，这标志着中国风湿病学已经走向世界。

风湿病谱非常广，各有特点，只有正确地掌握风湿病学的特点才能做出准确的诊断和治疗。由于中国现代风湿病学起步晚，系统的基础与临床研究尚未形成规模，因此很长时间内在中国没有自己关于风湿病学的专著。较早的一部风湿病学专著是1988年由中华医学会风湿病学分会主持，在当时国际抗风湿联盟主席E. P. Engleman教授的倡议与积极支持下，翻译出版的美国关节炎基金会编写的《风湿疾病概要》（Primer on the Rheumatic Diseases）第8版。这本书即全面又精辟地概括了风湿病学发展的历史以及各个疾病的主要表现，是美国医学生的必读书籍。当时我刚开始从事风湿病学专业的工作，这本书我认真通读了几遍，使我对风湿病学的认识得到了极大的提高，可以说这本书是我从事风湿病学的启蒙书籍。目前国内已有多种版本的我国风湿病学家自己撰写的风湿病学专著，这些书籍从不同角度对风湿性疾病做了较详细的论述，为提高我国风湿病学的水平起到了积极的作用。《凯利风湿病学》（Kelley's Textbook of Rheumatology）在国际风湿病学界是临床与基础研究相结合的、最具权威性的风湿病学专著。这部专著前5版为《风湿病学》（Textbook of Rheumatology），由于Kelley从第6版起不再做此书的主编，为了纪念他为本书做出的巨大贡献，从第6版开始改名为《凯利风湿病学》。可以说这部著作代表了风湿病学界最高的学术水平，能被邀请从事这部著作的撰写工作是每一个作者的骄傲，所有参加撰写工作的作者都是国际上这个领域的佼佼者，他们不仅全面综述了国际研究的进展，而且有很多内容就是他们自己研究的成果，因此会给读者很大的启发，是每一个临床风湿病医师必备书籍。现在这部著作能被翻译成中文，这不仅仅对中国广大的风湿病学医师，而且对多个学科的医务工作者都是一个福音，相信这部译著的问世定能在我国风湿病学的发展中起到积极的作用，这部译著也定会成为风湿病学医师的良师益友。

感谢左晓霞和所有为这部著作翻译工作做出贡献的人员，是他们的卓有成效的工作为中国风湿病学增加了亮丽的一页。

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译者前言

风湿病学是一个古老而年轻的学科。数千年来，人们运用自己的智慧，认识疾病，创造了很多医治之法。近一个世纪，基础科学的发展为研究风湿病学提供了强大的技术支持，而循证医学更是使全球的认识达到空前的统一。

《凯利风湿病学》是风湿病学的标杆之作，且处于不断更新之中，23年间已发行了7版，在此呈现给大家的即为最新版本。书中各章节均由在该领域有杰出贡献的专家所撰写，文中作者以其独特视角，融入了当前的热点话题，不仅承继了前人观点，而且具有前瞻性。在本书中，编者从基础研究到临床应用，详尽论述了风湿免疫性疾病的方方面面。与同类著作相比，此书有三大特色：重视基础科学，对免疫、自身免疫、炎症等内容进行了全面阐述；关注相关学科，将风湿病学与外科学、营养学、老年病学、卫生经济学、社会心理学等学科紧密联系；追踪前沿进展，探讨了靶向治疗、免疫遗传学等研究热点。《凯利风湿病学》有助于临床医师开阔思维、拓展研究的深度和广度。相信此书出版后，将成为风湿免疫科医师与学生的实用参考工具。

为了更好地诠释此书，我们携手骨科、肾脏内科和基础学科等相关学科的专家，及湘雅二医院风湿科的同仁，共同参与翻译过程。湘雅医院风湿免疫科是一个凝聚力强的年轻团队，全科人员为此书的顺利出版付出了极大的努力。在此，请允许我向参与翻译的所有人员表达最诚挚的谢意，同时也感谢人民卫生出版社给予了我们一次难得的学习机会。

《凯利风湿病学》一书所涵盖的内容极为丰富，在较短的时间内翻译出来，我们难免会有不足之处，敬请各位同道批评指正。

湘雅医院风湿免疫科
左晓霞

前言

23年前，我、Bill Kelley、Clem Sledge、Shaun Ruddy 与 Jack Hanley 相聚在 W. B. Saunders 公司商讨编写《风湿病学》。我们的目标是达到或超过当时有关临床疾病及其治疗的图书，并且在深度及广度上积极拓展，详细解释为风湿病学和整形外科提供基础的学科理论。由于众多编写者的辛勤工作，第1版一经发表，就获得了读者的喜爱，成为风湿病学著作中的畅销书，其成绩超出了我们的预想。

第1版的模式经证实是成功的，因此我们在随后的几版中并未对之进行改动。当 Bill Kelley 离开后，为了感谢他在本书编辑出版过程中所起的积极作用，我们在2001年出版第6版时将本书改名为《凯利风湿病学》，同时邀请了 John Sergent 和 Ralph Budd 作为我们的副编委。考虑到目前及今后的版本需要加入更新、更年轻的思想，为了集思广益，第7版的编委增加到7人。Gary Firestein 和 Mark Genovese 也加入了我们的编写队伍。Gary 和 Ralph 的基础科学知识 与 John 和 Mark 的临床科学背景为 Shaun、Ted 和 Clem 提供了极大的帮助。因此《凯利风湿病学》是科学可靠的。

在编写第7版时，我们深刻意识到构成风湿病学基础的科学领域正发生着巨大的变化。在过去的70年中，我们见证了免疫学、生物化学、细胞生物学、遗传学的开创与发展，直到近年来，这些学科才真正独立发展。目前，我们学科的未来发展与综合科学紧密相联。现在，重组技术将遗传学与生物化学联系起来，更重要的是，逐渐发展起来的育成科学（translational science）常能帮助我们直接跃过传统的基础科学而理解临床疾病状态。正如神经生物学研究的是涉及心理学、哲学、数学和计算机科学的意识基础，若想阐明系统性红斑狼疮等复杂疾病，就需要免疫学家、免疫遗传学家、生物化学家和细胞生物学家的共同努力。然而，这些学科专家使用的都是同样的分子工具，因此能够加入这一队伍者必须是那些发明了一种能够替代微阵列技术、蛋白质印迹和 DNA 印迹技术以及基因敲除小鼠的工作者。

这种综合合作可能会为理解风湿性疾病带来真正的协同作用，而这正是这版《凯利风湿病学》所期望达到的目的。本书在基础科学的章节中，描述了这些学科资料在疾病研究中应用的成果和前景；在疾病发病机制的章节中，常记录了基础科学为临床科学带来的进展。

读者的知识更新需要基础科学和临床科学的有机结合，这也是该书今后的版本更新所需的。为了满足这种需求，我们还将在网站上以“电子版”的形式向每位读者提供最新数据及其说明，以便使基础科学工作者能据此制订新的实验计划，使临床工作者能更好地诊断和治疗患者。

我们无法确定由于电子革命的影响，印刷品未来的发展如何。但我们相信，第7版《凯利风湿病学》将提供给读者优于其他来源的有关风湿病学、风湿性疾病的整形方法以及疾病的发病机制与治疗方法的信息。

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