

美国医师执照考试肌肉骨骼系统考核指导用书

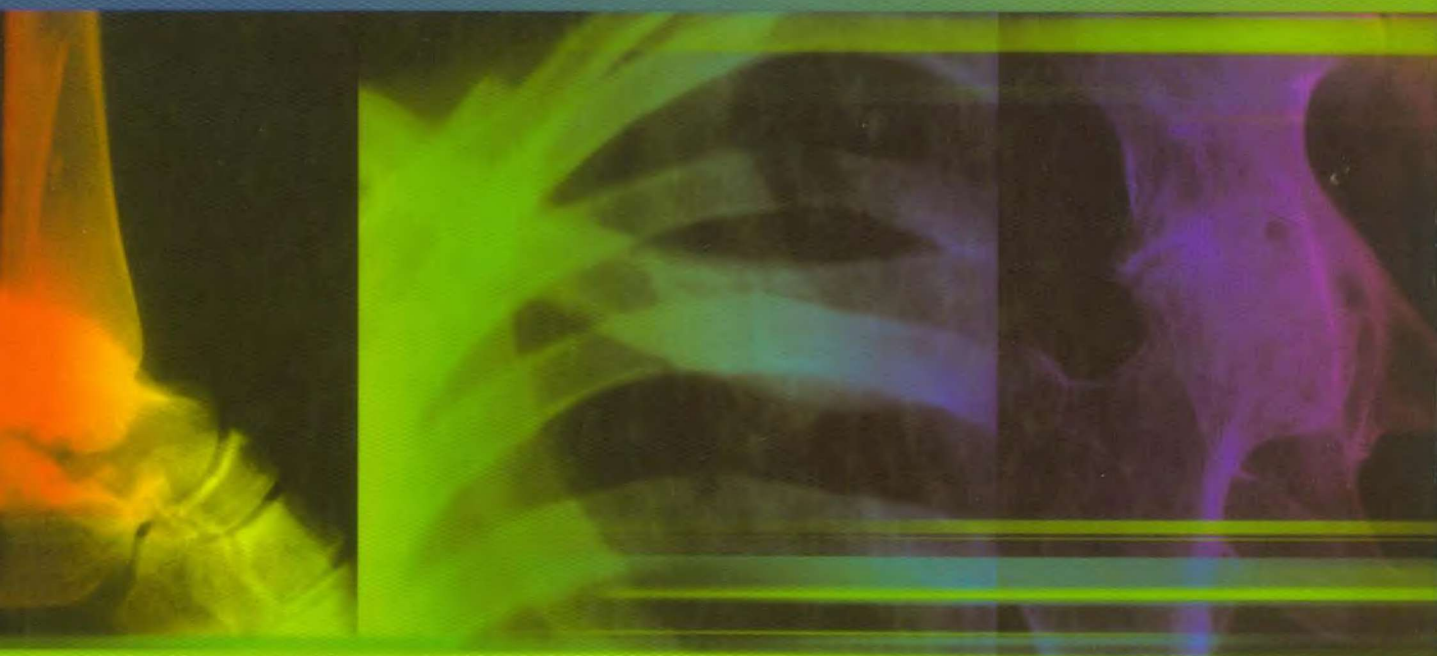
Musculoskeletal Medicine

骨科教程

——肌肉骨骼疾病

主 编 Joseph Bernstein

主 译 徐 皓 陈建梅



美国骨科医师学会
美国家庭医生学会
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美国骨与关节十年, 2002—2011

美利坚合众国总统

宣 言

大多数人都想当然地认为人生应该没有骨与关节病痛。我们身体内的其他系统依赖于骨、关节及连接组织。这些组织可以给我们以力量、使我们运动、保护组织器官以及维持稳定,使生活变得丰富多彩。

我们的肌肉骨骼结构非常复杂,骨组织易受创伤、新陈代谢和遗传因素的影响,并随着日常活动逐渐发生磨损和撕裂。当它们发生损伤甚至病变时,就成了长期严重影响人们正常生活和健康的一种慢性疾病。

在美国,肌肉骨骼疾病是第一大致残因素。此类疾病如骨质疏松症、骨关节炎、类风湿性关节炎、背部疼痛、脊柱炎、骨折等影响着世界数以千万的人群。很多儿童也因骨折、关节疾病和畸形而不能享受正常健康的生活。

肌肉骨骼系统的疾病随着人口平均年龄的增长而增长。我们的文化一直强调运动,这对整个社会健康非常重要,但这也导致骨与关节承受的负荷加重。如果患了骨与关节疾病而不去治疗,结果将导致疼痛难忍,同时也对整个社会就业、福利及医疗费用方面产生极大的影响。

美国骨与关节十年是指在 2002~2011 年期间,我们将联合医生、健康专家、患者、社会团体,共同致力于提高人们对肌肉骨骼疾病的认识,深入研究和开发治疗和预防措施。在预防、诊断、治疗和研究等方面的进步都将极大改善老年人的生活质量,为人们带来福音。

骨与关节研究得到了国家健康学会、关节炎和骨骼皮肤病学会以及其他联邦机构的支持。科学家们正在对引起骨与关节疾病的遗传因素开展研究,并对荷尔蒙、生长因子、药物等如何影响骨骼的机制进行探讨。很多患者经受着骨与关节疾病带来的病痛,行动逐渐变得困难,甚至完全不能活动而进行了关节置换,因此科学家们对骨密度、骨质及新陈代谢等方面进一步开展研究,希望延长置换关节的使用寿命。所有的努力和研究都会帮助人们减轻病痛,使他们生活得更幸福。

非常感谢那些辛勤工作的专家学者们,在骨骼疾病方面我们已经取得了很大的进步。在这里,我要对这些成就加以肯定,并希望我们的科学家和研究人员继续努力,取得更大的成就。同时,我也希望所有的美国公民都能够更多地了解这类疾病,了解其长期或短期的影响,获取更多的预防和治疗方面的知识。

现在,我,美国总统乔治·W·布什,谨以美国宪法和法律授予我的权力正式宣布:2002 年—2011 年为美国骨与关节十年。在此,我呼吁全体美国公民共同关注这十年,以实际行动参与和支持这项计划;我呼吁所有医学界的朋友们在这一重要领域继续努力。

今天是公元 2002 年 3 月 21 日,美利坚合众国独立 226 年,我就此宣誓。

内 容 提 要

本书由美国骨科医师学会、美国家庭医生学会及美国儿科协会组织专家联合编写,是一部畅销欧美的肌肉骨骼医学的经典教科书,由 5 个部分组成。从肌肉骨骼的生物学、解剖学、影像学、临床诊断学、治疗学等方面,对肌肉骨骼的创伤性、退变性、遗传性疾病和肿瘤进行了详尽论述和临床评估,并对该领域进行了前瞻性展望。本书写作方式新颖,图文并茂、简捷易懂,可作为临床医学毕业生掌握肌肉骨骼医学方面知识的简明教材,也可作为骨科专科医师培训及执业医师或职称考试指导用书。

原著序(摘译)

教科书就像是知识的化石,它的重要性并不应该仅仅局限于它所蕴含的知识量。虽然,随着时间的推移,其中一部分理论将被证实为错误,且余下的大部分即使不是荒谬的也终将会过时。

那是否意味着我们没有必要自找麻烦地去学习它呢?当然不是。如果在上世纪之交,每个医学生都仅满足于教科书中的知识,我们现在就不可能有脊髓灰质炎疫苗、全关节置换术、抗生素、重组生长激素、骨形态发生蛋白以及让整个肌肉骨骼系统医学发生革命性变化的基因治疗和干细胞治疗。

很显然,教科书是永无止境的。

让我们再次回到历史,Nicolas Andry 让我们知道了骨科学的起源,希波克拉底则告诉我们在比Andry早很久的时代就有了骨科医生。穴居人则说肌肉骨骼医学伴随着人类的起源。“Sue”教导我们知识来源于现实生活。分子基因学让我们知道物理诊断在医学上越发显得不可缺少。

以下是我奉献给读者的10条心得:

1. 临床实践是最高法则。
2. 物理诊断技术永远不会过时,要好好地学习、实践并传授他人。
3. 最伟大的发现往往不是在一个领域的内部,而是在该领域的边缘或是几个领域交界的地方。要有全局的眼光并放眼未来。
4. 没有人能够知道新的问题将何时出现。对源于课本之外的争议予以重视。
5. 不要试图学会所有东西,而要专注于一些领域,并不懂即问。
6. 如果你想成为一名杰出的骨科临床医生,首先要有丰富的知识,包括内科学、药理学、儿科学、影像学、神经学、流行病学、遗传学、分子生物学,还包括精神病学等等。如果发现自己某学科知识不足,可订阅该学科的综合杂志。
7. 光有医学知识还不够,还要具备仁爱之心。
8. 学会并用心与患者沟通。因为当病人看完病回家时,家人总会问:“医生跟你说了什么?”
9. 要牢记在任何情况下,外科手术有可能使病情恶化。
10. 由此看来,旧的教科书遭废弃也是医学进步的一种标志。

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原著前言(摘译)

本书的主要读者是临床医学毕业生,目的是为了让他们进入临床后对肌肉骨骼系统有一个总体概念,并对该领域的各种表现、阅读材料及临床实践有比较透彻的认识。同时,也为他们今后进一步学习和临床应用助一臂之力。

毫无疑问,这本书不可避免也会有一些欠缺。阿根廷作家 Jorge Luis Borges 曾将包含所有书籍的图书馆描述为个性缺陷的图书馆,因为图书馆的规模总是有限的。因此,我希望读者们自己具备了或是可以通过其他渠道学习相关学科知识,如解剖学中关于寰椎的相关知识,还有病理学、生理学、内科学、普通外科学等一些相关知识。我希望大家不仅要阅读本书,其他方面书籍也要涉猎。

本书介绍的是一些关于肌肉骨骼系统的关键问题。尽管我在谈论时有一些专业上的自豪感,但其实这是一个相当普通的话题,原因是非常多的人患有肌肉骨骼疾病。虽然死于骨与关节疾病的人很少,但很多人的生活却因它们而受到困扰。因此,有志于治病救人而步入医学殿堂的学子们必须掌握肌肉骨骼医学方面的知识。

一旦领会了技巧就很容易掌握肌肉骨骼医学知识。出此言是源于我这个曾经几乎要从医学院退学的学生,幸运的是我后来遇到一位老师,他不但教的很好,还传授我有效的学习方法。我也希望本书能传承这种功能。本书中的一些知识点陈述比较简略,对于该领域的专家我感到抱歉;而对于其他读者,我非常希望他们能够通过本书所陈述的基本知识来掌握有趣且重要的肌肉骨骼医学知识。当然,我也希望学有余力者可以进一步了解该领域。

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译者前言

肌肉骨骼系统包含骨、软骨、滑膜、韧带、半月板、椎间盘、骨骼肌等多种复杂的结构。目前,肌肉骨骼疾病成了第一致残因素,上述任何组织发生退变或创伤均会危害人类健康,如骨质疏松症、骨关节炎、类风湿关节炎等,更是困扰患者和医师的难题。近年来,随着现代科技的发展,骨骼系统生物学、分子生物学、影像学均取得了迅猛的发展,对肌肉骨骼疾病的病因、病理生理机制方面有了更加深入的认识,在诊断及治疗方面均取得了巨大的进步。而且,我们身体内其他系统也依赖于肌肉骨骼系统,掌握肌肉骨骼医学方面的知识,其重要性不言而喻。

本书的英文版是由美国骨科医师学会、美国家庭医生学会及美国儿科协会组织专家编写、审核的一部关节肌肉骨骼医学的学术著作,是美国医师执照(USMLE)考试肌肉骨骼系统考核指导用书。它从肌肉骨骼的生物学、解剖学、影像学、临床诊断学、治疗学方面,对肌肉骨骼的创伤性、退变性、遗传性疾病以及肿瘤等方面进行了详尽论述,并对新进展方面给出前瞻性的展望。

希望本书的翻译出版能给国内广大临床医学毕业生提供一本可以便捷掌握肌肉骨骼医学方面知识的简明教材。同时,也希望能够作为我国骨科专科医师培训及执业医师或职称考试指导用书。由于参加翻译的各位专家平时都担负着繁重的临床、科研及教学工作,本书的翻译难免有不足之处,敬请批评指正。

南京军区福州总医院骨科 徐 皓 陈建梅

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