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骨关节炎

— 诊断与治疗

OSTEOARTHRITIS

Diagnosis and
Medical/Surgical
Management

(3rd Edition)

主译: 王学谦 姜思权 侯筱魁 李世民

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编 著：〔美〕 Roland W. Moskowitz, MD
David S. Howell, MD
Roy D. Altman, MD
Joseph A. Buckwalter, MS, MD
Victor M. Goldberg, MD

主 译：王学谦 姜思权 侯筱魁 李世民
副主译：张 克 阚世廉 邵 杰 陆 芸 胡永成

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译者名单(以译文中出现先后为序)

王 蕾	李世民	白人骁	孙志明	王 捷	王学谦	陆 芸	胡永成
刘 林	蔡 迺	王瑞琳	赵莉莉	张 克	鞠晓东	赵风毅	王志彬
朱 波	李林安	于顺禄	邵 杰	杨淳彭	张 园	刘延青	李 锋
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蔡 宏	娄思权	孙永生	王晓庆	张海宁	张 峻	阚世廉	孙 骏
侯筱魁	李宏斌	李 华	李 旭				

主要译者介绍

王学谦	天津医院 教授 博士生导师 主任医师
娄思权	北京大学第三医院 教授 博士生导师 主任医师
侯筱魁	上海第二医科大学第九医院 教授 博士生导师 主任医师
李世民	天津医院 教授 主任医师
张 克	北京大学第三医院 教授 主任医师
阚世廉	天津医院 教授 主任医师
邵 杰	天津医科大学总医院 教授 主任医师
陆 芸	天津医院 教授 主任医师
胡永成	天津医院 主任医师 博士 硕士生导师
王 蕾	天津医科大学外语教研室主任 教授

作者名单

ROY D. ALTMAN, MD

Professor of Medicine and Chief,
Rheumatology and Immunology, University of
Miami School of Medicine; Clinical Director,
Geriatric Research, Education, and Clinical
Center, Veterans Administration Medical
Center, Miami, Florida
*Laboratory Findings in Osteoarthritis; New and
Investigational Therapies for Osteoarthritis*

GUNNAR B. J. ANDERSSON, MD, PhD

Professor, Rush Medical College; Chairman,
Department of Orthopaedic Surgery, and
Senior Attending, Rush Presbyterian-St.
Luke's Medical Center, Chicago, Illinois
Spine; Basic Concepts

RICHARD BERGER, MD

Assistant Professor, Department of
Orthopaedic Surgery, Rush Medical College
and Rush Presbyterian-St. Luke's Medical
Center, Chicago, Illinois
Lower Extremity Considerations; Knee

DANIEL J. BERRY, MD

Associate Professor of Orthopaedic Surgery,
Mayo Medical School and Rochester Methodist
Hospital and St. Mary's Hospital, Rochester,
Minnesota
Lower Extremity Considerations; Hip

LOUIS U. BIGLIANI, MD

Frank E. Stinchfield Professor and Chairman,

Department of Orthopaedic Surgery; Director,
Orthopaedic Surgery Service, Columbia
University, New York, New York
Upper Extremity Considerations; Shoulder

CALVIN BROWN, MD

Associate Professor of Medicine, Rush Medical
School and Rush Presbyterian-St. Luke's
Medical Center, Chicago, Illinois
Lower Extremity Considerations; Knee

RODERICK J. BRUNO, MD

Clinical Instructor, Tufts University,
Department of Orthopaedics, New England
Medical Center, Boston, Massachusetts
*Upper Extremity Considerations; Hand, Wrist, and
Elbow*

JOSEPH A. BUCKWALTER, MS, MD

Professor and Chair of Orthopaedic Surgery,
University of Iowa Healthcare, Iowa City, Iowa
Concepts of Cartilage Repair in Osteoarthritis

VIJAY CHANDNANI, MD

Chief, Musculoskeletal Radiology, Grant
Hospital, Columbus, Ohio
Radiologic Diagnosis

BRIAN J. COLE, MD, MBA

Assistant Professor, Department of
Orthopaedic Surgery, Rush Medical College
and Rush Presbyterian-St. Luke's Medical
Center, Chicago, Illinois

Lower Extremity Considerations; Knee

PETER DEWIRE, MD

Assistant Professor of Orthopaedic Surgery,
Boston University School of Medicine;
Attending Physician, Boston Medical Center
and Quincy Medical Center, Quincy;
Consultant, Boston Veterans Administration
Hospital, Boston, Massachusetts
The Joint as an Organ

**GEORGE E. EHRLICH, MB, MD,
FACP, FRCP(Edin), MACR**

Adjunct Professor of Medicine, University of
Pennsylvania, Philadelphia, Pennsylvania, and
New York University, New York, New York;
Chairman, Expert Advisory Panel on Chronic
Degenerative Diseases, World Health
Organization (WHO), Geneva, Switzerland
*Erosive Inflammatory and Primary Generalized
Osteoarthritis*

THOMAS A. EINHORN, MD

Professor and Chairman, Department of
Orthopaedic Surgery, Boston University School
of Medicine; Chief of Orthopaedic Surgery,
Boston Medical Center, Boston, Massachusetts
The Joint as an Organ

SANFORD E. EMERY, MD

Associate Professor, Department of
Orthopaedics, University Hospitals of
Cleveland, Case Western Reserve University,
Cleveland, Ohio
Cervical Spine

JAMES A. FENWICK, MD

Orthopaedic Surgery Resident, University of
Pittsburgh Medical Center, Pittsburgh,
Pennsylvania
Biomechanical Considerations of Joint Function

LYNN H. GERBER, MD

Clinical Professor of Medicine, Georgetown
University School of Medicine, Washington,
DC; Chief, Rehabilitation Medicine
Department, Clinical Center, National
Institutes of Health, Bethesda, Maryland
*Rehabilitation in the Management of Patients with
Osteoarthritis*

**PETER GHOSH, DSc, PhD, BSc (Hons),
FRACI, FRSC**

Associate Professor, Department of
Orthopaedic Surgery, University of Sydney;
Director, Institute of Bone and Joint Research,
Royal North Shore Hospital, Sydney, Australia
Experimental Models of Osteoarthritis

JORGE E. GIL, BS

Graduate Student, Musculoskeletal Research
Center, University of Pittsburgh Medical
Center, Pittsburgh, Pennsylvania
Biomechanical Considerations of Joint Function

VICTOR M. GOLDBERG, MD

Charles H. Herndon Professor and Chairman,
Department of Orthopaedics, Case Western
Reserve University, University Hospitals of
Cleveland, Cleveland, Ohio
General Considerations, Indications, and Outcomes

THOMAS M. HERING, PhD

Associate Professor, Department of
Orthopaedics, Department of Medicine, and
Department of Anatomy, Case Western
Reserve University, Cleveland, Ohio
*Biochemistry and Molecular and Cell Biology of
Articular Cartilage in Osteoarthritis*

JEANNE E. HICKS, MD

Associate Professor of Internal Medicine,
George Washington University Medical
Center; Associate Professor of Rehabilitation

Medicine, Department of Orthopaedic Surgery,
Georgetown University Medical Center,
Washington, DC; Deputy Chief, Rehabilitation
Medicine Department, National Institutes of
Health, Bethesda, Maryland

*Rehabilitation in the Management of Patients with
Osteoarthritis*

MARC C. HOCHBERG, MD, MPH

Professor of Medicine and Epidemiology and
Preventive Medicine, University of Maryland
School of Medicine; Head of Division of
Rheumatology and Clinical Immunology,
University of Maryland at Baltimore,
Baltimore, Maryland

*Design of and Outcome Measures for Use in Clinical
Trials in Patients with Osteoarthritis*

DANIEL HOLDERBAUM, PhD

Senior Presearch Associate, Department of
Medicine, Case Western Reserve University,
Cleveland, Ohio

Genetics of Osteoarthritis

AUBREY J. HOUGH, Jr., MD

Professor and Chair, Department of Pathology,
College of Medicine, University of Arkansas
for Medical Sciences; Pathologist in Chief,
University Hospital of Arkansas, Little Rock,
Arkansas

Pathology of Osteoarthritis

DAVID S. HOWELL, MD

Professor of Medicine, Emeritus, Department
of Medicine, University of Miami School of
Medicine; Medical Research Investigator,
Veterans Administration Medical Center,
Miami, Florida

Etiopathogenesis of Osteoarthritis

ERNST B. HUNZIKER, MD

Professor and Chairman for Biomechanics,

University of Bern, M.E. Miller Institute for
Biomechanics, Bern, Switzerland

Concepts of Cartilage Repair in Osteoarthritis

AKIHIRO KANAMORI, MD

Research Fellow, University of Pittsburgh Medical
Center, Pittsburgh, Pennsylvania

Biomechanical Considerations of Joint Function

WARREN A. KATZ, MD

Clinical Professor of Medicine, University of
Pennsylvania School of Medicine,
Philadelphia, Pennsylvania

Osteoarthritis: Clinical Presentations

SCOTT KRUPKIN, MD

Instructor, Physical Medicine and
Rehabilitation, Case Western Reserve
University, University Hospitals of Cleveland,
Cleveland, Ohio

Lumbar Spine

NANCY E. LANE, MD

Associate Professor of Medicine, Division of
Rheumatology, University of California, San
Francisco, School of Medicine and San
Francisco General Hospital, San Francisco,
California

Baseline Program

WILLIAM N. LEVINE, MD

Assistant Professor, Columbia University;
Director, Sports Medicine, and Associate
Director, The Shoulder Service, Columbia-
Presbyterian Medical Center, New York, New York

Upper Extremity Considerations: Shoulder

CARLOS J. LOZADA, MD

Associate Professor of Medicine and Director,
Rheumatology Fellowship Program, University
of Miami School of Medicine; Attending
Physician, Jackson Memorial Hospital, Miami, Florida

Laboratory Findings in Osteoarthritis; New and Investigational Therapies for Osteoarthritis

WILLIAM J. MALONEY III, MD

Professor, Orthopaedic Surgery, Washington University School of Medicine; Chief, Orthopaedic Surgery, Barnes-Jewish Hospital, St. Louis, Missouri

Lower Extremity Considerations: Hip

NISHA J. MANEK, MD, MRCP (UK)

Associate Consultant, Division of Rheumatology, Mayo Clinic Foundation, Rochester, Minnesota; Research Fellow, Twin-Research Unit, St. Thomas' Hospital, London, United Kingdom

Baseline Program

DANIEL-HENRI MANICOURT, MD

Department of Rheumatology, Université Catholique de Louvain; Christian de Duve Institute of Cellular Pathology and Saint-Luc University Hospital, Université Catholique de Louvain, Brussels, Belgium

Noninvasive Markers in Osteoarthritis

JAMES MICHELSON, MD

Professor, Orthopaedics and Rehabilitation, University of Vermont College of Medicine, Burlington, Vermont

Lower Extremity Considerations: Foot and Ankle

ROLAND W. MOSKOWITZ, MD

Professor of Medicine, Case Western Reserve University; Director, Division of Rheumatic Diseases, University Hospitals of Cleveland, Cleveland, Ohio

Genetics of Osteoarthritis

VAN C. MOW, PhD

Stanley Dicker Professor of Biomedical Engineering and Orthopaedic Bioengineering

and Chairman, Department of Biomedical Engineering, Columbia University; Director, New York Orthopaedic Hospital Research Laboratory of Columbia University, New York, New York
Concepts of Cartilage Repair in Osteoarthritis

DAVID H. NEUSTADT, MD, FACP, MACR

Clinical Professor of Medicine, University of Louisville School of Medicine, Louisville, Kentucky
Intra-Articular Therapy

MONIQUE B. PERRY, MD

Clinical Staff, Rehabilitation Medicine Department, National Institutes of Health, Bethesda, Maryland
Rehabilitation in the Management of Patients with Osteoarthritis

A. ROBIN POOLE, PhD, DSc

Professor, Department of Surgery, McGill University; Director, Joint Diseases Laboratory, Shriners Hospitals for Children, Montreal, Quebec, Canada
Etiopathogenesis of Osteoarthritis

DONALD RESNICK, MD

Professor of Radiology, University of California, San Diego, Medical School and VA Medical Center, San Diego, California
Radiologic Diagnosis

AARON ROSENBERG, MD

Professor, Department of Orthopaedic Surgery, Rush Medical College and Rush Presbyterian-St. Luke's Medical Center, Chicago, Illinois
Lower Extremity Considerations: Knee

MELVIN P. ROSENWASSER, MD

Robert E. Carroll Professor of Hand Surgery, Columbia University College of Physicians and Surgeons; Attending Orthopedic Surgeon

and Chief of Hand and Trauma Service, New York Presbyterian Hospital, New York, New York
Upper Extremity Considerations: Hand, Wrist, and Elbow

LINDA J. SANDELL, PhD

Professor, Department of Orthopaedic Surgery,
Department of Cell Biology and Physiology,
Washington University School of Medicine;
Attending, Barnes-Jewish Hospital, St. Louis, Missouri
*Biochemistry and Molecular and Cell Biology of
Articular Cartilage in Osteoarthritis*

SERENA S. CHAN SAW, MS

Research Engineer, Musculoskeletal Research
Center, Department of Orthopaedic Surgery,
University of Pittsburgh, Pittsburgh, Pennsylvania
Biomechanical Considerations of Joint Function

H. RALPH SCHUMACHER, Jr., MD

Professor of Medicine, University of
Pennsylvania School of Medicine; Director,
Arthritis-Immunology Center, Department of
Veterans Affairs Medical Center, Philadelphia,
Pennsylvania
Secondary Osteoarthritis

LEENA SHARMA, MD

Associate Professor, Northwestern University
Medical School, Chicago, Illinois
Epidemiology of Osteoarthritis

LEE S. SIMON, MD

Associate Professor of Medicine, Harvard
Medical School; Associate Chief of Medicine,
Director of Graduate Medical Education,
Director of Rheumatology Clinical Research,
Beth Israel Deaconess Medical Center, Boston,
Massachusetts
The Pharmacologic Treatment of Osteoarthritis

MARGARET M. SMITH, PhD, BSc

Senior Research Fellow, Department of

Surgery (Orthopaedics), University of Sydney,
and Institute of Bone and Joint Research,
Royal North Shore Hospital, Sydney, Australia
Experimental Models of Osteoarthritis

VIBEKE STRAND, MD, FACP

Clinical Associate Professor, Division of
Immunology, Stanford University School of Medicine,
Stanford, California
*The Pharmacologic Treatment of Osteoarthritis; Design
of and Outcome Measures for Use in Clinical Trials
in Patients with Osteoarthritis*

ROBERT J. STRAUCH, MD

Assistant Professor of Orthopedic Surgery,
Columbia University College of Physicians
and Surgeons; Attending Surgeon, New York
Presbyterian Hospital, New York, New York
Upper Extremity Considerations: Hand, Wrist, and Elbow

**EUGENE JEAN-MARIE ANTOINE THONAR,
PhD**

Professor, Departments of Biochemistry,
Internal Medicine, and Orthopaedic Surgery,
Rush Medical College and Rush
Presbyterian-St. Luke's Medical Center, Chicago, Illinois
Noninvasive Markers in Osteoarthritis

TRACY M. VOGRIN, MS

Research Engineer, Musculoskeletal Research
Center, University of Pittsburgh Medical
Center, Pittsburgh, Pennsylvania
Biomechanical Considerations of Joint Function

MATTHEW L. WARMAN, MD

Assistant Professor of Genetics and Pediatrics,
Department of Genetics and Center for
Human Genetics, Case Western Reserve
University and University Hospitals of
Cleveland, Cleveland, Ohio
Genetics of Osteoarthritis

J. MICHAEL WIATER, MD

Clinical Instructor, William Beaumont

Hospital, Royal Oaks, Michigan

Upper Extremity Considerations: Shoulder

JEFFREY J. WISE, MD

Director, Spine Surgery, and Orthopedic Spine

Surgeon, Fauquier Hospital, Warrenton, Virginia

Spine: Basic Concepts

SAVIO L-Y. WOO, PhD, DSc

A.B. Ferguson Professor and Vice-Chairman

for Research, University of Pittsburgh School

of Medicine; Director of the Musculoskeletal

Research Center, University of Pittsburgh

Medical Center, Pittsburgh, Pennsylvania

Biomechanical Considerations of Joint Function

JUNG U. YOO, MD

Associate Professor of Orthopaedics, Case

Western Reserve University School of

Medicine, University Hospitals of Cleveland,

Cleveland, Ohio

Thoracic Spine; Lumbar Spine

译者的话

骨关节炎患者与社会老年化、社会劳动生产有着密切的关系。特别是人类社会正迈入老年化时代,它与人类社会关系就更为密切。W. Moskowitz估算,到2020年美国骨关节炎患者将达到4000余万人。我国是世界人口大国,患病人数必将远远超过此数字。骨关节炎不仅仅存在于四肢关节,而且更广泛地存在于躯干的脊柱关节。骨关节炎发病机理复杂,而且关节软骨细胞一旦受损就像神经元一样无法恢复,长期以来给骨关节炎的认识和治疗带来极大困难。近年来,在分子生物学、遗传学、生物力学、生物化学等现代医学前沿科学的突飞猛进发展推动下,对骨关节炎的掌握和处理已有了长足突破。

W. Moskowitz是目前关于骨关节炎医学方面世界瞩目的权威性学者,他的《骨关节炎》一书是世界上第一部关于骨关节炎的综合性专著,于1984年首次问世,几经再版。我们现将其最新版本由京、津、沪三地骨科专家翻译出版,以期有助于我国骨关节炎医学的科学研究和临床诊断治疗工作的进一步发展。该书应为各级骨科专业医生、临床医生、医学科研院所的研究人员、医学博士生、硕士生、大专院校学生的临床、科研和教学必读参考书。

值此,美国最大的出版公司之一W. B. 桑德斯公司的又一部医学力作《骨关节炎》的中文版将在我国出版问世之际,我们不能不衷心地向天津科技翻译出版公司所给予的帮助和方便表示最诚挚的感谢。

王学谦 娄思权 侯筱魁 李世民

2005年元月31日

谢 启

谨以此书献给骨关节炎治疗界先驱——利昂·索科洛夫 (Leon Sokoloff) 博士、乔纳森·H·凯尔格伦 (Jonas H. Kellgren) 博士以及约翰·S·劳伦斯 (John S. Lawrence) 博士。先驱们在科学上的贡献,奠定了该学科的发展基础,具有指引后人的远见卓识,为此,我们深表谢意。毋庸讳言,那些深受骨关节炎折磨的患者,以及受益于先驱们科学贡献的人们也要向其表示由衷的感谢!

同样,我们也深爱、感激我们的妻子们——佩特、玛格丽特、琳达、基蒂、哈瑞特,感谢她们的耐心、容忍及理解。她们是大家学习的典范。

序 言

在作此评述时,我汲取了埃里克·柏沃特斯(Eric Bywaters)与保罗·拜尔斯(Paul Byers)两位杰出先辈的思想,他们中,一位从史学角度写作,另一位从自然科学角度写作。柏沃斯特教授比他人更熟谙风湿病这一学科,1904年他曾发表评论说,骨关节炎不同于其他类型的慢性关节炎,然而,“在1984年由莫斯科维兹(Moskowitz)及其同仁出版的第一部综合性专著就是论述骨关节炎的”。此著作的第三版反映了骨关节病学科的发展,并提供了该学科在已备受关注且日趋重要的公共卫生问题方面的最新临床知识。同时,该著作也反映出在二战后出现的有关退变性关节病的生物力学模式日趋成熟。这一新理念强调了这样的一种可能性,那就是,与力学手段一样,各种生物学手段也可以改变其病程和后果。

二战前,柏沃斯特教授首次测量了关节软骨的氧化代谢。从那时起,柏沃斯特教授就已对上述学说做出了非凡的贡献。如今回想起来,的确令人激动不已。柏沃斯特教授观察结果所产生的重要意义,可从其个人在该领域观察了半个多世纪这一方面窥见一斑。作为医学生,我们学到的知识是关节软骨细胞不能自我复制。一旦细胞受损,就像大脑的神经元一样,不但无法修复,而且还会不可避免地日渐衰退。关节组织为何具有这种物质特性,一直不为人所知。当时蛋白聚糖(proteoglycans)还未被发现,胶原只不过是简单的胶原。然而,这一切在第二次世界大战后发生了改观。流行病学经历了有人称之为“第二次革命”的进程,由重视流行病学在抵抗传染病的历史作用,更多地转向慢性病问题。乔纳森·H·凯尔格伦博士及刚刚辞世的约翰·S·劳伦斯博士在流行病学学科方面的贡献引领了我们对骨关节炎的现代理解。

《骨关节炎》的第三版也再次引发了由来已久的理论与实践关系问题上的自然科学界大辩论。用于骨关节炎研究领域上的投入及临床与工业界对骨关节炎的关注,完全有益于那些受该病痛折磨的人,有益于全社会。药理学处理源于基础科学的发展这一假说,要求各种检验方法的不断更新,而且应在临床实践中得到有力的证实。在新版本中,增加了有关骨关节炎方面的章节,其本身就标志着该领域取得的进展。正在开展的实验设计的详情细节在不远的将来将清楚地说明,哪些方面会做得更加卓有成效。新的流行病学已能提供各种复杂的、可用于风险评估和结果调查的统计方法。选择实验对象、选择改进的评判标准、了解实验进程,都对退变性关节疾病病因的某些概念提出了质疑。在这方面,识别实施干预和监控干预结果的适当时期依赖于对疾病活动性的无创标记物的正确认识。在历史上,与类风湿性关节炎、系统性红斑狼疮或风湿热相比,骨关节炎在很长一段时间被视为“风湿病学的灰姑娘”,一直不受重视,这是由于骨关节炎缺乏血清诊断试验造成的。

该著作经受了时间的考验,第四版的问世无疑令人充满期待。

医学博士 利昂·索科洛夫

前 言

当《骨关节炎》一书于1984年首次问世时,我们曾在前言中评论它是一部“适逢其时”的著作,因为它反映了骨关节炎这种疾患的重要性正在不断得到世人广泛的认可。在该版本的序言中,伦敦大学的埃里克·G·L·柏沃特斯教授评论说,骨关节炎问题不断得到世人的认可与重视,这一切似乎表明骨关节炎有可能是一种新型疾病,然而,该疾病存在已久。柏沃特斯教授继续评论道,骨关节炎确实代表了人类历史上最传统的疾病之一。1992年,该著作第二版问世之际,其前言部分记录了自第一版出版发行至此,8年间发行量的飙升之势。8年后的今天,由于融入大量学科前沿的新知,我们对骨关节炎病理生理学的理解以及对指标疾病调节疗法潜势的掌握,使得以往的研究成果相形见绌。正如许多知识已然日新月异,我们如今面临的挑战是要系统地阐述骨关节炎病症并出版一部专著,一部具有该学科最前沿知识的专著。我们孜孜以求,迎接挑战。

如前,再版的这部著作着重论述了骨关节炎研究领域的前沿知识与发展情况,删除了一些不妥之处。它保留了在首版著作中做出巨大贡献的作者思想的介绍,还增加了在该领域里做出新的贡献的作者的觀點,从而丰富了著作内容,强调了与飞速发展的基础学科和临床学科的一致性。

读者可能会注意到新版著作中主要作者的变化。被世人公认为骨关节炎在基础和临床研究领域的两位专家——迈阿密大学风湿病研究部的医学教授、主席、医学博士罗伊·D·奥特曼以及衣荷华大学整形外科系整形外科教授、主席、医学博士约瑟夫·A·巴克沃尔特——不仅在主要章节阐述了自己的观点,而且在其他版本的评论中也发表了个人的见解。尽管哈佛医学院整形外科教授、世人公认的骨关节炎治疗领域的领袖医学博士亨利·J·曼金,这次不再担任新版著作的主编,但他对前面各个版本著作的非凡贡献,仍然对新版著作的内容产生了很大的影响。我们向亨利·J·曼金博士致敬,感谢他为骨关节炎领域的发展所付出的精力及其从事的创造性工作。

本书分为五个主要部分:“基础研究”,“诊断概要”,“骨关节炎的一般治疗”,“骨关节炎的手术策略”,以及“药物研发及临床设计的管理原则”这一新增部分。“基础研究”部分新增加的章节包括“关节器官”、“骨关节炎遗传学研究”和“脊柱:基本概念”。在“诊断概要”中,“影像学诊断”一章增添了特殊图像技术部分,这些技术可用来监控疾病自始至终的变化过程。新技术的引进不仅可以更加准确地诊断流行病,还可以对结构改变疗法的关节反应做出评定。“骨关节炎的无创标记物”一章,提出一个具有深远意义的讨论话题,这是我们在界定疾病诊断以及(或者)疾病发展标志时就已知的(也是我们希望做进一步了解的)。在研发改变结构药物的过程中,由于有了关节组织反应的替代标志,临床实践会因此而受益。这种关节组织反应,比在放射学上

的反应要快得多。在疾病处理的章节中,详列了我们全套诊疗手段的进展状况,涉及各种全新的研究方法,从营养食品到临床上已经开展研究的改变疾病药物。

“骨关节炎的手术策略”部分,将对骨关节炎领域所涉及的医学和各基础学科进行全面的讲述。这部分内容强调了疾病在临床上表现、外科手术指征及结果、人们普遍关心的手术技术上的细节问题等。该部分新增加的内容,为骨关节炎领域开展新的治疗药物(包括减轻病症的药物和改变结构的药物)研究工作提供了指导。本章还对临床实验结果的评判标准做了规定。由于目前正有大量的要进行评价的治疗药物,所以规定临床实验结果的评判标准极为重要。

和以前各版本一样,该版著作对基础学科的研究人员和临床医生都具有参考价值。骨关节炎的临床知识以及疾病疗法为基础研究人员提供了优化实验方法的机会,因为他们相信这些基础的观察结果很快就会为临床实践所应用。反之,各学科的临床医生,无论是不是外科医生,均可有效地使用这些诊断与治疗方法,因为这些方法是在我们熟悉基础疾病机制的基础上建立起来的。鉴于(美国)在人口生育高峰期间出生的婴儿已经进入老年人行列,并且寿命还在日渐延长,因此我们估计,骨关节炎患者的人数到2020年会翻一番,即从目前的2000万人增至4000余万人。几年前,由于可用的治疗方法为数不多,骨关节炎的治疗一度受到来自医患双方的多种阻力。由于药物有可能只是起到预防疾病和(或)使疾病逆转的作用,因此,当时人们普遍持有悲观观点。然而,我们中那些花费数十年心血、甚至更多时间用来钻研骨关节炎疾病的研究人员,对此却持有谨慎而乐观的态度,他们怀有一种殷殷的期待,期待在不远的将来,预防疾病与改变结构的目标一定会实现。

医学博士 罗兰·W·莫斯凯维兹

医学博士 戴维·S·豪厄尔

医学博士 罗伊·D·奥特曼

医学博士 约瑟夫·A·巴克沃尔特

医学博士 维克托·M·戈德格

致 谢

我们再次感谢 W·B·桑德斯出版公司前任董事长、总裁刘易斯·莱因斯先生的帮助。早在几十年前,刘易斯先生就意识到让所有与骨关节炎领域相关学科共读一本综合性专著的重要性。W·B·桑德斯出版公司的高级医学编辑理查德·佐罗伯先生,在技术上和自然科学上也曾给予我们颇有价值的指导,同时将其专业知识与职业作风融入该著作。理查德先生在该公司职务升迁后,副主编凯瑟琳·卡洛尔女士仍旧配合默契。W·B·桑德斯出版公司的开发部编辑詹妮弗·舍雷纳女士总是面带微笑、沉着自然地处理日常编辑工作,在写作过程中,她是你所希望的编辑中的“最得力助手”。克利夫兰大学医院中 Case Western Reserve 大学的风湿病学系负责人克里斯汀·基霍女士和乔迪·赫尔斯女士沉着镇定、让人倍感放心的办事能力有效地促进了最后的编辑工作。

注 意

医学是一个不断发展的领域,应进行权威的安全认证。然而,随着新的研究及临床经验不断扩大我们的知识视野,在治疗和药物治疗上,就会出现一些必然的或是适当的变化。建议各位读者去核实由每个药品生产商提供的当今最通用的药品信息,以便有助于验证推荐的药剂量,验证服药的方法和服药的间隔时间,并验证禁忌证。根据病人的病情及对病人的了解,为每个病人选择用药剂量及最佳的治疗方案,看病医生责无旁贷。对由此读物给人或财产带来的任何人员伤害以及(或者)财产损失,每个出版商及编辑都不会承担任何责任。

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