

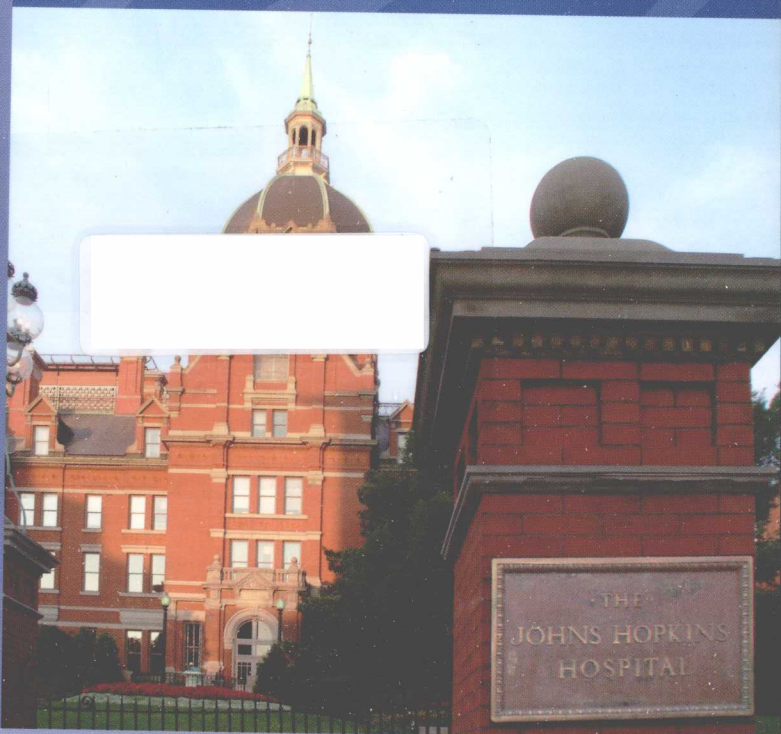
约翰·霍普金斯 妇产科手册

The Johns Hopkins Manual of
Gynecology and Obstetrics

第4版

主编 K. Joseph Hurt, Matthew W. Guile
Jessica L. Bienstock, Harold E. Fox
Edward E. Wallach

主译 张岩 高雪莲 杨慧霞



人民卫生出版社

约翰·霍普金斯 妇产科手册

The Johns Hopkins Manual of
Gynecology and Obstetrics

第4版

主 编 **K. Joseph Hurt, Matthew W. Guile**
Jessica L. Bienstock, Harold E. Fox
Edward E. Wallaceh

主 译 张 岩 高雪莲 杨慧霞

译 者 (按姓氏笔画排序)

马 珂 吕 涛 朱毓纯 张 丽
张 岩 武海荣 范建霞 范子田
胡 君 高雪莲 魏玉梅



人民卫生出版社

The Johns Hopkins Manual of Gynecology and Obstetrics

By K. Joseph Hurt, Matthew W. Guile, Jessica L. Bienstock, Harold E. Fox, Edward E. Wallach

Copyright ©2011 Lippincott Williams & Wilkins, a Wolters Kluwer business.

Published by arrangement with Lippincott Williams & Wilkins, U.S.A.

Lippincott Williams & Wilkins/Wolters Kluwer Health did not participate in the translation of this title.

Not for resale outside the People's Republic of China.

All rights reserved. This book is protected by copyright. No part of this book may be reproduced in any form or by any means, including photocopying, or utilized by any information storage and retrieval system without written permission from the copyright owner, except for brief quotations embodied in critical articles and reviews. Materials appearing in this book prepared by individuals as part of their official duties as U.S. government employees are not covered by the above-mentioned copyright.

图书在版编目 (CIP) 数据

约翰·霍普金斯妇产科手册 / (美) 杭特 (Hurt, K. J.) 主编;

张岩, 高雪莲, 杨慧霞译. —北京: 人民卫生出版社, 2014

ISBN 978-7-117-19268-2

I. ①约… II. ①杭…②张…③高…④杨… III. ①妇产科病 - 诊疗 - 手册 IV. ①R71-62

中国版本图书馆 CIP 数据核字 (2014) 第 127458 号

人卫社官网	www.pmph.com	出版物查询, 在线购书
人卫医学网	www.ipmph.com	医学考试辅导, 医学数据库服务, 医学教育资源, 大众健康资讯

版权所有, 侵权必究!

图字: 01-2008-5516

约翰·霍普金斯妇产科手册

主 译: 张 岩 高雪莲 杨慧霞

出版发行: 人民卫生出版社 (中继线 010-59780011)

地 址: 北京市朝阳区潘家园南里 19 号

邮 编: 100021

E - mail: pmph@pmph.com

购书热线: 010-59787592 010-59787584 010-65264830

印 刷: 北京中新伟业印刷有限公司

经 销: 新华书店

开 本: 850 × 1168 1/32 印张: 22

字 数: 766 千字

版 次: 2014 年 12 月第 1 版 2014 年 12 月第 1 版第 1 次印刷

标准书号: ISBN 978-7-117-19268-2/R · 19269

定 价: 98.00 元

打击盗版举报电话: 010-59787491 E-mail: WQ@pmph.com

(凡属印装质量问题请与本社市场营销中心联系退换)

前言

当我在美国华盛顿州国王郡医院做住院医师的时候,妇产科教科书似乎都源自约翰·霍普金斯。那里出版了《Emil Novak 妇产科病理学》、《Novak 妇科学》。那时产科学流行 Nicholson Eastman 所著的《Williams 产科学》(第 11 版)。此外 Richard TeLinde 所著的妇科手术学是妇科的经典。此外还有 TeLinde 和 Eastman 及此后 Howard 和 Georgeanna Jones 所著的《妇产科学探究》。近一个世纪以来,几乎妇产科均随着约翰·霍普金斯而更新。

时代飞速发展,第 1 版《约翰·霍普金斯妇产科手册》问世已经 11 年了。2002 年出版了第 2 版,2007 年出版了第 3 版。约翰·霍普金斯妇产科手册已成系列。内容、格式、大小均非常适合临床医师、家庭医生、医学生和教导人员。每一版都在内容和格式上进行了更新。本书的新格式便于阅读和携带。其中有很多新的图表,非常简明,便于携带。

手册未变之处在于其独特的发展方式。每一章均由霍普金斯的住院医师、学院教师和高级编辑共同协助完成。有三名医师根据其专长提出多方面的实践要求。之前的各版已经被翻译成葡萄牙语、西班牙语和中文广泛发行。在日本很多医学中心也经常使用本手册。在世界各地的普及验证了本手册的可读性和实用性。

任何团体行为只有通过合作才能发挥最好。团体精神通过写初稿的住院医师,教师和编辑建立起来的,是教学尝试的副产物。我们在使用手册的时候,您也可以体会到每一章节的投入,感受到其中产生的友情。源自约翰·霍普金斯的学术精神和协作奉献精神将永存。

Edward E. Wallach, MD

Harold E. Fox, MD, MSc

Jessica L. Bienstock, MD, MPH

编者名录

Frank Aguirre, MD

*Resident, Department of Gynecology and
Obstetrics*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Janyne E. Althaus, MD

*Assistant Professor of Gynecology and
Obstetrics*

*Division of Maternal Fetal Medicine
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Kristiina Altman, MD, PhD

*Assistant Professor of Gynecology and
Obstetrics*

*Director, Johns Hopkins Women's Services at
White Marsh*

*Johns Hopkins Bayview Medical Center
Baltimore, Maryland*

Alejandra Alvarez, MD

*Resident, Department of Gynecology and
Obstetrics*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Jean Anderson, MD

*Professor of Gynecology and Obstetrics
Director of the Division of Gynecologic
Specialties*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Cynthia Holcroft Argani, MD

*Assistant Professor of Gynecology and
Obstetrics*

*Division of Maternal Fetal Medicine
Director of Labor and Delivery*

Johns Hopkins Bayview Medical Center

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Anya J. Bailis, MD

*Fellow, Division of Maternal Fetal
Medicine*

*Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Joyce N. Barlin, MD

*Resident, Department of Gynecology and
Obstetrics*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Jacqueline Baselice, MD

*Resident, Department of Gynecology and
Obstetrics*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Jessica L. Bienstock, MD, MPH

*Associate Professor of Gynecology and
Obstetrics*

*Division of Maternal Fetal Medicine
Residency Program Director*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Meredith Birsner, MD

*Resident, Department of Gynecology and
Obstetrics*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Robert E. Bristow, MD, MBA

*Professor of Gynecology and Obstetrics
Professor of Oncology*

Director, Kelly Gynecologic Oncology Service
Director, F.J. Montz Fellowship in
Gynecologic Oncology
Division of Gynecologic Oncology
Johns Hopkins University School of Medicine
Baltimore, Maryland

Anne E. Burke, MD, MPH
Assistant Professor of Gynecology and
Obstetrics
Director of Family Planning
Johns Hopkins Bayview Medical Center
Baltimore, Maryland

Chi Chung Grace Chen, MD
Assistant Professor of Gynecology and
Obstetrics
Division of Female Pelvic Medicine and
Reconstructive Surgery
Johns Hopkins Bayview Medical Center
Baltimore, Maryland

Betty Chou, MD
Assistant Professor of Gynecology and
Obstetrics
Director, Johns Hopkins Women's Services
at Odenton
Johns Hopkins Bayview Medical Center
Baltimore, Maryland

Mindy S. Christianson, MD
Resident, Department of Gynecology and
Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland

Sarah Cohen, MD
Resident, Department of Gynecology and
Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland

Kathleen A. Costigan, RN, MPH
Coordinator, Fetal Assessment Center
Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland

Alexandre Buckley de Meritens, MD
Resident, Department of Gynecology and
Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland

Elizabeth Wood Denne, MS, CGC
Assistant Professor
Division of Maternal Fetal Medicine
Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland

Abigail E. Dennis, MD
Resident, Department of Gynecology and
Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland

Teresa P. Díaz-Montes, MD, MPH
Assistant Professor of Gynecology and
Obstetrics
Division of Gynecologic Oncology
Johns Hopkins University School of Medicine
Baltimore, Maryland

Jennifer Ducie, MD
Resident, Department of Gynecology and
Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland

Sydney Dy, MD, MSc
Associate Professor of Medicine and Oncology
Physician Leader, Duffey Pain and
Palliative Care Program
Johns Hopkins University School of Medicine
Baltimore, Maryland

Jill Edwardson, MD
Resident, Department of Gynecology and
Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland

- Catherine Eppes, MD**
Resident, Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland
- Dayna Finkenzeller, MD**
Assistant Professor of Gynecology and Obstetrics
Johns Hopkins Bayview Medical Center
Baltimore, Maryland
- Harold E. Fox, MD, MSc**
Professor and Director
Obstetrician/Gynecologist-in-Chief
Dorothy Edwards Professor of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland
- Robert L. Giuntoli, II, MD**
Assistant Professor of Gynecology and Obstetrics
Assistant Professor of Oncology
Division of Gynecologic Oncology
Johns Hopkins University School of Medicine
Baltimore, Maryland
- Ernest M. Graham, MD**
Associate Professor of Gynecology and Obstetrics
Division of Maternal Fetal Medicine
Johns Hopkins University School of Medicine
Baltimore, Maryland
- Isabel C. Green, MD**
Assistant Professor of Gynecology and Obstetrics
Medical Director, Resident Outpatient Services in Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland
- Cara L. Grimes, MD**
Resident, Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland
- Maureen Grundy, MD**
Resident, Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland
- Matthew W. Guile, MD, MS**
Resident, Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland
- Camille Gunderson, MD**
Resident, Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland
- Natalia A. Colón Guzmán, MD**
Resident, Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland
- S.J. Hanson, MD**
Resident, Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland
- Janice Henderson, MD**
Assistant Professor of Gynecology and Obstetrics
Division of Maternal Fetal Medicine
Johns Hopkins University School of Medicine
Baltimore, Maryland
- Nancy A. Hueppchen, MD**
Assistant Professor of Gynecology and Obstetrics
Division of Maternal Fetal Medicine
Director of Medical Student Education
Johns Hopkins University School of Medicine
Baltimore, Maryland

K. Joseph Hurt, MD, PhD

*Resident, Department of Gynecology and
Obstetrics*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Sherrine A. Ibrahim, MD, MS

*Resident, Department of Gynecology and
Obstetrics*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Lisa K. Jacobs, MD

*Assistant Professor of Surgery
Director of Clinical Breast Cancer Research
Division of Surgical Oncology*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Alaina Johnson, MD

*Resident, Department of Gynecology and
Obstetrics*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Valerie A. Jones, MD

*Resident, Department of Gynecology and
Obstetrics*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Jean Keller, PA

*Assistant Professor
Division of Gynecologic Specialties*

*Manager, Johns Hopkins HIV Women's
Health Program
Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Michelle Khan, MD, MPH

*Resident, Department of Gynecology and
Obstetrics*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Mary Kimmel, MD

*Resident, Department of Gynecology and
Obstetrics*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Lisa Kolp, MD

*Assistant Professor of Gynecology and
Obstetrics*

*Division of Reproductive Endocrinology and
Infertility*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Lauren Krill, MD

*Resident, Department of Gynecology and
Obstetrics*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Shari Lawson, MD

*Assistant Professor of Gynecology and
Obstetrics*

*Medical Director, Johns Hopkins Women's
Services at Bayview Medical Center
Johns Hopkins Bayview Medical Center
Baltimore, Maryland*

Amy S.D. Lee, MS, WHCRNP

*Nurse Practitioner, Gynecology
Department of Gynecology and Obstetrics*

*Johns Hopkins Hospital
Baltimore, Maryland*

Judy M. Lee, MD, MPH, MBA

*Assistant Professor of Gynecology and
Obstetrics*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Kimberly Levinson, MD, MPH

*Resident, Department of Gynecology and
Obstetrics*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Pamela A. Lipsett, MD

*Professor of Surgery, Anesthesia and Critical
Care Medicine, and Nursing
Program Director, General Surgery and
Surgical Critical Care
Department of Surgery and Surgical
Sciences*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Meredith Buonanno Loveless, MD

*Assistant Professor of Gynecology and
Obstetrics*

*Director of Pediatric Gynecology
Johns Hopkins Bayview Medical Center
Baltimore, Maryland*

Amr Madkour, MD

*Resident, Department of Gynecology and
Obstetrics*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Teresa Martino, DO

*Fellow, Division of Maternal Fetal Medicine
Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Richard P. Marvel, MD

*Director of the Center for Pelvic Pain
Greater Baltimore Medical Center
Adjunct Assistant Professor of Gynecology
and Obstetrics*

*Johns Hopkins University School of Medicine
Baltimore, Maryland*

Colleen McCormick, MD, MPH

*Fellow, Division of Gynecologic Oncology
Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Tiffany McNair, MD

*Resident, Department of Gynecology and
Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Lorraine A. Milio, MD

*Assistant Professor of Gynecology and
Obstetrics*

*Division of Maternal Fetal Medicine
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Jamie Murphy, MD

*Assistant Professor of Anesthesia
Director of Obstetric Anesthesia
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Maria Palmquist, MD

*Fellow, Division of Maternal Fetal
Medicine
Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Alok C. Pant, MD

*Resident, Department of Gynecology and
Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Elizabeth Purcell, MD

*Resident, Department of Gynecology and
Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Linda Rogers, CRNP

*Nurse Practitioner, Gynecology and
Obstetrics
Johns Hopkins Bayview Medical Center
Baltimore, Maryland*

Jessica B. Russell, MD

*Resident, Department of Gynecology and
Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Melissa L. Russo, MD

*Resident, Department of Gynecology and
Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Andrew J. Satin, MD

*Professor and Vice Chair of Gynecology and
Obstetrics
Chair, Johns Hopkins Bayview Medical
Center
Johns Hopkins University School of Medicine
Baltimore, Maryland*

David Schwartz, MD

*Chief, Department of Obstetrics and
Gynecology
Sinai Hospital of Baltimore
Professor, Obstetrics & Gynecology
Wayne State University Medical School
Detroit, Michigan
Associate Professor, Gynecology and
Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Catherine Sewell, MD

*Assistant Professor of Gynecology and
Obstetrics
Director, Johns Hopkins Fibroid Center
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Stuart Shippey, MD

*Assistant Professor, Gynecology and
Obstetrics
Division of Female Pelvic Medicine and
Reconstructive Surgery
Johns Hopkins Bayview Medical Center
Baltimore, Maryland*

Samuel Smith, MD

*Chair, Department of Obstetrics and
Gynecology
Franklin Square Hospital
Associate Professor, Division of Reproductive
Endocrinology and Infertility
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Hindi Stohl, MD

*Resident, Department of Gynecology and
Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Linda M. Szymanski, MD, PhD

*Fellow, Division of Maternal Fetal Medicine
Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Cornelia Liu Trimble, MD

*Associate Professor
Division of Gynecologic Specialties
Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Edward Trimble, MD, PhD

*Head of the Surgery Section — Cancer
Therapy Evaluation Program
National Cancer Institute
Associate Professor of Gynecology and
Obstetrics
Associate Professor of Oncology
Division of Gynecologic Oncology
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Sayedha Uddin, MD

*Assistant Professor
Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Stefanie Ueda, MD

*Fellow, Division of Gynecologic Oncology
Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Edward E. Wallach, MD

*J. Donald Woodruff Professor of Gynecology
Division of Reproductive Endocrinology
Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Frank R. Witter, MD

*Professor of Gynecology and Obstetrics
Director, Labor and Delivery
Division of Maternal Fetal Medicine
Department of Gynecology and Obstetrics
Johns Hopkins University School of Medicine
Baltimore, Maryland*

Melissa Yates, MD

Fellow, Division of Reproductive

Endocrinology

Department of Gynecology and Obstetrics

Johns Hopkins University School of Medicine

Baltimore, Maryland

Howard Zacur, MD, PhD

Professor of Gynecology and Obstetrics

Director, Division of Reproductive

Endocrinology and Infertility

Johns Hopkins University School of Medicine

Baltimore, Maryland

目 录

第一部分 女性保健	1
第 1 章 初级和预防保健	1
第 2 章 危重症监护	16
第 3 章 孕前咨询和孕期保健	43
第二部分 产科学	65
第 4 章 正常产程和分娩、手术助产及胎先露异常	65
第 5 章 胎儿评估	85
第 6 章 产程和分娩期并发症	94
第 7 章 妊娠并发症	107
第 8 章 早产与胎膜早破	120
第 9 章 孕晚期出血	128
第 10 章 围产期感染	136
第 11 章 先天性异常	155
第 12 章 妊娠期内分泌疾病	166
第 13 章 妊娠合并高血压疾病	190
第 14 章 妊娠期心肺疾病	201
第 15 章 妊娠期肾脏、肝脏、胃肠道疾病和系统性红斑狼疮	215
第 16 章 妊娠期血液系统疾病	228
第 17 章 同种异体免疫	249
第 18 章 妊娠期外科疾病和创伤	261
第 19 章 产后保健和母乳喂养	270
第 20 章 妊娠合并 HIV	280
第 21 章 产科麻醉	296

第三部分 妇科学	305
第 22 章 女性盆腔解剖	305
第 23 章 妇产科围手术期情况及并发症	322
第 24 章 生殖道感染	339
第 25 章 异位妊娠	358
第 26 章 慢性盆腔痛	369
第 27 章 泌尿妇科和盆腔重建手术	385
第 28 章 计划生育:避孕、绝育和流产	404
第 29 章 家庭暴力与性虐待	421
第 30 章 儿童妇科学	434
第四部分 生殖内分泌和不孕	451
第 31 章 不孕症与辅助生殖技术	451
第 32 章 流产与反复妊娠丢失	471
第 33 章 子宫平滑肌瘤	482
第 34 章 月经失调:子宫内膜异位症、痛经和月经前情绪障碍	489
第 35 章 闭经	500
第 36 章 异常子宫出血	513
第 37 章 雄激素过多症	524
第 38 章 女性性功能及性功能障碍	536
第 39 章 绝经和激素替代治疗	547
第五部分 妇科肿瘤	559
第 40 章 外阴和阴道病变	559
第 41 章 宫颈上皮内瘤变	575
第 42 章 宫颈癌	585
第 43 章 子宫体癌	604
第 44 章 卵巢癌	619
第 45 章 妊娠滋养细胞疾病	637
第 46 章 化疗和放疗	648
第 47 章 临终关怀	662
索引	678

第一部分 女性保健

第 1 章

初级和预防保健

Sarah Cohen and Sayeedha Uddin

妇产科医师因其面对不同生育阶段和年龄段的妇女而身份特殊,担任着给多数患者提供**初级保健和预防**的角色。初级保健医师的职责在于筛查、治疗某些疾病、提供咨询、进行免疫。此外妇产科医师应该对熟悉常见的非妇科疾病如哮喘、过敏性鼻炎、呼吸道感染、胃肠疾病、泌尿道疾病、头痛、下背部痛和皮肤病。

筛查和治疗

- 65 岁以前死亡的女性中,大多数是可以避免的。(表 1-1)
- 一级预防:在疾病发生前确定并控制疾病的危险因素。
- 二级预防:早期诊断疾病,目的是防止或降低疾病发生后的病率和死亡率。
- 良好的筛查试验应符合以下几个条件:
 - 筛查的疾病对生活质量有显著影响。
 - 有可接受的治疗方法。
 - 疾病必须有一无症状期,在这一时期内筛查出该病给予治疗可显著降低病率及死亡率。
 - 无症状期进行治疗的结果优于待症状进展后延误治疗的效果。
 - 筛查试验应:
 - 进行筛查的检测费用合理、患者能接受。

2 | 第一部分 女性保健

- 有相当的准确性,敏感性和特异性满意。
- 敏感性:阳性者在患者中的比例。
- 特异性:阴性者在非患者中的比例。

表 1-1 美国妇女不同年龄组主要死因 (2002 ~ 2007)

年龄					
分级	15~24 岁	25~34 岁	35~44 岁	45~54 岁	55~64 岁
1	意外伤害	意外伤害	恶性肿瘤	恶性肿瘤	恶性肿瘤
2	凶杀	恶性肿瘤	意外伤害	心脏病	心脏病
3	恶性肿瘤	心脏病	心脏病	意外伤害	慢性呼吸 系统疾病
4	自杀	自杀	自杀	脑血管病	糖尿病
5	心脏病	凶杀	HIV	糖尿病	脑血管病
分级	≥65 岁	所有年龄			
1	心脏病	心脏病			
2	恶性肿瘤	恶性肿瘤			
3	脑血管病	脑血管病			
4	慢性呼吸系 统疾病	慢性呼吸系 统疾病			
5	阿尔茨海默病	阿尔茨海默病			

摘自 Office of Statistics and Programming, National Center for Injury Prevention and Control, Centers for Disease Control and Prevention-Web-based injury Statistics Query and Reporting System (WISQARS). <http://webappa.cdc.gov/saweb/ncipc/leadcause/0.html>

癌症

乳腺癌的筛查

• 乳腺癌是美国妇女最常见的恶性肿瘤,一生中的发病风险为 12%。美国妇产科医师学院 (American College of Obstetricians and Gynecologists, ACOG) 和美国预防服务工作组 (U.S Preventive Services Task Force, USPSTF)

推荐对于一般人群建议 40~50 岁的妇女,每 1~2 年还应常规乳腺照相,50 岁以后每年一次。ACOG 建议每年常规的乳腺临床体检。

- 有以下肿瘤家族史的患者进行遗传咨询、BRCA 检测:
- 2 位一级亲属患乳腺癌,发病年龄 < 50 岁;
- 3 位以上一级亲属或二级亲属患乳腺癌,任何年龄发病;
- 一级和二级亲属患乳腺癌和卵巢癌;
- 一级亲属患双侧乳腺癌;
- 2 位以上一级亲属或二级亲属患卵巢癌;
- 一位一级或二级亲属患乳腺癌 + 卵巢癌;
- 一位男性亲属患乳腺癌;
- 德裔犹太妇女如有一位一级亲属或 2 位二级亲属患乳腺癌或卵巢癌,应进行遗传咨询、测定 BRCA。

肺癌的筛查

• 肺癌是第二常见的女性恶性肿瘤,是癌症死亡的第一位。2000 年全世界有一百万余死亡病例。

• 高危因素包括:吸烟(与 90% 的肺癌相关)、放疗、环境毒素如石棉和肺纤维化。

• 目前尚没有公认的可减少肺癌死亡的筛查手段(如胸部 X 线、痰液细胞学、CT)。目前推荐对无症状人群筛查、戒烟至关重要。

• 吸烟对于女性的危害高于男性,但是很多肺癌筛查的早期研究并不包括女性。女性患者患周围型腺癌的比例更高,进行筛查可能结果不同。

结直肠癌筛查

• 结直肠癌是美国第三位最常见癌症,在癌症相关死亡的死因中位列第二,发病风险为 5%。

• 结直肠癌的危险因素包括:结直肠癌家族史、结肠息肉或结肠癌史、炎性肠病史、家族息肉病综合征和遗传性非息肉性结肠癌(hereditary nonpolyposis colon cancer, HNPCC)。高危患者应根据发病风险较早开始结肠镜筛查。

- 有一位亲属 60 岁前或 2 位亲属患结肠癌者,应从 40 岁开始进行筛查。
- HNPCC 患者应从 20~25 岁开始或从家族中最小发病年龄前开始筛查。

• 美国预防服务任务组(U.S Preventive Services Task Force, USPSTE)推荐所有年龄 ≥ 50 岁者都应进行结直肠癌筛查。美国胃肠学会建议非裔美国人的发病率高、发病早,应从45岁前开始筛查。

• 目前有多种筛查方案:如每5年行一次纤维结肠镜检查;每10年一次结肠镜检查、每5年一次钡灌肠双重造影、每5年结肠CT检查、每年检查一次便潜血(连续三次大便,每次2个标本)、大便免疫化学检查、大便DNA检查。2007年有多个不同方案的指南。ACOG推荐结肠镜检查。

子宫内膜癌的筛查

- 见第43章
- 对于无症状妇女没有常规筛查方案。高危患者应行子宫内膜活检、盆腔超声、或二者皆有。所有的绝经后出血均应进一步检查。

皮肤癌的筛查

• 黑色素瘤是第六位女性最常见癌症,高危因素包括:白种肤色、紫外线照射、尤其是幼年时晒伤。有50~100个色素痣或者先天大色素痣者发病风险增加(> 100 个色素痣者相对风险5~17)。

• 目前尚没有皮肤检查意见一致的指南,ACOG建议对高危患者进行监测。应对所有患者进行防晒和UV防护的教育。

• 指南中的可疑病变区域包括:

- 不对称
- 边缘不规则
- 色斑
- 直径 $> 6\text{mm}$
- 增大/颜色、形状或症状变化

卵巢癌的筛查

- 见第44章。
- 目前北美专家组没有推荐对卵巢癌进行常规筛查,但建议对所有妇女均应仔细询问家族史并每年行盆腔检查。

宫颈癌的筛查

- 见第41章。
- 有活跃性生活3年后或21岁后应开始定期行巴氏(Papanicolaou,