

Mg 镁

的基础与临床

*Magnesium
The Fundamentals and
Clinical Aspects*

主编 邵美贞
主审 罗德斌



四川科学技术出版社

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前 言

《镁的基础与临床》是国内第一部关于生命元素“镁”的医学专著。

镁是人体必需常量元素，是继钠、钾、钙之后第四位阳离子，但对镁的认识与重视远不如钠、钾、钙。然而镁却是调节细胞内外钾、钠、钙的重要离子，为天然的钙拮抗剂。许多疾病与缺镁有关。缺镁可发生心血管功能及结构异常；缺镁可使血液凝固性增高；缺镁可引起消化功能紊乱；缺镁可使肾脏钙质沉着；缺镁可产生骨质疏松；缺镁亦可引起流产、早产、胎儿发育异常等。总之，镁缺乏甚至可能是某些疾病的病因学因素。镁制剂既可治疗某些心脏急症使之转危为安，又可起到预防保健作用，这些都将在本书中全面地反映出来。

目前镁制剂对心血管疾病的治疗应用研究已在临床医学界得到了一定范围的重视，但镁对其他各系统的疾病尚未引起关注，因此本书参考了大量较新的资料，汇编了镁与各系统疾病的关系及基础实验研究，旨在希望医学界对长期被忽略的“镁”引起广泛重视并进行深入研究，以便充分揭示该重要生命元素对机体应有的效应及其机理。本书对有些问题尚未完全涉及，有些问题议论得还不够深入，但本书的出版将有助于临床医学及基础医学的进一步研究，亦将有助于相关药物、保健营养食品的开发。由于编著者水平所限，本书难免有不当之处，仍希同仁指正。

本书共四部分：一、概论；二、镁与临床疾病；三、镁的基础（实验）研究；四、镁与营养保健。其中，一、二、四部分为华西医科大学各专科教授撰写，附一院院长石应康、内科王曾礼、章茂顺、李惠诸位教授对本书的部分内容作了评阅指正；第三部分为国内有关专家撰写，其中、特别应提及的是中国科学院杨福愉院士、林治焕教授以及同济医科大学赵华月教授等提供了镁的系列基础研究资料，因而更提高了本书学术上的价值；参加本书编写的主要编著者见编著者名录。本书得以及时出版，得到了各位编著者之大力协作及中国科学院成都分院地奥制药公司的鼎力资助，谨此一并表示诚挚的感谢。

邵美贞

1995年12月

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