

老年医学与保健



本刊官方网站

微信公众号

LAONIAN YIXUE YU BAOJIAN

双月刊 1995 年 11 月创刊 第 32 卷 第 3 期(总 161 期) 2026 年 6 月 25 日出版

主 管

上海市卫生健康委员会

主 办

华东医院

复旦大学附属华东医院

编辑出版

《老年医学与保健》编辑部

上海市延安西路 221 号

邮编:200040

电话:(021) 62481690

邮箱:lnxybj@126.com

网址:http://lnxybj.ijournals.cn

主 编

保志军

编辑部主任

冯纓

印 刷

上海贝叶图书有限公司

发 行

中国邮政集团有限公司

上海市报刊发行局

发行范围

国内、国外

订 购

全国各地邮政局

邮发代号:4-671

邮 购

《老年医学与保健》编辑部

上海市延安西路 221 号, 200040

定 价

每期 15.00 元,全年 90.00 元

中国标准连续出版物号

ISSN 1008-8296

CN 31-1798/R

2026 年版权归华东医院

复旦大学附属华东医院所有

本期重点主题:老年慢病/共病多学科协作诊疗与管理

目 次

述 评

老年慢病共病多学科协作管理模式的现状与展望

..... 方宁远 (321)

专家论坛

人工智能驱动下老年共病多学科诊疗的模式迭代与整合实践

..... 黄一沁 (326)

老年高血压合并衰弱患者的多学科协作综合评估与个体化干预研究进展

..... 蒯铮,胡予 (329)

老年心脑血管慢病 ABCDEFG 预防和管理框架

..... 方美琴,洪华山 (336)

老年共病多重用药从处方精简走向全科整合管理

..... 李霞,葛伟 (341)

老年人 5 种常见慢性代谢性疾病共病现状及其影响因素分析	
.....	朱珠,董召,巩杨帆,等 (346)
基于 CHARLS 2020 横断面分析慢性病数量与老年人内在能力五维度的关系	
.....	李千婧,王瑞龙,苟兴悦,等 (352)
基于多学科协作评估的老年射血分数保留的心力衰竭合并肌少症与内在能力受损分析	
.....	杨启瑞,白婷婷,蒋倩雯,等 (360)
社区老年高血压患者体位性与餐后低血压及共病状态对认知功能下降的独立关联与交互作用的回顾性观察	
.....	马骏,张高宁,郭啸天,等 (367)
新型血液蛋白标志物组合诊断中老年轻度认知障碍模型的建立与初步评估	
.....	孙贇,马绍骏,陈蓄,等 (375)
基于 LV-GLS、VISmax 与 PCT 的联合模型对老年脓毒性心肌病的早期预测研究	
.....	王昆仑,莫为春,王润泽,等 (383)
去肾交感神经术后序贯不同降压药物对血管紧张素 II 诱导老年小鼠血压的作用及影响	
.....	王鸣,孔令冉,容耀聪,等 (388)
Toll 样受体 4/核因子 κ B 信号通路对神经介入术联合静脉溶栓治疗脑梗死预后影响的机制研究	
.....	王鹏程,张记君,李媛睿,等 (394)
基于贝叶斯网络探讨社区老年人轻度认知障碍的影响因素研究	
.....	陈蓄,杨纪元,孙贇,等 (399)
小剂量秋水仙碱对老年糖尿病合并高尿酸血症患者轻度认知障碍的影响	
.....	陆之瑾,刘乙蒙,李美燕,等 (407)
上海市社区老年人握力与认知功能下降的关联因素分析	
.....	王萌,张颜莉,周厚广 (412)

强化他汀治疗对老年脑出血患者脑出血复发及缺血性血管事件的影响	杨勇,刘红梅 (419)
--------------------------------	--------------

基于生物信息学的八珍汤改善老年肌少症的机制研究	朱丽颖,胡家安,高建东 (424)
-------------------------	-------------------

炎症指标单独诊断及联合诊断在老年血流感染中的价值	苏敏,李亚周,张景皓,等 (432)
--------------------------	--------------------

新加乌梅汤联合双歧杆菌四联活菌片治疗老年溃疡性结肠炎患者疗效	李娜,沈玉玲,朱菊花,等 (436)
--------------------------------	--------------------

上海市某社区老年膝骨关节炎患者运动能力影响因素的横断面研究	刘宇轩,许成燕,周婧,等 (441)
-------------------------------	--------------------

老年髌部骨折患者术后目标导向性训练自我效能发展轨迹及其对下肢深静脉血栓的影响	张红玉,白雪竹,唐小娟,等 (447)
--	---------------------

髌膝联合强化训练在老年髌股疼痛综合征患者中的应用观察	于帆,印健,唐志豪,等 (453)
----------------------------	-------------------

综 述

基于“4Ms”框架的老年心脑血管与代谢共病患者从疾病诊疗转向功能维护的住院综合管理策略	宋春启,翟锁,张苏薇,等 (458)
---	--------------------

阿尔茨海默病中的铜稳态与铜死亡	曹筱,张丽 (464)
-----------------	-------------

单细胞测序技术在衰老相关疾病中的应用	陈晓民,杨丽娜 (470)
--------------------	---------------

警惕冒用《老年医学与保健》名义实施的不法行为	(325)
《老年医学与保健》对作者署名的要求	(345)
《老年医学与保健》微信公众号正式上线	(359)
欢迎订阅《老年医学与保健》	(366)
《老年医学与保健》官网 2025 年起全文开放下载与过刊数据更新	(418)
《老年医学与保健》对一稿两投问题处理的声明	(452)
《老年医学与保健》医学伦理要求	(469)
《老年医学与保健》对稿件的基本撰写要求	(480)

GERIATRICS & HEALTH CARE

Bimonthly, Established in November 1995, Volume 32, Number 3 (Total 161), Jun. 25, 2026

Responsible Institution

Shanghai Municipal Health Commission

Sponsor

Huadong Hospital

Huadong Hospital Affiliated to Fudan
University

Editing and Publishing

Editorial Department of GERIATRICS &
HEALTH CARE

No. 221 West Yan'an Road, Shanghai 200040,
China

Tel: 0086-021-62481690

E-mail: lnyxybj@126.com

Editor-in-Chief

Bao Zhijun

Managing Director

Feng Ying

Printing

Shanghai Pattra Publishing Company

Mail-Order

Editorial Department of GERIATRICS &
HEALTH CARE

Huadong Hospital, No. 221 West Yan'an Road,
Shanghai 200040, China

Homepage

<http://lnxybj.ijournals.cn>

CSSN

ISSN 1008-8296
CN 31-1798/R

Copyright © 2026 by Huadong Hospital
Huadong Hospital Affiliated to Fudan
University

Contents in Brief

Commentary

Current status and future perspectives of the multi-disciplinary team
model for chronic diseases and multimorbidity in older adults

Fang Ningyuan (321)

Experts Forum

Model iteration and integrated practice of multi-disciplinary
diagnosis and treatment for geriatric multimorbidity driven by
artificial intelligence

Huang Yiqin (326)

Research progress on multi-disciplinary team-based comprehensive
assessment and individualized intervention in elderly hypertensive
patients with frailty

Kuai Zheng, Hu Yu (329)

ABCDEFGF framework of chronic diseases prevention and
management in the elderly

Fang Meiqin, Hong Huashan (336)

Geriatric multimorbidity and polypharmacy: from deprescribing to
integrated primary care management

Li Xia, Ge Wei (341)

Original Article

Analysis of prevalence and influencing factors of comorbidities of
five common chronic metabolic diseases in the elderly

Zhu Zhu, Dong Zhao, Gong Yangfan, et al. (346)

Cross-sectional analysis based on CHARLS 2020 of relationship between number of chronic diseases and five dimensions of intrinsic ability in the elderly

Li Qianjing, Wang Ruilong, Gou Xingyue, et al. (352)

Analysis of sarcopenia and intrinsic capacity impairment in elderly HFpEF patients based on multi-disciplinary team assessment

Yang Qirui, Bai Tingting, Jiang Qianwen, et al. (360)

Retrospective observational study of independent association and interaction effects of orthostatic hypotension, postprandial hypotension and comorbidities on cognitive decline in community-dwelling elderly patients with hypertension

Ma Jun, Zhang Gaoning, Guo Xiaotian, et al. (367)

Establishment and preliminary assessment of a model for diagnosis of mild cognitive impairment in middle-aged and elderly people by a novel combination of blood protein markers

Sun Yun, Ma Shaojun, Chen Xu, et al. (375)

Study on early prediction of septic cardiomyopathy in elderly patients based on a combined model of LV-GLS, VISmax and PCT

Wang Kunlun, Mo Weichun, Wang Runze, et al. (383)

Effects of sequential administration of different antihypertensive drugs after renal denervation on blood pressure in elderly mice with angiotensin II-induced hypertension

Wang Ming, Kong Lingran, Rong Yaocong, et al. (388)

Mechanism study of effects of Toll-like receptor 4/nuclear factor-kappa B signaling pathway on prognosis of patients with cerebral infarction treated by neurointerventional surgery combined with intravenous thrombolysis

Wang Pengcheng, Zhang Jijun, Li Yuanrui, et al. (394)

Study on influencing factors of mild cognitive impairment in community-dwelling elderly individuals based on Bayesian network

Chen Xu, Yang Jiyuan, Sun Yun, et al. (399)

Effects of low-dose colchicine on mild cognitive impairment in elderly patients with diabetes mellitus complicated with hyperuricemia

Lu Zhijin, Liu Yimeng, Li Meiyan, et al. (407)

Analysis of correlation factors between grip strength and cognitive decline in elderly community residents in Shanghai

Wang Meng, Zhang Yanli, Zhou Houguang (412)

Effects of intensive statin therapy on recurrence of cerebral hemorrhage and ischemic vascular events in elderly patients with cerebral hemorrhage after treatment	
<i>Yang Yong , Liu Hongmei</i>	(419)
Research on mechanism of Baizhen decoction based on bioinformatics in improving sarcopenia in the elderly	
<i>Zhu Liying , Hu Jia'an ,Gao Jiandong</i>	(424)
Value of combined and individual detection of inflammatory indicators in diagnosis of bloodstream infections in elderly patients	
<i>Su Min , Li Yazhou , Zhang Jinghao , et al.</i>	(432)
Therapeutic effects of Xinjia Wumei decoction combined with <i>Bifidobacterium</i> quadruple viable tablets on elderly patients with ulcerative colitis	
<i>Li Na , Shen Yuling , Zhu Juhua , et al.</i>	(436)
Cross-sectional study on influencing factors of exercise capacity in elderly patients with knee osteoarthritis in a community in Shanghai	
<i>Liu Yuxuan , Xu Chengyan , Zhou Jing ,et al.</i>	(441)
Developmental trajectory of self-efficacy in elderly patients with hip fractures undergoing postoperative goal-oriented rehabilitation training and its effects on deep venous thrombosis in lower extremities	
<i>Zhang Hongyu , Bai Xuezhu , Tang Xiaojuan , et al.</i>	(447)
Observation on application of hip-knee enhancement training in elderly patients with patellofemoral pain syndrome	
<i>Yu Fan , Yin Jian , Tang Zhihao , et al.</i>	(453)

Review

Hospital comprehensive management strategies shifting from disease treatment to functional maintenance for elderly patients with cardiovascular, cerebrovascular, and metabolic multimorbidity based on the " 4Ms" framework	
<i>Song Chunqi , Zhai Suo , Zhang Suwei , et al.</i>	(458)
Copper homeostasis and cuproptosis in Alzheimer's disease	
<i>Cao Xiao , Zhang Li</i>	(464)
Applications of single-cell sequencing technology in aging-related diseases	
<i>Chen Xiaomin , Yang Lina</i>	(470)
Explore about the mechanism of muscle adjustment and bone adjustment manipulation in the treatment of middle-aged and elderly knee osteoarthritis on the mediated effect of stem cells	
<i>Liu Chao , Ai Jian , Wang Chunlin , et al.</i>	(476)