

 **Subject** 優秀論文分享 醫學系 / 葉兆斌 老師

題目:Dose-Response Association of Benzodiazepine Use and Development of Deep Vein Thrombosis

作者群:Nai-Chen Shih, Liang-Tsai Yeh, Bo-Yuan Wang, Yu-Hsun Wang, Shun-Fa Yang, Chao-Bin Yeh

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摘要:

Background:

Benzodiazepines have sedative effects that cause reduced activity in users and may increase the risk of deep vein thrombosis. However, few studies have examined this potential risk of benzodiazepine use.

Methods:

This study examined the association between benzodiazepine use and the risk of deep vein thrombosis (DVT) in adults in Taiwan using a longitudinal health insurance database. The study population included 12,546 individuals with DVT and 50,184 matched controls.

Results:

Benzodiazepine use was associated with an increased risk of DVT occurrence (adjusted odds ratio [aOR]: 1.66; 95% CI, 1.54–1.79; $P < 0.001$), with a dose-response relationship. Patients with a higher defined daily dose had a higher risk of DVT, with ORs of 1.65-, 2.09-, and 2.16-fold higher for those with an average benzodiazepine dose of <0.5 , 0.5-0.9, or ≥ 1 (DDD/day), respectively, compared to nonbenzodiazepine users. Stratification by age, sex, and follow-up duration yielded similar results.

Conclusion:

This study highlights the need to evaluate the association and benefits of benzodiazepine prescription to decrease the risk of DVT development. Because of the risk of DVT, unwarranted use of BZDs should be considered a public health concern.

研究貢獻與臨床應用：本研究證實安眠藥(benzodiazepine)使用與深部靜脈栓塞(deep vein thrombosis)具顯著相關，且具劑量效應。隨著社會演變，生活及工作壓力提升，現代人使用安眠藥比例日益增加，但不當或過量的使用，提醒使用者反而會增加血管栓塞相關疾病的發生。