

神经病理性疼痛及其影响概述

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什么是神经病理性疼痛？

国际疼痛研究协会将神经病理性疼痛定义为"由体感系统的损伤或疾病引起的疼痛"[9]。简单来说,就是神经受伤或生病引起的疼痛。神经系统负责在全身传递信号,控制和协调身体功能。当神经受损或出现疾病时,可能会导致神经病理性疼痛。

根据受影响的神经系统部位,神经病理性疼痛可分为两种类型[15]:

中枢神经病理性疼痛 - 由大脑或脊髓的损伤或疾病引起。例如中风、脊髓损伤、多发性硬化症或帕金森病。

外周神经病理性疼痛 - 由外周神经系统(手臂、腿部、面部、胸部、腹部)的神经损伤或疾病引起。例如坐骨神经痛、糖尿病神经病变、带状疱疹后遗神经痛,或化疗引起的疼痛。

有哪些症状？

神经病理性疼痛复杂多变,每个人的感受不同[4]。有些人感觉像灼烧或针刺,有些人像电击。疼痛的强度和对其日常生活的影响因人而异[5]。

有多常见？

约7-10%的成年人患有神经病理性疼痛[1,18],也就是说每10个成年人中就有1个。儿童的患病率尚不清楚[6]。

并非所有神经受损的人都会出现神经病理性疼痛。高龄、女性、健康状况较差或有遗传倾向的人更容易患病[17]。有些人的疼痛会随时间或治疗好转,但也有人会长期疼痛[2]。

有什么影响?

神经病理性疼痛影响个人和社会。

患者可能经历不同程度的痛苦、行动不便、睡眠问题,影响工作、家务和社交活动[8,10,14]。对有些人影响较轻,对另一些人则可能严重影响生活质量。

患者面临的挑战包括:应对心理和社会影响、选择治疗方案、寻找可靠信息、学习日常症状管理[13,16]。

与普通人相比,神经病理性疼痛患者的身心健康更差[1,3]。当患者无法工作并需要治疗时,个人和社会都要承担巨大的经济负担[10,12]。

下一步

2026年国际疼痛研究协会将重点关注神经病理性疼痛。未来将发布更多资料,涵盖:

- 疼痛的原因和类型
- 全球诊疗挑战
- 心理、生活方式、文化对疼痛体验的影响
- 患者的生活经历
- 诊断和治疗的科学进展

总结

本资料介绍了什么是神经病理性疼痛及其影响。尽管仍有许多未知[11],研究人员、医护专业人员和患者正共同努力,加深理解、改进治疗、提高患者生活质量。

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