

風濕疾病的超音波檢查發現

## **Sonographic findings in rheumatic diseases.**

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摘要

超音波檢查已行之有年，是臨床醫師在評估腹部、心臟或婦產科疾病常用的工具。但肌肉骨骼超音波這項檢查，在前輩醫師努力推廣下，從 21 世紀初才開始逐漸被大家所接受。硬體儀器的進步、軟體的開發，肌肉骨骼超音波檢查已被證實和理學檢查與 X 光檢查相比，有更高的敏感性。加上快速、方便、多項功能且無游離輻射性考量下，將病人與醫生的距離拉近，使許多風濕疾病在超音波檢查下，能綜合臨床表徵與影像發現，做一更全面與仔細的評估。肌肉骨骼超音波檢查提供了準確的即時影像，也被較多的病人所接受，實不失為經濟實用的一項檢查技術，也成為醫師在診斷及追蹤風濕疾病的輔助利器。本文介紹肌肉骨骼超音波於風濕病領域上的應用證據，並以臨床常見疾病之適用性與優點做一闡述。

### **Abstract**

Ultrasonography is a common tool for clinicians to evaluate abdominal, cardiac or gynecological problems for decades but the musculoskeletal ultrasonography is gaining increased acceptance at the beginning of the 21<sup>st</sup> century. It has been shown to be more sensitive than physical examination or plain radiography. It is a quick, handy and versatile tool bringing the rheumatologist in close contact with the patient enhancing detailed integration of clinical and imaging findings. The musculoskeletal ultrasonography offers an accurate and immediate image with lower cost and higher patient acceptability in the diagnosis and follow-up of most rheumatic diseases. This paper reports the evidence for the application of musculoskeletal ultrasonography in rheumatology