

Chapter 198

Zhu Bing is recovering well day by day. Leaders attach importance to it. Now he has enjoyed the treatment that department level cadres can enjoy. The single ward has special escort. Lu Renjia comes to see Zhu Bing every day. Although she can't cook, someone flatters her. There are no gifts in the ward. Lu Renjia's appearance made many interested people notice something. Anyway, many high-ranking people came to see Zhu Bing.

Lu Renjia and Zhu Bing are really grateful to Zhang Fan now. If it weren't for Zhang Fan, one might have died and the other would have lived a guilty life. The director outside the chest has explained to the doctor in charge. If the patient has anything, he must report to Zhang Fan! In surgery, Zhang Fan's position has been very stable, but Zhang Fan wants to cry when he thinks of the patient given to him by endocrine.

This so-called endocrine graduation exam is very difficult. The patient is a woman. She used to be a number one figure in the modeling industry in China. She is nearly one meter eight tall, with beautiful hair, charming look, elegant steps and charming curves. Looking back and smiling, she can fall in love even if she doesn't fall in love with the city. This is her before.

Now, it's really terrible. For emotional reasons, young girls become self abandoning, give up their modeling career and eat too much at home. As a result, in three years, the once beautiful, young, sexy and charming girl has become a fat girl with a weight of more than 200 kg.

Lying in bed, it looks like a meat mountain. The once charming melon seed face has also become a steamed bread with hair. Her hair is still beautiful, but now she really makes people feel greasy.

The girl herself also wants to understand that it shouldn't be like this. Overeating can be addictive. It doesn't mean that you can lose weight if you want to lose weight. Moreover, if you lose weight unscientificly, it will really kill people, because the body has adapted to your weight, and sudden changes will definitely cause problems in various organs.

Some advertisements exaggerate about diet pills, and some weight loss companies specifically say it is the most scientific way to lose weight. Grasping the people's idea of losing weight, they desperately want money. For safety and health, I'm sorry, this is not their scope of consideration.

In particular, this kind of personnel with ultra-high weight can't go on a diet easily and rudely, because the first thing to consume when dieting is not your fat, but protein. A large amount of protein consumption can not lose weight, and then there are problems, edema and heart failure step by step.

After the protein consumption is almost the same, the organs begin to consume fat in order to protect their lives, and then a large amount of decomposed fat enters the liver. The liver can't metabolize at one time, and then it becomes fatty liver. Don't underestimate this fatty liver. If fatty liver continues to develop, it is liver cirrhosis, not to mention liver tumors. A liver cirrhosis can make you want to live and die.

Liver cirrhosis, jaundice and hepatic encephalopathy are not discussed. Let's talk about the vascular system. The liver is an endocrine organ that connects the preceding and the following functions.

What is fatty liver cirrhosis? The soft liver is full of fat particles, which blocks all the unobstructed liver lobules, and the veins are not unobstructed. Then there is the rupture of esophageal varices. That kind of big mouth hematemeses, that is to say, the vein of the esophagus is broken, which will kill people. So we must lose weight scientifically. Don't be reckless. This is not a small thing.

Women, beauty is human nature, especially young girls pay special attention to their body shape and image. This group is sensitive to weight loss information. Even if their weight is in the normal range, individuals have to further lose weight. As a result, improper food restriction leads to eating behavior disorder, anorexia nervosa or vomiting after overeating, This is not a single disease. It has become a psychological obstacle. Further development is psychosis. Don't laugh. There are many cases.

There are two kinds of adipose tissue in human tissue, brown fat and white fat. The difference between the former and the latter is that the former is all over the body, rich in blood vessels, many mitochondria in cells, innervated by sympathetic nerves and contains uncoupling protein. In short, brown fat can be consumed by neural regulation, but white fat can't.

The treatment of obesity seems very simple, but the perseverance required is no easier than quitting smoking. The first intervention is to improve eating habits, exercise more and increase physical activity. In these words, few people in modern society can do it for a long time.

Eat less low-energy and low-fat foods, and eat an appropriate amount of protein and carbohydrates. There is a saying that is particularly classic. What doctors don't allow to eat is delicious, and what they don't like to eat.

The person who named the former model should also be a master with strong foresight, because the girl's name is Tangyuan! The result is really round, very round!

It's not easy to treat this girl, because the girl grits her teeth and says to lose weight during the day, but secretly eats junk food in the quilt like a fat mouse at night. Fried, puffed and high sugar are her favorites!

If you want to cure a disease, you must first establish a firm confidence for the round girl. How to establish it? Zhang fan can't help it. What is the most complex, human nature! Zhang Fan has no good way. This is not an operation. If it is broken, it will be cut off. If it cannot be cut off, it can only rely on stupid methods. Three education a day, half an hour each time, from the harm of obesity to what to eat, repeat it in the morning, noon and evening!

Zhang Fan took over and began to specify meals for her. A reasonable diet is the basis for weight loss. Less oil, salt and sugar. Try to make Yuanyuan girl drink white water instead of drinks. This is a general principle. There are more specific things. A reasonable diet can first meet the nutritional needs of the human body, but also make the calorie intake lower than the energy consumption of the body, It's the most scientific way to oxidize and consume part of the fat in the body. It's really not advisable to starve half to death.

Moreover, there is a knack for food size. Just eat some foods with large volume and small energy. A simple data can let you know this. One gram of fat provides 9000 calories, while one gram of protein or one gram of carbohydrate only provides 4000 calories. The energy of one or two boiled chicken legs is much lower than that of one or two fried chicken legs. Vegetables and fruits are such foods, Large volume, not to mention less energy.

Zhang Fan made all the preparations, but after three days, he weighed it and found that there was no change in the weight of tangyuan. Zhang fanwang looked at the director, but the director proudly went to the clinic. He didn't say a word. Zhang Fan was tangled, and Tangyuan girl felt bad and looked sad.

"Doctor Zhang, am I hopeless!"

"No! What are you? I've seen anything heavier than you! " Perhaps after listening to this relief, tangyuan girl was not a little happy. She was silent and bowed her head back to the ward. Zhang Fan looked at the girl like meat mountain and felt helpless.

What to do? Simple treatment is useless at all, and this repeated treatment has made Tangyuan girl lose a lot of confidence. What should I do? There is no internal medicine in the system. There is no large library in chasu city. There is no way to find a reference book. Lying on the sofa, Zhang Fan sighed. This was the first time he felt helpless.

"What's the matter?" Zhang Fan lay on the sofa sighing and sighing. Shaohua's mother took Shaohua and asked.

"Worry about his illness!" Shao Hua said.

The more Zhang fanyue thought about it, the less he was afraid that the director of Endocrinology would not let him out of school. But as a doctor, you don't study and think. Do you deserve that snow-white uniform?

Zhang Fan thought, sat up and said to Shaohua and Shaohua's mother in the kitchen, "aunt, don't cook my meal. I'll go out."

"Eat before you go! It'll be ready soon. " Shaohua went out of the kitchen and said to Zhang Fan.

"No, I have no appetite. I'll go first. Find someone! " Zhang Fan put on his clothes and went out.

Who to go to, of course, is the director of Endocrinology. The person who makes the question must have the answer. I didn't need to contact. I drove directly to the endocrine director's house.

The tea vegetable market in winter is a white world. The snow will melt only in the next spring. In winter, the gardens on both sides of the road are like snow walls, and the snow piles are high.

Dilibair's home is not in the community of the hospital. She is a primitive resident of tea vegetable city. She has lived in the house of her grandparents for many generations in the frontier. She has always lived in a small quadrangle courtyard with tile blue walls. Trees are planted outside the courtyard walls, and there are two strong trees at the door.

After Zhang Fan stopped at the door, he could vaguely see the lights in the yard. When he wanted to take out the phone, the door was opened. A middle-aged aunt opened the door. She was not thin. Standing at the door, she blocked the door directly.

"Balangzi, who are you looking for?" Chinese is not very fluent.

"Does director dilibel live here?" Zhang Fan asked politely.

"Right here. Your name is Zang Wan?"

"Well! Zhang Fan! " Zhang Fan explained with a black face!

"Come on in, aunt is waiting for you!" In fact, after checking the room in the morning, dilibel has been waiting for Zhang Fan. She didn't come in the morning, didn't come at noon, and didn't come before work in the evening. Just when she was almost disappointed, Zhang Fan chased her home.

"If you go and eat him, he doesn't have the heart to eat and drink." After dilibair let her niece out, she said to Zhang Fan, "I don't think your IQ is high, but you usually look like a genius in your major. Why is it so strange!"

"I want to study it myself." Zhang Fan is embarrassed to say that people are stupid to their face. No matter who they are, they will be uncomfortable, but there is no way. If they are not as skilled as others, they have to suffer.

"Hehe, that's right. Without a spirit of studying, you can't achieve your current achievements. Let's talk about what you think of now."

"Well, routine treatment has no good effect on Tangyuan, and she seems to have lost confidence in this treatment. I think there is no good way. Finally, I think she is so young that she must lose weight as soon as possible and then integrate into the society, so I think she should be operated on. A simple gastroplasty can greatly reduce her food. "

Diribel, who drank water, almost sprayed it out“ Is this the result of thinking all day and then telling me in the evening? "

Zhang Fan nodded shyly, "Hey! Why is the surgeon's mind so simple. Although your technical level is already quite strong in grass-roots hospitals, you still don't have a sound medical knowledge. This is the idea I got from observing you for a long time. I don't want to know how you formed such a deformed medical concept. Today, let me, an old lady with a disability, teach you a lesson. " Although dilibel is a few doctors, her father has become a high-ranking official in the city, and she is a senior intellectual with strong Sincization. Moreover, her father and son pay more attention to this monarch, minister, father and son than some Han people.

Skills should not be lightly taught. She is waiting. She is watching. She is waiting to see if Zhang Fan has this understanding. She is watching to see if Zhang Fan has this character. As a result, I waited for a long time, watched it for a long time, and waited for a siunlike!

Dilibair has been talking for a long time. After waiting for a long time, Zhang Fan is still confused“ Don't you want to study? "

"Oh! be willing! be willing! Teacher, you drink tea! " Zhang Fan finally understood. Although dilibair is not satisfied and can't help it, Zhang Fan is still excellent, but Zhang Fanzhi is not here. Now his medical thinking is unnaturally close to surgery, so dilibair is also helpless!

"When I was in the Soviet Union, I had the honor to study with a medical professor for a period of time. At that time ~ ~" dilibel slowly told the past. The sparks by the fire quietly jumped and fell. The old and young sat around the fire in the late night of this winter. The old wanted to give away what they had learned, while the young was absorbed and unwilling to give up any words.

Time slowly ran away. Dilibel's niece looked out of the window several times and found that they had been talking, and the young man kept taking notes.

"That's all for today. I'm tired!" Dilibair couldn't hold on. One night, dilibair spent more than three hours telling. The questions asked by Zhang Fan were too strange. He had a special understanding of anatomy, but he knew a little about various factors of partial internal medicine. But the questions can be explained with surgical thinking and knowledge.

So this evening, in fact, the old lady used the idea of internal medicine to re-establish Zhang Fan's medical idea.

"Well, let me give you a massage. My technique is really good!" Zhang Fan was also embarrassed and let the old lady sit upright for several hours. He also wanted to do something for this respectable old lady.

"No, go back quickly. Be careful on the road. If you still want to listen to my old lady, you can continue to come tomorrow. When you have some real treatment ideas for Tangyuan, you also have a perfect medical thinking. Go! "

Zhang Fan slowly backed out of the house. Standing at the door of the house, Zhang Fan looked up at the starry sky and stretched out his waist. This night's study gave Zhang Fan, who did not study hard in college, the opportunity to make up for what self-study could not make up.