

Chapter 291

For more than two years in the frontier, from quark county to tea vegetable City, Zhang Fan now has his own life and work circle. From the confusion at graduation, and then the efforts after getting the system, to the present little achievements, step by step, it is fairly smooth.

But now Zhang Fan is still working hard and running. Finally embarked on the sunshine Avenue, laziness and laziness are impossible.

In life, with Shao Hua's encouragement, Zhang Fan has faded the look of rustic. Shaohua is very attentive to Zhang Fan's encouragement. Although there are not many clothes for Zhang Fan, the price is not cheap.

It's no exaggeration that Zhang fan can change several sets of clothes for herself. In Shao Hua's words to Zhang Fan, women's clothes follow the trend and change frequently, so there's no need to be too expensive. Men are different. They must wear well fitting, comfortable and decent, because you are my face!

Shao Hua, who works in a bank, knows this very well in a society that looks at clothes but not people. Zhang Fan doesn't care, but she can't help but care. Men are always young children. The world is just toys for this male animal.

And women, when they grow up, the best doll is a man. If there is a beloved and obedient doll who loves her, the woman is happy, and then because of happiness, the woman will give everything. For example, Zhang Fan doesn't care about anything in life now.

Before getting up in the morning, Shaohua neatly stacked the washed and ironed clothes at the head of his bed. After wearing them, there was a faint fragrance! The shoes were brushed clean. Zhang fan used to like to wear frosted tooling shoes. They are dirt resistant and easy to take care of! Wear clothes as long as they are clean. Ironing and matching are legends.

Now, Shao Hua has considered the complicated questions of what to wear and how to match it in the morning. Zhang Fan is really immersed in this boundless happiness.

Recently, Jia Su has become more and more annoying. As she grows older, her parents are more and more dissatisfied with her state of staying at home and immersing herself in her small world.

Often take Shao Hualai to compare with her! Sometimes, Jia SuYue looks at Shaohua and Zhang Fan. It's hard to say whether he regrets it, but there is envy.

After the new year, Jia SuYue finally fell in love again, but her family strongly opposed it and she was very confused, so she asked Shaohua to come out for a small gathering. The two friends found a cafe and chatted.

"Huazi, when will you and your family Zhang Fan get married?"

"Soon, the houses have been decorated, waiting for his parents to come to the frontier! How about you? I feel like you have something on your mind! "

"Well, huazi, I'm in love!" Jia SuYue said shyly, holding Shaohua's hand.

"God, you didn't tell me when it happened. Take it out sometime and see if it's very handsome. Tell me how you know each other. " Gossip is one of women's nature. It is said that gossip can relieve women's tension!

"I haven't known each other for a long time, but my family is particularly opposed. I'm also very confused, and he's very good to me."

"What's going on? My uncle and aunt have been urging you to get married! " Shao Hua wondered.

"I met him at the gym. My mother nagged me every day, so I signed up for a fitness class. He works as a fitness coach in the gym. We get to know each other as soon as he comes and goes! " Jia SuYue changed his arrogant mood and became a little melancholy!

"Oh. What are you going to do? " Shaohua knew the reason as soon as he heard it.

"I don't know! Do you have to be married? " Jia SuYue clung to the coffee cup in his hand.

"Hey, I don't know, but I can tell you a story, the story of my colleague. Then Shaohua told Sister Li's story to Jia SuYue. "

"So miserable?"

"Well, marriage is not a child's play! Be careful! "

Although many diseases in Department of rheumatism can not be cured, it can be controlled by drugs, which is equivalent to a chronic disease, just like hypertension and diabetes.

Hypertension and diabetes are very thorough at present. Ordinary people know how to prevent it. But in the Department of rheumatism, because of the lack of research, many incentives can not be confirmed, so prevention is impossible. However, exposure and strong cold stimulation should not appear as far as possible.

The fat manager of the quark County Hotel was gnashing his teeth in pain. Zhang Fan made a ward round in the afternoon. The fat manager was lying on the hospital bed, and his huge body filled the hospital bed. The meat on the stomach fell to the edge of the bed and covered the edge of the bed!

"Dr. Zhang. I haven't rested yet! " Seeing Zhang Fan coming in, he had to struggle. As a result, he couldn't get up immediately because he was too fat.

"Don't get up, don't get up, just lie down. How does it hurt? " Zhang Fan looked at him and hurriedly said.

"Much better! Now it doesn't hurt. I just feel my thumb hot and swollen! And when it swells, it's a little bit. I feel like there's something in it to come out. "

"Hehe, let me see." Zhang Fan smiled and went to see that the fat man's thumb was red and swollen, and his skin was thin and shiny!

After Zhang Fan patted it gently with the back of his hand, he obviously felt that the swollen skin temperature was very high.

"You have to take off the skin, or you'll have to have an operation in the future." Zhang Fan said.

"No! Doctor Zhang can't scare me. I have a bad heart! " The fat man exaggerated.

"It's not really frightening you. You're in pain now. If you continue, gout stones will form, which will not only precipitate on the toe joint, but also form kidney stones. Moreover, you see, your skin is so thin, inflammation and corrosion take a long time, and after breaking, healing is a problem! "

"Well, what am I going to do!" The fat manager asked dejectedly.

"Lose weight! Taboos. Don't say you have gout at your current weight. Even if you don't have gout, sooner or later it will be arthritis and your knee can't bear it! "

"Ah! I know, too. I was so flustered when I went to the third floor! Tell me a joke. Even with my wife, I have to let my wife push the meat on my stomach! Ah! "

Zhang Fan, who was smiling, almost didn't laugh! But looking at this guy's fat belly, you can also imagine his difficulties.

"Well, take your time to lose weight, but this taboo must be done, otherwise gout will become more and

more serious." Zhang Fan forbore and forbore. People said yes, but if you laugh, it's a little too much!

"Dr. Zhang, the main reason for gout is what you can't eat. Tell me. "

"Not animal liver, seafood, barbecue or beer!"

"Oh, I can't live. I like rice intestines, noodles and lungs!"

After a few words, Zhang Fan went back to the Department to write the medical record! Gout used to be a disease in the endocrinology department. In recent years, medical leaders held a meeting and classified gout into the rheumatology department.

Finally, the rheumatology department has a treatable disease! The main cause of gout is actually the problem of uric acid metabolism in the body. One is the increase of uric acid for unknown reasons, which is rare.

The other is obesity! Like to eat high purine food, and then the body can't metabolize, resulting in this thing deposited in small joints or kidneys, and finally form stones and uric acid stones!

The treatment of this disease is also simple. First, relieve pain. Colchicine used to relieve pain in the past, but this drug has too many side effects, nausea and vomiting, and maybe liver and kidney damage. It is no longer used clinically. Now pain relief is a non steroidal anti-inflammatory drug.

The most fundamental reason for gout is high uric acid. There are two treatments, one is to accelerate excretion and the other is to inhibit uric acid synthesis. If the kidney has stones, you can't use excretory drugs. The kidney that excretes uric acid will accelerate excretion, which will aggravate the stones.

In fact, in a word, Hu eats and drinks, and he is overweight. This disease will definitely come and can't run away! The fat manager also has his difficulties.

Which of his hotels is the designated hotel in the county. He often has to eat and drink! Let him let go of this position, he was reluctant to give up, so he had to get sick for treatment. OK, continue! over and over.

In the afternoon, when we were about to get off work, the fat manager's wife came. The fat manager is about 40 years old. His wife is very young. It is said that she used to be a flower in the hotel.

"Dr. Zhang, please. My husband is dying. It really bothers you. You must persuade him well. He listens only when you speak. I say, he never stops. "

"OK, don't worry. I'll talk to him." After chatting a few words, Zhang Fan talked about her condition, the woman left. Zhang Fan looked at her petite figure and couldn't help laughing!

If the fat man is a heavy truck and his wife is a QQ car, it's really difficult for this woman! Because of the fat man's words, Zhang Fan paid special attention to the woman's arm, which seems to be relatively thick!