Bölüm 22

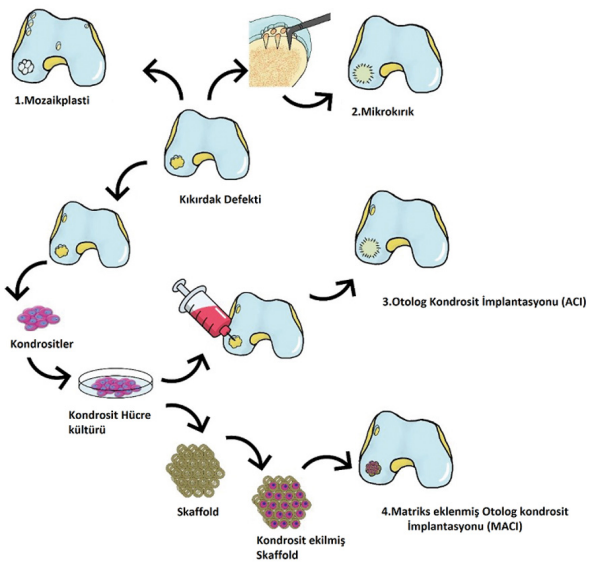
KIKIRDAK DEFEKTLERİNİN TEDAVİSİNDE GÜNCEL CERRAHİ YAKLAŞIMLAR

Bünyamin ARI [1]

1.GİRİŞ

Kıkırdak dokuda travma nedeni ile oluşan osteokondral defektler kondrositlerin sınırlı iyileşme potansiyeli nedeni ile ortopedik cerrahide tedavisi sorunlu bir hastalık grubunu oluşturmaktadır. İyileşmenin istenilen seviyede olmaması gibi iyileşme dokusunun biyomekanik olarak üstün olan hiyalin kıkırdak yerine fibröz kıkırdaktan oluşması ve yüzeylere de aşırı yük binmesi sonucu osteoartrit meydana gelmektedir.Kıkırdak doku yaralanmalarının tedavisinde farklı yöntemleri mevcuttur. Bu tedaviler artroskopik debritman ve lavaj, subkondral kemiğin oyulması ve mikro kırık gibi eklem yüzeylerinde iyileşmeyi uyaran tekniklerden hyalin kıkırdağın orijinal haliyle yenilenmesi amacını taşıyan (otolog kondrosit implantasyonu, mozaikplasti) tedavi tekniklerine kadar uzanan bir çeşitlilik gösterebilir.

Lezyona özel tedavi yönteminin seçilmesi ile osteokondral lezyonları başarılı bir şekilde tedavi etmek mümkün olabilir. Klinik kıkırdak onarımı iki alt kategoriye ayrılabilir: cerrahi yaklaşımlar (örn. mikrokırık ve mozaikplasti) ve rejeneratif tıbba dayalı olanlar (örn. otolog kondrositlerin implantasyonu). Geliştirme aşamasındaki restorasyona yönelik yaklaşımlar, hücre kültürleri ve farklı kombinasyonlarla olgun kondrositlere farklılaşmayı ve/veya skafold, kök hücre ve doğal kıkırdak ortamı kombinasyonları ile olgun kondrositlere farklılaşmayı içerir.Bu bölümde kıkırdak defektlerinin cerrahi tedavisindeki güncel yaklaşımları özetleyeceğiz (Şekil 1).



Şekil 1. Kıkırdak defektlerinde algoritma

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ACI/MACI) tedavisi, daha olumlu sonuçlar verir. Şu anda en yaygın olarak kullanılan bir mikrokırık ile (12,13). Bununla birlikte, mevcut hiçbir onarım tedavisi, esas olarak fibrokartilaj oluşumu ve/veya zayıf matris özellikleri nedeniyle, doğal hiyalin kıkırdağı yeniden oluşturmaz ve uzun süreli restorasyon sağlar (4,162).

Gelişmiş scaffoldları, verimli bir şekilde farklılaştırılmış kondrositler, tasarlanmış 3D baskı dahil olmak üzere farklı yaklaşımları birleştirmek proinflamatuar ortamı etkileyen yapılar, uygun lumbrikasyon ve yaklaşımlar eklem kıkırdağının rejenerasyonunu büyük ölçüde iyileştirebilir.

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