

POST-TRAVMATİK ARTRİTLER

23. BÖLÜM

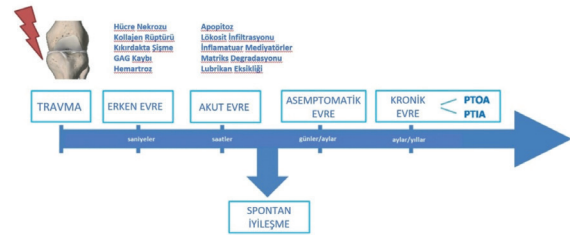
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Giriş

Post-travmatik artrit (PTA), bir eklem yaralanmasını takiben meydana gelen, yapısal hasarla karakterize eklem inflamasyonudur. Travma tek sefer ya da mükerrer olabilir. Yaralanmaya yol açabilecek aktiviteler yapan daha aktif bireylerde ve sıklıkla yük taşıyan eklemlerde meydana gelir (1).

Sinovit, kapsülit, eklem ilişkili bağların hasarı, eklem içi kırıklar, diz ekleminde menisküs yırtığı ve yıkıcı değişiklikler ile osteoartrit (OA) tablosu gelişebilir (2). Travma sonrası eklemden gelişen akut semptomlar şişlik, şiddetli ağrı ve bazen eklem içine kanamadır. Genellikle, PTA 2-3 ayda kendiliğinden iyileşir (3). Yaralanmadan hemen sonra, kırık ve kemik yapılarıdaki moleküler ve hücrel değişikliklerle tablo yavaşça akut faza ilerler. Bu faz birkaç ay içinde kendiliğinden düzelebilir ya da uzun süre asemptomatik klinik ile devam edebilir. İlk yaralanmadan sonra yıllar süren kronik faz, OA ve inflamatuvar artrite neden olabilir (Şekil 1). Altı ay ve üzerinde devam eden semptom varlığında, patolojik ve kronik PTA düşünülmelidir. Kronik PTA, bir travma sonrasında devam eden kronik inflamatuvar bir durumdur ve en sık travma sonrası osteoartrit (PTOA) tablosu ile karşımıza çıkar. Bununla birlikte PTA'nın kronik

süreçte inflamatuvar artrit (PTIA) tablosuna neden olduğu düşünülmektedir (özellikle psöriatik artrit)(4-8).



» Şekil1. Eklem Hasarını Takiben Patolojik Süreçler (8)
GAG: glikozaminoglikan; PTA: post-travmatik artrit; PTOA: post-travmatik osteoartrit; PTIA: post-travmatik inflamatuvar artrit

Patogenez

PTA patogenezini tam olarak anlayamamış olmakla birlikte, genetik yatkınlık, epigenetik değişiklikler ve inflamatuvar mekanizmalar gibi faktörlerin rolü olduğu düşünülmektedir. Travma sonrasında, hücre ölümü ve apoptozis ile seyreden inflamasyonun görüldüğü akut dönem ve inflamasyonun ilerlemesi ile birlikte eklem ağrısı ve eklem disfonksiyonu gelişen kronik dönem gözlenmektedir. Akut dönem sonrasında birkaç ay içinde kendiliğinden düzelmeye olabilir ya da hastalık yavaşça kronik faza ilerleyebilir (3). İlk patolojik de-

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PTA belirleyicileri ve hasar gelişmesini önleyecek etkin tedaviler konusunda daha geniş çaplı çalışmalara ihtiyaç vardır.

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