

ROMATİZMAL KALP KAPAK HASTALIKLARI

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GİRİŞ

Romatizmal kapak hastalıkları; özellikle şiddetli veya tekrarlayan A grubu streptokok enfeksiyonu sonrası izlenen Akut romatizmal ateşin (ARA) çeşitli immünolojik reaksiyonlar ile gerçekleştiği düşünülen patogenezi henüz tam olarak aydınlatılmamış kardiyak bir patolojisidir. Romatizmal kapak hastalığında sıklıkla mitral kapak tutulumu izlenirken; daha az sıklıkta aort ve triküspit kapak tutulumu da izlenebilir. Ayrıca mitral kapak tutulumu bayanlarda daha sık izlenmektedir. Akut hastalık iyileşirken kapak lezyonları zamanla ilerleme eğilimindedir. Bu da romatizmal kapak hastalığının majör morbidite ve mortalitesinin ana nedeni olan kronik romatizmal kalp hastalığına (RKH) neden olur (1-2). Bu anahtar tanımlar tablo-1'de gösterilmiştir (3). Romatizmal kapak

hastalığı sonrası gelişen romatizmal kalp hastalığı; düşük ve orta gelir düzeyine sahip ülkelerde çocuk ve genç erişkinlerde ölüm ve sakatlık nedeni olarak halen önemli bir halk sağlığı problemidir (4-6). Şu an romatizmal kapak hastalığı ile yaşayan yaklaşık 33.4 milyon kişi bulunmaktadır. Hastalık 2015 yılında 305.000 ölümden ve yılda bir milyondan fazla prematüre ölümden sorumluydu (4).

Son zamanlarda romatizmal kalp hastalığının endemik kaldığı ülkelerde ekokardiyografi temelli tarama çalışmalarının artması nedeniyle hastalık yoğunluğunun tespitinde artışa neden olmuştur (7-8).

Romatizmal kalp hastalığı ile düşük ve orta gelirli ülkeler arasındaki güçlü bağlantının izlenmesi tanıdan ileri hastalık aşamalarına kadar hastalığın gelişimi ile ilgili bir dizi faktörü işaret etmektedir (3).

Tablo-1 Modern çağda romatizmal kalp hastalığı

Romatizmal ateş (ARA)

Grup A Streptococcus enfeksiyonuna otoimmün bir yanıtın yol açtığı akut hastalık olup kalp, eklem, beyin, cilt ve deri altı dokuların herhangi birini veya tamamını etkileyen bir dizi olası semptom ve bulguya yol açmaktadır. Akut romatizmal ateş, Revize Jones Kriterleri'ne göre teşhis edilir ve sonraki Grup A streptokok enfeksiyonları ile tekrarlama eğilimindedir.

Romatizmal Kardit

Kalp dokularının aktif inflamasyonun en önemlisi Akut romatizmal ateşin neden olduğu mitral ve / veya aort kapaklarının tutulumudur. Akut inflamatuvar olay çözüldükten sonra geriye kalan kronik hasar romatizmal kardite neden olabilir

Romatizmal kalp hastalığı

Romatizmal karditle akut romatizmal ateşin bir sonucu olarak kalp kapakçığının uzun sürede kalıcı hasarıyla sonuçlanan mitral ve/veya aort yetersizliği yada darlığına neden olur. Romatizmal kalp hastalığının komplikasyonları; Kalp yetersizliği, Embolik inme, Endokardit ve Atriyal Fibrilasyondur

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pak prosedürlerinin kullanılabilirliği ile kalp cerrahisi hizmetlerinin etkin bir şekilde uygulanması esastır. RKH'nın en sık sebebinin romatizmal kapak hastalığı olduğunu düşünürsek cerrahi tedaviye zamanında erişimin sağlanması, mevcut RKH sıklığına temas etmenin anahtar bir rolü olup, ilerlemiş hastalığı olanlarda mortalitenin ve diğer istenmeyen önemli sonuçların azalmasına katkıda bulunur.

Anahtar Kelimeler: Akut romatizmal ateş, Romatizmal kapak hastalığı

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