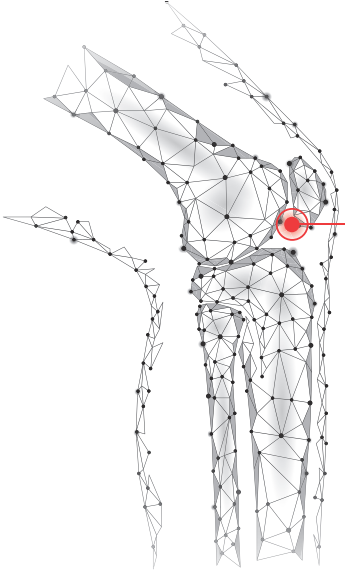

BÖLÜM 16

# DİZ OSTEOARTRİTİNDE FARMAKOLOJİK VE NONFARMAKOLOJİK TEDAVİ YÖNTEMLERİ

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## GİRİŞ

Osteoartrit (OA), eklemi oluşturan kıkırdak ve periartiküler yapıların etkilendiği dejeneratif bir hastalıktır. Aynı zamanda en sık görülen artrit formu olup, kıkırdak yıkımı, kemik yeniden şekillenmesi, osteofit oluşumu ve sinovyal inflamasyon dahil olmak üzere tüm eklemi içeren, ağrı, sertlik, şişme ve normal eklem fonksiyonunun kaybı ile karakterizedir. OA tedavisinde kullanılan konvansiyonel ve alternatif tedavi yöntemleri Tablo-I' de nonfarmakolojik- farmakolojik olarak kategorize edilmiştir.

**Tablo 1. Diz osteoartritinde farmakolojik ve nonfarmakolojik tedavi yöntemleri**

| Nonfarmakolojik Tedavi Yöntemleri | Farmakolojik Tedavi Yöntemleri |
|---|---|
| Hasta eğitimi ve kilo vermenin önerilmesi | Asetaminofen |
| Ortezler | Nonsteroid Anti-İnflamatuar İlaçlar (Nsaid) |
| Yürüme yardımcı cihazlar | Duloksetin |
| Egzersiz | Kapsaisin |
| Fizik tedavi ajanları | Opioid analjezikler |
| Manuel terapi, masaj | Besin takviyeleri |
| Tai Chi, Yoga | Glukozamin ve kondroitin sülfat |
| Bilişsel davranışçı tedavi | Diaserein |
| Akupunktur | Eklem içi enjeksiyon tedavileri |
| Kinezyobantlama | Yeni tedavi yöntemleri |

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**Güncel kılavuzlara göre;** ACR, TNF alfa, IL-1 inhibitörleri, metotreksat ve hidroksiklorokini önermez (güçlü karşı öneri). Analjezik etkisi olabileceğinden kolşisini koşullu karşı öneri olarak belirtmiştir. Ayrıca botulinum nörotoksin eklem içi uygulamasının OA' da herhangi bir etkisi görülmediğinden koşullu karşı öneri olarak belirtilmiştir (7). Diğer yeni tedaviler kılavuzlarda yer almamaktadır.

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