



# BÖLÜM 10

## KÜME BAŞ AĞRISI

Merve ÖNERLİ YENER<sup>1</sup>

### GİRİŞ

Küme baş ağrısı (KBA); orbital, supraorbital veya temporal bölgede tek taraflı, ısrarcı ve dayanılmaz ağrı atakları ve ipsilateral kranial otonomik bulgular ile karakterize bir primer baş ağrısı sendromudur (1,2).

İlk tanımlamanın 17. yüzyılda ünlü doktor ve anatomist Nicolaes Tulp tarafından yapıldığı kabul edilmektedir (3). Yıllar içinde küme tipi Baş ağrısı için Horton hastalığı, migrenöz nevralsi gibi birçok farklı isim kullanılmış olup KBA adı ilk olarak 1947 yılında sendromun tipik epizodik karakterini ifade etmek için kullanılmıştır (4). KBA nadir görülen bir hastalıktır, prevalansı 1000 kişide 1 civarındadır; ancak ataklar sırasında dizabilite çok belirgindir. Erkek kadın oranı ise 4.3:1 olarak değerlendirilmektedir (5,6).

### KLİNİK ÖZELLİKLER

KBA, trigeminal otonomik sefaljilerin (TOS) en sık görülen tipidir ve insanlardaki en şiddetli ağrı sendromlarından biri olarak kabul edilmektedir. Ağrının şiddetini ifade etmek için "intihar baş ağrısı" tanımlaması sıkça kullanılmaktadır (7). Hastalığın tipik başlangıç yaşı 20-40 yaş civarındadır; ancak hemen hemen her yaşta ortaya çıkabilir. Orbital ve supraorbital bölgelerde belirgin,

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