BÖLÜM 26

BAŞ AĞRISI TEDAVİSİNDE BOTULİNUM TOKSİN UYGULAMALARI

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GİRİŞ

Kronik baş ağrıları, hastaların yaşam kalitesini bozarak günlük aktivitelerini engellemekte ve aynı zamanda ciddi iş gücü kaybı ve ekonomik kayıplara yol açmaktadır. Uzun aylar ve yıllar boyunca devam eden baş ağrıları hastalarda ek olarak depresyon gibi psikiyatrik bulguları da ortaya çıkarmaktadır. Baş ağrısı tedavisinde medikal tedaviler ve yaşam tarzı düzenlemeleri fayda sağlamakla birlikte tedavi seçeneklerinden yarar görmeyen hastalar dirençli grubu oluşturmaktadır. Kronik ve dirençli migren baş ağrılarında son yıllarda Onabotulinum toksin serotip-A (BoNT-A) enjeksiyonu ruhsatlı bir tedavi yöntemi olarak öne çıkmaktadır. Migren dışında diğer kronik ve dirençli ağrı tedavisinde yapılan çalışmalarda da BoNT-A tedavi etkililiği açısından olumlu sonuçlar olduğu bildirilmiştir.

BOTULİNUM TOKSİN TARİHÇESİ

Botulinum Toksini (BoNT) sinir-kas kavşağında presinaptik veziküllerden asetil kolin salınımını inhibe ederek doza bağımlı ve geri dönüşümlü müsküler paraliziye yol açan bir nörotoksindir. Gram pozitif anaerob bir bakteri olan *Clostridium botulinum'un* otolizi esnasında ortama salınır.(1) Botulizm

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SONUÇ

Özetle migren önleyici tedavilere yanıt vermeyen, ağrı sıklığı ve ağrı şiddeti nedeniyle yaşam kalitesi bozulan kronik migrenli hastalarda BoNT-A enjeksiyon tedavisi, uygun aralıklarla ve uygun dozlarda uygulandığında ağrının yarattığı yaşam kalitesindeki azalmanın önüne geçmektedir. Bunun yanı sıra santral desensitizasyonu arttırarak uzun dönemde ağrı kontrolünde de etkili olmaktadır. Nevraljik ağrılarda ve gerilim tipi baş ağrılarında BoNT-A tedavisi henüz ruhsat almamakla birlikte, yapılan çalışmalarda bu çeşit ağrıları olan hastalarda daağrı kontrolünde etkililiği olduğu gösterilmiştir. Aşırı ilaç kullanım Baş Ağrısı ile birlikte görülen kronik migrenli hastalarda ise analjezik ilaçların kesilmesini beklemeden başlanan BoNT-A tedavisi, bu hastalarda Baş Ağrısı tedavisinde hızlı bir yanıt ortaya çıkardığı için avantajlı olduğu saptanmıştır.

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