KRONİK KALP YETERSİZLİĞİNİN KANITA DAYALI TEDAVİSİ

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ÖNSÖZ

1980 öncesinde kalp yetersizliği tedavisinin temeli yatak istirahati, hareketsizlik, sıvı kısıtlaması, yaşam tarzı değişiklikleri, dijitaller ve diüretikler üzerine kuruluydu. 1980' lerde yapılan çalışmalar sonucunda kalp yetersizliği tedavisinde fizyopatolojik mekanizmalar üzerine etkili farmakolojik ajanların kullanıldığı bir dönem başlamıştır. Bu döneme kadar sadece dijital ve diüretiklerle yapılan farmakolojik tedaviye vazodilatör ilaçlar da eklenmiştir. 1990' lı yıllarda kalp yetersizliğinde sağ kalımı arttıran, prognozda ve yaşam kalitesinde artış sağlayan nörohormonal ilaçların ve beta blokerlerin tedavide kullanılması ile daha önceki yıllara göre kalp yetersizliği tedavisinde tatmin edici sonuçlara ulaşılmaya başlanmıştır. Kalp yetersizliği tedavisinde 2000' li yıllara kadar olan dönem sadece farmakolojik ajanların kullanıldığı bir dönemken; 2000' li yıllar, kalp yetersizliği tedavisinde farmakolojik ajanlara ek olarak cihazların da kullanılmaya başlandığı bir dönemi oluşturmaktadır. 2010 ve sonrası kalp yetersizliği tedavisinde gen terapileri, hücre implantasyonu, hücre rejenerasyonu ve ksenotransplantasyon gibi hücresel ve genetik tedavilerin araştırıldığı bir dönemdir. Günümüzde gelişmiş tedavi şekillerinin rutin kullanıma girebilmesi için, daha çok çalışmaya ihtiyaç vardır. Bu kitap güncel kalp yetersizliği kılavuzlarının tedavi önerileri dikkate alınarak hazırlanmış, kronik kalp yetersizliği tedavisinde yer alan her bir ilaç grubunun kalp yetersizliği tedavisinde kullanılmasına temel oluşturan bilimsel kanıtlar kısaca sunulmuş ve bu ilaç gruplarının kalp yetersizliği tedavisinde kullanıma nasıl girdiğine ışık tutulmaya çalışılmıştır. Günlük pratikte kronik kalp yetersizliği tedavisinde karşılaşılan sorunların daha kolay aşılabilmesi için, tedavide kullanılan ilaçların farmakolojik özelliklerini bilmek önemlidir. Bu amaçla, aynı yapısal grupta olmasına

rağmen etkinliği ve farmakokinetiği farklı bazı ilaçların özellikleri ayrıntılı olarak ele alınmıştır. Farmakolojik tedavi dışında, kronik kalp yetersizliği tedavisinde önemli bir yeri olan yaşam tarzı değişikleri ve egzersiz gibi diğer destekleyici tedavilere de yer verilmiştir. Ayrıca bu kitap, kronik kalp yetersizliği ile birlikte bulunabilen hastalıkların yönetimi konusunda da bilgiler içermektedir. Teknolojinin ilerlemesi ile birlikte kronik kalp yetersizliği tedavisinde önemli bir yer tutan cihaz tedavisi, farklı bir bölüm olarak kitapta yer bulmuş, bu konuda yapılmış çalışmalar detaylı olarak incelenmiş, cihaz tedavisinin kronik kalp yetersizliğindeki kullanım önerileri güncel kılavuzların ışığında ortaya konmuş ve böylelikle kronik kalp yetersizliği tedavi yönetiminde yer alan cihaz dışı tedavi ve cihaz tedavisi, bir bütün olarak aynı kitapta sunulmuştur.

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BÖLÜM I

BÖLÜM II

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