

Bölüm 20

DİYABETİK GASTROPAREZİLİ HASTAYA YAKLAŞIM ve YÖNETİM

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GİRİŞ

Diabetes mellitus(DM) kompleks kronik bir hastalık olup uzun vadede renal, retinal, nöral ve kardiyovasküler komplikasyonlar ile karşımıza çıkar.

Diyabetik nöropati; diyabetin sık görülen, ciddi mortalite ve morbiditeye neden olan komplikasyonudur. Aşağıda belirtilen farklı klinik sendromlar olarak karşımıza çıkabilir(1).

1. Diffüz nöropatiler
 - Distal simetrik sensorimotor polinöropati
 - Otonom nöropati
2. Fokal nöropatiler
 - Periferik veya kranial mononöropati
 - Pleksopati
 - Mononöropati multipleks

Diyabetik otonom nöropati; yavaş gelişme özellikleri nedeni ile hasta ve hekim tarafından geç farkına varılan, aşağıda belirtilen değişik klinik durumlar olarak karşımıza çıkabilir(2).

Kardiyovasküler; sinüs taşikardisi, postüral taşikardi, bradikardi, sistolik ve diyastolik disfonksiyon, ortostatik hipotansiyon, kardiyak denervasyon sendromu

Gastrointestinal(GI); özefagus dismotilitesi, gastroparezi, ishal, kabızlık, fekal inkontinans, gastroözefagial reflü hastalığı(GÖRH), nonalkolik hepatosteatoz

Genitoüriner; erektil disfonksiyon, retrograd boşalma, nörojenik mesane ve sistopati

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C- Diğer Tedaviler

İntrapylorik Botulinum Enjeksiyonu

Güçlü bir nöromusküler inhibitör olan botulinum toksininin, çalışmalarda-gastrik boşalmayı ve gastroparezik semptomları iyileştirdiği bildirilmiştir(60).

Cerrahi Seçenekler

Çok sayıda hastada medikal tedaviye dirençli gastroparezi vardır. Bu işlemlerle ilişkili komplikasyon riski nedeniyle cerrahi son çaredir. Cerrahinin asıl rolü semptomları hafifletmek, mideyi sıkıştırmak, böylece enteral beslenmeye erişim sağlamak ve gastrik boşalmayı arttırmaktır. (2).

Alternatif Tedaviler

Alternatif tedaviler arasında zencefil (61) ve akupunkturun(62) gastroparezi-septomlarını azalttığı çalışmalarda gösterilmiştir.

Gelecek

- Hastalığın etyopatogenezinde rol alan mekanizmalara yönelik tedaviyi hedefleyen çalışmalara,
- DGP'nin uzun dönem sonuçlarını ve tedavilerin uzun dönem sonuçlarını belirleyen prospektif takip çalışmalarına,
- Kök hücre temelli tedavilerin potansiyel kullanımı üzerine çalışmalara ihtiyaç vardır.

Anahtar Kelimeler: Diyabet, diyabetik gastroparezi

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