

Bölüm 11

TRİSİKLIK ANTİDEPRESAN ZEHİRLENMELERİ

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Antidepresan ilaçlar majör depresyon, obsesif kompulsif bozukluk, dikkat eksikliği hastalığı, panik, fobi ve anksiyete hastalıkları, yeme bozuklukları, kronik ağrı sendromları, periferik nöropatiler, nokturnal enürezis, migren profilaksisi, ve bazı seçilmiş ilaç yoksunluğu tedavilerinde kullanılırlar (1,2).

Antidepresan ilaçlar başlıca dört gruptur: Trisiklik antidepresanlar (TSA), heterosiklik antidepresanlar (HSA), serotonin geri alım inhibitörleri (selective serotonin reuptake inhibitors; SSRI) ve monoamin oksidaz inhibitörleridir (MAOI).

Antidepresan ilaçlar içinde, TSA ilaç grubu ile oluşan zehirlenmelere daha fazla oranda rastlanır (3,4) TSA zehirlenmelerinde en fazla karşımıza çıkan ilaç AMTdir (%40-%58)(5,6). Diğer sık görülen ilaç zehirlenmeleri, imipramin, doksepin, nortriptilin, desipramin, amoksapin, maprotilin, klomipramin, protriptilin, siklobenzaprin, trimipramin, dosulepin (dothiepin) ve opipramoldur. Bu ilaçlar %11 oranında majör toksisite yapmakta, %0.6 oranında ölüme neden olmaktadır (6). Amerika Zehir Danışma Merkezleri Birliğinin (American Association of Poison Control Centers; AAPCC) 2005 raporuna göre erişkin zehirlenmeleri içinde antidepresan zehirlenmeleri %8.1 oranı ile dördüncü sıradadır (7). Ölüme neden olan zehirlenmelerde ise analjezikler ve sedatif-hipnotik ilaçların ardından üçüncü sıradadır. Bu ilaçlar diğer antidepresan ilaçlara göre çok daha toksiktir. Kardiyovasküler toksisite aşırı doz alıma bağlı ölümün en önemli nedenidir (5,6,8). Acil servislerde intihar girişimi sonucu TSA zehirlenmeleri sık görülen ve yaşamı tehdit edici bulguları olan zehirlenmeler olduğundan bu ilaçlar ile zehirlenen hastaların hızla tanınması ve tedavisinin düzenlenmesi oldukça önemlidir.

PATOFİZYOLOJİ VE FARMAKOKİNETİK ÖZELLİKLER

TSA ilaçların en büyük toksisiteleri kardiyovasküler, otonom sinir sistemi ve santral sinir sistemi (SSS) üzerinedir (2,5,6,8). TSA' lar 3 aromatik halkadan oluşan kimyasal yapıya sahiptirler. Bunlar, 7 üyeli santral halka, dışta 2 benzen halkası ve santral halkaya bağlanmış aminopropil bölge zinciridir. TSA ilaçlar genellikle santral aromatik halka veya aminopropil bölge zincirindeki minör ya-

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