

Bölüm 13

FİBROMİYALJİ SENDROMU

Ayla ÇAĞLIYAN TÜRK¹

GİRİŞ

Fibromiyalji sendromu (FMS); etyolojisi tam olarak bilinmeyen, kronik yaygın ağrı ile karakterize, genellikle yorgunluk, uyku problemleri, kognitif bozukluklar ve somatik yakınmaların eşlik ettiği, fizik muayenede palpasyonla ağrılı hassas noktaların (HN) saptandığı, spesifik laboratuvar bulgunun olmadığı bir klinik durumdur (Choy & Mease, 2009, Wolfe & et al., 1990). Fibromiyaljinin tanımı ve gerçek bir hastalık olup olmadığı ile ilgili tartışmalar devam etmekle birlikte, hastaların semptomları ve buna bağlı yaşadıkları sorunlar gerçektir ve hastalarda önemli oranda yaşam kalitesi kaybına neden olmaktadır (Özkan, 2017).

FMS, osteoartritten sonra en fazla görülen romatizmal hastalıktır. Kullanılan tanı kriterlerine göre değişmekle birlikte prevalansı %2-8 arasındadır. Yapılan bir çalışmada 2010 ACR (American College of Rheumatology) tanı kriterlerine göre prevalans kadınlarda %7,7, erkeklerde %4,9, toplamda %6,4 olarak bulunmuştur (Ata & Çetin, 2015). Görülme sıklığı yaşla birlikte artar; başlangıç yaşı çoğunlukla 30-60 yaşları arasındadır. Türkiye’de her yıl yaklaşık 100.000 kişiye tanı konulmakta ve bu sayı her geçen gün artmaktadır. Hastalık daha çok kadınları etkilemekte olup erkeklere göre yaklaşık on kat daha fazla görülmektedir (Ata & Çetin, 2015, Gür & ark., 2006).

EPİDEMİYOLOJİ

Fibromiyalji sendromu, toplumda prevalansı yüzde 1 ile 5 arasında değişen yaygın ağrı ile karakterize bir sendromdur. Tüm etnik gruplarda, her yaş ve cinsiyette görülebilir, hastaların %85-90’ını 40-60 yaş grubu kadınlar oluşturmaktadır (Yunus & Masi, 1988, Wolfe, Ross & Anderson, 1995). Prevalans yaşla birlikte artmaktadır. En dramatik artış 5-6. dekat arasındadır ve bu yaş grubunda görülme sıklığı %7.5-10’u bulur. Toplum çalışmalarında, eğitim ve sosyoekonomik

¹ Dr. Öğr. Üyesi. Hitit Üniversitesi, Tıp Fakültesi, Fiziksel Tıp ve Rehabilitasyon Ana Bilim Dalı. drayla1976@hotmail.com

Gabapentinin etkinliği ve güvenliği gabapentin (1200-2400 mg/gün, ortalama 1800 mg/gün) veya plasebo koluna 150 hastanın randomize edildiği 12 haftalık bir çalışmada değerlendirilmiştir. Tedaviye cevap verenlerin %51'i gabapentin, %31'i plasebo kolunda saptanmıştır. Ağrı skorundaki azalma gabapentin grubunda anlamlı olarak daha belirgindir (Arnold & et al., 2007).

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