

BÖLÜM 6



HİPERTANSİYON TEDAVİSİNDE DİÜRETİKLER

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GİRİŞ

Hipertansiyon (HT) prevalansı dünya çapında yüksektir. HT tedavisi, hamile olmayan yetişkinlerin polikliniğe başvuru ve ilaç kullanımının en yaygın nedenlerinden biridir.¹ Bu nedenle HT halk sağlığının en önemli sorunu olmaya devam etmektedir. HT etiyolojik olarak çok faktörlü bir hastalık olup bireyin kan basıncı (KB) değerlerinin normale göre yüksek seyretmesi durumudur.

Evde ve ambulator KB ölçümü için HT tanımına yönelik, Avrupa Hipertansiyon Topluluğunun (ESH) belirttiği sınır değerler Tablo 1'de gösterilmiştir.

Tablo 1. Ofis ve ofis dışı kan basıncı değerlerine göre hipertansiyon tanımı

Kategori	Sistolik KB (mmHg)		Diyastolik KB (mmHg)
Ofis KB	≥140	ve/veya	≥90
Ambulator KB			
Gündüz veya uyanık	≥135	ve/veya	≥85
Gece veya uykuda	≥120	ve/veya	≥70
24-saat	≥130	ve/veya	≥80
Ev KB	≥135	ve/veya	≥85

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