



# BÖLÜM 15

## TİROİD OFTALMOPATI

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### GİRİŞ

Tiroid Oftalmopati yada Graves Orbitopati, farklı isimlerle de anılabilen (Tiroid orbitopati, tiroid göz hastalığı) tiroid disfonksiyonunun da eşlik ettiği otoimmün zeminde gelişen bir hastalıktır(1). Üst kapak retraksiyonu, restriktif şaşılık, proptozis, ekspojur keratopati ve optik nöropati gibi klinik bulguların görülebildiği kişinin yaşam kalitesini olumsuz olarak etkileyebilen bir hastalıktır(1,2). Tiroid Oftalmopatisi olan olguların %90'ında Graves hastalığı ve hipertiroidi birlikte görülürken, %6'sında ötiroidi, %1'inde hipotiroidi, %3'ünde Hashimoto tiroiditi de görülebilir(3). Graves Orbitopati otoimmün Graves Hastalığının tiroid dışı tutulumunun en sık görüldüğü vücut bölümüdür. Yıllık görülme sıklığı kadınlarda 100000 olguda 16 , erkeklerde ise 100000 olguda 3 tür(4). Erkeklerde klinik bulgular daha ağır seyretmektedir. Tiroid Oftalmopati (TO) hastaların %3 ila 5'inde yoğun ağrı ve inflamasyonla seyreden kompresif optik nöropati veya ekspojur keratopati gibi görmeyi tehdit eden ciddi hastalık gelişebilir(5). TO kişinin yaşam kalitesini ve ruh sağlığını uzun vadede olumsuz olarak etkilemektedir .(6). Hastalığın patogenezinde otoimmüitenin yanında genetik ve çevresel faktörlerde etkilidir(7). Sigara Graves orbitopati için majör bir çevresel risk faktörüdür. Sigara içimi doza bağlı bir etki gösterir ve bu etki kadınlarda daha belirgindir. Hafif ve ciddi olgularda uygulanan radyoaktif iyot, immunsupresif tedavi ve retrobulbar radyoterapi tedavilerinin etkisinin sigara kullanımından olumsuz etkilendiği bildirilmiştir. Bu nedenle sigara içiminin kesilmesi mevcut tedavinin bir parçası olarak değerlendirilmelidir(8) .

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