BÖLÜM 8

DİYABETİK AYAĞA YAKLAŞIMDA NÜKLEER TIP UYGULAMALARI

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GİRİŞ

Diyabetes mellitus birçok organı etkileyen ciddi komplikasyonlarla ilişkili multi-sistemik bir hastalıktır. Özellikle ayak olmak üzere muskuloskeletal sistemi etkileyen bir nörovasküler hastalıktır. Yaşam beklentisinin artmasıyla diyabet ilişkili komplikasyonların insidansında artış mevcuttur. Pedal ülser gelişme ihtimali diyabetik popülasyonda %25'den fazladır (1). Vaskülopati, nöropati ve enfeksiyon diyabet ilişkili ayak komplikasyonlarının gelişimine neden olan üç ana patolojik prosestir. Değişmiş bir immün yanıt (fagositoz ve granülositlerin mikrobisidal aktivitesinde defekt) enfeksiyöz ayak komplikasyonlarının gelişiminde aynı derecede sorumlu bir faktördür (2). Nöropati sensöri, motor ve otonomik sinirlerde meydana gelir. Sensöri nöropati koruma algısında kayıba neden olarak ayak travması fark edilmez ve ülser oluşumuna yol açar. Ülser sıklıkla bakterilerin giriş kapısıdır ve selülit ve/veya apse oluşumuna yol açar. Motor nöropati, kas atrofisi, ayak deformitesi ve değişen biyomekanik ile sonuçlanır. Bu, ayakta durma veya yürüme sırasında yüksek basınç alanlarına ve duyusal eksiklikler nedeniyle fark edilemeyen tekrarlayan travmalara yol açar. Otonom nöropati kuru cilt ile sonuçlanır, bu da bakterilerin giriş yerleri olarak hizmet eden çatlaklara ve yarıklara yol açar. Otonom nöropati ayrıca kutanöz kan akımının nörojenik regülasyonunda ülser oluşumuna ve enfeksiyona verilen yanıtın değişmesine katkıda bulunabilecek bir değişikliğe yol açar (1).

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SONUÇ

Farklı diyabetik ayak enfeksiyon türleri arasında doğru bir tanımlama ve ayrım, klinisyen için hala bir zorluk teşkil etmektedir. Tek bir hasta için en uygun terapötik stratejiyi planlamak için multimodalite görüntülemeye ve multidisipliner bir yaklaşıma başvurmak zorunludur. MRG gibi radyolojik ve işaretli lökosit sintigrafisi ve ^{18}F-FDG PET/BT gibi çeşitli nükleer tıp yöntemleri mevcuttur, ancak dünya çapında uygulanabilecek standartlaştırılmış tanısal akış çizelgeleri oluşturmak için hala daha büyük çok merkezli çalışmalara ihtiyaç vardır.

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