Bölüm

21

Maskeli Hipertansiyon

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GİRİŞ

"Maskeli" veya "izole ambulatuvar hipertansiyon", ofis kan basıncının normal olduğu, ofis dışı kan basıncının ise yüksek saptandığı klinik durumu ifade eder (Tablo 1).[(1)] Maskeli hipertansiyon terimi, başlangıçta hipertansiyon tedavisi görmeyen kişiler için tanımlanmış olsa da artık hipertansiyon tedavisi gören hastalarda ofis ve ofis dışı kan basıncı arasındaki tutarsızlıkları tanımlamak için de kullanılmaktadır. Daha önce "ters beyaz önlük hipertansiyonu" veya "beyaz önlük normotansiyonu" gibi isimler verilen bu fenomen, ilk defa 2002 yılında Thomas G. Pickering ve arkadaşları tarafından maskeli hipertansiyon olarak adlandırılmıştır.[(2)]

Tablo 1. Ofis ve ofis dışı kan basıncı ölçümlerine göre kan basıncı sınıflaması

	Normal Ofis Dışı Kan Basıncı	Yüksek Ofis Dışı Kan Basıncı
Normal Ofis Kan Basıncı	Gerçek normotansiyon	Maskeli hipertansiyon
Yüksek Ofis Kan Basıncı	Beyaz önlük hipertansiyonu	Devamlı hipertansiyon

TANIM

Maskeli hipertansiyon, tedavi edilmemiş yani antihipertansif ilaç kullanmayan hastalarda ortalama kan basıncının ofis dışı (tıbbi ortam dışı) ölçümlere göre hipertansiyon eşiğinde veya üzerinde, ofisteki ölçümlere göre ise hipertansiyon eşiğinin altında olması durumudur.

Maskeli kontrolsüz hipertansiyon ise, tedavi edilen yani antihipertansif ilaç kullanan hastalarda ortalama kan basıncının ofis dışı ölçümlere göre hastaya göre

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müzde en uygun ve en etkili antihipertansif ilaç seçimi konusunda herhangi bir klinik veri yoktur.

Günümüzde maskeli kontrolsüz hipertansiyonu olan hastaların sonlanımları konusunda yeterli veri mevcut değildir. Maskeli kontrolsüz hipertansiyonun saptanması, antihipertansif tedavinin yetersizliğinin ve kan basıncının yeterince kontrol altına alınamadığının göstergesidir. Bu grup hastalardaki yüksek kardiyovasküler risk göz önünde bulundurularak hem ofis hem de ofis dışı kan basınçlarının kontrol edilmesini sağlamak amacıyla antihipertansif ilaç titrasyonu düşünülmelidir.

SONUÇ

Kardiyovasküler riskin devamlı hipertansiyona yakın ya da benzer olduğu maskeli hipertansiyon, çoğunlukla tespit edilememekte ve dolayısıyla hastalar tedavi alamamaktadır. Bu grup hastaların erken tanı ve tedavisi için özellikle yüksek kardiyovasküler risk altındaki hastaların kan basınçları ofis bazlı ölçümlere ilave olarak ofis dışı ölçümlerle de izlenmeli ve yönetilmelidir. Ayrıca maskeli hipertansiyonun görülme sıklığının arttığı klinik durumlarda da ofis dışı ölçümlere başvurulması önemlidir.

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