

## Bölüm 12

# AKUT RETİNOPATİLER

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Akut retinopatiler konu başlığı altında nadir görülen fakat geliştiğinde şiddetli görme kaybı yapan 4 hastalık incelenecektir. Bunlar valsalva retinopatisi, toksik retinopatiler, diffüz tek taraflı subakut nöroretinit ve kan hastalıklarına bağlı retinopatilerdir.

## 1-VALSALVA RETİNOPATİSİ

### GİRİŞ

Valsalva retinopati, artmış intratorasik basınca sekonder preretinal kanamalarla karakterize spesifik bir retinopati formudur. Bu tabloyu Thomas Duane ilk olarak 1972'de tarif etmiştir. Sağlık durumuna bakılmaksızın herhangi bir kişide ortaya çıkabilir. Neredeyse tüm vakalarda kanama düzelir ve retinadaki kanamanın konumuna bağlı olarak görme normale döner. Bu durum, Valsalva manevrasının meydana geldiği çeşitli günlük aktivitelere ikincil olarak oluşur; ağırlık kaldırma, kusma, öksürme, hapşırma, aerobik egzersizler, kabızlık, müzik aletlerini üfleme, fiziksel aktiviteler, cinsel ilişki, kardiyopulmoner resüsitasyon ve kompresyon yaralanmalarını içerir.

Literatürde geçen başlıca nedenlere göre;

- yoğun kusma atakları.
- Konjenital makroanevrizmalar
- Hipertansif retinopati
- Retinal damarlardaki konjenital değişiklikler.

Literatüre göre belirli bir yaş, cinsiyet, ırk ayrımı yoktur.

### Patogenez

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Hematolojik bozukluklar milyonlarca insanı etkiler ve önemli morbidite ve mortalite potansiyeli nedeniyle önemli bir halk sağlığı sorunudur. Çeşitli hematolojik bozukluklarla ilişkili retina bulguları derhal kapsamlı bir tıbbi değerlendirmeyi gerektirir.

**Anahtar Kelimeler :** Valsalva Retinopati ,Diffüz Unilateral Makuler Nöroretinopati, Toksik Retinopati, Kan Hastalıklarına Bağlı Retinopatiler.

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