

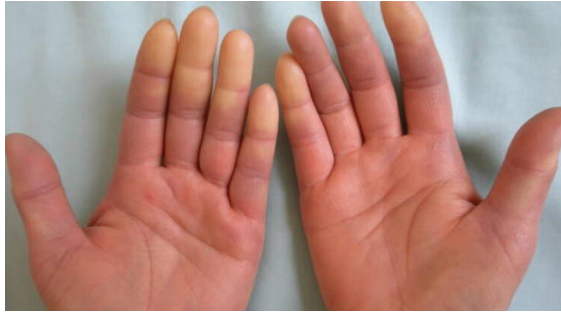
2.4.i. Raynaud Hastalığı

2.4.i.1. Raynaud Fenomeni

Ufuk SAYAR¹

Giriş

Raynaud hastalığı ilk olarak 160 yıl önce Maurice Raynaud tarafından “ekstremitelerin lokal asfiksisi” olarak tanımlandı (1). Raynaud hastalığı soğuk veya emosyonel stresin bir sonucu olarak küçük arter ve arteriollerin vazospazmı ile oluşur. Ellerde ayaklardan daha sık görülür. Ayrıca dil, dudak, yanaklar, burun, kulak memesi ve göğüs ucu gibi vücudun diğer uç kısımlarında da görülebilir. Ataklar ani başlangıçlı olup dakikalar ya da saatlerce sürebilir (2, 3). Ciltte, ilk olarak pre-kapiller arteriollerin vazospazmı veya oklüzyonu ile solukluk (beyaz) oluşur. Bunu post-kapiller venüllerin vazospazmı veya oklüzyonu ile kan akışının yavaşlaması ve desatürasyonuna bağlı siyanoz (mavi, mor) takip eder. Son olarak postiskemik vazodilatasyona bağlı hiperemi (kırmızı) oluşarak klasik ‘üç fazlı renk değişimi’ (Resim 1) görülür (2-4).



Resim 1. Raynaud Fenomeninde renk değişimi

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