

## Bölüm 5

# NOKTÜRNAL PENİL TÜMESANS VE RİJİDİTE DEĞERLENDİRİLMESİ

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### GİRİŞ

Penil ereksiyon, hormonal, nörolojik, psikolojik ve hemodinamik koordinasyonun olduğu fizyolojik bir kompleks olup görsel, işitsel ve duysal uyarılarla başlar.

Erektile disfonksiyon (ED) seksüel performans için yeterli ereksiyonu elde etmede ve sürdürmede yetersizliktir. ED'li hastaların fiziksel durumu (nörolojik, hormonal ve metabolik) ve psikososyal sağlığı dikkatle değerlendirilmelidir. Kırk yaşına kadar olan genç erkeklerde %1-10, 40-49 yaş arasında %15, 50-59 yaş aralığında yaklaşık %40, 60-69 yaş aralığında yaklaşık %50 oranında görülmekte olup insidans yaşla artmaktadır. ED'nin sınıflaması tedavide önem taşımakta olup genel olarak organik ve psikojenik olarak ikiye ayrılır. Bu konunun sistematik olarak değerlendirilmeye çalışıldığı ilk yıllarda yapılan çalışmalarda Noktürnal Penil Tümesans ve Rijidite(NPTR)' nin yegane inceleme yöntemi olduğu belirtilmektedir<sup>1</sup>. Erkeklerde fizyolojik olarak oluşan gece ereksiyonu (Noktürnal Tümesans ve Rijidite) fizyolojik bir olaydır. Doğumdan ölüme kadar her yaşta gözlenebilir. Fizyolojik olarak meydana gelmesi; klinisyenlere erektil disfonksiyon değerlendirmesinde bir kriter olarak değerlendirilebileceğini düşündürmüştür. Ayrıca devamında oluşan ereksiyonun kalitesi, sayısı ve süresinin de değerlendirilmesi gerektiği belirtilmiştir.

### Ereksiyonda Nöroanatomi ve Nörofizyoloji:

ED' nin değerlendirilmesinde NPTR' nin yerini anlatırken ilk belirtilmesi gereken elbette ereksiyonu nöroanatomik ve nörofizyolojik olarak tanımlamaktır. Nörofizyoloji sinir sistemindeki biyoelektrik aktivitenin kaydedilmesi yoluyla yapılan çalışmaları kapsar. Nörofizyolojik çalışmalarda uyarılmış potansiyelleri ölçen elektromiyografiden (EMG) faydalanılır. Seksüel tıp üzerine yapılan fizyolojik güncel araştırmalar daha çok hücresel düzeydeki biyolojik mekanizmalar

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ler USG (Dopler Ultrason) her zaman yoruma çok ihtiyaç göstermeyen sonuçlar vermiştir. O zaman aksiyel rijidite ölçebilen cihazlarla değerlendirmelerin fizik kuralları doğrultusunda önemi aşikardır. Bu gerçeklik doğrultusunda aksiyel rijiditeyi ölçen cihazlarla yapılan değerlendirilmeler daha ön planda olmalıdır.

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