



# KARDİYOVASKÜLER İLAÇLAR

Fahri ÇAKAN<sup>1</sup>

## ANTİANJİNAL İLAÇLAR

**Nitratlar:** Nitrik oksit aktif metabolitleri aracılığıyla nitratlar periferik ve koroner damarlarda vazodilatasyon meydana getirerek anjinal rahatlama sağlarlar. Vazodilatasyon daha çok periferik venlerde meydana geldiğinden sistemik vasküler resistans, koroner kan akımı redistribüsyonu ve preload azalır. Konjestif kalp yetmezliği ve beraberinde anjina durumlarında tedavide kullanılmaları mortaliteyi azaltır. Sistolik kan basıncı 90 mmHg'nın üzerinde olan hastalarda miyokart enfarktüsünün akut tedavisinde kullanılır. Miyokart enfarktüsünde kullanılmalarına karşın mortaliteyi azaltmazlar (1).

Dil altı ve sprey formlardaki nitroglicerine preparatları, efor anjinasında hızlı rahatlama sağlarlar. Sprey formda kullanım, dilaltı nitroglicerinden daha hızlı etki sağlamaktadır. Kısa etkili nitrat formları anjinayı provake edebileceği bilinen fiziksel aktivitelerden önce profilaksi olarak da kullanılabilir.

Uzun etkili nitrat formülasyonları anjina rahatlamasında öncelikle beta-bloker veya non-dihidropiridin türevi kalsiyum kanal blokerlerinin kontrendike olduğu, tolere edilemediği veya semptom kontrolünde yetersiz kaldığında ikinci sıra tedavi seçeneği olarak tercih edilirler. Nitroglicerine oral uygulanabileceği gibi transdermal yavaş salımlı patch preparatlar şeklinde de kullanılabilir. *İzosorbid dinitratın* biyoyararlanımı, hepatik dönüşümdeki varyasyonlara bağlı olarak değişmektedir ve biyoyararlanımı %100 olan *isosorbid mononitrat*a göre genellikle daha düşüktür. *Gliseril trinitrat* intravenöz olarak kullanılan en güçlü nitratlardandır. Tüm preparatlarda maksimum semptom kontrolünün sağlanabilmesi için tolere edilebilir dozlarla titrasyon esansiyeldir.

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en önemli yan etkisidir. Mikotik enfeksiyonlar, genital enfeksiyonlar, osmotik diürez sık karşılaşılan diğer yan etkilerindedir. Fournier gangreni riskini de arttırdığı gösterilmiştir (50).

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