

# Diyaliz ve Renal Transplant Hastalarında Osteoporoz: Patogenez, Teşhis, Klinik ve Güncel Tedavi Önerileri

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## • GİRİŞ

Osteoporoz (OP), kemik kitlesinde kayıp ve mikro-mimarisinde bozulma ile karakterize bir metabolik kemik hastalığıdır. Dünyada 200 milyondan fazla insanı etkilediği düşünülmektedir. Etkilenen en tipik popülasyon postmenapozal kadınlar olmakla beraber her iki cinstede sıklığı yaşla artar. Ülkemizde 2010 yılında yapılmış olan FRAKTÜRK çalışmasında 50 yaş üzeri bireylerin % 50'sinde osteopeni ve % 25'inde OP saptanmıştır. Yaşlı nüfus arttıkça etkilenen birey sayısının artacağı aşikardır.

## • KLİNİK

Osteoporoz, fragilite kırığı olarak da bilinen düşük enerjili travma ile veya bireyin boyundan daha kısa bir yükseklikten düşmesi ile gelişen kırıklara yatkınlık yaratmaktadır. Vertebral kırıklar günlük yaşam aktiviteleri sırasında bile gelişebilir. Osteoporotik bireylerin % 30-40'ının hayatlarının bir döneminde fragilite kırığı yaşayacağı tahmin edilmektedir. En önemli komplikasyon kalça kırığı olup, yüksek mortalitenin yanı sıra yatağa bağımlılık, bakıma muhtaçlık başta olmak üzere çeşitli uzun vadeli morbiditeler ile birliktelik gösterir. OP asemptomatik seyirli bir hastalıktır. Bu nedenle belli risk faktörleri olan hastalarda taranıp tedavi edilmelidir. Tedavi, kırık riskini genel anlamda azaltmaktadır.

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