

# BÖLÜM 28

## RAYNOUD FENOMENİ VE VAZOSPASTİK HASTALIKLAR

Pınar KAYA SUBAŞI<sup>1</sup>

### TANIM VE TERMİNOLOJİ

Ekstremitelerin distalinde keskin sınırlarla renk değişikliği ile karakterize olan Raynaud fenomeni, soğuğa ya da duygusal strese bağlı olduğu düşünülen aşırı vasküler yanıtıdır. Altta yatan temel patolojinin dijital arterlerin ve kutanöz arteriollerin normal vasküler yanıtlarının bozularak aşırı vazokonstriksiyon cevabından kaynaklandığı düşünülmektedir. Bu fenomen altta yatan herhangi bir hastalık kanıtı olmaksızın ortaya çıkmışsa primer Raynaud Fenomeni (RF) olarak adlandırılır. Sekonder Raynaud Fenomeni ise sistemik lupus eritematozus, sistemik sklerozis gibi sistemik bir hastalıkla ilişkilendirilmektedir.

### PRİMER RAYNOUD FENOMENİ

Primer Raynaud fenomeni ya da diğer bir adlandırma ile idiyopatik Raynaud hastalığı vasküler olayların sebebini açıklayabilecek herhangi bir neden saptanmayan hastalar için kullanılan terimdir. Araştırmacıların çoğu hastalık terimini doğru bulmamakta ve Raynaud fenomeni terimini kullanmaktadır. Bu bağlamda Raynaud fenomeni soğuğa maruz kalma sonucunda aşırı vazokünstriktif yanıt olarak kabul edilir.

Primer Raynaud fenomeni, genellikle erken başlangıçlı (15-30 yaş), kadınlarda daha sık gözlenen ve pozitif aile hikayesinin eşlik ettiği bir klinik tablodur (1). Primer Raynaud fenomeni saptanan hastalar genellikle sağlıklı bireyler olsa da bazı hastalarda diyabet, atheroskleroz, kardiyovasküler hastalıklar ve hipertansiyon gibi hastalıkların atak sıklığını arttırdığı bilinmektedir (2). Sigara kullanımı

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