

BÖLÜM 25

STİMÜLANLAR İLE İLİŞKİLİ BOZUKLUKLAR

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Giriş

Stimülanlar, santral sinir sistemini uyaran, bedende semptomimetik etkiler yaratan tedavi amaçlı olarak kullanılabilirdiği gibi kötüye kullanımı da oldukça yaygın olan bir grup madde ve ilaçtır. Stimülanlar beyindeki norepinefrin, dopamin ve serotonin salınımını artırarak santral sinir sistemini uyarır. Stimülan maddeler oral, dumanını inhale etme, maddeyi burundan çekme, intravenöz yollarla kullanılmaktadır. Özellikle Afrika, Ortadoğu ve Güneydoğu Asya'nın belli bölgelerinde geleneksel bir hal almış olan stimülan madde kullanımı madde çeşitliliğinin artışı, ucuzlaşması ve ulaşımının kolaylaşması ile tüm dünyada yaygın bir sorun olarak görülmeye başlanmıştır. Amfetamin, metamfetamin, kokain, MDMA (3-4 metilendioksimetamfetamin, ekstazi), mefedron, kafein, efedrin, psödoefedrin, betel (areca) nut, khat (Catha edulis), modafinil, metilfenidat ve lisdeksamfetamin bu gruba giren maddelerdir. MDMA empatojen olarak sınıflandırılrsa da stimülan etkileri de olduğu için bu başlık altında ele alınacaktır. Bu maddelerin bir kısmı tedavi amaçlı kullanılırken tümü kötüye kullanım ve bağımlılık yapma potansiyeline sahiptir. Metilfenidat, am-

fetamin ve lisdeksamfetamin dikkat eksikliği ve hiperkativite bozukluğu (DEHB) tedavisinde kullanılmaktadır (1). Psödoefedrin nazal dekonjestan olarak kullanılmaktadır (2). Modafinil uyanıklık artırıcı etkisiyle narkolepsi ve obstrüktif uyku apne sendromu tedavisinde kullanılmaktadır (3). Kafein kahve, çay, çikolatada bulunan, en yaygın olarak kullanılan, uyanıklığı arttıran bir stimülandır. Belirli dozlarda kullanımı güvenli olsa da yüksek dozlarda uzun süreli kullanımla ilişkili bağımlılık yapıcı etkisi bulunmaktadır. Kafein intoksikasyon ve yoksunluk belirtileri DSM-5'te tanımlanmıştır (4). Stimülan madde kullanımı üretim bölgesi, coğrafya, sosyoekonomik ve kültürel özelliklere göre farklılık göstermektedir. Bu bölümde madde bağımlılığı ve kötüye kullanım klinik pratiğinde en çok karşılaşılan stimülan maddeler ele alınacaktır.

Amfetaminler ve Metamfetamin

Genel Bilgiler

Amfetaminler 20.yüzyılın başından beri keyif amaçlı ve tıbbi amaçlı olarak kullanılmaktadır. Tıbbi amaçlı olarak narkolepsi, DEHB ve obezite tedavisinde kullanılmaktadır (5). Metamfetamin

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Ülkemizde son yıllarda met, kristal, buz, ateş isimleriyle satılan metamfetamin kullanımı yaygınlaşmıştır. Metamfetamin kullanımıyla şiddetli psikotik belirtiler ortaya çıkabilmekte ve sıklıkla hastane yatışı gerektirmektedir. Metamfetamin bağımlılığı kişinin ailesi ve toplum için ciddi boyutta maddi kayıplara yol açmaktadır. Bunun yanında toplumsal şiddeti, aile içi şiddeti ve çocuğa yönelik şiddeti arttırdığı gözlenmektedir. Ailelerin bu durumda sıklıkla savcılık yoluyla zorunlu yatış için başvurdukları görülmektedir. Kişinin tedavi motivasyonunun olmaması, taburculuk sonrası psikososyal müdahalelerin eksik kalması, artan yoksulluk ve işsizlik nedeniyle hastane yatışları sonrası relapslar çok sık görülmektedir. Ülkemizde artan bu sorunla ilgili klinik çalışmaların artması sorunun daha iyi formüle edilmesini sağlayacaktır. Ulusal ölçekte belirlenecek bir koruma, tedavi ve takip programı oluşturulması, gerekli bütçe ve personelin sağlanması işlevsel bir yaklaşım sağlayarak toplumsal sağlığı ciddi ölçüde tehdit etmekte olan bu sorun için çözüm sağlayabilir.

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