

3. BÖLÜM

ÜST GASTROİNTESTİNAL SİSTEM KANAMASI

Yakup USLU¹

EPİDEMİYOLOJİ

Üst Gastrointestinal Sistem (GİS) kanaması, Treitz ligamanının proksimalinden kaynaklanan GİS kanamalarıdır. Üst GİS kanamalarının yıllık insidansı 100.000'de 45 ila 160 arasında değişmektedir. Artan yaş (özellikle 5.- 8. dekadlarda), eşlik eden ek hastalık ve rekürren kanama artan morbidite ve mortalite ile ilişkilidir. Erkeklerde kadınlara oranla 2 kat fazladır. Mortalitesi %10 civarındadır. Mortalite 60 yaş üzeri hastalarda artmıştır. Ülkeler arasındaki prevalans farkı sosyoekonomik farklılık, helicobakter pylori oranları, ülser iyileşme süreleri ve ülser oluşma riskini atıran ilaçların reçete edilmiş durumlarına bağlanmaktadır.(1,2)

PATOFİZYOLOJİK ETKENLER

Peptik ülser

Özofagus, mide, duodenal ve stomal ülser tiplerinden oluşan peptik ülser hastalığı üst GİS kanamasının en yaygın nedeni olarak kabul edilmektedir. Fakat yapılan bir çalışmada şüpheli üst GİS kanaması için yapılan 7822 endoskopinin yalnızca %20.6' sında mide ve duodenal ülser bulundu. (3) Bu oran daha önceki çalışmalarda yüksek iken burada çok daha düşük. Aspirin, NSAID'ler ve sigara içmenin kanamaya neden olduğunun tespiti ve Helikobakter pilori enfeksiyonunun daha fazla tanı alması insidansın azalmasından sorumlu olabilir.

Erozif Gastrit ve Özofajit

Eroziv gastrit, duodenit ve özofajit de GİS kanamasının yaygın nedenleridir. Riski artıran yaygın faktörler arasında salisilatlar, NSAID ve alkol bulunur.

¹ Uzm. Dr., Aksaray Üniversitesi Tıp Fakültesi Eğitim ve Araştırma Hastanesi, Acil Tıp Kliniği
yakupuslu38@gmail.com

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