

## Bölüm **34**

# **BAŞ- BOYUN VE OROFASİYAL BÖLGEDE AĞRIYA NEDEN OLAN ÖNEMLİ SENDROMLAR**

**Zülküf KAYA<sup>1</sup>**

### **GİRİŞ**

Ağrı; vücutun herhangi bir bölgesinden kaynaklanan, gerçek bir doku harebiyetiyle birlikte olan ya da olmayan, kişinin geçmiş tecrübeleriylede ilişkili, hoş karşılanmayan duyusal ve emosyonel bir deneyimdir. Tanımında güçlükler olan ağrı; herhangi bir vücut kısmından köken alan, organizmayı tehdit eden olası tehlikeleleri haber veren, kişide ağrıyi durdurmayı amaçlayan tepkilere ve panik duygusuna yol açan, kişinin önceki tecrübeleriyle de yorumlanabilen pek hoşa gitmeyen bir algılama şekli olarak tanımlanabilir (1). Ağrı, yaşam boyu her an karşılaşabileceğimiz bir uyarıdır. Ağrı, doktorlar için hastalıkların tanısında hayatı öneme haiz bir ipucudur. Kişiilerin bireysel özelliklerden etkilenen, her zaman öznel, subjektif, anlaşılmaması ve tanımlanması oldukça güç, ölçülmesi zor ve karmaşık bir histir (2). Hastaların tıbbi yardım alması için en yaygın semptom olması nedeniyle doktorların ağrı hakkında yakinen hem ilgi hem de bilgi sahibi olması gereklidir. Çeşitli ağrı türleri arasında sırt ağrısı en yaygın olanıdır, bunu şiddetli baş ağrıları, eklem ağrıları ve boyun ağrıları izler (3). Orofasiyal ve servikofasiyal bölgeden hissedilen ağrılar somatik, nörojenik ve psikojenik vasıfta olabilir. Baş ve boyun bölgesinin ağrı duyusuna, trigeminal, intermedial, glossofaringeal, vagus, oksipital ve büyük auriküler sinir yoluyla üst servikal spinal kord kökleri tarafından taşınan duyusal lifler aracılık eder (4).

Her yıl kulaktan, burundan, sinüslerden, boğazdan ve baş-boyundan kaynaklanan ağrı nedeniyle hastalar birinci basamak sağlık kuruluşlarına ve spesifik uzmanlarına önemli sayıda ziyarette bulunmaktadırlar. Hem erkek hem de kadınlarda 6 aydan uzun süren kronik boyun ağrısı, sık görülen bir durumdur.

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ve trigeminal nevraljilerde Gama Knife Radyocerrahi (GKRC) minimal invazif etkili bir seçenek olduğu görüldü (176). GKRC, süperior laringeal sinir nöraljisi içinde başarı bir şekilde uygulanabilir (176).

## **SONUÇ**

Ağrı, vücünden herhangi bir yerinde değişik nedenlerle meydana gelen kişinin tecrübesiyle de ilişkili hoş olmayan bir duygudur. Aslında ağrı bir yaşam belirtisidir. Bazen hayatı tehdit eden patolojileri haber veren ilk uyarı olabilir. Orofasiyal ve servikofasiyal bölgeden hissedilen ağrılar somatik, nörojenik ve psikojenik vasisfta olabilir. Baş, boyun ve orofasiyal bölgede ağrıının en sık nedeni, yüzeysel ve derin enfeksiyonların yanı sıra primer veya metastatik tümörlerdir. Bu anatomik bölgelerde enfeksiyon ve tümörler dışında Eagle sendromu, Yanan ağız sendromu, Periyodik Ateş, Aftöz Stomatit, Farenjit ve Adenit sendromu (PFAPA), Ernest sendromu, Crown dedens sendromu ve Hiyoid sendromu da dahil olduğu bir çok sendromik hastalar da ağrıya neden olur. Baş-boyun ve boğaz bölgesindeki ağrılar değerlendirlirken bu sendromlar da hatırlanmalıdır. Klinisyen özellikle, bu bölgedeki ağrıyi hiçbir zaman seri fizik muayene, laboratuar değerlendirmeleri ve görüntüleme yöntemlerini kullanmadan idiyopatik veya psikojenik bir etiyolojiye bağlamamalıdır. En sık ağrı nedenleri dışlandıktan sonra bu sendromların tanısının konması ve uygun olarak tedavi edilmesiyle hem hastanın yaşam kalitesi artırılabilir hem de gereksiz zaman ve ekonomik kayıplar önlenebilir.

**Anahtar Kelimeler:** Sendrom, Esgle sendromu, PFAPA, Boyun dil sendromu, stiloid proces, Crown dens sendromu

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