BÖLÜM
20

HİPERKALSEMİ ACİL TEDAVİSİ

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Giriş ve Tanımlar

Hiperkalsemi, albümine göre düzeltilmiş serum kalsiyumunun 10,4 mg/dl (2,6 mmol/l) üzerinde olması olarak tanımlanır (1). Albümin >20 veya >50 mg/dl olduğunda ve/veya multipl myelom gibi hastalıklarda üretilebilen ek kalsiyum bağlayıcı proteinlerin varlığında düzeltilmiş kalsiyum daha az güvenilir hale gelir. Bu hastalarda iyonize kalsiyum konsantrasyonunun değerlendirilmesi düşünülmelidir. İyonize kalsiyum düzeyinin >5,6 mg/dl olması hiperkalsemi tanısını koydurur (2). Hiperkalsemi, serum kalsiyum düzeyinin yüksekliğine göre 4 grupta sınıflandırılır:

1. 10,5-12 mg/dL (2,6-3 mmol/l) ise hafif hiperkalsemi,
2. 12-14 mg/dl (3-3,5 mmol/l) ise orta hiperkalsemi,
3. 14-16 mg/dl (3,5-4 mmol/l) ise ciddi hiperkalsemi,
4. > 16 mg/dL (> 4 mmol/l) ise hayatı tehdit eden hiperkalsemi.

Hiperkalsemi ile başvuran hastanın medikal öyküsü, fizik muayenesi, kullanmakta olduğu ilaçlar ve aile öyküsü ayrıntılı olarak değerlendirilmelidir. Erişkinlerde akut ve kronik hiperkalseminin en sık nedeni primer hiperparatiroidi, ikinci en sık nedeni ise malignitedir (3,4). Hastanede yatan hastalarda ise ilk sırada maligniteye bağlı hiperkalsemi yer almaktadır. Kanser hastalarının 1/3'ünde hastalıklarının bir döneminde hiperkalsemi gelişir. Hiperkalsemiye en sık neden olan maligniteler meme kanseri, akciğer kanseri ve multipl myelomdur (5,6). Hiperkalsemiye neden olan ana mekanizmalar; kemik rezorbsiyon artışı, intestinal kalsiyum absorbsiyonunun artışı ve üriner idrar ekskresyonunda azalmadır. Bazı hastalıklardaki hiperkalsemiden sorumlu mekanizmalar Tablo 1'de özetlenmiştir (7).

Hiperkalsemide tedavinin aciliyetini ve semptomları, hiperkalseminin derecesi ve serum kalsiyumunun yükselme hızı belirler. Semptomlar nonspesifiktir ve hafif vakalarda halsizlik, güçsüzlük, bulantı, kusma, karın ağrısı, kemik ağrısı, poliüri ve ciddi vakalarda konfüzyon ve komaya kadar değişik spektrumda olabilir. Hiperkalsemide kardiyak aritmi, renal vazokonstriksiyon ve akut renal yetersizlik, volüm deplesyonuna neden olur.

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