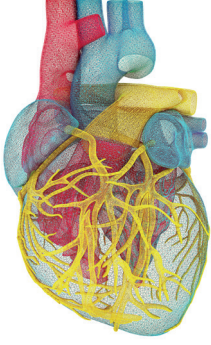


# BÖLÜM 18



## Anti-iskemik Tedaviler

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### | GİRİŞ

Klasik efor anjinası, egzersiz ile tetiklenen taşikardi sonucu artan miyokardiyal oksijen ihtiyacına karşılık koroner vazodilatasyondaki yetersizlik sonucu oluşmaktadır. Kronik stabil anjinası olan hastalarda sıklıkla fiziksel eforun tetiklemiş olduğu artmış miyokardiyal oksijen ihtiyacına karşılık miyokardiyal iskemik mevcuttur. Kronik stabil anjinası olan hastaların tedavisinde semptomların azaltılması, aterosklerozun kontrol altına alınması, miyokardiyal enfarktüs ve ani kardiyak ölümün engellenmesi amaçlanmaktadır (1). Geleneksel anti-iskemik tedavide kullanılan ilaçlar; nitratlar, beta blokerler (BB) ve kalsiyum kanal blokerlerinden (KKB) oluşmaktadır. Bu ilaçlar kalp hızını azaltarak ya da vazodilatasyon yaparak etki etmektedirler. Kalp hızında ve kan basıncında azalma ya da sistemik venodilatasyon etkisi ile sol ventrikül end-diyastolik basınç ve miyokardiyal duvar gerilimi azalır; bunun sonucunda epikardiyal koroner arter kan akımında ve miyokar-

diyal oksijen sunumunda artış izlenir. Kalp hızını düşüren ajanlar ayrıca diyastolik zamanı uzatarak anti-iskemik etkinlik gösterirler.

Beta bloker veya kalsiyum kanal blokerleri, her iki ajanın kombinasyonu ya da diğer anti-iskemik ilaçlarla kıyaslanmasını içeren randomize kontrollü çalışma olmamasına rağmen ilk aşamada düşünülmesi gereken tedavi ajanlarıdır (2, 3). Kırk altı çalışmayı içeren bir meta-analiz, başlangıç anti-iskemik tedavide beta bloker veya kalsiyum kanal blokerlerinin kullanılmasını desteklemektedir(4).

### | ANTI-İSKEMİK İLAÇLAR

#### Nitratlar

Nitrogliserin 1878'den itibaren klinik olarak kullanılmaktadır ve kısmen aterosklerotik plak ile daralma olsa bile arteriyel düz kaslar üzerinde gevşeme etkisi ile epikardiyal koroner arterlerde vazodilatasyona yol açmaktadır (1). Nitratlar ön

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anti-iskemik tedavide kullanılan ilaçlar; nitratlar, beta blokerler ve kalsiyum kanal blokerlerinden oluşmaktadır; hastanın takiplerinde gereklilik olması halinde ikinci basamak anti-iskemik tedavilerin eklenmesi düşünülmelidir.

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