

BÖLÜM 3

KRONİK VENÖZ YETMEZLİKTE MEDİKAL TEDAVİ VE KOMPRESYON TEDAVİSİ

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| GİRİŞ

Kronik venöz yetmezlik (KVY) alt ekstremitte venöz sisteminde tıkanıklık ve/veya yetersizliğe bağlı olarak kanın kalbe doğru tek yönde taşınamaması durumudur. KVY sonucu gelişen venöz hipertansiyon; hastalarda ağrı, ödem, cilt değişiklikleri ve ülserlere kadar çeşitli patolojilere yol açabilmektedir. KVY tanımı genel olarak venöz hastalıkların ileri formu olan hiperpigmentasyon, venöz egzama, lipodermatoskleroz, atrofik değişiklikler ve aktif/iyileşmiş venöz ülser gibi hastalığın daha ileri aşamalarını anlatmak için kullanılsa da; venöz basınç artışı, inkompetan çıkklar ve variköz venler de dahil olmak üzere kronik venöz hastalığın her aşamasını içermektedir.

Uluslararası yayınlarda erişkinlerdeki prevalansı %5-30 olarak, kadın - erkek oranı ise 3:1 olarak bildirilmiştir (1). 2012 yılında yürütülen çok merkezli bir çalışmada dünya genelinde KVY sıklığı %83,6 olarak bulunmuştur. Hastalarda %19,7 oranında C0_s, %63,9 oranında C1-6 arası hastalık saptanmıştır. Erken

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| SONUÇ

Kronik venöz yetmezlik yaygın, karmaşık bir hastalık olup etkilediği hastalarda ciddi morbiditeye yol açmaktadır. Özellikle ağrı bu morbiditeyi sıklıkla oluşturmakta olup bu hastalık için çalışmaların olması gerekenden az olduğu dikkat çekmektedir. Konservatif tedavinin yanında hayat değişikliklerinin, medikal tedavi ve kompresyon tedavilerinin kronik venöz yetmezliğin her aşamasında güvenle kullanılabilirdiği ve fayda sağladığı bilinmektedir. Yine de hastalığın toplumdaki yaygınlığı ve yarattığı morbidite göz önüne alındığında hem hastalığın kendisi hem aşamaları hakkında; hem de uygun ve etkili tedavi seçenekleri hakkında ileri çalışmalara ihtiyaç duyulmaktadır.

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