

BÖLÜM 9

SENKOP VE ANİ KARDİYAK ÖLÜM

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SENKOP

Giriş

Senkop Yunanca ‘birlikte’ anlamına gelen syn ve ‘kesilme, ara verme’ anlamına gelen koptein kelimelerinden türemiştir. Senkop, geçici global serebral hipoperfüzyondan kaynaklanan ve spontan iyileşme gösteren geçici bilinç ve postüral tonus kaybıdır. Serebral dolaşımın 6-8 saniye kesilmesi veya dik pozisyonda sistolik arter basıncının kalp seviyesinde 50-60 mmHg’ye, beyin seviyesinde 30-45 mmHg’ye kadar düşmesi geçici bilinç kaybı (TLOC) oluşması için yeterlidir (1, 2). En son önerilen tanımlama, postüral tonus kaybını hariç tutar çünkü bunun senkopu geçici bilinç kaybına (TLOC) sebep olabilecek epileptik nöbetler, hipoglisemi, metabolik bozukluklar, toksik inmeler ve diğer benzer nedenlerden ayırt etmede özel bir değeri yoktur. Senkop, uyarı olmadan aniden ortaya çıkabilir veya öncesinde baş dönmesi, mide bulantısı, terleme, görsel bulanıklık veya tünel görüşü gibi prodromal semptomlar sonrasında da ortaya çıkabilir. Senkop, hafif hastalıktan hayatı tehdit eden ciddi klinik tablolara kadar geniş spekturumda bozuklukların ortaya çıkış bulgusu olabilir.

Serebral perfüzyon basıncı büyük ölçüde sistemik arteryel basınca bağlıdır. Sistemik arteryel basıncın ana bileşeni ise kardiyak debi ve sistemik vasküler dirençtir. Kalp debisi venöz doluş bozukluğu, bradikardi veya taşikardi, kapak hastalıkları ve kalbin pompa fonksiyonunu bozan diğer nedenlere bağlı bozulabilir. Sıcak ortamlarda vazodilatasyona bağlı veya uzun süreli ayakta durma

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Atletlerde AKÖ

Hipertrofik kardiyomiyopati (HCM) ABD'de < 35 yaş genç atletlerde en yaygın AKÖ nedenidir. Bunu takiben koroner arter anomalileri ve aritmojenik sağ ventriküler kardiyomiyopatisi gelir. Son yıllarda profesyonel düzeyde Futbol oyunlarında ne yazık ki sık ölüm olayları meydana gelmektedir. Bu nedenle, AKÖ olaylarının en aza indirilmesi için atletik ön katılım taraması zorunlu hale getirilmiştir. HCM için kardiyovasküler tarama kişisel ve aileyi öyküsünü, fizik muayene, 12 derivasyonlu istirahat EKG'si, egzersiz EKG'si ve ekokardiyogramı içerir (62).

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