

GERİATRİ VE KARACİĞER NAKLİ

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| GİRİŞ

İnsanda ilk karaciğer nakli, 1963 yılında ABD’de Thomas Starzl tarafından gerçekleştirilmiştir, fakat başarılı olunamamıştır. Sonrasında 1967 yılında yine Starzl ve ekibi tarafından ilk başarılı karaciğer nakli gerçekleştirilmiştir (1). Ülkemizde ilk başarılı karaciğer nakli ise 1988 yılında Prof. Dr. Mehmet Haberal ve ekibi tarafından Başkent Üniversitesi Hastanesi’nde gerçekleştirilen kadaverik karaciğer naklidir (2). Sonraki yıllarda ülkemizde ve dünyada pek çok merkezde giderek artan sayıda karaciğer nakilleri yapılmıştır.

Günümüzde karaciğer nakli, son dönem karaciğer yetmezliği ve akut karaciğer yetmezliği için en etkili tedavi yöntemidir (3).

Son yayınlanan istatistik raporlarına göre ABD’de 60 yaşında olan bir insanın ortalama yaşam beklentisi yaklaşık 23,3 yıl, 70 yaşında olan bir insanın ise 15,7 yıl olarak bildirilmiştir. (4). Dünya genelinde artan yaşam süresinin sonucu olarak, yaşlı popülasyonda karaciğer nakline olan talebin artması beklenmektedir.

Yaşlılığı tanımlamak için kabul edilmiş tek bir yaş sınırı olmamasına rağmen verilerde 60, 65 veya 70 yaşından büyük alıcıların, ek komorbidi-

teleri de var ise artan yaş ile kötü sonuçlar arasında doğru orantılı ilişki birçok çalışmada rapor edilmiştir (5,6). Hem alıcıların hem de donörlerin yaşlanmasının zorluklar oluşturması anlaşılır bir durumdur. Son zamanlarda yapılan birçok klinik çalışmada daha genç alıcılar ile dikkatlice seçilmiş önemli komorbid hastalığı olmayan yaşlı alıcılar arasında benzer nakil sonuçları rapor edilmiştir (6). Bu nedenle birçok merkez tarafından alıcı yaş sınırı yükseltilmiştir.

Karaciğer naklinin tıbbi ve cerrahi karmaşıklığı, organ bağışlarının azlığıyla birleştiğinde, alıcının yaşı hasta seçimini etkileyen önemli bir faktör olmuştur. Hatta 1980’lerde alıcı yaşı 45-50’yi geçemezken şimdilerde bu yaş sınırlarından vazgeçilmiştir (7).

AASLD(American Association for the Study of Liver Disease) tarafından yayımlanan nakil öncesi adayların değerlendirilmesine yönelik kılavuza göre, önemli komorbiditelerin yokluğunda yaşlılığın (> 70 yaş) karaciğer nakli için kontrendikasyon olmadığı belirtilmiştir (8).

Günümüzde karaciğer nakli uygulanan hastaların yaklaşık %22’si 65 yaş üstü geriatrik hastalardır (9,10).

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