

# GERİATRİ VE DİVERTİKÜLER HASTALIKLAR

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## GİRİŞ

Divertiküller, gastrointestinal kanalın herhangi bir yerinde görülebilen, genellikle lümenin zayıf noktalarından dışa doğru gelişen küçük kesecik benzeri oluşumlardır. Gastrointestinal kanalın herhangi bir yerinde ortaya çıkabilmekle birlikte en sık kolonda görülürler. Kolon divertikülü görülme sıklığı yaşla birlikte artar bu nedenle geriatric hasta grubunda kolon divertikülleri ve bunlarla ilişkili hastalıklarla sık olarak karşılaşmaktadır.

Kolon duvarının kas tabakası dâhil tüm katmanlarını içeren divertiküller gerçek divertiküller ve kas tabakasını içermeyen divertiküller ise yalancı (pseudodivertikül) divertiküller olarak sınıflandırılırlar, kolonda divertiküllerinin çoğu yalancı divertiküllerdir. Kolonda divertiküllerin bulunması divertiküloz; divertikül ilişkili semptom, bulgu ve komplikasyonların ortaya çıkması ise divertiküler hastalık olarak tanımlanır. Kolonun divertiküler hastalığı Batı toplumlarında oldukça yaygındır (1,2). Batı toplumlarında kolon divertikülozu genellikle sol kolonda görülür ve çoğu yalancı divertiküldür. Kolon divertikülleri Doğu toplumlarında daha az görülür, daha çok

sağ kolonda yerleşirler ve çoğunluğu gerçek divertiküllerdir. Kolon divertikülü prevalansı ve insidansı yaşla artar. Yapılan çalışmalarda 40 yaşından önce %5 civarında olan prevalansın 60 yaş ve üzerinde %50'ye kadar çıkabildiği bildirilmiştir (3-5). Kolon divertikülozu sıklığında zaman içerisinde de bir artış olduğu görülmektedir. Bu artış, ortalama yaşam süresinin uzaması ve dolayısıyla yaşlı nüfusun artması, batılı tarzı beslenme alışkanlıkları, kolonoskopi, bilgisayarlı tomografi (BT) gibi tarama ve tanı yöntemlerinin tüm dünyada yaygın olarak kullanılması gibi birçok faktörle ilişkilidir. Divertiküler hastalıklar neden oldukları morbidite ve mortalite, tanı, tedavi ve hastane yatış maliyetleri nedeniyle tüm dünyada önemli bir sosyoekonomik sorun haline gelmiştir. Divertikülozun patogenezi bugüne kadar tam olarak anlaşılamamakla birlikte yaş, obezite, diyet ve hareketsizlik gibi birçok risk faktörleri tanımlanmıştır (6-9). Barsak mikrobiyotası ve düşük dereceli kolon inflamasyonunun da divertiküloz patogeneziye katkıda bulunabileceği düşünülmektedir (10,11). Divertiküler hastalık cinsiyet farklılığı gözetmez ve Batı dünyasını etkileyen en yaygın kolon hastalığıdır (12). Kolon divertikülleri çoğu zaman asemptomatiktir ancak bazı

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