

Bölüm 12

MERALJIA PARESTETİKA

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GİRİŞ

Meraljia parestetika (MP), uyluğun dış bölgesinin yüzeysel duyusunu sağlayan ve sadece duysal lifleri içeren lateral femoral kütanöz sinirin (LFKS) sıkışmasına sekonder uyluğun anterolateral bölgesinde ağrı, uyuşma, aşırı duyarlılık ve parestezi ile karakterize bir durumdur (1, 2). Bernhardt-Roth sendromu olarak da adlandırılan MP Yunancada “uyluk” ve “ağrı” anlamına gelen “meros” ve “algos” kelimelerinden türetilmiştir (3). LFKS lumbal 2- 3 sinir köklerinin posterior divizyonlarından köken alır. İliak fossada psoas kasının lateralinden aşağıya doğru ilerleyip iliakus kasınının üzerinden çapraz olarak geçer. Spina iliaca anterior superiorun (SİAS) medialinde inguinal ligamanın altından uyluğa girer. Sartorius kasının üzerinde yüzeyleşip faysa lata üzerinde dağılarak uyluğun anterolateral bölgesinin duyusunu alır. Pür sensoriyel sinir olup, motor fonksiyonu yoktur (4, 5).

EPİDEMİYOLOJİ

Meraljia parestetika, karpal tünel sendormu, morton nöroma ve ulnar nöropatiden sonra en sık saptanan 4. kompresif nöropatidir (6). MP, çocukluk dahil yaşamın herhangi bir döneminde ortaya çıkabilmesine rağmen, en sık 50’li yaşlarda ortaya çıkar ve erkeklerde daha sık görülür (7, 8). MP’nin ortalama tanı yaşının 49.8 ± 12.8 olduğu ve bu hastaların yaklaşık %58’inin risk faktörlerine sahip olduğu bildirilmiştir. Erkeklerde en yüksek görülme yaşının 41-50 yaş, kadınlarda 50-60 yaş olduğu bildirilmiştir (9).

Meraljia parestetika insidansı 32,6-43/100.000 arasındadır (10, 11). MP’nin yaşa ve cinsiyete göre düzeltilmiş insidansının genel popülasyonda 100.000 hasta yılında 32.7 olduğu, diyabetli hastalarda ise 100.000 hasta yılında 247 olduğu bildirilmiştir (11).

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duyulmaz. Tanı zor olduğunda veya sekonder sebepleri dışlamak için ultrason, MR ve sinir iletim çalışmaları yardımcı olabilir.

Çoğu vaka kendiliğinden düzeler veya konservatif tedaviye (yaşam tarzı değişikliği, ilaçlar, fizik tedavi ve enjeksiyonlar) yanıt verir. Nadiren cerrahi tedavilere ihtiyaç duyulur ve cerrahi tedavilerin başarısı da yüksektir.

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