

BÖLÜM 9

GENEL ÜROLOJİ İLE İLGİLİ SENDROMLAR -1

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KRONİK PELVİK AĞRI SENDROMU

Kronik pelvik ağrı, pelvis bölgesinde sürekli, engelleyici ya da döngüsel olarak tekrarlayan nitelikteki ağrı durumlarını tanımlamak için kullanılan bir kavramdır ve çoğunlukla kadınlarda görülmektedir. Erkeklerde ise daha düşük prevalansa sahip olmakla birlikte, çeşitli örtüşen komorbid durumlarla birliktelik gösterebilir. Bu sendrom, sıklıkla irritabl bağırsak sendromu (IBS), majör depresif bozukluk, anksiyete bozuklukları, fibromiyalji, santral duyarlılaşma sendromları, interstisyel sistit, dispareni ve pelvik inflamatuvar hastalık gibi patolojilerle ilişkili bulunmuştur. Erkek olgularda kronik pelvik ağrı, ürogenital bölgede ağrı, erektil disfonksiyon, retrograd ejakülasyon, alt üriner sistem semptomları, cinsel işlev bozuklukları ve psikososyal sıkıntılarla birlikte seyre-

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Tedavi

Fralely sendromunda tedavi, semptomların şiddetine ve böbrek fonksiyonuna göre belirlenir. Asemptomatik olgular yalnızca izlem altında tutulabilir. Semptomatik olgularda ise tercih edilen yaklaşım nefron koruyucu cerrahidir.

- İfundibulopyeloplasti ve vaskülopeksi, en sık bildirilen cerrahi yöntemlerdir(41,42).
- Bazı olgularda endoskopik lazer infundibulotomi minimal invaziv bir seçenek olarak uygulanmıştır .
- Rekonstrüksiyonun mümkün olmadığı veya tekrarlayan enfeksiyon ve taşla seyreden olgularda ise son çare olarak üst pol parsiyel nefrektomidir(39).

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