

KARDİYOVASKÜLER AÇIDAN HİPERLİPİDEMI

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Giriş

Hiperlipidemi, vücuttaki serum lipit seviyelerinin yüksek olmasıyla karakterize, çeşitli genetik ve edinilmiş bozuklukları kapsayan bir terimdir. Hem gelişmiş ülkelerde, hem gelişmekte olan ülkelerde önlenabilir kardiyovasküler risk faktörleri arasında önemli bir yer tutmaktadır (1). Kardiyovasküler mortalite ve morbidite ile yakın ilişkili olan aterosklerozun gelişiminde yüksek lipit seviyeleri rol almaktadır (2,3). Ölümle sonuçlanabilecek bir çok hastalığı önleyebileceğinden, hiperlipidemi tanı- mak ve tedavi etmek kritik öneme sahiptir.

Kardiyovasküler hastalık riskini azaltmak için hiperlipidemi gibi risk faktörlerinin yönetilmesi “birincil koruma”, kardiyovasküler olay yaşandıktan sonra yönetilmesi ise “ikincil koruma” olarak adlandırılır. Her ikisinde de amaç, düşük dansiteli lipoprotein (LDL) düzeyinin düşürülmesi ve böylelikle kardiyovasküler olayların görülme sıklığının azaltılmasıdır (2).

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Damar lümeninde, okside LDL' in subintimal alanda birikmesi ve damar lümenin gittikçe daralması, abdominal aort anevrizması (AAA) oluşumuna katkıda bulunur. Bu nedenle, AAA tedavi yaklaşımları içinde hiperlipidemi önemli bir yer edinir (43).

Sonuç

Aterosklerotik hastalığın klinik yelpazesi, yağlı çizgilenmelerin oluşumundan, buna eşlik eden endotel hasarı, düz kas hücre proliferasyonu, vasküler fibrozis, plak rüptürüne kadar uzanan metabolik ve immünolojik mekanizmaların bir araya gelmesi ile karakterizedir. Aterosklerozun merkezinde lipitler ve ürünleri, bunları yakalayan makrofajlar, köpük hücre oluşumu ve ortama salınan kemoaktranlar önemli rol oynamaktadır. Aterosklerotik plakların damarları daraltması sonucu gelişen hastalıklar (koroner arter hastalıkları, serebrovasküler hastalıklar, periferik arter hastalıkları) günümüzde ciddi mortalite ve morbidite nedenidirler. Hiperlipidemisinin değerlendirilmesi ve yönetimindeki basamaklar için mevcut klavuzlar yol göstericidir ve gelecekte aterosklerotik kardiyovasküler hastalıklara bağlı ölümlerin azaltılması umut edilmektedir.

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