

# 13. BÖLÜM

## KALP YETERSİZLİĞİ VE DİÜRETİK TEDAVİLER

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### GİRİŞ

Volüm durumunun değerlendirilmesi ve optimizasyonu, sistolik ve diyastolik kalp yetersizliği (KY) olan hastalarda tedavinin temelini oluşturmaktadır<sup>1</sup>. Periferik ve/veya pulmoner ödeme tedavi etmek için fazla hücre dışı sıvının diüretiklerle uzaklaştırılması, hacim yönetiminin temel hedeflerinden biridir.

Kalp yetersizliği için kabul edilen, anjiotensin reseptör blokerleri (ARB), beta blokerler ve aldosteron antagonistleri gibi farmakolojik tedavilerin çoğu, büyük klinik çalışmalar ile desteklenmektedir ancak en sık kullanılan ve tedavinin köşe taşı oluşturulan ilaçlar olan diüretikler, kullanımlarına rehberlik edecek bu tür kanıtlardan yoksundur. Kalp yetersizliğinin ödem, ortopne, dispne gibi birçok klinik belirti ve bulguları sıvı birikimi ve konjesyon nedeni ile olduğundan konjesyonun tedavisi ana hedeflerimizden birisidir. Konjesyonun hem semptomlar hem de sonuçlar açısından önemi göz önüne alındığında diüretikler çok sınırlı kontrollü çalışmaya rağmen kalp yetersizliği yönetiminde temel ilaçlardan biri olarak yerini korumaktadır<sup>2</sup>. Bununla

birlikte, diüretiklerin uygun kullanımı, özellikle böbrek fonksiyonu kötüleştiğinde, diüretik direnci ve elektrolit bozuklukları ortaya çıktığında güç olmaya devam etmektedir. Düşük ejeksiyon fraksiyonlu kalp yetersizliği (DEF-KY) veya korunmuş ejeksiyon fraksiyonlu kalp yetersizliği (KEF-KY) olan hastalar dekompanse olduğunda, genellikle benzer bir konjesyon profiliyle ortaya çıkar. Bu nedenle, dekonjestif tedavinin amacı, DEF-KY ve KEF-KY'li hastalarda diüretik kullanımını açısından benzerdir. Bu bölümde kronik kalp yetersizliğinde ve akut dekompanse kalp yetersizliğinde (AD-KY) kullanılan diüretiklerin etki mekanizmasını ve son araştırmalardan elde edilen veriler ışığında kalp yetersizliği tedavisinde diüretiklerin yerini ve optimal kullanım yöntemini gözden geçireceğiz.

### HİPERVOLEMİ TEDAVİSİNDE GENEL İLKELER

Kalp yetersizliği olan hastalarda diüretik tedavisi ile ilgili dikkate alınması gereken başlıca konular arasında tuz ve su kısıtlaması, uygun diüretik seçimi ve yeterli dozda kullanımı bulun-

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## SONUÇ

Diüretiklerin ustaca kullanılması, KY'de hipervolemi tedavisinde temel olmaya devam etmektedir. Bu ilaçların fizyolojik etkilerinin yanı sıra farmakokinetik ve farmakodinamik özelliklerinin anlaşılması, güvenli ve etkili kullanım için anahtardır. Loop diüretik ajanlarla uzun süredir devam eden klinik deneyime rağmen, devam eden araştırmalar (hem temel hem de klinik araştırmalar) daha etkili ve güvenli diüretik kullanımına ve bu ajanların KY hastalarında sağ kalımı ve yaşam kalitesini arttırmak için en iyi şekilde nasıl kullanılacağına dair alternatif sunacaktır.

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