

VİRAL VE FUNGAL ENFEKSİYÖZ ENTERİTLER

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GİRİŞ

Gastrointestinal sistem enfeksiyonları, toplum sağlığı açısından önemli bir halk sağlığı sorunu olarak görülmektedir. Çeşitli mikroorganizmaların neden olduğu bu enfeksiyonlar her yaş grubunda sık ve önemli sağlık sorunlarına neden olmaktadır. Enteritler ince ve kalın bağırsağın inflamasyonunu gösteren yaygın kullanılan bir terim olup, çocuklarda ve yaşlılarda önemli mortalite ve morbidite sebebidir. En sık nedeni virüsler olsa da, bakteriler, parazitler ve funguslar da enteritlere yol açabilmektedir. Özellikle rotavirüs, norovirüs, adenovirüs, sapovirüs, astrovirüs gibi viral etkenler, akut enteritin başlıca nedeni olup, immünsüpresif bireyler (örneğin HIV/AIDS veya immünsüpresif tedavi alan hastalar) ve uzun süreli geniş spektrumlu antibiyotik kullanan bireylerde candida, mukormikoz, aspergilloz gibi fungal nedenler enterite yol açabilmektedir. Önemli bir mortalite ve morbidite nedeni olan viral ve fungal gastroenteritlerin epidemiyolojisi, patofizyolojisi, klinik bulguları, tanı, tedavi, aşılama, bulaş ve korunma yolları iyi bilinmelidir. Viral gastroenteritlerde tedavi genellikle rehidrasyon ve destek tedaviyken, immünsüpresif hastalarda görülen fungal enteritlerde tedavi amfoterisin B, itrakanazol gibi

antifungal tedavilerdir. Bu nedenle immünsüpresif bir hastada enterit olduğunda tüm yönleri ile değerlendirilmelidir. Bu bölümde viral ve fungal enteritlerin yaygın etkenleri, bulaşma yolları, klinik belirtileri, tanı ve tedavi süreçleri ele alınacaktır.

VİRAL GASTROENTERİTLER

Viral gastroenteritler, gastrointestinal sistemde viral suşların neden olduğu inflamatuvar bir hastalıktır. Amerika Birleşik Devletleri'nde (ABD) yapılan bir çalışmada, tüm hastalıklar içinde bakteriyel olmayan gastroenteritlerin, üst solunum yolu enfeksiyonundan sonra ikinci sırada yer aldığı ve hastalıkların %16'sını oluşturduğu belirtilmiştir (1). Dünya genelinde halen önde gelen mortalite ve morbiditeye sebep olan diyare nedenlerinden biri olarak varlığını sürdürmektedir (2). Viral gastroenteritlerin, gelişmiş ülkelerdeki enfeksiyöz diyare vakalarının %21-40'ının nedeni olduğu tahmin edilmektedir (3, 4).

Bu bölümde, Tablo 1'de viral gastroenterit sebeplerinden rotavirüs, norovirüs, adenovirüs, astrovirüs ve sapovirüs detaylı bir şekilde ele alınmakta, hastalığın tanı ve tedavi stratejileri hakkında kapsamlı bilgiler paylaşılmaktadır.

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fungustur. Primer koksidioidomikoz %60 asemptomatik seyrederek, hastaların %39'unda kendi kendini sınırlayan pulmoner enfeksiyon görülür, yalnızca %1'lik kısmında dissemine hastalık görülür. Bu hastalarda da HIV, kontrolsüz diyabet, kemoterapi maruziyeti, organ nakli gibi immünsüprese bir durum eşlik etmektedir (92). Gastrointestinal sistem tutulumu nadir görülmektedir. Periton tutulumu, ince bağırsakta nodüler lezyonlar, perforasyon ve çok nadir de olsa obstrüksiyon görülebilmektedir (93).

SONUÇ

Gastroenteritler, dünya genelinde önemli sağlık sorunlarına yol açan yaygın enfeksiyonlardır. Viral ve fungal gastroenteritler arasında bulaş yolları, klinik bulgular ve tedavi yaklaşımları açısından farklılıklar olsa da her iki grup enfeksiyon da ciddi mortalite ve morbidite riski taşımaktadır. Bu durum, enfeksiyon etkenlerinin tanınması, bulaşma yollarının anlaşılması ve uygun koruyucu önlemlerin alınması gerekliliğini ortaya koymaktadır. Özellikle immünsüpresif bireylerde görülen fungal enfeksiyonların erken tanı ve tedavisi, yaşam kalitesini artırmak ve ölüm oranlarını azaltmak açısından kritik öneme sahiptir. Aşı geliştirme ve toplumsal farkındalık çalışmaları ile gastroenteritlerin küresel sağlık üzerindeki etkisi azaltılabilir.

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