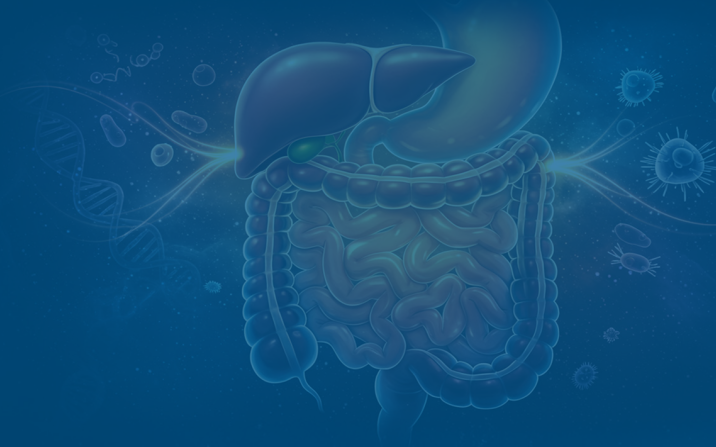




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GİRİŞ VE TANIM

Gastrit, klinik pratikte sıklıkla dispepsi semptomlarını tanımlamak için kullanılsa da; tanım olarak gastrit, gastrik mukozal hasarla ilişkili inflamasyonu, gastropati ise minimal düzeyde inflamasyon olan veya inflamasyon olmaksızın epitelyal hücre hasarı ve rejenerasyonu ifade eder. Gastrit ve gastropatinin histolojik değerlendirme ile doğrulanması gerekir (1).

ETİYOLOJİ VE SINIFLANDIRMA

Gastrit genellikle enfeksiyöz ajanlardan (Örn. *Helicobacter pylori*) kaynaklanır veya çoğu durumda gastritin nedeni bilinmese de immün aracılıdır.

Gastrit; oluşum zamanına göre (akut ve kronik), patofizyoloji, histolojik özellikler ve etiyolojiye göre sınıflandırılmıştır. Çeşitli sınıflandırmalar önerilmiş olmasına rağmen, gastritin evrensel olarak kabul edilmiş bir sınıflandırması yoktur. Gastropatide ise yine benzer şekilde net kabul edilmiş bir sınıflandırma olmasa da etiyolojiye göre bir sınıflandırma ön plana çıkmıştır (Tablo 1) (2).

Ayrıca en kapsamlı ve yaygın olarak kullanılan sınıflandırma sistemi olan güncellenmiş Sydney

sistemi, gastriti morfolojik, topografik ve olası etiyolojiye göre akut, kronik ve spesifik (veya ayırt edici) olarak sınıflandırır (3).

NSAİ İlişkili Gastropati: Non steroid anti inflamatuvar ilaçlar (NSAİ), siklooksijenaz (COX) enzimlerini inhibe ederek analjezik, antipiretik ve antiinflamatuvar etki gösterirler. COX enzimlerinin COX1 ve COX2 olmak üzere iki izoformu bulunmaktadır. COX1 fizyolojik koşullarda mide mukozasının korunması, trombosit agregasyonu ve renal perfüzyon gibi süreçlerde rol alırken, COX 2 ise inflamasyon sırasında ağrı ve ateş ile ilişkili prostoglandinlerin sentezlenmesini sağlamaktadır (4).

NSAİ'lerin COX1'i inhibe etmesiyle mide mukozasında prostoglandin üretimi azalır. Bu durum mukus ve bikarbonat sekresyonu ve kan akımının azalmasına ve epitel rejenerasyonunun bozulmasına yol açar. Bunun sonucunda mukozal hasar, erozyon, ülserasyon ve gastrointestinal kanama riski artar. Uzun süreli NSAİ kullanımında ise mukozal atrofi ve metaplazi gelişebilir, bu da malign transformasyon riskini arttırabilir.

NSAİ ilişkili gastropatide bazı risk faktörleri mevcuttur. Bu risk faktörlerinin NSAİ kullanımın-

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