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## SARILIĞI OLAN HASTAYA YAKLAŞIM

### Tanım

Sarılık; bilirubinün aşırı üretimi, bozulmuş bilirubin konjugasyonu, biliyer obstrüksiyon ve hepatik inflamasyon dahil olmak üzere çeşitli bozukluklardan kaynaklanan klinik problemler sonucu ortaya çıkar. Bu konu sarılıklı hastalara yönelik tanısall yaklaşıma genel bir bakış sağlayacaktır.

Hiperbilirubinemi klinik olarak 2 sınıfa ayrılır. Unkonjuge (indirekt) hiperbilirubinemi, bilirubinün aşırı üretimi, karaciğer tarafından bozulmuş bilirubin alımı veya bilirubin konjugasyonundaki anormallikler nedeniyle konjuge olmayan bilirubinün plazma seviyelerinin yükselmesi ile karakterize edilir. Konjuge hiperbilirubinemi ise hepatoselüler hastalıklar, bozulmuş kanalikül atılımı, konjuge bilirubinün kusurlu geri alımı veya safra tıkanıklığına bağlı olabilir.

Çocuklarda ve yetişkinlerde normal serum bilirubin konsantrasyonu 1 mg/dL'den (17 µmol/L) azdır ve bunun %5'inden azı konjuge formda bulunur. Sarılık genellikle hiperbilirubinemi ile aynı terminoloji olarak ortak kullanılır ve dikkatli bir klinik muayene bile serum bilirubinünün normal

üst sınırın iki katı olan 2 mg/dL'yi (34 µmol/L) aşana kadar fark edilemez. Sarı renk değişikliği en iyi göz konjonktivalarının çevresinde ve ağız mukozasında (dil altı, sert damak) görülür. İkter, karaciğer hastalığının ilk veya tek belirtisi olabilir; bu nedenle değerlendirilmesi kritik önem taşır.

### Fizyopatolojik Mekanizma

Hem metabolizmasının katabolik ürünü olan bilirubin, fizyolojik aralığı içinde sitoprotektif ve faydalı etkilere sahiptir. Ancak yüksek serum düzeylerine ulaştığında potansiyel toksisite oluşturabilmektedir. Neyse ki, insan vücudu detoksifikasyon ve atılım süreçlerini gerçekleştirebilmek için karmaşık fizyolojik mekanizmalara sahiptir. Bu mekanizmaları anlamak, yüksek serum bilirubin konsantrasyonlarının klinik önemini yorumlamak için çok önemlidir. Ayrıca, bilirubinün metabolik yolu; çeşitli organik anyonların taşınması, detoksifikasyonu ve eliminasyonu hakkında değerli bilgiler sağlar (1) (Şekil 1-2).

### Üretim

Hem metabolizması sonrası bilirubin sentezi, hemoglobin hücre döngüsü ve çeşitli ilişkili durumları anlamamız için önemli etkileri olan bir

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