

BÖLÜM 12

ALOPEŞİDE KULLANILAN İLAÇ TEDAVİLERİ VE YENİ YAKLAŞIMLAR

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GİRİŞ

Saç dökülmesi (alopesi), hem erkek hem de kadın bireylerde en sık karşılaşılan dermatolojik sorunlardan biridir. Kozmetik bir problem olmanın ötesinde, yaşam kalitesini derinden etkileyen psikososyal ve hatta ekonomik sonuçlara yol açmaktadır. Literatürde saç dökülmesinin özgüven kaybı, anksiyete ve depresyon riskini anlamlı derecede artırdığı; sosyal izolasyon ve toplumsal uyum sorunlarına neden olabildiği gösterilmiştir (1,2).

Epidemiyolojik veriler, androjenetik alopesinin (AGA) erkeklerde en yaygın form olduğunu ve 50 yaşına kadar erkeklerin yarısından fazlasında belirgin saç kaybı görüldüğünü göstermektedir (3). Kadınlarda ise menopoz sonrası artan sıklıkla, %30'a yakın oranda saç kaybı rapor edilmektedir (4). Bu oranlar yalnızca bireysel değil, aynı zamanda toplumsal düzeyde de dikkate değer bir yük oluşturmakta; saç ekimi, kozmetik ürünler ve farmasötik tedaviler milyarlarca dolarlık bir global pazar yaratmaktadır (5).

Saç folikülü biyolojisi saç dökülmesinin patofizyolojisini anlamak için kritik öneme sahiptir. Saç büyüme döngüsü üç ana fazdan oluşur: anajen (büyüme), katajen (gerileme) ve telojen (dinlenme) (6). Saç dökülmesi bozukluklarında bu döngünün süresi ve faz geçişleri anormal şekilde değişir. Örneğin AGA'da anajen faz kısalır, foliküller minyatürize olur ve terminal kıllar yerini vellüs benzeri ince tellere bırakır (7). AA'da ise immün sistemin yanlış yönlendirilmiş atağı sonucu folikül immün ayrıcalığı kaybolur; perifoliküler inflamatuvar infiltrat oluşur ve saç aniden dökülür (8). Klinik olarak saç dökülmesi birkaç alt tipe ayrılmaktadır:

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rilmesine olanak sağlamaktadır. Gelecekte yapılacak geniş ölçekli, randomize klinik çalışmalar; bu tedavilerin etkinlik ve güvenlik profillerini netleştirecek ve saç dökülmesinin yönetiminde daha kişiselleştirilmiş yaklaşımların önünü açacaktır

KAYNAKLAR

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