

# BÖLÜM 11

## YUTMA BOZUKLUKLARININ DEĞERLENDİRİLMESİ VE REHABİLİTASYONU

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### 1.YUTMA ANATOMİSİ VE FİZYOLOJİSİ

Yutmanın etkin ve güvenli bir şekilde gerçekleşmesi, anatomik yapıların bütünlüğüne ve bu yapıları kontrol eden karmaşık nöral ağların kusursuz işleyişine bağlıdır.

Yutma farklı evrelere ayrılarak incelenebilir:

1. Preoral evre: Bu evrede, besini görme, koklama ve tat alma yoluyla hissetmek, istemsiz olarak alımın beklentisiyle tükürük üretimini uyarır. Tükürük salgısı da hem mekanik hem de enzimatik işlevler yoluyla çiğnemeyi ve yutmayı kolaylaştırır (1-3).
2. Oral hazırlık evresi: Yutmanın ikinci evresi, korteks ve beyin sapı tarafından kontrol edilen istemli bir süreçtir. Ağıza alınan yiyeceklerin dil, dişler ve damak tarafından manipüle edilerek bir bolusa dönüştürüldüğü evredir. Yiyeceklerin çiğnenmesi ve tükürük salgısı ile karıştırılması sonucu oluşan bolus, farinkse taşınmak üzere hazırlanır (1-3).
3. Oral taşıma evresi: Taşıma evresinde, bolus haline getirilen yiyecek dil tarafından hipofarenkse itilir. Bolus tonsil plikalarına ulaştığında yutma refleksini tetikler. Sağlıklı bir kişide oral faz yaklaşık 1 saniye sürer (1-3).
4. Farenks evresi: Yutma refleksiyle başlayan bu faz istemsizdir. Velofarengeal kapanma (bolusun nazofarenkse geri kaçışına engel olur), faringeal konstriktörlerin peristaltik kasılması (yiyecek bolusunu farinkse doğru iter), laringeal yükselme ve kapanma (hava yolunu korur, aspirasyona engel olur) ve üst özefagus sfinkterinin (ÜÖS) açılması (bolusun larinksten özefagusa geçmesine izin verir) olarak dört alt faza ayrılır (1-3).

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