Bölüm 5

ÜROLOJİDE EKSTRAKORPOREAL ŞOK DALGA TEDAVİSİ (ESWT) KULLANIMI

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GİRİŞ

Vücut dışı şok dalgası tedavisi (Extracorporeal Shock Wave Therapy -ESWT) kullanımının tarihine bakıldığında, ilk olarak 1950 sonrasında ultrason dalgası kullanılarak tedaviler denenmiştir. Takip eden dekadlarda da şok dalgasının, doku üzerindeki uyarıya bağlı etkileri anlaşıldıkça üroloji, androloji, ortopedi, kardiyoloji, yara iyileşmesi ve spinal kord yaralanmaları gibi birçok alanda kullanımı yaygınlaşmaya başlamıştır (1).

Şok dalgaları basınçlı ses dalgaları olup bu dalgaların odağına getirilen alanda çeşitli reaksiyonlar göstererek hedeflenen alanda ses dalgalarının enerji yoğunluğuna göre destrüktif (taş kırılması gibi), antienflamatuar ya da anjiojenik etkilerinin olduğu düşünülmektedir (2).

ESWT üroloji alanındaki birçok hastalıkta son yıllarda popüler tedavi yöntemi olarak kullanılmaktadır. Bu yazıda şok dalga tedavisinin üroloji pratiğinde kullanıldığı hastalıklardaki etki mekanizması ve tedavi başarısından bahsedilecektir.

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anlamlı düzelme saptanırken, ESWT grubunda bunlara ek olarak işeme hızında ve IPSS'te de anlamlı düzelme olduğunu belirtmişlerdir. Hastaların 12. haftadaki kontrollerinde ise ESWT grubunda CPSI ve ağrı skorundaki gelişmenin diğer gruba göre daha fazla olduğu vurgulanmıştır (37). Yuan ve arkadaşları ise 5 randomize kontrollü çalışmayı değerlendirdikleri meta-analizde 12 haftalık takipte ESWT uygulanan KPAS hastalarında 12. Hafta takiplerinde CPSI, ağrı ve yaşam kalitesi skorlarında istatistiksel düzelme olduğu, ancak 24. Hafta takiplerinde skorların kontrol gruplarına göre benzer olduklarını belirtmişlerdir (38). Avrupa klavuzunda da ESWT'nin KPAS hastalarında kısa vadede etkili olduğu yüksek kanıt düzeyinde (Kanıt düzeyi 1b) belirtilmiştir (39).

SONUÇ

KPAS hastalarında mevcut tedavilere alternatif olarak şok dalga tedavisinin de düşünülebileceği; etkisinin kısa vadede umut verici olmasına karşın uzun vadedeki etkileri bilinmediğinden uzun takip süreli ve hasta sayısının daha fazla olduğu randomize kontrollü çalışmalara ihtiyaç olduğu akılda tutulmalıdır.

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