

Bölüm 15

İNFRANİNGUİNAL PERİFERİK ARTER HASTALIĞI

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GİRİŞ

Periferik arter hastalığı (PAH), koroner arterler ve aort dışındaki tüm arteriyel sistemin tıkaçıcı patolojileri için kullanılan bir tanımlamadır (Aboyans et al., 2018). Bu bölümde genel hatlarıyla alt ekstremitte PAH'ı ele alınacaktır. PAH sıklıkla aterosklerotik zemininde gelişir. Klinik, arteriyel tıkanıklığın derecesine bağlı olarak iskelet sisteminde gelişen metabolik değişikliklerin bir sonucu olarak karşımıza çıkar. Çok çeşitli klinik manifestasyonlarla kendini gösterebilir. En ağır tablo ileri seviyede iskemiye bağlı ülserlerdir. Tanı ve tedavide multidisipliner yaklaşım ideal olanıdır. PAH erken dönemde tespit edilip süreç doğru yönetilirse hastalığın komplikasyonları en aza indirilebilir.

EPİDEMİYOLOJİ

Batı toplumlarında ve ülkemizde yapılan çalışmalara göre PAH prevalansı; yaş aralığı, etnik köken ve birçok değişkene bağlı olarak farklılık göstermektedir. Christina ve arkadaşlarının yaptıkları bir çalışmada Amerika Birleşik Devletleri (ABD)'nde en yüksek PAH prevalansının Afro-Amerikalılarda olduğu gösterilmiştir (Wassel et al., 2011). Ülkemizde periferik arter hastalığının sıklığının incelenmesi amacıyla "CAREFUL" olarak adlandırılan çok merkezli yapılan bir araştırmada yaşları 50-69 arasında olup en az bir kardiyovasküler risk faktörü olan hastalar ve 70 yaş üzerindeki tüm bireyler ayak bileği-kol basınç indeksi (AKİ) ile değerlendirilmiştir (A. K. Bozkurt, Tasci, Tabak, Gumus, & Kaplan, 2011). CAREFUL çalışmasına göre periferik arter hastalığı ile ilişkili olabilecek yakınma veya bulgu hastaların 1/3'ünde saptanmıştır. PAH sıklığı tüm grupta %20, 70 yaş üzerindeki hastalarda ise %30 olarak bulunmuştur. ABD'de yapılan Peripheral Arterial Disease Awareness, Risk, and Treatment: New Resources for

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