

# Obstrüktif Uyku Apne Sendromunda Robotik Cerrahi

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## Giriş

Obstrüktif Uyku Apne Sendromu (OUAS) dünyada yaygınlığı giderek artan ciddi bir sağlık sorunudur. Literatürde 30-69 yaşlar arasındaki erkeklerin %2-4 ü, kadınların %1-2 sini etkilediği bildirilmektedir.<sup>(1)</sup>

OUAS'da üst solunum yolunda solunum yolunun daralmasına (Hipopne) veya tam kapanmasına (Apne) bağlı uykuda hipoksi atakları gelişir. Bu hipoksi ataklarının yol açtığı metabolik ve hormonal değişiklikler, kardiyovasküler ve diyabet gibi metabolik hastalıklara neden olmaktadır. Saatte 15'ten fazla desatürasyonların görüldüğü orta ve ileri OUAS, hastalarda hayatı tehdit eden ve kısaltan hipertansiyon, miyokard enfarktüsü, aritmi, kalp yetmezliği, felç gibi kardiyovasküler ve nörolojik hastalıklara ve ölüme neden olabilmektedir.<sup>(2,3)</sup> Bu nedenlerle orta ve ileri OUAS hastalarının mutlaka tedavi edilmesi gereklidir.

OUAS tedavisinde güncel altın standart yöntem olarak uykuda PAP ( Positive Airway pressure) cihazları kullanımı önerilmektedir. Teorik olarak, PAP cihazlarının tüm uyku apne hastalarında uygun tipi seçilerek kullanılabileceği varsayılmaktadır. Fakat pratik uygulamada her hastaya titrasyon testleriyle uygun cihaz tanımlanamamaktadır. PAP cihazlarının, komplikasyonlardan koruyucu yani etkili bir kullanımı "haftanın her gecesi ve gecede en az 5 saat" olarak kabul edilir ve fakat bu şekilde kullanım uygulamada maalesef mümkün olmamaktadır. Hastaların PAP cihazına uyumu ve başarılı kullanımları %30-40 arasında bildirilmektedir.<sup>(3)</sup> Rotenberg ve arkadaşları yaptıkları bir literatür taramasında OUAS'da ilk uygulanacak tedavi yöntemini sorgulamışlardır.<sup>(4)</sup> ABD'de OUAS'lı emekli askerler üzerinde PAP cihazı kullananlarda ölüm oranı cerrahi tedavi olanlara göre

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Ayrıca, bir OUAS hastasında çok farklı seviye ve tiplerde tıkanmalar görülebileceği için birden fazla bölgeye çok seviyeli veya çok aşamalı/seanslı cerrahiler gerekebilir. Cerrahi tedavi isteyen hastalara bu bilgi sürecin en başında verilmelidir.

Sonuç olarak, uyku cerrahisi olan bizler güncel literatürü yakından takip ederek çok disiplinli yaklaşımlarla tedavi sonuçlarımızı en iyi düzeye çıkarmaya çalışmaktayız. Uyku cerrahisinde başarı, cerrahin ve cerrahi ekibin deneyimi ile yakından ilgilidir.

**Anahtar Kelimeler:** Obstruktif Uyku Apne Sendromu; Transoral Robotik Cerrahi (TORC); Uyku Cerrahisi; Parsiyel Posteriyör Glossektomi; Supraglottoplasti; Epiglottoplasti

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