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BÖLÜM

KALP KAPAK HASTALIKLARINDA HİPERTANSİYON TEDAVİSİ

Burcu AGGÜL¹

GİRİŞ

Bulaşıcı olmayan hastalıklar(kardiyovasküler hastalıklar, kanser, kronik solunumsal hastalıklar ve diyabet) tüm dünyadaki ölümlerin büyük kısmını oluşturmaktadır ve ortalama yaşam süresinin uzamasıyla kişilerin bu hastalıklara maruz kalma riski artmaktadır (1). Türkiye'de %31,8 yıllık prevalans oranıyla hipertansiyon bu hastalıkların başında gelir (2). Dejeneratif kalp kapak hastalıkları insidansının da ilerleyen yaşla arttığı göz önünde bulundurulursa özellikle yaşlı nüfusta hipertansiyon ve kalp kapak hastalığı birlikteliği sıktır.

Bu bölümde eşlik eden kalp kapak hastalığı olan kişilerde hipertansiyon yönetiminde öncelikli tercih edilmesi önerilen ajanları ve dikkat edilmesi gereken hususları inceleyeceğiz.

AORT KAPAK HASTALIKLARI

Aort Stenozu

Aort stenozunun en sık nedeni dejeneratif/senil kalsifikasyondur. Konjenital biküspit kapakta dejenerasyon daha hızlı gelişir (3,4). Yapılan çalışmalarda aortik sklerozis ile yaş, erkek cinsiyet, sigara kullanımı, dislipidemi, diyabet ve hipertansiyon arasında ilişki olduğu gösterilmiştir (5,6); hastalık başladıktan sonra ise ilerlemesinde en önemli faktör sol ventrikül geometrisinde meydana gelen konsantrik hipertrofidir (7).

Patofizyoloji

Aort stenozuna hipertansiyonun eşlik etmesi sol ventrikül üzerindeki basınç ve volüm yükünü arttırarak semptomların hastalığın daha erken safhalarında ortaya çıkmasına neden olur (8). Ayrıca hipertansiyon birlikteliğinin ölüm ve iskemik kar-

¹ Uzm. Dr.,Tatvan Devlet Hastanesi, Kardiyoloji Kliniği, burcuakyol1913@gmail.com

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