

# 25.

## BÖLÜM

# KRONİK OBSTRÜKTİF AKCİĞER HASTALIĞINDA HİPERTANSİYONUN TEDAVİSİ

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## GİRİŞ

Kronik obstrüktif akciğer hastalığı (KOAH) dünya genelinde 174 milyon insanı etkilemektedir; bu sayının, gelişmekte olan ülkelerde artan sigara içme sıklığı ve yüksek gelirli ülkelerdeki belirgin şekilde yaşlanan nüfusun bir sonucu olarak önümüzdeki birkaç on yıl içinde artması beklenmektedir. Dünya çapında yaklaşık 1,13 milyar insan hipertansiyon tanısına sahiptir (1,2) ve KOAH hastaları arasında en sık görülen eşzamanlı hastalık hipertansiyondur (3,4). Ayrıca, hipertansiyon, astımla ilişkili semptomları olan ve astım terapötiklerinin etkili olabileceği bir KOAH hastası alt grubu olan astım-KOAH örtüşme sendromu olan hastalarda daha yaygın olabilir (5,8). Hipertansiyon gibi, KOAH ve bozulmuş akciğer fonksiyonu da bağımsız olarak artmış kardiyovasküler olay riski ile ilişkilidir (6). KOAH'lı hastalarda hipertansiyonun sık birlikteliği kardiyovasküler olay riskini artırabilir (6).

Yetişkin popülasyonda hem sistemik hipertansiyonun hem de kronik obstrüktif akciğer hastalığının (KOAH) yüksek bir prevalansı vardır. KOAH, yüksek morbidite ve mortalite ile ilişkilidir (7). KOAH prevalansı yaşla birlikte yükselmektedir. Sistemik hipertansiyon ise KOAH'dan çok daha yaygındır (9). Hipertansiyon prevalansı da ilerleyen yaşla birlikte artar. Çalışmalardan elde edilen veriler, sistemik hipertansiyonu olan yetişkin hastalarda KOAH prevalansının genel popülasyondakine benzer olduğunu göstermektedir (10). Sonuç olarak, KOAH'lı bir hastada hipertansiyonun yönetimi, özellikle yaşlı yetişkin hastalarla ilgilenirken bir doktorun karşılaştığı yaygın bir sorundur.

Eşlik eden KOAH'lı hastaların tedavisinin diğer hipertansif hastalardan farklı terapötik hedeflere sahip olması gerektiğine inanmak için hiçbir nedenimiz olmadığınan, KOAH ve hipertansiyonlu hastalar uluslararası kılavuzlara göre tedavi edilmelidir.

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