

# DERİN VEN TROMBOZU TEDAVİSİNDE DÜŞÜK MOLEKÜL AĞIRLIKLİ HEPARİNLER

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Venöz tromboemboli (VTE) tanısı alan hastalarda tedavi amacı, trombozun yayılmasını, akciğer embolisini engellemek ve geç dönem komplikasyonların önüne geçmektir. VTE tanısı alan hastaların büyük bir kısmında, tedaviye fraksiyone olmayan (uFH) veya düşük molekül ağırlıklı heparin (DMAH) ile başlanıp, sonrasında değişen dozlarda oral anti-koagülanlarla devam edilmektedir.

Bununla birlikte, pulmoner emboli açısından yüksek riskli seçilmiş hastalar ve konvansiyonel tedavi açısından kontrendikasyonların olduğu durumlarda trombolitik ajanlar ve vena kava filtreleri de tercih edilebilir. Bu konuda son zamanlarda önemli gelişmeler kayıt altına alınmış olsa dahi, cevabı bulunamayan birçok soru hala mevcuttur. Ayrıca, yakın gelecekte terapötik senaryoyu değiştirmek için yeni fırsatlar da ortaya çıkacaktır.

## Düşük Molekül Ağırlıklı Heparin

DMAH ler; domuz bağırsak mukozasından veya sığır akciğerinden elde edilen fraksiyone olmayan heparinden türetilir. Medikal alanda kul-

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Yapılan bu çalışmalar, sabit dozlarda uygulanan ciltaltı DMAH lerin, fizibilite, etkinlik ve güvenilirliğini kanıtlamıştır. Bu amaçla yapılan ve **tinzaparin ile dalteparinin** kıyaslandığı, DVT nin evde tedavisinin güvenilirliğini ve etkinliğini kanıtlayan, geniş hasta grubuna sahip çalışmalar yapılmıştır<sup>(5)</sup>. Hastaların yaklaşık % 20 si PE kliniği ile başvurursa da, her iki ilacın da sabit dozlardaki güvenilirliği ve etkinliği kanıtlanmıştır. DVT nin DMAH lerle evde tedavi edilmesi, fizibilitesinin yanında, hastanın yaşam kalitesi ve azalmış sağlık harcamalarıyla da yakından ilişkilidir.

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