14. Bölüm

POSTTROMBOTİK SENDROM VE TEDAVİ STRATEJİLERİ

Ercan KAHRAMAN[1]

Giriş

Derin ven trombozu yaklaşık olarak toplumda 3/1000 oranında görülmektedir. Derin ven trombozu, ikincil derin venöz yetersizliğinin en sık sebebidir ve post-trombotik sendrom (PTS) ile yakın ilişkilidir. (1) PTS, derin ven trombozu sonrasında gelişen kronik venöz yetmezlik bulgularını ifade eden yaygın bir komplikasyondur. PTS'de semptomlar fiziksel aktivite ve ayakta durmakla artar.

PTS, hastaların yaşam kalitesini düşüren bir klinik durumdur. Ve PTS'nin şiddeti ile yaşam kalitesi arasında ters orantı mevcuttur (2). PTS tanılı hastalarda yaşam kalitesini gösteren skorlar, PTS olmayan derin ven trombozu hastalarına veya venöz yetmezliği olan hastalara göre daha düşüktür(3).

Derin ven trombozu nedeniyle venöz kapakçıklarda oluşan hasar ve obstrüksiyona bağlı venöz hipertansiyon, klinik durumun ortaya çıkmasından sorumlu iki faktördür.(4) Bacaklarda ağrı, ağırlık hissi ve ödem, sık-

[1] Dr. Öğr. Üyesi, Amasya Üniversitesi Tıp Fakültesi Sabuncu Şerefeddin Eğitim ve Araştırma Hastanesi Kalp Damar Cerrahisi AD, dr.ercankahraman@gmail.com

örtüleri olarak iki gruba ayrılmaktadır. Son zamanlarda biyolojik yara örtüleri kullanılmaya başlamıştır. Bu örtülerin özellikleri; önemli büyüme faktörlerini içermeleri ve yara iyileşmesini hızlandırmalarıdır. Venöz ülser tedavisinde bugüne kadar en fazla kullanılan yara örtüsü çeşidi hidrokolloid içeren, geçirgen olmayan yara örtüleridir. Biyolojik yara örtüleri daha etkili olmalarına rağmen yüksek fiyatları nedeniyle sıklıkla kullanılmamaktadır. Yara örtüleri haftada iki kez ya da üç kez değiştirilmelidir.

Antibiyotik Tedavisi

Yaradan alınan kültürlerde üreme saptanması durumda uygun antibiyotik başlanmalıdır. Ancak üreme tespit edilmeden antibiyotik başlanması dirençli mikroorganizmaların oluşmasına neden olacağı için önerilmemektedir. Venöz ülser hastalarının ancak %15'inde antibiyotik kullanımı gerekli olmaktadır. Kolonize olmuş mikroorganizmalar için topikal antibiyotikler yeterli olurken enfeksiyona neden olan mikroorganizmalar için sistemik antibiyotik tedavisi başlanması gerekir. Venöz ülser alanında en fazla enfeksiyona neden olan mikroorganizmalar Staphylococcus aureus ve Pseudomonas aeruginosa' dır. [67]

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