

## 22. BÖLÜM

### ÜRİNER SİSTEM ENFEKSİYONLARINDA PROBİYOTİKLERİN YERİ

**Mevlüt KELEŞ<sup>1</sup>**

İdrar yolu enfeksiyonları (İYE) gerek polikliniğe başvuran gerekse serviste yatan hastalarda en sık görülen bakteriyel enfeksiyonlardır. Amerika Birleşik Devletleri'nde 18 yaş üzerindeki bayanların %11'i yılda bir kez İYE geçirmektedir. İYE çoğunlukla 18-24 yaş arası sık görülmektedir. Bayanlarda İYE'nun en önemli özelliği ise nüks etme eğiliminde oluşudur. 18-29 yaş arası bayanlarda ilk İYE sonrası rekürrens oranı %24 olarak bildirilmiştir. İYE böbrekler, ureterler, uretra ve mesanede ortaya çıkabilmektedir. İYE striktür, fistül, abse formasyonu , bakteriyemi, sepsis, piyelonefrit ve böbrek disfonksiyonu gibi komorbiditelere neden olabilir. Piyelonefrit gelişimine bağlı mortalite oranlarının erkeklerde %1 bayanlarda ise %3 gibi yüksek değerlerde olduğu bildirilmiştir. İYE'nin sağlık sistemine maliyeti ve gittikçe artan antinikrobiyal ajan dirençleri de gözönüne alındığında İYE'nin önlenmesi ciddi önem arz etmektedir. Bu nedenle son yıllarda ÜSE için antibiyotik-dışı koruyucu önlemler giderek daha popüler hale gelmektedir. Bu yak-

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