

Antidepresanların neden olduğu hiponatremi

Hiponatremi antidepresanların potansiyel olarak tehlikeli bir yan etkisidir.^{1,2} Hiponatremi klinik uygulamada en yaygın karşılaşılan elektrolit bozukluğudur.³ Antidepresanların neden olduğu hiponatremi morbidite ve ölüme neden olabilir. Her antidepresan hiponatremiye neden olabilir.^{1,4-9} Görülme oranları seçici serotonin geri alım önleyiciler (SSGÖ) için %0.06-40, venlafaksin için %0.08-70 arasındadır. Bu oran trisiklik antidepresanlar ve mirtazapinde diğer antidepresanlardan daha düşüktür.¹ SSGÖ kullanan yaşlılar hiponatremi açısından daha yüksek risk altındadır.⁵

Hiponatremi yaşamı tehdit edici olabilir, ciddi nörolojik ve psikiyatrik belirtilere neden olabilir.^{1,2,4} Hiponatreminin klinik sonuçları nörolojik işlev bozukluğu, zihinsel işlevlerde azalma, serebral ödem, yürüme bozuklukları, osteoporoz ve kırıkları kapsar.³

Mirtazapinle hiponatremi riski orta düzeydedir, bu nedenle mirtazapin hiponatremi riskindeki hastalar için alternatif bir antidepresan olabilir.^{1,6} Klinisyenler antidepresanların bu komplikasyonunun farkında olmalıdır.

Antidepressants-induced hyponatremia

Hyponatremia is a potentially dangerous side effect of antidepressants.^{1,2} Hyponatremia is the most common electrolyte disorder encountered in clinical practice.³ Antidepressant-induced hyponatremia can cause significant morbidity and mortality. Hyponatremia has been reported with the use of various antidepressants.^{1,4-9} Incidence rates of hyponatremia varies between 0.06% and 40% for selective serotonin re-uptake inhibitors (SSRIs) and 0.08% and 70% for venlafaxine. This rate for mirtazapine and tricyclic antidepressants are lower than the other antidepressants.¹ The elderly patients on an SSRI is at greater risk for hyponatremia.⁵

Hyponatremia can be a life-threatening medical condition, and may lead to severe neurological and psychiatric symptoms.^{1,2,4} Clinical consequences of hyponatremia include neurologic dysfunctions, decreased mental functions, cerebral edema, gait disturbances and falls, osteoporosis, and fractures.³

The risk of hyponatremia with mirtazapine is moderate, therefore mirtazapine may be as an alternative treatment for patients with risk of hyponatremia.^{1,6} Clinicians must be aware of this complication of antidepressants.

Kaynaklar / References

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