Síndrome Hemolítica-Urêmica: diagnóstico e tratamento - Revisão de literatura

Diagnosis and treatement of Hemolytic Uremic Syndrome: literature review

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Abstract

Hemolytic Uremic Syndrome (HUS) is a thrombotic microangiopathy characterized by hemolytic anemia, thrombocytopenia and microangiopathy. This article is a literature review of hemolytic uremic syndrome, emphasizing diagnosis and treatment. Papers from the past 15 years were studied, by searching in Uptodate, Scielo, Google Scholar, New England and PubMed using the keywords hemolytic uremic syndrome, diagnosis and treatment. Hemolytic syndrome is a disease whose primary affected organ is the kidney. It mainly affects children less than 5 years-old and has a history of infection of the gastrointestinal tract by *Escherichia coli* with Shiga toxin release. It can be classified into typical HUS, which features diarrhea, elevation of lactate dehydrogense (LDH), indirect bilirubin, BUN and creatinine, and atypical HUS which usually affects patients with tumors, glomerulopathies, and malignant hypertension. Typical hemolytic uremic syndrome usually resolves spontaneously and requires only clinical support measures. In case of persistent disease or severe neurological disorders, plasmapheresis should be considered. In hemolytic atypical uremic syndrome, the use of Eculizumab has gained prominence and is considered the first choice of treatment. The literature is quite convergent on the subject, especially with regard to the means of diagnosis and treatment.

Keywords: Hemolytic Uremic Syndrome; Diagnosis; Treatment

Resumo

A Síndrome Hemolítica-Urêmica (SHU) é uma microangiopatia trombótica que se caracteriza por anemia hemolítca, microangiopatia e trombocitopenia. Neste artigo, é feita uma revisão de literatura sobre a SHU, com ênfase no diagnóstico e tratamento. Foram utilizados artigos científicos dos últimos 15 anos através da busca no Up to date, Scielo, Google Acadêmico, New England e PubMed utilizando os descritores síndrome hemolítica-urêmica, diagnóstico, tratamento. A síndrome hemolítica-urêmica é uma patologia cujo principal órgão acometido é o rim. Acomete principalmente crianças menores de 5 anos e tem um histórico de infecção do trato gastrointestinal pela *Escherichia coli* com liberação da toxina Shiga. Pode ser classificada em SHU típica, que apresenta um quadro diarréico, elevação de LDH,

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bilirrubina indireta, escórias renais, e SHU atípica, acometendo normalmente pacientes portadores de tumores, glomerulopatias, hipertensão maligna. A Síndrome hemolítica urêmica típica normalmente tem resolução espontânea e necessita apenas de medidas de suporte clínico. Em caso depersistência da doença ou alterações neurológicas graves, a plasmaférese deve ser considerada. Na síndrome hemolítica-urêmica atípica, o uso de Eculizumab tem ganhado destaque, sendo considerada a primeira escolha de tratamento. A literatura é bastante convergente sobre o tema, principalmente no que tange aos meios de diagnóstico e tratamento.

Palavras-chave: Síndrome Hemolítica-Urêmica; Diagnóstico; Tratamento

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