

Bölüm 14

ÇOCUK VE ERGENLERDE KİLO KAYBININ PSİKIYATRİK KÖKENLERİNE YAKLAŞIM: YEME BOZUKLUKLARI

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GİRİŞ

Çocuk ve ergenlerde kilo kaybına sebep olabilecek birçok psikiyatrik rahatsızlık bulunmaktadır. Bunların içinde, çocuk ve ergenlerde kilo kaybına en belirgin olarak sebep olan rahatsızlıklar, Yeme bozukluklarıdır. Yeme bozuklukları içinde özellikle de Anoreksiya Nervoza ve Kaçınan/Kısıtlı Yiyecek Alım Bozukluğu buna sebep olur. Bu bölümde, bu iki rahatsızlık detaylı olarak anlatılacaktır.

ANOREKSİYA NERVOZA

Anoreksiya nervoza oldukça ciddi sonuçlara yol açabilen ve aşırı kilo kayıplarıyla giden bir mental bozukluktur. Her yaştan çocuk ve ergeni etkileyebilir. Ancak, ergen kızlar ve genç yetişkin kadınlar özellikle risk altındadır. Bu bozukluk, aşırı diyet kısıtlaması, çıkarma ya da aşırı fiziksel aktivite gibi kilo verme davranışları ile birlikte, yoğun bir kilo alma korkusu ve bozulmuş bir beden algısı ile karakterizedir. Ek olarak, işlevsellikte ciddi bir düşüş yaşanmaktadır. Tıbbi ve psikiyatrik komorbiditeler siktir. Anoreksiya nervoza genellikle tekrarlayan veya uzun süre boyunca devam eden bir seyir göstermektedir. Tedavi edilmezlerse mortalite ve morbidite oranları yükselir. Yaşam kaliteleri düşük olup kendilerine, ailelerine ve topluma yüklenen oldukça fazladır (1, 2).

SIKLIK

Yüksek gelirli ülkelerde, genel popülasyonda yaşam boyu anoreksiya nervoza prevalansının kadınlarda yaklaşık %1 civarında, erkeklerde ise %0.5'ten az olduğu bildirilmektedir (3). Nokta prevalansı yaklaşık %0.3-0.5'dir (4). Bazı çalışmalar,

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ile oluşabilecek birçok tıbbi ve psikiyatrik sorun ortadan kalkacaktır. Hastalarda bilişsel davranışçı terapi ve aile tabanlı terapi uygulamalarının oldukça yüz güldüren sonuçlar verdiği saptanmıştır. Ülkemizde bu uygulamaların giderek yaygınlaştırılması, yeme bozukluğuna spesifik tedavi servislerinin açılmasıyla mümkündür. Açılacak servislerle, hastalar tedavi imkanına kavuşacak ve kanıta dayalı olarak tedavi edilmiş olacaktır.

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