

Bölüm 10

DASH DİYET MODELİ

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GİRİŞ

Diyetsel risklerinin doğru ve kapsamlı bir şekilde öngörülebilmesi, sayısız besin arasında muhtemel etkileşimi veya birleşimi görmezden gelerek besinleri ayrı ayrı değerlendirmekten ziyade diyet modellerinin değerlendirilmesi ile mümkün olmaktadır (1). Bu amaçla oluşturulan diyet modellerinden “Hipertansiyonu Durdurmak İçin Diyet Yaklaşımları (**The Dietary Approaches to Stop Hypertension (DASH)**)” ilk olarak sistemik arter hipertansiyonunun önlenmesi ve tedavisi için geliştirilmiştir. Ancak son zamanlarda uluslararası bazı bilim kuruluşları tarafından beslenme durumu ve metabolik yönleri ile ilgili yararları nedeniyle, sağlıklı bir diyet standardı olarak önerilmektedir (2-4).

DASH diyet modelinde; meyve, sebze ve az yağlı süt ürünlerinin tüketimi; tam tahıllar, kümes hayvanları, balık ve yağlı tohumların tüketimi öne çıkarken; doymuş yağların, kırmızı etin, şekerlemeler ve şeker ilavesi yapılmış içeceklerin tüketimi azaltılır (5). Sodyum alımının hipertansiyona etkisinin değerlendirilmesi amacıyla diyet modelinde sonradan sodyum kısıtlaması yapılır ve bu hali ile kan basıncına olan etkisinin daha fazla olduğu görülür. Sodyum kısıtlaması da diyetin ana bileşenleri arasında yer alır.

Hipertansiyonun birçok hastalığın risk faktörü olması veya komorbidite etkisi nedeni ile tedavisi ya da önlenmesi için geliştirilen bu diyetsel yaklaşım modeli sonraki yıllarda çok sayıda çalışmanın araştırma konusu olarak dikkat çekmeye başlamıştır.

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duğunu belirlemişlerdir (81). CRP için kanıtlar havuzlanmış etki tahminindeki tutarsızlık nedeniyle düşük olarak derecelendirilmiştir. Bu değerlendirme DASH diyet düzeninin inflamasyon üzerine etkisinin olup olmadığı konusundaki belirsizliği ortaya koymaktadır. Gelecekteki randomize kontrollü çalışmaların risk tahminleri üzerinde önemli bir etkisi olması muhtemeldir (24).

SONUÇ

Hipertansiyon gibi hastalıklar ve hastalıkların risk faktörlerinden korunma ya da tedavilerinin beslenme ile ilişkisi incelenirken tek besin ögesi ya da besin grubu üzerinden çıkarımlar yapmaktan ziyade beslenme şeklinin bir bütün olarak ele alınması ve diyet modellerinin değerlendirilmesi gerektiği vurgulanmaktadır. Böylelikle besinlerin olası etkileşimlerinin veya hastalıkların önlenmesi ve korunmasındaki etkilerinin gözlemlenebilmesinin mümkün olabileceği düşünülmektedir.

DASH diyet modeli, kalp krizi, inme, böbrek hastalıkları için önemli bir risk faktörü olan hipertansiyonun önlenmesi ve tedavisinde önemli etkiye sahip olabilecek bulgularla koordineli bir bilimsel araştırmayı belgelemektedir. Ayrıca yapılan çalışmalarda diyabet, metabolik sendrom, bazı kanser türleri, inflamasyon, obezite ve bu etkenlerin risk faktörü olduğu diğer durumlarda da DASH diyetinin olumlu yönde etkilerine dair bulgular bildirilmiştir. Ancak çalışmaların sonuçlarından genel önerilerin elde edilmesi ve elde edilen bulguların kanıt düzeylerinin artırılması için daha uzun süreli izlemlerle çok sayıda prospektif çalışmanın yapılmasına ihtiyaç duyulmaktadır.

Anahtar Kelimeler: DASH, hipertansiyon, kardiyovasküler hastalıklar

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