

OBEZİTE TEDAVİSİ

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Giriş

Obezite tedavisi ile bireylerin mevcut hastalıkları, olası hastalık riskleri, mortalite riskleri azalmaktadır. Farmakolojik tedavi, egzersiz, sağlıklı beslenme, davranış tedavisi birlikte uygulanmalıdır. Sayılan bu davranışlar olmadan sadece ilaçla kilo vermek sağlıksız bir yaklaşım olarak kabul edilir. Tedavi sürecinde obezite tedavisi gören kişilerin vücut ağırlığının yakın takibi önemlidir (1).

Birçok hastalık için doğrudan obezite ile nedensellik bağı kurulmamakla birlikte, mevcut hastalığa zemin hazırlama, klinik seyrinin daha olumsuz seyretmesine neden olma gibi hoş olmayan durumlar bulunmaktadır. Koroner hastalık, HT, Tip 2 DM, Meme kanseri, kolon kanseri, osteoartrit, KOAH, depresyon, karaciğer yağlanması, dislipidemiler, kısırlık, inme bu hastalıklar arasında sayılabilir (1).

Obezitede farmakolojik tedavi endikasyonları

Obezite tedavisinde farmakolojik tedavi yaşam şekli ve beslenme alışkanlıkları konusunda sağlıklı önerileri uygulamaya rağmen kilo vermeyen obez bireylere önerilir.

İlaç önerirken BKİ \geq 30 kg/m² olan, diyetine, egzersizine ve davranış değişikliğine dikkat eden, BKİ 27-29,9 kg/m² düzeyinde olan ve obeziteye eşlik eden (lipit düzeyleri yüksekliği, Tip 2 Diyabeti, koroner arter hastalığı, serebrovasküler hastalığı, hipertansiyonu, uyku apne sendromu) olan kişiler seçilir. Hasta seçiminde hastaların bireysel özellikleri ve sahip oldukları ek hastalıklar önemlidir. Farmakolojik tedavide olası riskler ve yararlar her zaman değerlendirilmelidir. Obezite tedavisi için başarı sağlıklı beslenme, düzenli fiziksel aktivite ve sağlıklı davranışlar ile gerçekleşir (1,2).

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