

AİLE HEKİMLİĞİNDE OBEZİTE YÖNETİMİ

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Obezite, yetişkinlerde ve çocuklarda görülme sıklığı her geçen gün artan ve artık küresel bir salgın olarak kabul edilen kronik bir hastalıktır (1). Obezitenin artmış mortalite ve morbidite ile ilişkisi 2500 yılı aşkın süredir, Hipokrat zamanından beri bilinmektedir (2). Artan sağlık harcamaları ve toplumsal maliyetler obeziteyi önemli bir halk sağlığı sorunu haline getirmiştir (3). Birinci basamakta obezite yönetiminin optimum düzeye çıkarılması; obeziteye bağlı mortalite, morbidite ve sağlık harcamalarının azaltılmasında ve hastaların yaşam kalitesinin artırılmasında en etkili adımlardan biri olacaktır. Aile hekimliği; kişi merkezli bakım, süreklilik, toplum yönelimli olma, kapsamlı yaklaşım, bütüncül modelleme gibi nitelikleriyle, gerek obezitenin önlenmesinde gerekse yönetiminde merkezi bir konumdadır.

1. Tanım ve Tanı

Obezite, Dünya Sağlık Örgütü (DSÖ) tarafından, sağlığı bozacak ölçüde vücutta anormal veya

aşırı yağ birikmesi olarak tanımlanmaktadır (4,5). Vücut yağ yüzdesini belirlemek klinik olarak her zaman mümkün olmadığından aşırı yağdan ziyade çok aşırı kilo olarak kabul edilmektedir. Obezitenin tanımlanması ve sınıflanmasında beden kitle indeksi (BKİ) kullanılmaktadır. BKİ bireyin vücut ağırlığının (kg), boy uzunluğunun (m) karesine bölünerek hesaplanan bir değerdir (6).

$$BKİ = \text{vücut ağırlığı (kg)} / \{\text{boy uzunluğu (m)}\}^2$$

DSÖ'nün BKİ' ne göre obezite sınıflaması Tablo 1' de gösterilmiştir (7,8).

Bel çevresi ölçümü abdominal yağın belirlenmesinde çok önemlidir. Bel çevresi ölçümü hasta ayaktayken, süperior iliak kristalar hizasından yapılmalıdır. Bel çevresinin erkeklerde 100 cm, kadınlarda ise 90 cm' in üstünde olması abdominal obezite olarak tanımlanır. Kardiyometabolik hastalıkların riskini belirlemede abdominal obezite önemli bir ölçüttür (9,10,11). Obezitenin tanı ve sınıflandırmasında BKİ ve bel çevresi ölçümünün birlikte kullanılması önerilmektedir.

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zor, karmaşık ve oldukça maliyetlidir. Bu nedenle obezitenin birincil önlenmesi, aile hekimliğinin temel amacı olmalıdır.

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