

## ÇOCUKLUK ÇAĞI OBEZİTESİ

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### Giriş

Çocukluk çağı obezitesi, dünyada önemli bir halk sağlığı sorunudur <sup>(1,2)</sup>. Günümüzde dünyada 3 çocuktan 1'i obezdir. Çocukluk çağı obezitesinin artan yaygınlığı, önceden tip 2 diabetes mellitus, hipertansiyon, obstrüktif uyku apnesi ve dislipidemi gibi “erişkin” hastalıklar olarak kabul edilen komorbiditelerin ortaya çıkması ile ilişkilidir <sup>(3)</sup>. Çocuklarda obezitenin en sık nedeni kilo alımı için genetik yatkınlık ve kalori alımının harcanmasından daha fazla olması ile ilişkili olan pozitif enerji dengesinden kaynaklıdır <sup>(4)</sup>. Obeziteye sahip çocukların değerlendirilmesi, etiyolojiyi belirlemeye ve obezite ile ilişkili komorbiditelerin değerlendirilmesine yöneliktir <sup>(5)</sup>. Pediatrik obezitede, çocuğun yaşı, obezitenin ciddiyeti ve obezite ile ilişkili komorbiditelerin varlığı, ilk basamak tedavisinde çok önemlidir <sup>(3)</sup>. Çocuklarda obezitenin medikal tedavisi ile ilgili veriler sınırlıdır. Yaşam tarzı değişikliğinin ise etkisi morbid obezlerde daha etkin olmakla beraber sınırlıdır.

Şiddetli obezitesi olan adolesanlarda ise kilo verebilme ve komorbiditelerin iyileştirilmesi açısından bariatrik cerrahi kullanılmaktadır. Ancak bariatrik cerrahinin de uzun dönem etkileri ile ilgili bilgiler kısıtlıdır <sup>(4,5)</sup>.

### Çocukluk Çağı Obezitesi Tanımı

“Obezite” terimi, fazla yağ miktarı anlamına gelmektedir. Genel olarak vücuda alınan enerji miktarının enerji harcamasından fazla olduğu durumlarda, yağ dokusunun artmasıyla ortaya çıkan klinik bir durumdur. Dünya Sağlık Örgütü (DSÖ) tarafından obezite “Sağlığı bozacak ölçüde vücutta anormal veya aşırı yağ birikmesi” olarak tanımlanmıştır <sup>(6)</sup>.

Vücut yağ miktarının ölçümü pahalı ve zor olduğu için, boy ve vücut ağırlığı ölçümleri kullanılarak belirlenen VKİ’i (vücut kitle indexi), 2 yaş üstü çocuklarda obezite değerlendirilmesinde kullanılan standart ölçüm yöntemidir. VKİ, vücut ağırlığının (kg), boy uzunluğunun karesine (m<sup>2</sup>)

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obezitesi ile ilişkili uzman olan multidisipliner bir ekip tarafından yönetilmelidir. Multidisipliner bir ekiple, düzenlenmiş kilo yönetimine cevap verilmemişse farmakoterapi ve/veya bariatrik cerrahi düşünülmelidir. Ancak bu yöntemlerin etkinliğini ve güvenliğini değerlendirmek için daha fazla araştırmaya ihtiyaç vardır.

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