



# BÖLÜM 1

## ALKOL KULLANIM BOZUKLUĞU

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### GİRİŞ

Alkol kelimesi dilimize Arapçadan geçmiş olup bir şeyin özü anlamına gelmektedir. Alkol kullanımı yapılan etimolojik çalışmalara göre neredeyse insanlık tarihi kadar eskidir. Alkolün ritüellerde ilk kullanımı milattan önce 13000 yılına kadar uzanırken tıbbi amaçlarla kullanımı ise milattan önce 2100 yılındaki Sümer ve Mısır metinlerine dayandırılmaktadır.

Her ne kadar alkol denilince birden çok bileşik akla gelse de alkollü içeceklerde kullanılan sadece etanoldür. Bu yüzden metin içinde kullanılan alkol sözcüğü ile etanol kastedilmektedir. Alkol vücuda alındıkta sonra kolayca emilir ve çok az bir kısmı ilk geçiş metabolizmasına uğrar. Büyük bir kısmı ince bağırsaktan emilirken az bir kısmı da mideden emilir. Alkol çoğunlukla karaciğerde oksidatif yolak üzerinden alkol dehidrojenaz (ADH) ve aldehit dehidrojenaz (ALDH) enzimleri aracılığıyla metabolize olur. Az bir kısmı ise minör yolaklar dediğimiz sitokrom p450, katalaz, glukuronik asitle konjugasyon ve sülfatla konjugasyon yoluyla elimine edilir (1, 2).

Alkol vücutta neredeyse tüm sistemler üzerinde akut ve kronik değişimlere neden olabilen potent bir maddedir. Merkezi sinir sisteminde uçucu anestezi

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