

BÖLÜM 18



Obstrüktif Uyku Apne Sendromunda İnflamasyon ve Metabolik Sendrom

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GİRİŞ

Metabolik sendrom, kardiovasküler ve serebrovasküler hastalık risk faktörü olarak görülen metabolik dengesizliklerin bir arada bulunduğu bir tablodur ve sendrom X veya insülin direnç sendromu olarak da adlandırılmaktadır. Tanı kriterleri arasında

- Bel kalınlığı: kadınlarda 88cm üzeri ve erkeklerde 102cm üzeri bel kalınlığı olması,
- Yüksek trigliserid seviyesi: kan trigliserid seviyesinin 150mg/dl veya üzerinde veya tedavi almış olması,
- Azalmış HDL kolesterol seviyesi: HDL kolesterol seviyesinin erkeklerde 40mg/dl, kadınlarda 50mg/dl'nin altında olması,
- Artmış kan basıncı: Kan basıncının 130/85mmHg veya daha yüksek veya tedavi almış olması,
- Artmış açlık kan şekeri: açlık kan şekeri seviyesinin 100mg/dl veya daha fazla veya tedavi almış olması bulunmaktadır ve bu beş tanı kriterinden en az üç tanesinin varlığı ile metabolik sendrom tanısı konmaktadır (1).

Metabolik sendrom prevalansı %20-45 arasında değişmektedir (2), global bir sorun teşkil eden sendromun giderek artmasından endişe edilmektedir. Ülkemizde Akdeniz Bölgesi'nde metabolik sendrom prevalansı bu kriterlere göre %28,8 olarak bulunmuş ve en yüksek prevalansın 60-69 yaş arası obez hastalarda (%43,2) olduğu görülmüştür. En sık görülen metabolik sendrom kriteri ise %56,8 ile abdominal obezite olarak bildirilmiştir. Abdominal obeziteden sonra görülen

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SONUÇ

Kardiyovasküler hastalık ve serebrovasküler hastalık risk faktörü olarak görülen metabolik dengesizliklerin birarada görüldüğü metabolik sendromun OUAS ile ilişkisini gösteren birçok çalışma bulunmaktadır. Birbirleri üzerine etkileri oldukça karmaşık ve iç içedir. Hem OUAS hastalarında metabolik sendrom prevalansının hem de metabolik sendrom hastalarında OUAS prevalansının yüksek olduğu bildirilmiştir. Wilcox'un "sendrom Z" olarak adlandırdığı OUAS ve metabolik sendrom birlikteliğinde tedavi birlikte ele alınmalı OUAS'ın uygun tedavisi yapılmadığında metabolik sendrom ve sonucunda kardiyovasküler hastalık tedavisinin de olumsuz etkilenebileceği unutulmamalıdır.

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