

# Bölüm 13

## SON DÖNEM BÖBREK HASTALIĞINDA YAKLAŞIM ve YÖNETİM

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### GİRİŞ

Son dönem böbrek hastalığı (SDBH), böbreklerin günlük yaşamın ihtiyaçlarına cevap vererek şekilde yeterli çalışmadıkları durumdur. SDBH genellikle kronik böbrek hastalığının ardından ortaya çıkar ve önemli, yaşamı tehdit eden hastalıklardan biridir. Topluma çok büyük bir psikososyal ve ekonomik yük getirmektedir.

Tip 2 diyabet (DM), kronik böbrek hastalığı (KBH) ve SDBH'nın en yaygın nedenidir<sup>(1,2)</sup>. Amerika Birleşik Devletleri'nde, tip 2 DM'li bireylerin >% 40'ında diyabetik böbrek hastalığı (DBH) olduğu ifade edilmektedir<sup>(3)</sup>. Hem diyabet hem de KBH, artmış kardiyovasküler risk ile sinerjistik olarak ilişkilidir.

SDBH'lı hastalarda DM prevalansının yüksek olması, DBH'nın önlenmesi ve yönetimi hakkında daha fazla farkındalık oluşturmak gerekliliğini ortaya koymaktadır. Bu hususa ek olarak SDBH'ında DM yönetimi de hasta grubunun, ilaç kısıtlılıklarının ve renal replasman tedavisinin getirdiği zorluklar nedeni ile farklılık oluşturmakta ve ek bilgi ve tecrübe ihtiyacı doğurmaktadır. Diyabetik nefropati ve bu patolojiye yönelik yaklaşımlar (bkz. Diyabetik Nefropatili Hastaya Yaklaşım ve Yönetim) ayrı bir bölümde anlatılmaktadır. Bu bölümde SDBH'da diyabetli hastada hiperglisemi yönetimi ele alınacaktır.

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