

## Bölüm 8

# ERİŞKİNDE MİDE KORUMA DİYETİ

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### GİRİŞ

Vücudumuzun genel sağlığı, sağlıklı beslenmeye bağlıdır. Mide ve bağırsaklar, vücudumuzda besinlerle ilk temasta bulunan organlar arasındadır. Beslenme kriterlerinin oluşturulması, sağlığı teşvik etmenin, hastalıkları önlemenin ve tedavi etmenin bir yoludur. Diyetin, mide ve bağırsak bozukluklarını azaltacak veya artıracak fizyolojik ve patolojik durumları değiştirebileceği düşünülmektedir (1). Bu etkiler sayesinde diyet, peptik ülser ve mide kanseri gibi üst sindirim sistemi bozukluklarında kritik rol oynar (2).

Peptik ülser, mide veya onikiparmak bağırsağı mukozasında (çeper) oluşan, sınırları belli doku kaybı ile karakterize yaradır. Peptik ülser, mide mukozasına zarar veren faktörler ile koruyan faktörler arasındaki dengesizlik sonucu oluşur. Mide mukozası, mukus salgılayarak mide sıvısında bulunan asit ve pepsinin yıkıcı etkilerinden korunur; ayrıca bikarbonat üreterek fazla asidin kan yoluyla taşınmasını, mide epitel hasarının onarımını ve epitelin yenilenmesini sağlar (3). Her yaşta görülebilen ve yaş ilerledikçe görülme oranı artan peptik ülserin ülkemizde en sık görülme yaşı mide ülseri için 30-60 yaş, onikiparmak bağırsağı ülseri için 20-50 yaşdır. Onikiparmak bağırsağı ülseri erkeklerde daha sık görülürken, mide ülseri görülme oranı kadın ve erkeklerde eşittir (4). Peptik ülser, dünyadaki en yaygın hastalıklardan biridir ve nedenleri çok çeşitlidir. Genetik faktörler, sigara ve alkol gibi çevresel etmenler, ağrı kesici ilaçların düzenli kullanımı, Helicobacter Pylori (H. Pylori) olarak adlandırılan bakterinin oluşturduğu enfeksiyon (iltihap) önemli nedenler arasında sayılabilir (5).

Sigara ve alkol, mide mukozasını koruyan mukus ve bikarbonat salınımını azaltabilir ve mide asit salgısını arttırabilir (5). Sigara içenlerde, içmeyenlere göre

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kanıt seviyesi daha yüksektir ve peptik ülser ve H. Pylori enfeksiyonu üzerine yararlı etkileri farklı klinik çalışmalarla değerlendirilmiştir.

Sonuç olarak günlük diyet ile sağlıklı yiyeceklerin alımı, fazla miktarda tuz ve tuzla korunmuş riskli içerikleri olan gıdaların diyetten çıkarılması, meyve ve C vitamini alımının artırılarak diyet değişikliği yapılması, sigaranın bırakılması; gerek H. Pylori'den bağımsız ve gerekse H. Pylori ile ilişkili olarak mide kanser gelişim sürecini baskılamakta yardımcı olabilir. Mide hastalıklarında diyet bileşenlerinin oynadığı rolün daha iyi anlaşılması için daha kapsamlı, ileri klinik çalışmalara ihtiyaç vardır.

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