

Bölüm 22

ÇÖLYAK HASTALARINDA BESLENME

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GİRİŞ

Çölyak hastalığı (glutene duyarlı enteropati, ÇH), genetik olarak duyarlı kişilerde buğdaydaki gluten ile çavdar, arpa gibi tahıllardaki gluten benzeri diğer tahıl proteinlerine karşı immünolojik mekanizmalarla oluşan besin intoleransı tablosudur. Her yaşta ortaya çıkabilen ve dünyada en çok rastlanan malabsorbsiyon hastalığıdır. (1-3). Hastalık kronik ishal, anemi, büyüme ve gelişme geriliği, karaciğer enzim yüksekliği, nörolojik sorunlar, cilt sorunları vb şeklinde karşımıza çıkmaktadır (4).

Çölyak hastalığı her yaş grubunda değişik klinik bulgular göstermekte olup günümüzde bilinen tek tedavisi glutensiz beslenmedir. Glutensiz beslenmenin sıkı bir şekilde uygulanması bir takım komplikasyonları önler ancak demir, çinko, folik asit, B12 vitamini, D-vitamini, magnezyum yetersizliğine de neden olabilmektedir (5). Glutensiz beslenmeye uyumdaki zorluklar ve tedavi maliyetinin yüksek olması nedeniyle, hastalıktan korunma ve başka alternatif tedavi yöntemleri üzerindeki çalışmalar hız kazanmıştır (4).

ÇÖLYAK HASTALIĞININ TARİHÇESİ

Hastalık günümüzden yaklaşık 10.000 yıl önce tahıl ekimi yapılan Orta Doğu, Mezopotamya ve Anadolu topraklarında ortaya çıkmıştır (6). Çölyak hastalığı ilk olarak 1887-1888 yıllarında İngiliz patoloğ Samuel Gee tanımlamış ve bu hastalığa bazı gıdaların sebep olduğunu bildirmiştir (4).

1924'te Sydney Haas bu hastalığın tedavisinde tahıl ürünlerinden uzak durulmasının ve muz diyetinin uygulanmasının etkin olduğunu rapor etmiştir. Hollan-

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SONUÇ

Tüm dünyada en önemli malnutrisyon sebebi olan Çölyak hastalığının prevalansı, tarama yöntemlerindeki gelişmelere, daha küçük yaşlarda tanı konulmasına ve toplumda Çölyak konusundaki farkındalığın artışıyla birlikte artmaktadır. Günümüzde bilinen tek tedavisi glutensiz beslenme olup alternatif tedavilerin araştırılmasına devam edilmektedir. Tanı konulduktan sonra glutensiz diyetin başlanması, glutensiz besinlere erişimin sağlanması, diyetin sürdürülmesi ve takibi için gereken diyetisyen desteğinin sağlanması, komplikasyonların gelişmesini önlemek için ailenin ve hastanın her aşamada yeterince bilgilendirilmesi çok önemlidir.

Anahtar kelimeler: Çocuk, Çölyak Hastalığı, Beslenme, Diyet

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