

1. BÖLÜM

DİYABETİK RETİNOPATİDE EPİDEMİYOLOJİ VE PATOGENEZ

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1. GİRİŞ

Diyabet sık görülen kronik hastalıklarındandır ve tüm toplumlarda milyarlarca insanı etkileyerek önemli bir sağlık yükü oluşturmaktadır. Diyabette tam bir iyileşmeden söz edilemeyeceğinden amaç bireyin yaşam kalitesini artırmak ve kronik komplikasyonları en aza indirmektir.

Dünyada tüm yaş gruplarında diyabet prevalansı 2000 yılında %2.8 (171 milyon) iken 2030 yılında %4.4 (366 milyon) olacağı öngörülmektedir. Gelişmekte olan ülkelerde ise bu sayı 2000 ile 2030 yılları arasında ikiye katlanacağı düşünülmektedir. Amerika Birleşik Devletlerinde (ABD) yapılan bir prevalans çalışmasında 2014 yılında %9.1 (22.3 milyon) iken 2030 yılında bunun %13.9 (39.7 milyon) 2060 yılında ise %17.9 (60.6 milyon) olması beklenmektedir.

Türkiyede yapılan Türk Diyabet Epidemiyoloji Çalışmasında (The Turkish Diabetes Epidemiology Study, TURDEP) 24,788 olgu incelenmiş ve diyabet prevalansı %7.2, glukoz intoleransı ise %6.7 olarak belirlenmiştir.

Etkin korunma programları ve gelişmiş tedavi protokolleri olsa da devam eden kronik komplikasyonlar halen gelişmiş ülkelerde dahi önemli sağlık problemleri arasındadır.

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