

Bölüm 4

SAĞLIKSIZ YAŞAM BİÇİMİ DAVRANIŞLARININ KADIN ÜREME SAĞLIĞI ÜZERİNE ETKİSİ

Coşkun KAYA¹

Endüstriyel toplumlarda her 6 kişiden 1 kişi infertilite problemi yaşamakta (Homan & ark., 2007) ve infertilite tedavisi bireysel ve toplumsal açıdan hem maddi hem de manevi yüklerle neden olmaktadır (Myers & ark., 2008). Vücut ağırlığı, diyet, vitamin replasmanı, alkol ve sigara tüketimi, çevre kirliliği, geçirilmiş enfeksiyonlar, kullanılan tıbbi ilaçlar; fertilite ve canlı bir bebek sahibi olma üzerine etkili faktörler olarak belirlenmişlerdir (Harris & ark., 2009; Homan & ark., 2007). Bu faktörlerden vücut ağırlığı, alkol ve sigara tüketimi ile günlük egzersiz miktarı ve stres değiştirilebilir yaşam biçimi davranışları olarak tanımlanmıştır (Homan & ark., 2012). Bu yaşam biçimi davranışlarının erkek ve kadın üreme sağlığı ve yardımcı üreme tekniklerinin sonuçları üzerine olumsuz etkileri olduğu gösterilmiştir (Gluckman & Hanson, 2007; Homan & ark., 2007; Temel & ark., 2009; Vujkovic & ark., 2009). Son zamanlarda gerek toplumda gerekse sağlık çalışanlarda bu davranışların infertilite üzerine etkisi oldukça ilgi çekici bir konudur (Bunting & Boivin, 2008; Anderson & ark., 2010a). Çünkü bu yaşam biçimi davranışlarının sağlıklı yaşam biçimi davranışları ile değiştirilmesinin tedaviye gerek kalmadan sağlıklı bir çocuk sahibi olma şansını artırmaya yardımcı olabileceği gösterilmeye çalışılmıştır (Homan & ark., 2007). Bununla beraber sağlıklı yaşam biçimi davranışlarını tam olarak belirten ve bu davranışları elde etmek için literatürde düzenlenmiş tam bir kılavuz da bulunmamaktadır (Anderson & ark., 2010b).

Sağlıklı yaşam biçimi davranışlarının hayata geçirilmesi ile infertilitenin önlenmesi ve genel sağlık koşullarının düzeltilebileceği gösterilmiştir (Homan & ark., 2007). Sigara ve alkol tüketimi ile obezitenin fertilite üzerine olumsuz etkileri net gösterildiği gibi (Chura & Norman, 2007; Gungor & Kızılkaya Beji, 2009; Homan & ark., 2007; Kelly-Weeder & O'Connor, 2006; Quaas & Dokras, 2008; Klonoff-Cohen & ark., 2002; Sobinof & ark., 2012) yine bir başka çalışmada vücut kitle indeksinin 30'un üzerinde olması, depresif semptomlara sahip olmak, düşük meyve ve sebze tüketimi, alkol tüketimi, sigara içilmesi, düzenli egzersiz

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kisiyle ilgili kanıta dayalı bilgilerin verilmesi, motivasyonu arttırabilir (Homan & ark., 2007). Riskli yaşam biçimi davranışları olan çiftleri; sigara ve alkol tüketiminden kaçınması, kafein alımının sınırlandırılması, vücut kitle indeksinin normal sınırlarda tutulması, dengeli ve düzenli beslenilmesi, düzenli egzersiz (her gün 20-30 dakika) yapılması konusunda bilgilendirmeli; stresle baş etmeyi sağlayabilmek için etkili ve doğru teknikleri öğretilmelidir.

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