

Bölüm 10

ÇOCUKLARDA SIK GÖRÜLEN SİSTEMİK HASTALIKLAR VE AĞIZ BULGULARI

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GİRİŞ

Birçok çalışma, ağız hastalıkları ile sistemik hastalıklar arasında belirgin bir ilişki olduğunu göstermiştir. Bazı sistemik hastalıkların ilk belirtileri ağız içinde semptom verebilir. Bu sebeple diş hekimliği pratiğinde ağızdaki problemlerin sebebinin sadece oral hijyen eksikliğinden değil sistemik hastalıklardan da kaynaklanabileceği göz önünde bulundurulmalıdır. Bu bölümde sadece çocuklarda sık karşılaşılan sistemik hastalıkların ağız bulgularına yer verilmiştir.

DIABETES MELLİTUS

İnsülin üretiminin eksikliği ve/veya insülin metabolizmasının bozulmasından kaynaklanan yüksek kan glukoz seviyeleri ile karakterize birçok semptomu olan bir hastalıktır. Amerikan Diyabet Birliği 4 tip diyabet tanımlamış olsa da bunlardan ikisi yaygındır: Tip 1 Diabetes Mellitus (DM)- insülin bağımlı DM (çocuklukta ortaya çıkan tip) ve Tip 2 Diabetes Mellitus insülin bağımlı olmayan DM (daha çok yetişkinlerde görülen tip). Tip 1 diyabette pankreasta bulunan β hücreleri otoimmün olarak yıkıma uğramıştır, bu durum insülin eksikliğine yol açar. Tip 1 diyabet hastaların ömür boyu insülini dışarıdan alması gerekir.⁽¹⁾ Diyabet vakalarının yaklaşık %5'i tip 1 DM'dir. Tip 2 DM insülin üretimindeki yetersizlikten ya da insülin direncinden kaynaklanır. Diyabet hastalarının yaklaşık %90-95'i tip 2 DM'dir.

Diyabet tanısı konulmasında; A1C değerinin %6,5'ten büyük olması, açlık kan şekerinin 126 mg/dl'den büyük olması, glukoz yüklemesinden 2 saat sonra plazma glukoz seviyesinin 200 mg/dl'den büyük olması ve/veya hipergliseminin klasik semptomlarını gösteren hastanın plazma glukoz seviyesinin 200 mg/dl'den büyük olması kriterleri değerlendirilir. Diyabetin birçok sistemik komp-

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SONUÇ

Sistemik hastalıkların ağız bulguları daha önce de belirtildiği gibi hastalığın bazen ilk bulgusu olabilir. Bu durumda diş hekimi hastadan anamnez alırken dikkatli olmalı, muayenede karşılaştığı durumları değerlendirirken sistemik hastalıkları da aklında bulundurmalıdır. Şüphelenilen durumlarda hastalar pediatri bölümüne yönlendirilerek hastalıkların erken teşhisine katkıda bulunabilirler.

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