

BÖLÜM 7

Obez Hastalarda İlaç Kullanımı

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GİRİŞ

Obezite, dünyada önlenebilir ölümlerin önde gelen nedenlerinden biri olan ve yaygın gözlenen bir sağlık sorunudur. Obezite gözlenme sıklığı 1975 yılından bu yana yaklaşık 3 kat artmıştır (1). Dünya Sağlık Örgütü'ne (DSÖ) göre dünyada 1,9 milyar yetişkin aşırı kilolu olup, bunların 650 milyondan fazlası obezdir (1). Dünya genelinde 2025 yılında 2,7 milyar yetişkinin aşırı kilolu ve obez kategorisinde olacağı ve buna bağlı oluşacak sağlık harcamalarının da 1,2 trilyon Amerikan Doları olacağı tahmin edilmektedir (2). Türkiye İstatistik Kurumu (TÜİK) verilerine göre, Türkiye'de 2016 yılında 15 yaş ve üstü obez bireylerin oranı %19,9 iken 2019 yılında bu oran %21,1 olmuştur (3).

Obezite, beden kitle indeksi (BKİ) temel alınarak sınıflandırılmaktadır: BKİ kişinin ağırlığının (kilogram (kg)), boyunun metre (m) cinsinden karesine bölünmesiyle ($BKİ=kg/m^2$) elde edilir. Dünya Sağlık Örgütü'ne göre BKİ $\geq 30 kg/m^2$ olan yetişkinler obez sınıfına girmektedir (Tablo 1) (1).

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