

MİDE HASTALIKLARI SEMPTOMLARI

4. BÖLÜM

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ÖZET

Mide, karının üst kısmında yer alır. Öncelikle epigastrik ve göbek bölgelerinde bulunur, ancak midenin tam boyutu, şekli ve konumu kişiden kişiye, pozisyon ve solunumla değişebilir.

Midenin üç görevi vardır:

- yiyecek ve sıvıların geçici olarak depolanması
- sindirim sıvılarının üretimi
- karışımı ince bağırsağa boşaltmak

Bu sürecin ne kadar süreceği, yediğimiz yiyeceklere ve mide kaslarımızın ne kadar iyi çalıştığına bağlıdır.

Bu bölümümüzde mide hastalıklarında semptomları semptomdan tanıya pratiğinde inceleyeceğiz.

GİRİŞ

Karın, kadran adı verilen dört bölüme ayrılmıştır. Sağ üst kadran, sol üst kadran, sağ alt kadran veya sol alt kadran olarak dört bölgeye ayırabiliriz (1). Mide bu dört bölgenin üst sağ ve sol kadransında yerleşmiştir. Aşırı kilolu kişilerde ise alt kadranslara da yerleşebilir. Bu bölümümüzde mide hastalıklarında semptomları semptomdan tanıya pratiğinde inceleyeceğiz.

İnsanlar genellikle karın bölgesinin tamamı-

nı "mide" olarak adlandırır (1). Mide sindirim sisteminin ilk karın içi kısmıdır.

Midenin üç görevi vardır (2):

- yiyecek ve sıvıların geçici olarak depolanması
- sindirim sıvılarının üretimi
- karışımı ince bağırsağa boşaltmak

Bu sürecin ne kadar süreceği, yediğimiz yiyeceklere ve mide kaslarımızın ne kadar iyi çalıştığına bağlıdır. Karbonhidratlar gibi bazı yiyecekler hızlı bir şekilde geçerken proteinler daha uzun kalır. Yağların işlenmesi en çok zamanı alır.

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- diyet
- yaşam tarzı
- stres
- anksiyete veya depresyon nonsteroid anti-inflamatuar ilaçlar gibi ilaçların yan etkileri

Fonksiyonel dispepsi belirtileri (40)

- üst sindirim sisteminizde yanma veya ağrı
- şişkinlik
- az miktarda yemek yedikten sonra tok hissetmek
- yemek yedikten sonra tok hissetmek
- mide bulantısı
- kusma
- geğirme
- ağızda ekşi tat
- kilo kaybı
- psikolojik sıkıntı

FD, aşağıdakiler de dahil olmak üzere diğer birçok gastrointestinal durum için karıştırılabilir (44):

- gastroözofageal reflü hastalığı (GERD)
- peptik ülser hastalığı
- gastroparezi
- huzursuz bağırsak sendromu
- üst karınla ilgili kanserler

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