BÖLÜM 8

ALKOL MADDE KULLANIM BOZUKLUKLARI VE FİZİKSEL HASTALIK BİRLİKTELİĞİ

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Giriş

Alkol ve madde kullanım bozuklukları genellikle tıbbi hastalıkları da beraberinde getirir ve erken ölümlerle sonuçlanır. Bu nedenle alkol, tütün ve yasa dışı madde kullanımı, küresel hastalıkların ve ölümlerin önemli bir unsurudur (1). Kitabın bu bölümünde alkol ve madde kullanım bozukluklarına eşlik eden fiziksel hastalıklardan bahsedilecektir.

Alkol ile İlişkili Fiziksel Hastalıklar

Alkolün, ciddi sağlık problemleri oluşturmasına rağmen, bağımlılık potansiyeli olan maddeler arasında, "uluslararası ve yasal olarak bağlayıcı düzeyde kontrol edilmeyen" tek psikoaktif madde olduğu düşünülmektedir (2).

Bazı bilim adamlarının, az miktarda alkol içmenin diyabet, iskemik kalp hastalığı ve bunama gibi durumların önlenmesine yardımcı olduğunu öne sürmesine rağmen, bu konuda yapılan çalışmaların hiçbiri alkol tüketiminin "en güvenli seviyesini" bildirmemektedir (3). Alkol alımıyla ilgili bir diğer önemli endişe de alkol kullanımıyla ortaya çıkan diğer hastalıkların, özellikle kanserlerin muhtemelen yeterince rapor edilmemesidir (4).

Aşağıda, alkole bağlı fiziksel zararlar üzerine yapılan araştırmalardaki son gelişmelere yer verilmiştir.

Kanserler

1995'ten beri birçok çalışma, alkol tüketmenin kanser riskini artırabileceğini göstermiştir. Ancak bu çalışmalar, alkolden kaynaklanan kanserojen etkilerin ortaya çıkması için bir eşik belirtmemiş ve kanser riskini önlemenin en iyi yolunun alkol tüketiminden uzak durmak olduğunu öne sürmüştür. (5)

Alkolün gastrointestinal kanser riskini doğrudan ve dolaylı olarak deoksiribonükleik asit (DNA) zincirini değiştirerek, onkogenezin gelişmesine katkıda bulunduğu gösterilmiştir. Ayrıca alkol, diğer kanserojen kimyasal maddelerle sinerjistik etki göstererek, A ve E vitaminleri, çinko, demir, folik asit, tiamin gibi vitaminlerin kan seviyelerini düşürerek, bağışıklık sistemini zayıflatarak kanserin ilerleme riskini artırır (6).

Biyolojik kanıtların yanı sıra, çok sayıda epidemiyolojik çalışma, alkol tüketimi ile akciğer, yemek borusu, mide, karaciğer, rektum ve meme

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Kokainin neden olduğu başka bir fiziksel durum da orta hat yıkıcı lezyonudur. Orta hat yıkıcı lezyonu Anti-nötrofil Sitoplazmik Antikorlar (ANCA) üretmeye yatkın bir hasta alt grubunda, özellikle nötrofil elastaz reaksiyonu ile, kokain kötüye kullanımıyla tetiklenen lokalize bir nazal nekrotizan inflamatuar doku yanıtı olarak tanımlanır (67).

Anabolik Androjenik Steroidler ile İlişkili Fiziksel Hastalıklar

Anabolik androjenik steroidlere bağımlı kullanıcıların enjeksiyon yerinde ağrı, testis atrofisi, artan kan basıncı, ödem, stria ve çatlak izleri, jinekomasti, cinsel işlev bozukluğu, anormal lipid paneli ve saç dökülmesi yaşama olasılığı, anabolik androjenik steroidlere bağımlı olmayanlara göre çok daha fazladır (68).

Görülüyor ki, alkol ve madde kullanım bozukluğu olan kişilerde eşlik eden tıbbi durumların yüksek prevalansı, bunun sonucunda fiziksel hastalıklarla geçirilen yıllar ve erken ölüm riski açısından ortaya çıkan yük göz önüne alındığında, olası komorbiditeleri bilmek, önlemeye yönelik tarama, erken teşhis ve tedaviyle ilgili yaklaşımlar önemli olacaktır (69).

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