

Obezite ve Diz Eklemi

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Giriş

Obezite her geçen gün daha fazla bireyi etkileyen küresel bir sağlık sorunudur. Dünya Sağlık Örgütü'ne (DSÖ) göre; fazla kilo ve obezite sağlık açısından risk oluşturan anormal veya aşırı yağ birikimi olarak tanımlanır. Vücut kitle indeksi (VKİ) 25'in üzerinde ise preobez, 30'un üzerinde ise obez olarak kabul edilir. Yine DSÖ'ye göre sorun salgın boyutuna ulaşmıştır, 2017 yılından itibaren her yıl 4 milyondan fazla insan preobez veya obeziteyle ilişkili sağlık problemleri nedeniyle ölmektedir. Dünya genelinde 2016'da 18 yaş ve üzeri 1,9 milyardan fazla yetişkin preobez ve bunların 650 milyonundan fazlası obezdi. 2019'da 5 yaş altı 38 milyon çocuk preobez ya da obezdi. DSÖ obeziteyi VKİ 30kg/m² ve üzeri olarak tanımlar ve alt sınıflara ayırır. Sınıf 1 VKİ 30.00-34.99kg/m² arasında, sınıf 2 VKİ 35-39.99kg/m² arasında, sınıf 3 VKİ 40 ve üzeri olmak üzere sınıflandırılır. Sınıf üç ayrıca morbid obez olarak da adlandırılır (1,2).

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olmadığını bulmuşlardır. Bu nedenle obezite, TDA sonrası pe-riprostetik kırık için bir risk faktörü olarak görülmemelidir sonu-cuna ulaşmışlardır (137).

Sonuç

Sonuç olarak obezite vücudun neredeyse bütün eklemlerini et-kileyebilen mekanik, sistemik ve metabolik bir hastalık komp-leksidir. Dünya genelinde obezite hızla artmaktadır ve ekonomik olarak ciddi bir maddi kayba yol açmaktadır. Yapılacak ileri biyo-kimyasal ve moleküler çalışmalar obezitenin etkilerinin karmaşık mekanizmasını anlamamıza ışık tutabilir.

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