BÖLÜM 8

Obezite ve Omurga Hastalıkları

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Giriş

Obezite (vücut kütle indeksi (VKİ)>30Kg/m2), ciddi tıbbi ve finansal sonuçları olan bir pandemidir(1). Dünya sağlık örgütünün son raporuna göre, dünya çapında obezite 1975'ten bu yana neredeyse üç katına çıkmıştır. Dünyada aşırı kilolu yetişkin sayısı 1,9 milyardan fazla ve bu insanların 600 milyondan fazlası obezdir(2). Obezitenin vücudun tüm organlarına etkisi olduğu gibi kas ve iskelet sistemini de etkiler. Yüksek vücut ağırlığı özellikle eklemler üzerinde basıncı artırarak erken dejenerasyona ve buna bağlı ağrı, hareket kısıtlılığı gibi semptomlara neden olabilir. Birden fazla eklemden oluşan ve günlük yaşantıda harekete katılım sağlayan omurga da obeziteden etkilenmektedir.

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etkilememesi nedeniyle preobez ve obez hastaların da minimal invazif girişimler için uygun adaylar olduğu şeklinde sonuç bildirilmiştir (58).

Sonuç

Obezite dünyada artarak devam etmektedir. Vücutta her sistemi etkilediği gibi omurgayı da etkilemektedir. Bu etki farklı mekanizma ve oranlar ile açıklansa da semptomlar ile kesin kurulmuş bir ilişki yoktur. Özellikle omurga hastalıkları nedeniyle ameliyat planlanan kişilerde artmış komplikasyon riski hastaya özellikle ifade edilmelidir. Tüm bu hastalıklar ve komplikasyonlar ile bunlara bağlı tedavi maliyetlerinin azaltılması için obezite ile mücadelede önem arz etmektedir.

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