

BÖLÜM 2

HİPOGLİSEMİ

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GİRİŞ

Glukoz, insan hayatı için en önemli maddelerden biridir. Özellikle sinir sistemi için en az oksijen kadar kritik bir öneme sahiptir. Kan glukoz düzeyinin optimum sınırlar içinde kalması hayati fonksiyonlar için gereklidir. Hipoglisemi ise kan glukoz miktarının istenen seviyenin altına inmesiyle hayatı direkt olarak tehdit eden endokrinolojik acillerdendir. Bu bölümdeki öğrenim hedefleri; normal kan glukoz düzeyinin ne olduğu, glukoz miktarının normalin altına inmesi ile ortaya çıkan değişiklikler, bu değişikliklere vücudun yanıtı ve savunma mekanizması, savunmanın yetersiz kalışında ortaya çıkabilecek mortalite ve morbidite mekanizmaları, hekimin hipoglisemi acil tedavi yaklaşımını tam olarak öğrenmesi ve uygulayabilmesi olarak sıralanabilir.

TANIM

İnsanda açlık kan glukoz düzeyi fizyolojik şartlarda çeşitli metabolik ve hormonal mekanizmalar ile 70-110 mg/dL (3,9-6,1 mmol/L) aralığında tutulur. Hipoglisemi, açlık kan glukoz düzeyinin 70 mg/dL'nin ya da 3,9 mmol/L'nin altına düşmesi olarak tanımlanır. Bazı fizyolojik şartlarda açlık kan glukoz düzeyleri dalgalanarak bu sınırlar dışına kısa süreli çıkabilmektedir. Bu nedenle glukoz düzeyinin 55 mg/dL(3,0 mmol/L)'nin altına inmesi ve buna hipoglisemik semptomların eşlik etmesi klinik olarak daha net bir tanım olarak kabul görebilmektedir (1-5).

Hipoglisemi tanımı; kan glukoz düzeyinin semptom yaratacak kadar düşüşü olarak özetlenebilir. Hipoglisemiyi hastalık değil sendrom olarak değerlendirmek daha doğru olacaktır (6, 7).

Endokrinoloji ilişkili acil servis başvurularının en sık nedeni hipoglisemidir (8).

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en kısa sürede endokrinoloji uzman değerlendirmesine yönlendirilmesi, konsülte edilmesi önerilmektedir.

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