

# BÖLÜM 3

## DİYABETİK KETOASİDOZ

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### GİRİŞ

Diyabetik Ketoasidoz (DKA), hiperglisemi, yüksek anyon gapli metabolik asidoz, volüm kaybı ve keton birikimi ile karakterize hayatı tehdit edici tıbbi bir acil durumdur (1-3). DKA çoğunlukla tip 1 diyabetin komplikasyonu olarak görülür de, Tip 2 diyabet hastalarında da ketoza eğilimi artıran enfeksiyon, travma, kardiyovasküler vb. durumlarda komplikasyon olarak sıklıkla karşılaşılabilmektedir (4, 5). Çocuklar da dahil olmak üzere birçok kişi DKA ile başvuru sonucunda diyabet tanısı almaktadır (6). Komplikasyonları ve mortaliteyi en aza indirmek için DKA'nın zamanında tanınması oldukça önemlidir (1, 4). DKA, diyabetli hastalarda tanısal testlerin, ilaçların keşfedilip geliştirilmesine rağmen, morbidite ve mortalitenin önde gelen nedenlerinden olmaya devam etmektedir (2, 3, 7).

### EPİDEMİYOLOJİ

DKA, genç hastalarda (18-44 yaş) daha sık görülürken, bu hastalar düşük mortaliteye sahiptir. Buna karşın komorbiditesi fazla olan yaşlı hastalar ise daha düşük hastaneye yatış eğilimine, fakat daha yüksek mortaliteye sahiptir (8). DKA'lı hastaların hastaneye yatış oranı(% 1,1), yaşa göre 2000-2009 yılları arasında bir düşüş eğilimi göstermiştir (9). Ancak, 2009-2014 yılları arasında düşüş eğilimi tersine dönerek yaşa göre % 6,3 oranında bir artışı göstermesine rağmen bu süre zarfında hastane içi vaka ölüm oranları, yüzde 1,1'den yüzde 0,4'e düşmüştür (9). Amerika'da DKA insidansı yılda, 18 yaşından büyük hastalarda 1000 kişide 44,8 civarında, pediatrik popülasyonda ise 1000 kişide 108 civarında saptanmıştır (8-10).

Amerikan Diyabet Birliği (ADA), tip 1 diyabetli çocuk ve ergenlerde yılda 100 kişide 1-10 civarında bir DKA riski rapor etmektedir (11). Amerika'da 2002-2010

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